



THE UNIVERSITY OF TEXAS
MD Anderson
~~Cancer~~ Center
Making Cancer History®

Community Cancer Survivorship ECHO

Active Living after Cancer Program

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Community Cancer Survivorship ECHO



Community Health Workers



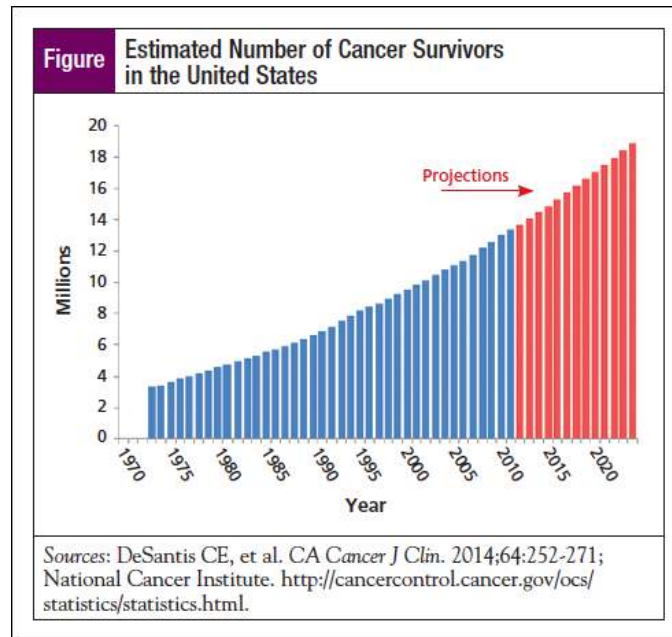
**Cancer Survivorship
with a focus on
Physical Activity**



Active Living after Cancer Program

Cancer Survivors in the United States

- Due to **advancements** in cancer diagnosis and treatments, the number of cancer survivors has dramatically increased in the United States.
- It is projected that there will be more than **20 million** cancer survivors living in the United States by 2026.



Physical and Mental Repercussions of the Cancer and its Treatment

- **Physical symptoms** such as fatigue, sleep disturbances, pain, lymphedema, impaired sexual functioning and cognitive problems
- Cancer survivors also experience **disabling psychological problems** such as anxiety, depression, and other psychological challenges related to fear of cancer recurrence or other cancers
- These physical and mental health repercussions contribute to the poor adherence to **health behaviors** (healthy diet and physical activity), increasing the risk of cancer recurrence, secondary cancers, chronic diseases, and death.

Physical Activity in Cancer Survivors

Physical activity is shown to have numerous benefits for cancer survivors:

- 1) Alleviate common treatment side effects such as fatigue, lymphedema, and depression
- 2) Improve quality of life in both physical and mental domains
- 3) Reduce risk of chronic diseases such as cardiovascular disease, Type 2 diabetes, and secondary cancers
- 4) Reduce the risk of cancer recurrence and breast cancer-related mortality



Active Living after Cancer

- The Active Living after Cancer (ALAC) is a program funded by the Cancer Prevention and Research Institute of Texas (CPRIT) to improve the health and quality of life of cancer survivors in Houston and El Paso.
- The goal of program is to improve cancer survivors' health and quality of life through increasing physical activity and providing survivorship information.
- The evidence-based program was developed and tested at MD Anderson, and adapted for delivery in the Houston and El Paso communities.



Program Curriculum

12 weekly session program divided into three components:

- 1) Cognitive and behavioral skill training
- 2) Guided survivorship topic discussion
- 3) Short bouts of physical activity

Week	Cognitive and Behavioral Skill (~45 min)	Activity (~10 min)	Survivorship Topic (~30 min)
1	Orientation, Identifying Moderate Intensity Exercises	Walking	None
2	Readiness to Change, Goal Setting	Walking	Nutrition
3	Benefits and Barriers	Resistance Bands	Lymphedema
4	Problem Solving Skills	Zumba	Talking to Your Doctor
5	Goal Setting	Walking	Spirituality
6	Rewarding Yourself	Zumba	Emotional Distress/Fear of Recurrence
7	Time Management	Resistance Bands	Fatigue
8	Getting Confident	Zumba	Cancer Screening
9	Finding Social Support	Resistance Bands	Relationships
10	Cognitive Restructuring	Balloon Volleyball	Body Image
11	Relapse Prevention	Walking, Resistance bands	Nutrition Revisited
12	Identifying Places to be physically active in your community	Zumba	Final Party

