



Using a Survivorship Care Plan to Promote Needed Follow-Up Care

Topic

Patient adherence to prescribed physician surveillance intervals following curative intent treatment for breast cancer

Scope

All patients navigated through the Beaufort Memorial Breast Cancer Program, diagnosed January through June 2015, will be provided detailed Survivorship Care Plan upon review with physician and followed to assess for compliance with physician follow-up at prescribed intervals.

Reason

To ensure appropriate physician follow-up is received in concordance with ASCO and NCCN guidelines for patients diagnosed with breast cancer following curative intent treatment to promote best quality survivorship outcomes.

Available Data

Data collected on 42 breast cancer patients who qualified to receive Survivorship Care Plans upon completed curative intent treatment for breast cancer from January through June of 2015.

Factors Contributing to the Issue

Physicians have expressed concerns that patients are lost to physician follow-up after breast cancer treatment, despite review of guideline recommendations at completion of treatment. Many patients reported a “fear” of returning. Keep patient educated on the focus of visits which are wellness, health promotion, risk-based surveillance, and management of long term side effects rather than illness and relapse.

Initiatives

Chart review of qualifying patients from first six months of 2015 during year 2016 to ensure enough time lapse to collect data on follow-up appointment schedules. First study of this data to ensure guidelines are properly being met in facility and course of action developed as needed pertaining to results. Direct communication with multidisciplinary team physicians regarding following findings.

Findings

42 breast cancer patients identified who have completed curative intent treatment for disease. Patients received Survivorship Care Plans and were reviewed with physician at conclusion of treatment. At the six and twelve month marks 94% and 92% had kept appointments for follow-up, as prescribed, with a physician of the multidisciplinary oncology care team. Months three and nine saw lower numbers of patients returning for follow-up visits at 88% and 86%.



3 month	6 month	9 month	12 month
12%-no	6%-no	14%-no	8%-no
88%-yes	94%-yes	86%-yes	92%-yes

Actions Recommended

Keep patient educated on the focus of follow-up visits which are wellness, health promotion, risk-based surveillance, and management of long term side effects rather than illness and relapse.

Breast Nurse Navigator to contact patient by phone prior to three month follow-up to review Survivorship Care Plan and remind patient of importance of physician visit and to educate as to why the protocol is recommended.

Follow-Up

Continue identification of patients in need of physician follow-up, as prescribed by physician following NCCN and ASCO guidelines.