

Supportive Services for Prostate Cancer Patients

Amber Michael, BSN, RN
Prostate Cancer Nurse Navigator
July 31, 2024



Multidisciplinary Team Approach

- Treating physicians and APPs
- Patient navigator
- Site specific nurse navigator
- Social work
- Case management
- Financial advocacy
- Nutrition services
- Rehab services
- Genetics
- Research
- Survivorship
- Palliative Care

Specialized Treatment Teams

- Urologist
 - Surgery
 - Surveillance
- Radiation Oncologist
 - Radiation therapy
- Medical Oncologist
 - Medications
- Each team consists of a Physician, +/- Advanced Practice Provider, Nurse, Medical Assistant



Prostate Cancer Nurse Navigator

- Navigates patients through their prostate cancer journey, from diagnosis, to active treatment or surveillance, into Survivorship or Palliative Care
- Assesses barriers to care throughout the continuum of care, such as, physical, financial, transportation, social support, spiritual/emotional concerns, cultural preferences, communication concerns, caregiver strain
- Connects patients to hospital and community resources as needed and makes appropriate referrals
- Advocates for patients
- Works collaboratively with urology, radiation oncology, medical oncology, and supportive services teams to help coordinate patient care
- Assesses understanding, and educates patients about their individualized plan of care after discussion with their provider(s)
- Assist with second opinions, both internal and external
- Assist with scheduling appointments for test and procedures

The Christ Hospital Health Network

MEET OUR PROSTATE CANCER NURSE NAVIGATOR



Amber Michael, RN
Prostate Cancer Nurse Navigator

Hi, my name is Amber Michael and I am your prostate cancer nurse navigator. My role is to help guide you throughout your cancer diagnosis and treatment. I work alongside your physicians and I am a part of your care team. My goal is to improve your prostate cancer outcome by removing any barriers to your care and provide you and your family with the support, education, and the guidance you need.

AS A NAVIGATOR, I CAN HELP YOU:

- Understand your diagnosis, treatment plan, and side effects as discussed with your doctors.
- Make referrals to resources such as social work, financial aid, dietitian, and therapy.
- Explore work-related or financial concerns that you may have and connect you to appropriate resources.
- Assist with arranging transportation to treatment.
- Address psychosocial needs.
- Provide or coordinate support groups, wellness, and educational programs for you.
- Communicate questions or concerns that you may have to your doctors or other health care team members.
- Guide you into survivorship.

If you feel that you need more assistance, please do not hesitate to give me a call at **(513) 585-3138**. I will attempt to meet you at your next appointment or call you soon. Please know there is no charge for my services.

If you have an urgent need after hours, weekends or holidays, please call your treating physician's office.



