

Survivorship: How to Set Up a Survivorship Program that Fulfills ASCO, CoC, and NAPBC Criteria With Integrative Approaches to Breast Cancer Survivorship

Thursday, May 2, 2019

7:00 AM-3:30 PM

COURSE MODERATORS: Beth DuPree, MD, ABOIM and Nathalie Johnson, MD

FACULTY: Lise Alschuler, MD; Reza Antoszewska, MS NP-C; Beth DuPree, MD, ABOIM; Jennifer Gass, MD; Pallev Mehta, MD; Nathalie Johnson, MD

COURSE DESCRIPTION:

Survivorship medicine is emerging in response to the growth of cancer survivors who emerge from treatment with a variety of post-treatment challenges. This course will present the building blocks necessary to reach accreditation by NAPBC, CoC, and ASCO. In addition to didactic presentations, we will incorporate practical solutions for building a clinically and financially viable program garnering administrative support for both the record of care and the standards of care needed for accreditation. Survivorship is more than a care plan.

Integrative oncology is evolving concurrently with cutting edge western medical treatment of breast cancer. A holistic and comprehensive approach to breast cancer care is essential to treat the whole patient. Understanding how to support breast cancer patients through their entire journey from biopsy through survivorship and thriving is essential in creating a state-of-the-art breast cancer program. This course will provide the knowledge and integrative strategies to manage symptoms, decrease the risk of recurrence, and improve patients and providers overall well-being.

MORNING OBJECTIVES:

At the conclusion of the morning session, participants should be able to:

- Understand the components of a survivorship program and gain knowledge about reimbursement to help cover costs for program pieces
- Communicate the value of post-cancer treatment support to care providers and administration
- Develop several methods for incorporating survivorship care plans for patients that meet accreditation standards
- Summarize innovative ideas to increase patient and provider engagement in ongoing post-treatment recovery and risk reduction
- Alleviating the fear of recurrence, “the most common unmet need among survivors”

AFTERNOON OBJECTIVES:

At the conclusion of the afternoon session, participants should be able to:

- Understand the strategies and science supporting breast cancer risk reduction and recurrence reduction
- Develop strategies to reduce symptoms of current therapies
- Expand knowledge and management options for long-term symptom management
- Enhanced “thriving” focusing on quality of life and not only quantity
- Can we improve our survival if we integrate certain complimentary and integrative practices?

CME Information:

The American Society of Breast Surgeons designates this live activity for a maximum of 7.5 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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PRELIMINARY AGENDA

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| 6:30 AM -7:00 AM | Check-in and Breakfast | |
| 7:00 AM -7:30 AM | Introduction to Accredited-Survivorship Programs: Key Components | Nathalie Johnson, MD |
| 7:30 AM -8:15 AM | NAPBC, CoC and ASCO: Common Requirements and Nuanced Differences in Accrediting Your Program | Jennifer Gass, MD |
| 8:15 AM -9:30 AM | Current Challenges to Start or Build a Survivorship Program With Innovative Solutions | Reza Antoszewska, MS NP-C |
| 9:30 AM-9:45 AM | Break | |
| 9:45 AM -10:00 AM | Hair Loss and Thinning | Reza Antoszewska MS NP-C |
| 10:00 AM -10:15 AM | Lymphedema Assessment and Treatment | Nathalie Johnson, MD |
| 10:15 AM-11:00 AM | Sexual Health: Restoring Intimacy, Managing Psychosexual as well as Physical Issues After Cancer Treatment | Jennifer Gass, MD |
| 11:00 AM-11:45 AM | Exercise Nutrition and Breast Cancer Risk Reduction | Pallev Mehta, MD |
| 11:45 AM-12:15 PM | Q&A Panel | Faculty |
| 12:15 PM-1:00 PM | Lunch | |
| 1:00 PM-1:30 PM | Integrative Therapies to Mitigate Breast Cancer Treatment Toxicities (Acupuncture, Homeopathy, etc.) | Beth DuPree, MD, ABOIM |
| 1:30 PM-2:00 PM | Psychosocial and PTSD, Fear of Recurrence, Role of Distress Thermometers, and Mindfulness-Based Stress Reduction | Reza Antoszewska, MS NP-C |
| 2:00 PM-3:00 PM | Integrative Oncology Specific to Breast Cancer | Lise Alschuler, MD |
| 3:00 PM-3:30 PM | Caring for the Caregiver: From Surviving to Thriving | Beth DuPree, MD, ABOIM |