ALAC Tools (Behavioral Strategies)

1. Setting S.M.A.R.T goals
2. Self-monitoring or keeping Records
3. Rewarding Yourself
4. Finding and/or getting support
5. Solving problems or barriers



Active Living after Cancer- Community Partners

IMPLEMENTERS

Kelsey
Research
Foundation

Collaborate. Study. Discover.



**Cancer and Chronic
Disease Consortium**

REFERRAL NETWORK

HARRISHEALTH
SYSTEM

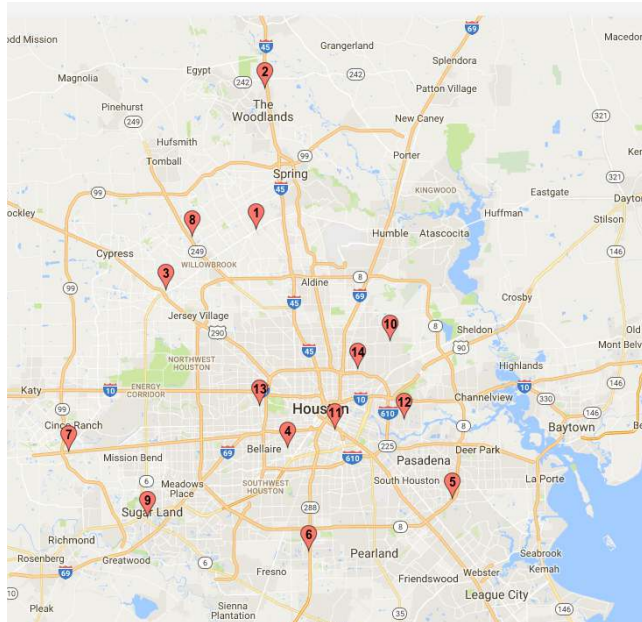


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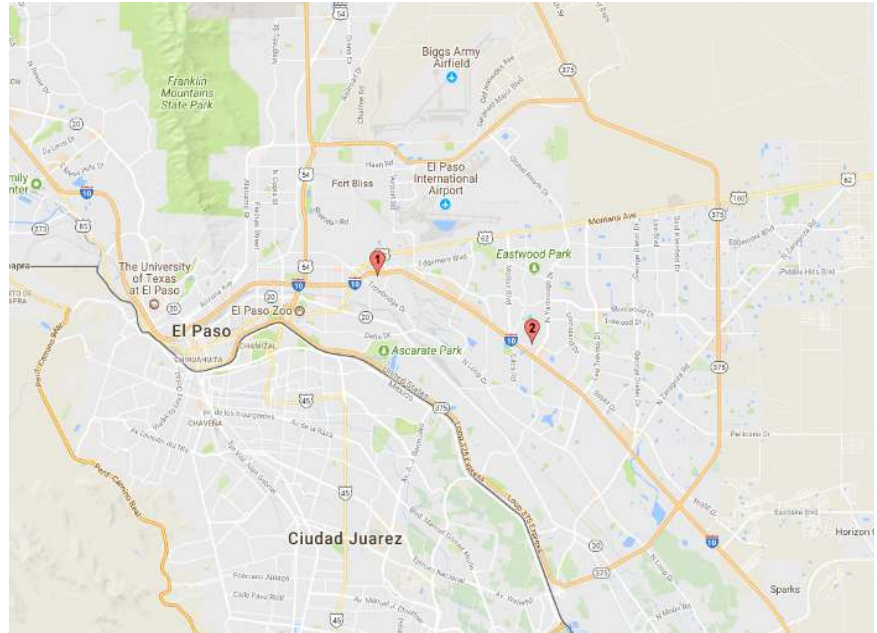


