Community Cancer Survivorship ECHO
Active Living after Cancer Program

Lizette Rangel, MPH
Department of Behavioral Sciences
Center for Energy Balance in Cancer Prevention and Survivorship
MLRangel@mdanderson.org
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 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.
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
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

HARRIS HEALTH SYSTEM

THE UNIVERSITY OF TEXAS MD Anderson Cancer Center

Making Cancer History®

PROJECT CHURCH

WESTSIDE SURGICAL HOSPITAL

Cancer Support Group

Neighborhood Centers Inc.
Program Locations in Houston and 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 2\textsuperscript{nd} and 4\textsuperscript{th} Monday of the month from 2-3:30pm CST
7 community health workers, 4 MDA Staff, and 2 visitors
Didactic Topics

- ALAC program updates and status
- Refresher trainings on program curriculum and date 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.
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 19 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 behavior. 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: smokerfree.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 **Database** 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](https://www.mdanderson.org/alacprogram)

- **Community Cancer Survivorship ECHO Website**
  
Contact

Lizette Rangel, MPH
Program Coordinator
MLRangel@mdanderson.org
Questions?