The Set-up of HKU JCICC Cancer Survivorship Clinic

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Organised by

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Situation in Hong Kong

• Patients on active cancer treatment receive routine symptom assessment and management, but symptom monitoring often becomes infrequent (e.g. every three to six months or on annual basis) beyond the treatment phase.

• An ongoing study on screening for symptom distress has observed over 60% of the 1,025 cancer survivors studied at 6-month post-treatment reported moderate-to-severe physical symptom and psychological distress, suggesting a substantial proportion of cancer survivors continue dealing with residual symptoms.

• Development of a cancer survivorship care model is imperative in facilitating cancer patients to transit into survivorship phase.
“Transform the concept of care for survivors and perceive cancer as a chronic illness.”

Suggested direction: to help cancer survivors stay healthy in the community.

The expected outcomes include:

1. An enhancement of a structured rehabilitation programme for cancer survivors.
2. Defining the role of multidisciplinary team support including allied health services for survivorship.
Cancer Survivorship Care Quality Framework

1. Prevention and surveillance for recurrences and new cancers
2. Health promotion and disease prevention
3. Surveillance and management of chronic medical conditions
4. Surveillance and management of psychosocial effects
5. Surveillance and management of physical effects

Self-management framework

- Problem solving
- Decision making
- Resource utilization
- Communication with HCPs
- Action planning

Multidisciplinary approach model
Participants’ Demographic Characteristics (N = 512)

Gender:
- 81% Female
- 19% Male

Age:
- <30 years: 1%
- 30-39 years: 3%
- 40-49 years: 18%
- 50-59 years: 31%
- 60-69 years: 34%
- 70-79 years: 12%
- ≥ 80 years: 1%

Education level:
- No formal or primary education: 17%
- Secondary education: 47%
- Tertiary education or above: 36%

Marital status:
- Married: 78%
- Single/divorced/widowed: 22%

Work status:
- Full-time/Part-time employment: 50%
- Retired: 16%
- Housewife: 9%
- Unemployed: 25%
Participants’ Clinical Characteristics (N = 512)

Cancer type distribution:
- Breast: 62%
- Colorectal: 15%
- Lung: 4%
- Obstetrics & Gynaecological: 8%
- Other (Brain tumour, NPC, etc.): 11%

Cancer treatments:
- Surgery: 94%
- Chemotherapy: 45%
- Hormonal therapy: 5%
- Targeted therapy: 9%
- Radiotherapy: 51%
- Immunotherapy: 1%
- Any cancer-related treatments: 48%
The most common symptoms

1. Sleep disturbance (52%)
2. Neuropathy (38%)
3. Anxiety (36%)
4. Depression (26%)
Health Status & Lifestyle Behaviour Assessment

- Anthropometric assessment
- Dietary assessment
- Physical fitness assessment
Anthropometric assessment (N=512)

- Underweight: <18.5
- Normal: 18.5-23.9
- Overweight: 24-26.9
- Obese: ≥27

BMI

- 7% Underweight
- 41% Normal
- 20% Overweight
- 33% Obese

Waist circumference

- Male: ≥90cm
- Female: ≥80cm

- 59% Normal
- 41% Central obesity
Dietary assessment (N=512)

Note: Assessments may not be applicable to all participants.

- **Red meat consumption**
  - Over consumption (>3 portions per week): 49%
  - Normal (≤3 portions per week): 51%

- **Whole grains consumption**
  - Sufficient: 48%
  - Medium: 5%
  - Low: 47%

- **Fruit and vegetable consumption**
  - Sufficient: 35%
  - Medium: 45%
  - Low: 20%

- **Skin carotenoid score**
  - Sufficient: 51%
  - Medium: 34%
  - Low: 7%

*Indicator of veggie consumption*
Physical fitness assessment (N=512)

Note: Assessments may not be applicable to all participants.

- **30 SECOND SIT TO STAND TEST**: 69% (Standard), 30% (Below standard)
- **Grip Strength**: 85% (Standard), 15% (Below standard)
- **3M TIMED UP AND GO TEST**: 100% (Standard)
- **6-MINS WALK TEST (IN METERS)**: 73% (Standard), 24% (Below standard)

* Leg strength
* Hand strength
* Mobility and balance
* Cardiovascular Function
Health indicators

No. of Below-standard indicators

- 1 indicator: 4%
- 2 indicators: 11%
- 3 indicators: 18%
- 4 indicators: 20%
- 5 indicators: 16%
- 6 indicators: 14%
- ≥ 7 indicators: 17%
OVERALL, IT WAS WORTHWHILE

QUESTIONS FULLY ANSWERED BY PSYCHOLOGIST/SOCIAL WORKER

PSYCHOLOGIST/SOCIAL WORKER- USEFUL

CANCER NURSE SPECIALIST- USEFUL

EXERCISE QUESTIONS FULLY ANSWERED

EXERCISE SPECIALIST- USEFUL

DIETARY QUESTIONS FULLY ANSWERED

DIETICIAN- USEFUL

Totally disagree Disagree Neutral Agree Totally agree

13% 19% 79%
17% 13% 81%
13% 13% 86%
13% 13% 87%
16% 13% 83%
14% 14% 86%
27% 13% 68%
30% 13% 67%
14% 14% 86%
### Overall, the time spent at the clinic (2.5 – 3 hrs) was

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<tbody>
<tr>
<td>Just right</td>
<td>94%</td>
</tr>
<tr>
<td>Too long</td>
<td>4%</td>
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### Was this the right time in the cancer journey to attend this clinic?

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<tbody>
<tr>
<td>Just right</td>
<td>59%</td>
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<tr>
<td>Would be better to attend sooner in the cancer journey</td>
<td>39%</td>
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94% patients would recommend the clinic to other patients