**PROJECT
CHURCH**

Program Locations in Houston and El Paso



Houston



El Paso

Pre and Post Program Evaluation

At the first and last sessions, participants answer questions related to:

1. Physical activity level (IPAQ, Godin)
2. Quality of life (PROMIS Global health short form)
3. Physical functioning (30-second sit-stand)
4. Anthropometric assessments (height, weight)
5. Use of behavioral strategies
6. Knowledge of Community Resources
7. Program satisfaction

Community Cancer Survivorship ECHO

- **On-going training and mentoring** to community health workers implementing the Active Living after Cancer program.
- **Case based learning** for the community health workers to share their experiences or issues in the community.
- **Didactic lecture** to train and address important topics for effective program implementation in the community and discuss topics related to cancer survivorship.

Meets every 2nd and 4th Monday of the month from 2-3:30pm CST

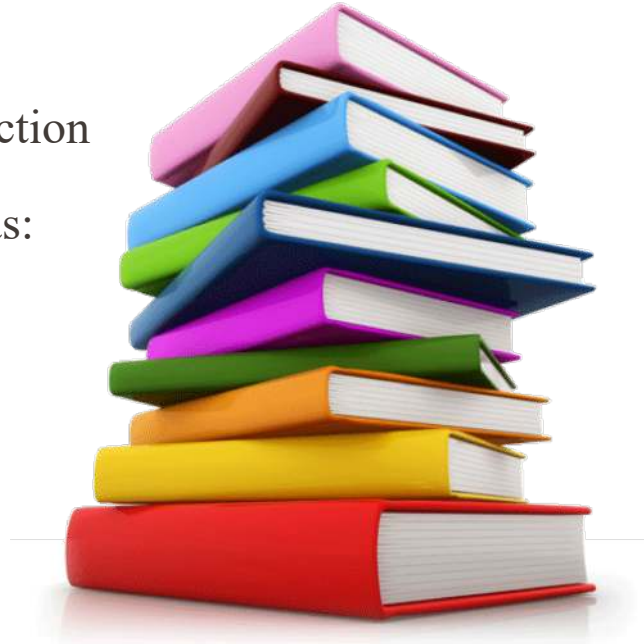
Community Cancer Survivorship ECHO Attendees



7 community health workers, 4 MDA Staff, and 2 visitors

Didactic Topics

- ALAC program updates and status
- Refresher trainings on program curriculum and data collection
- Additional trainings on various survivorship topics such as:
 - Nutrition and exercise for cancer survivors
 - Dining out tips
 - The need and benefits of strengthening exercise
 - Post Traumatic Stress disorder and cancer
 - Engaging churches