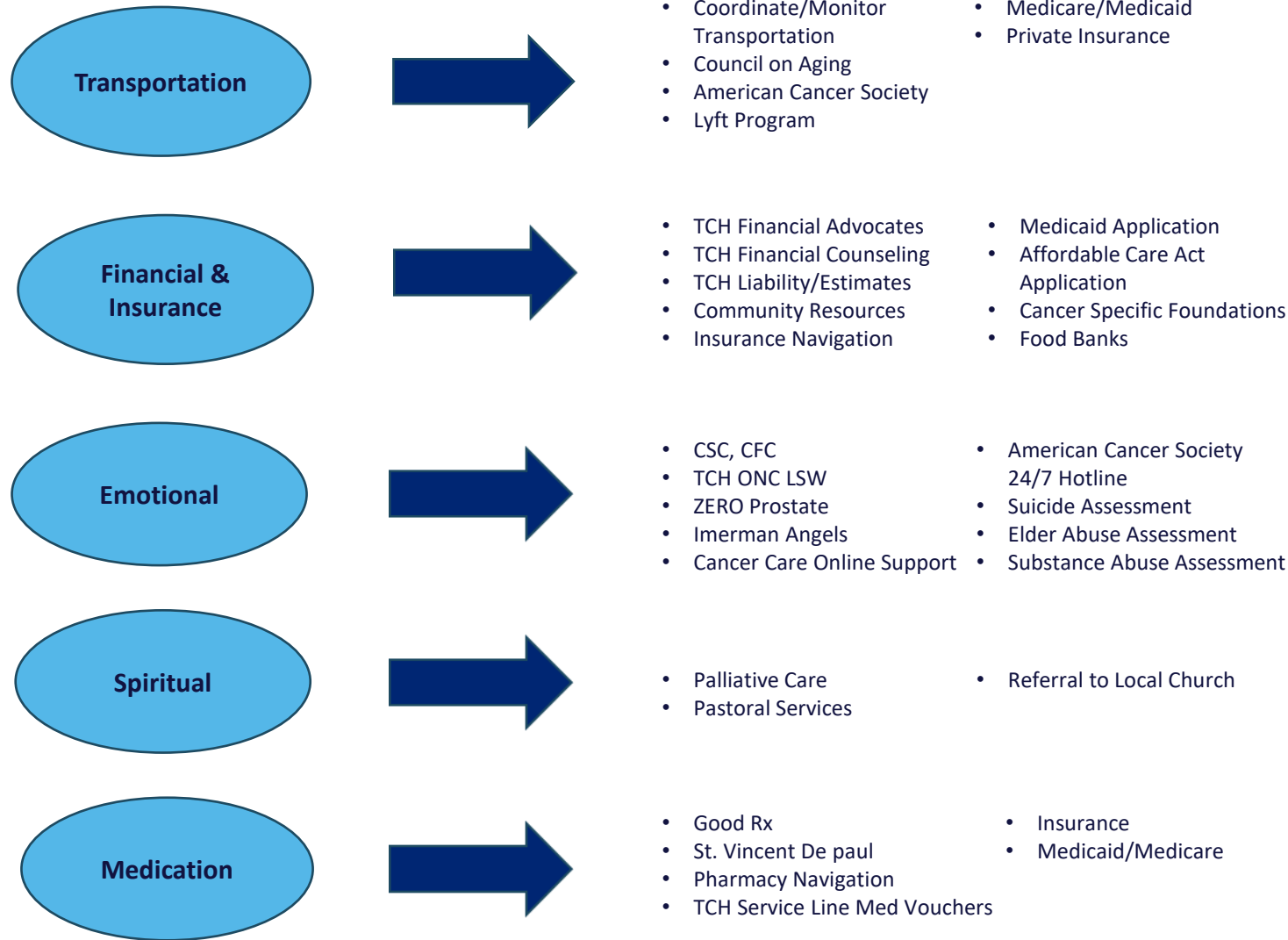
New and Ongoing Patient Resources

- Cancer Support Community's Prostate Support and Education Group
- CSC Open to Options
- CSC Monthly Programs and Events
 - Yoga, Tai-Chi at TCH
- Cancer Family Care
- CFC TreeHouse Children's Service
- ZERO Prostate Cancer
- National Comprehensive Cancer (NCCN) Guidelines
- Male Care Online Support Groups
 - Caregiver, ED, Gay Men
- Cancer Care Online Support
- Patient Resource
- National Cancer Institute
- American Cancer Society
- Prostate Cancer Research Institute
- Prostate Cancer Foundation
 - Free Patient Guide
- Incontinent/VED Supplies

