Wellness Guide for Cancer Survivors

Increasing quality of life for cancer survivors in Massachusetts

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Massachusetts Comprehensive Cancer Prevention and Control Network

- The Massachusetts Comprehensive Cancer Prevention and Control Network is a program within DPH's Division of Prevention and Wellness
- The program is funded by The Centers for Disease Control and Prevention as part of its National Comprehensive Cancer Control Program.
- CDC provides all 50 states with Comprehensive Cancer Control funding to:
  - establish statewide partnerships
  - assess the burden of cancer
  - determine priorities
- The Network has a steering committee and a number of work groups to guide the work to address strategies outlined in the state plan. Active workgroups:
  - HPV/Cervical Cancer
  - Palliative Care
  - Prostate Cancer
  - Health Equity
  - Lung Cancer
  - Survivorship
Cancer Survivorship Workgroup

- Part of the Massachusetts Comprehensive Cancer Control and Prevention Network; Established in 2006
- This Workgroup consists of survivors, clinicians, advocates, oncology center administrators, and patient navigators from a range of public, private, nonprofit, and community organizations

2008 Survivorship Summit

2009 Survey of Oncologist and PCPs

2010 University of Colorado Study/ Regional Conference

2013 Building landscape for quality of care for cancer survivors

Survivorship Wellness Guide

- Developed with input and advice from the Cancer Survivorship Workgroup
- Combines survivor stories with expert information

Survivor Stories  Expert Information

Engaging  Empowering  Accurate
Warm  Personal  Evidence-based
Authentic  Inspiring  Trustworthy
True  Relevant  Realistic
Accessible
Survivorship Wellness Guide

• Audience: Adult Cancer Survivors 40+

• Format
  – Printed material
  – Online version of the guide
  – Videos posted online
Survivorship Wellness Guide

- Organized using the six dimensions of wellness
Survivorship Wellness Guide

• Each dimension’s chapter covers:
  – What it is
  – Why it is important
  – What you can do
  – Questions to ask
  – Opens with Survivor Story – ends with Expert Voice

• Each dimension’s chapter has videos
  – The video can be accessed from the printed guide through a QER code and a URL.
Survivorship Wellness Guide

PHYSICAL WELLNESS

Joseph's story is about staying healthy is simple. “Staying healthy” about what you can control is the key to taking charge of what you can control.”

Physical health is more evident than the focus on physical wellness. A proactive cancer diagnosis was that a doctor arranged a wake-up call to become more active and be more responsible for one's diet. Walking routines and better eating habits have paid off well. He text: "Let's face it, if you're a doctor for other cancer survivors on how to take simple steps toward wellness and how to play an active role in your own care.

WHAT IT IS:
Physical wellness is about doing what you can to help yourself and recover from your illness. Taking steps before, during, and after your treatment can help you manage the effects of the disease and side effects of treatment.

WHY IT IS IMPORTANT:
Improving physical wellness can:
1. Make you feel better
2. Help you feel less tired
3. Help improve your mood
4. Help you think better, and feel better overall
5. Make your treatment time more manageable
6. Improve the quality of your life
7. Help you fight back against the disease
8. Help you live longer

For more information:
Visit our website for more resources.
https://www.healthwellness.com

HealthWellness.com

HealthWellness.com

HealthWellness.com
This is an example of another page. It shows the “what you can do” segment, with clear advice from experts. This is from the “thinking” section.
Videos

The Wellness Guide For Cancer Survivors

https://youtu.be/XXOechOFi8
Survivorship Wellness Guide available for free

Massachusetts Health Promotion Clearinghouse
maclearinghouse.org
Survivorship Wellness Guide online

mass.gov/cancersurvivor
Questions & Comments

Thank you!!