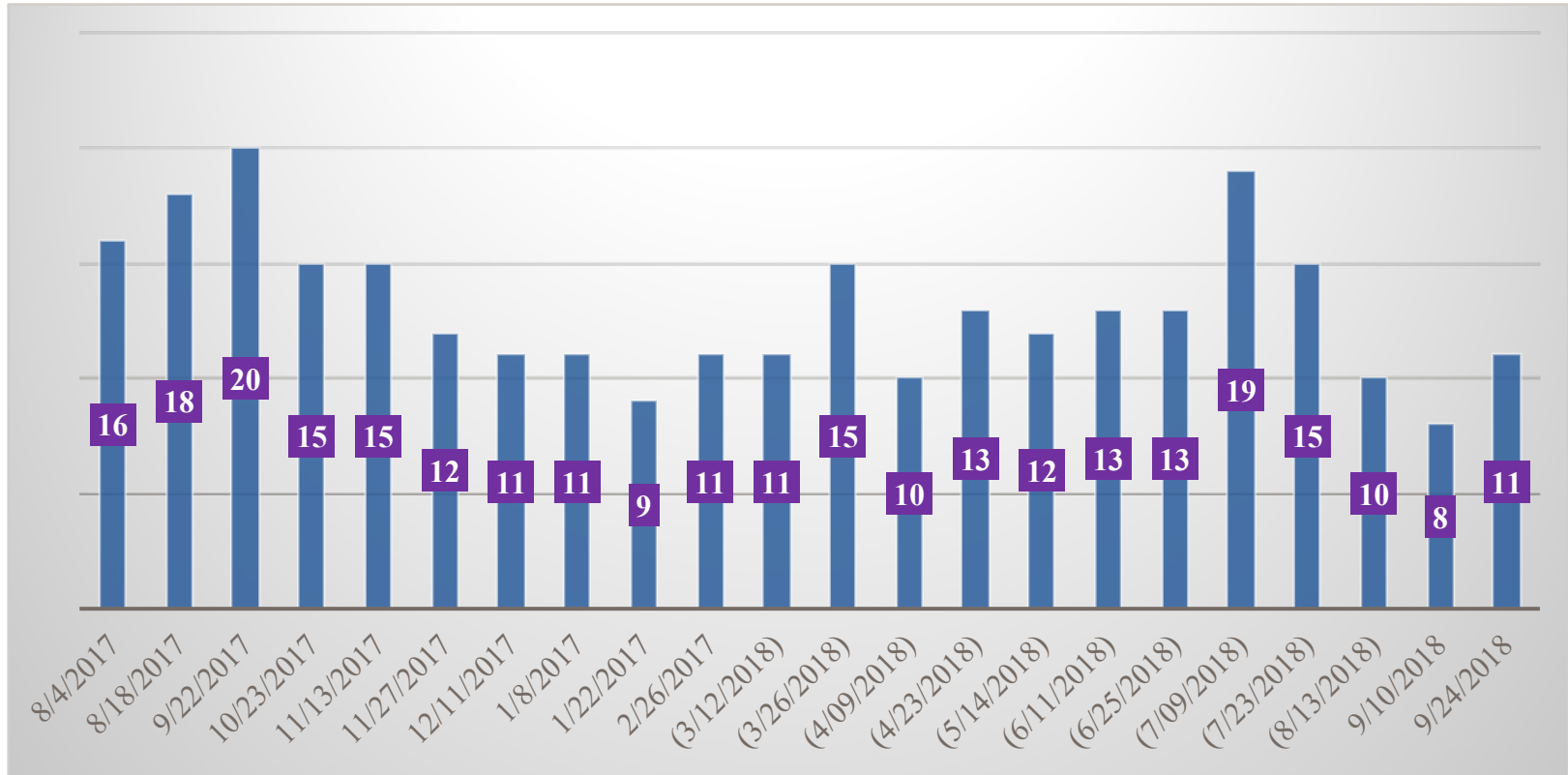


Case Topics

- Participant with transportation issues
- Situation with re-directing difficult participants
- Participant struggle with balancing their time
- Participant with smoking problem
- Help with finding mental health resources
- Transformation stories or positive outcomes



Community Cancer Survivorship ECHO Attendance



CHW Evaluation Survey

- Knowledge about survivorship topics, physical activity, ALAC program, and Project ECHO model
- Self-Efficacy to deliver behavioral strategies, survivorship discussion topics, and physical activity component

Follow Up Survey

- Participants who attend ECHO sessions are encouraged to complete a follow up after each survey.
- Questions on learned new concepts and intent to use/implement it, meet expectations, and rate of ECHO session.
- Participants also asked to provide suggestions for future didactic presentations.

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ECHO: Community Cancer Survivorship

Follow-Up Survey for Session 10 on March 12, 2018
(Encuesta de seguimiento para la sesión 10 en Marzo 12, 2018)

Name and Date/ (Nombre y Fecha)

As a result of attending this ECHO session, I learned new concepts and feel prepared to implement them?
(¿Como resultado de asistir a esta sesión de ECHO, aprendí nuevos conceptos y me siento preparada para implementar los conceptos nuevos?)

☐ Strongly Agree/ (Muy de acuerdo)

☐ Agree/ (De acuerdo)

☐ Neither Agree nor Disagree/ (Ni de acuerdo ni en desacuerdo)

☐ Disagree/ (En desacuerdo)

☐ Strongly Disagree/ (Muy en desacuerdo)

Case Presentation Recommendation

- Group recommendations for each case presentation question is emailed to health educators after each ECHO session.



