

SURVIVORSHIP CARE PLAN (SCP)



UNC

LINEBERGER COMPREHENSIVE
CANCER CENTER
N.C. CANCER HOSPITAL

Name: Example MR# Example

Date of Birth: Example

Oncology Treatment Center: Example

Primary Care Provider: Example

Diagnosis: Classic Hodgkin lymphoma

Date of Diagnosis: Example

Date off Therapy: Example

Chemotherapy: ABVE-PC x 4 cycles per AHOD 0031

Doxorubicin, Bleomycin, Vincristine, Etoposide, Prednisone, Cyclophosphamide

Relapse Date: Example

Date off Therapy #2: Example

Chemotherapy: Brentuximab and Gemcitabine on study AHOD1221 x 4 cycles

Radiation: 4500cGy to left neck, supraclavicular node bed and upper mediastinum

Total Anthracycline Dose: Doxorubicin 200 mg/ m2

Total Alkylator Dose: 3200 mg/m2 cyclophosphamide equivalents

Cancer-related Surgery: Port placement and removal, lymph node biopsy

Possible Late Effects:

1. Secondary cancer (Doxorubicin, Etoposide, Cyclophosphamide, radiation) – leukemia, skin, breast, thyroid
2. Cardiovascular problems (Doxorubicin, radiation)
3. Pulmonary problems (Bleomycin, radiation)
4. Decreased fertility, early menopause (Cyclophosphamide)
5. Peripheral nerve problems (numbness and tingling) and vasospasm (Vincristine)
6. Bone Problems (Prednisone)
7. Bladder problems (Cyclophosphamide)

Past Medical History:

Recommendations and Follow Up:

To be performed by survivorship provider

- Yearly Survivorship Visit, Risk-Based Physical and Neurological Exam with coordination of laboratory tests (CBC, kidney function, liver function, vitamin D, consider testing ovarian hormone levels if symptoms of early menopause)
- Breast MRI and mammogram, annual beginning 2022 (8 years after radiation)
- Echocardiogram: following completion of therapy and **every 2 years** (COG LTFU Guidelines v5), last March 2019 was normal
- Pulmonary Function Testing, last March 2019, normal, repeat with if needed for symptoms
- Bone density study, last DEXA March 2019, osteopenia, recommend Calcium/VitD and exercise, repeat DEXA scan in 2021
- Encourage use of sunscreen spf 30 or greater
- Periodic screening for mood or anxiety concerns, psychosocial support from members of AYA Program

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UNC Adolescent & Young Adult Survivorship Clinic

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Catherine Swift, LCSWA – AYA Social Worker
Melissa Matson, AGNP RN – AYA Nurse Practitioner
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To be performed by your Primary Care Provider

- Routine health maintenance, cancer screening (PAP smears), annual breast exams, support with diet and activity, and vaccinations
- Surveillance for cardiovascular risk factors (lipid profile, blood pressure, weight, and glucose screening)
- Periodic screening for mood or anxiety concerns

To be performed by Hematologist

- Ongoing management of history of DVT with anticoagulation

To be performed by Dentist

- Twice annual oral exam and cleaning

To be performed by Optometrist / Ophthalmologist

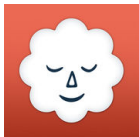
- Annual eye exam

To be performed by Dermatologist or Primary Care Provider

- Annual skin check

For help with difficulty sleeping try the following meditation and relaxation apps for a smart phone:

Breathe



Headspace



Rain Rain



Relax Melodies



For more information regarding survivorship care:

American Cancer Society's "Late and long-term effects of cancer treatment in young adults":

<http://www.cancer.org/cancer/cancerinyoungadults/detailedguide/cancer-in-young-adults-treating-late-effects>

National Comprehensive Cancer Network Survivorship Guidelines:

www.nccn.org/patients/guidelines/aya/index.html

For more information about resources for AYA Cancer Survivors check out:

UNC AYA Program: uncaya.org

Stupid Cancer: stupidcancer.org

First Descents: firstdescents.org

Nutrition information: https://www.nccn.org/patients/resources/life_after_cancer/nutrition.aspx

Exercise: https://www.nccn.org/patients/resources/life_after_cancer/exercise.aspx

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