# Survivorship Care Plans for Women with Invasive Breast Cancer

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## Abstract

The American Society of Clinical Oncologists (ASCO) dictates that Survivorship Care Plans (SCPs) be issued to patients who received cancer treatments. Only 10% of cancer centers surveyed complied with recommendations placing women treated for invasive breast cancer at risk for the long term problems of cancer treatment. Robust research is needed to identify improved breast cancer ASO recommendations for SCP template created for women with invasive breast cancer.

### Purpose of Study

- **Evaluate:** the quantity and quality of SCP's issued to women treated for invasive breast cancer in an accredited northwest breast cancer center.
- **Research Questions:**
  1. What is the percentage of women treated for invasive breast cancer at a Breast Cancer Center who received a SCP at discharge from January 1, 2014 to and December 31, 2014?
  2. Do the SCP's meet the quality indicators as outlined by The American Society of Clinical Oncology?

### Methods

**Design:** Descriptive study based on EPIC EHR chart review.  
**Subjects:** Disease treated for invasive breast cancer at accredited northwest breast cancer treatment site from January 1, 2014 through December 31, 2014.  
**Inclusion criteria:**
- Women treated for invasive breast cancer (stage 1-3).
- Disease treated for metastatic disease (stage 4) or non-invasive breast cancer.

### SCP for Breast Cancer Survivors

Survivorship care plans may experience issues with the areas listed below. If you have any concerns in these or other areas, please speak with your doctors or nurses to find out how you can get help with them.

- **Physical activity**
- **Sleep**
- **Nutrition or weight management**
- **Physical function**
- **Emotional and mental health**
- **Stop smoking**
- **Medication or symptom control**
- **Healthy eating**
- **Physical functioning**
- **Sexual**

### Data Analysis

- **Descriptive statistics (EXCEL 2010).**
- **Stage of breast cancer**
- **Patient age**
- **Length of follow up in breast cancer clinic**
- **Complications at 1st exam**
- **Treatment**
- **Referrals**

### Recommendations for Future Studies

Future studies will examine:
- Percentage of patients who followed ASCO recommendations.
- Roles on the breast cancer team.
- Surgeon, oncologists, nurse practitioners, nurse navigators.
- Ability to reduce long term effects, complications, patient satisfaction, quality assurance, risk management. Randomized clinical trials must be examined to determine if SCPs to traditional discharge plans determine proven efficacy.

### Study Results

- **Research question #1** (Percentage of women who received a two-part SCP: 100% (n=38))
- **Research question #2** (Percentage of the SCPs meeting the quality indicators as outlined by The ASCO: 100% (n=38))

### Study Limitations

- Limited generalizability. Chart review conducted in a single medical center in Northwest and from January 1, 2014 and December 31, 2014.
- Limited demographic information.
- Limited to women with invasive breast cancer Stages I-IV.
- Follow up was limited to 12 months.
- No data to determine if study patients followed up on ASCO recommendations.
- No data to determine if implementation of SCPs diminished long term sequelae for women in the study.
- More research is needed to determine benefits.

### Summary

SCPs can be successfully implemented for women treated for invasive breast cancer in an organized health care system. Evidence based metrics as outlined in the ASCO breast cancer template can provide a guide for oncology health care providers to assure that patients receive the quality of care they deserve. Research is needed to document that the implementation of SCPs will prevent or decrease long term complications. Barriers to address economic issues, time constraints, and patient satisfaction require system wide solutions. Advance nurse practitioners can play a significant role in raising the utilization and quality of SCPs.

**References upon request.**

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**Table: Study Instruments**

<table>
<thead>
<tr>
<th>SCP for Breast Cancer Survivors</th>
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<tbody>
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<td><strong>Physical activity</strong></td>
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**Table: Data Collection**

| EHRs of patients who met inclusion criteria were examined for evidence of an SCP metric. ASCO Follow-Up Plan for Breast Cancer Survivors. Forty records were retrieved. Two patients were excluded who did not meet inclusion criteria. N=38 |

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