ECHO: Community Cancer Survivorship Case Presentation Recommendations for Session 13 on April 23, 2018

What is your main question about this participant?

Despite the increased risk for chronic health conditions, cancer recurrence and premature death, this participant continues smoking after her cancer diagnosis and treatment completion. To enhance the length and health-related quality of her life, we would like to provide her with some evidence-based interventions to help her quit smoking and remain tobacco free. Even though this program focuses more on physical activity, it is important to address other problem health behaviors of participants, including smoking behaviors. How can I discuss the importance of physical activity, in relation to this participant's smoking behavior?

Recommendations

During the Session:

- Apply Motivational Interviewing (MI) techniques, use positive affirmations and engage the participant so that you are able to have a better understanding of her smoking behavior.
- Talk to her about the positive aspects of smoking cessation. Do not focus solely on the negative consequences that can result from her continued tobacco use.
- Recommend that she see her Primary Care Provider (PCP) for nicotine replacement products.
- Recommend that she see a clinician, behavioral counselor, psychologist or social worker so that she can develop coping strategies to help her cease smoking.
- Help her set a S.M.A.R.T. goal to quit smoking.
- Guide her to use the I.D.E.A. tool as a means to quit smoking.
- Refer her to www.quitnow.net (American Cancer Society website).
- Other free resources include: smokefree.gov and 800-784-8669 (800-QUIT NOW).

From the Follow up Survey:

- No additional recommendations were given.

Challenges of ECHO program

- **Technology** issues with zoom or equipment
- **Limited technology usage** by community health workers
- Following **ECHO etiquette**
- Agreeable **time** of ECHO sessions
- Engaging **interactive** discussion



Effectiveness of our Community Cancer Survivorship ECHO

- **Bringing together** community health educators from Houston and El Paso for program updates and troubleshoot issues.
- **On-going training** community health educators to implement our program and on various survivorship topics
- **Learning** from community health educators working with cancer survivors in their communities
- Improving **cancer survivorship education** related to physical activity and other health related topics in the community

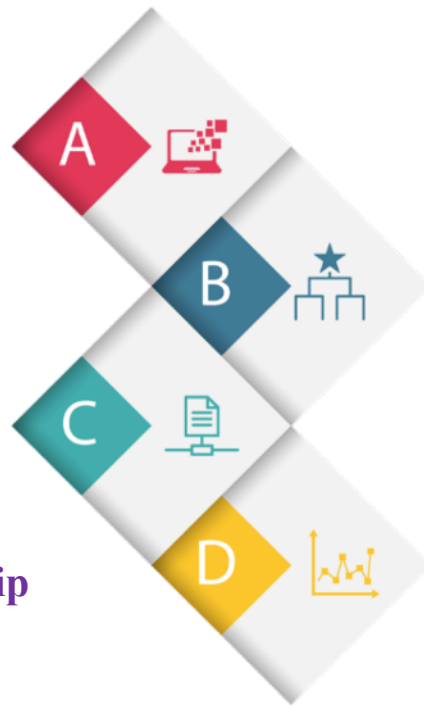
Future Directions

- Continue to contribute to the literature on using CHWs Project ECHO with a focus on physical activity for cancer survivors
- Learn more on expanding the ALAC program to participant's caregivers
- Replicate our ALAC physical activity program and ECHO program to other settings (e.g. rural) and countries
- Document the program's impact on clinical outcomes

Conclusion

Amplification – Use **Technology**
to leverage scarce resources
related to **Cancer Survivorship**

Case Based Learning
to master complexity
about **physical activity**
and **cancer survivorship**



Share **Best Practices**
to reduce disparity
among **vulnerable and**
underserved cancer survivors

Web-based **D**atabase to
Monitor Outcomes

Related to attendees'
knowledge, and self efficacy
about cancer survivorship

For more information, please visit our websites

- **Active Living after Cancer Website**

<https://www.mdanderson.org/alacprogram>

- **Community Cancer Survivorship ECHO Website**

<https://www.mdanderson.org/education-training/global-outreach/project-echo/programs/community-cancer-survivorship.html>

Contact

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Questions?