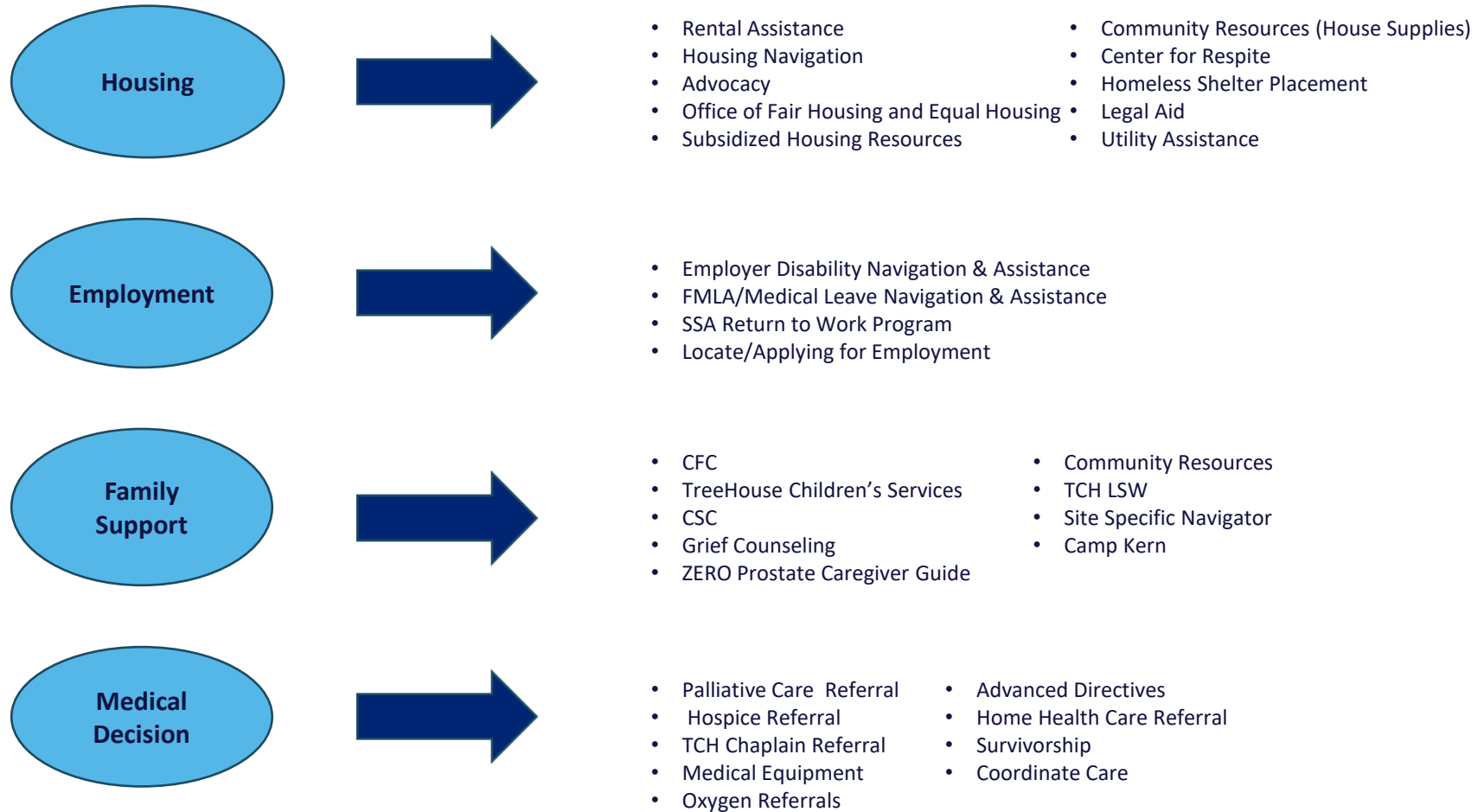
Social Work

- Trained licensed professionals dedicated to assisting patients and their loved ones before, during, and after cancer treatment.
- Services they may provide: Counseling and coping mechanisms for self/family/children, substance abuse concerns, finding supportive resources in the hospital and community, medication access, assistance with arranging home care needs, obtaining medical equipment, financial concerns, advocacy, disability (short, long-term, FMLA), transportation, housing issues, coordination of skilled nursing placement, end-of-life care needs and hospice.
- Routine screening before, during and after cancer treatment to assess distress and needs.

Social Work Referrals and Interventions



Social Work Referrals and Interventions Cont.



Case Management

- Outpatient oncology case manager facilitates transition of care after hospitalization by assessing patient's status, reviewing discharge instructions and coordinating services such as home care and durable medical equipment
- Collaborate with Social Work and Registered Dietitian as needed to provide assistance for patients
- Confirm follow up with appropriate providers (oncology, PCP, etc.)
- Follow patient for at least 30 days post discharge and remain available as needed



Financial Advocacy

- Assists with understanding your benefits, managing medication costs, and finding financial support, such as applying for co-pay and medication assistance programs
- Provide estimates on upcoming visits, procedures, treatments
- Assistance with hospital and physician bills
- Financial assistance, such as payment plans



Nutrition Services

- Registered Dietitians who are available to meet with you to establish an individualized diet plan and manage issues that can come along with cancer treatment, or how to eat for your wellbeing in cancer survivorship.
- Services they may provide: Support and management of nutrition before, during and after cancer treatment, meal planning, eating on a budget, managing diet with chronic diseases, weight changes, nutrition and physical fitness, digestive problems, nutrition and aging.
- Routine assessments before, during and after cancer treatment to assess each patient's nutritional risks.
- Classes focusing on wellness and optimizing nutrition

Optimizing Nutrition

Discussions with an oncology dietitian about optimizing your nutrition during cancer treatment will include topics on symptom management, vitamin and mineral supplements, and other nutrition-related concerns. This offering is now available on-demand anytime by watching the video below.



WELLNESS YOUIVERSITY

Learn how to transform into the best YOU!
Join us for an 8 week Wellness Series
Presented by The Christ Hospital Oncology Services

FALL:
September through November
Wednesdays at 5:30pm, Thursdays at Noon

WINTER:
January through March
Wednesdays at 5:30pm, Thursdays at Noon

SPRING:
March through May
Wednesdays at 5:30pm, Thursdays at Noon

SUMMER:
June through August, Thursdays at Noon

IT'S TIME TO PUT YOU AT THE TOP OF THE LIST!
Offered in the Activity Room of the Cancer Center Level D, Heart Tower

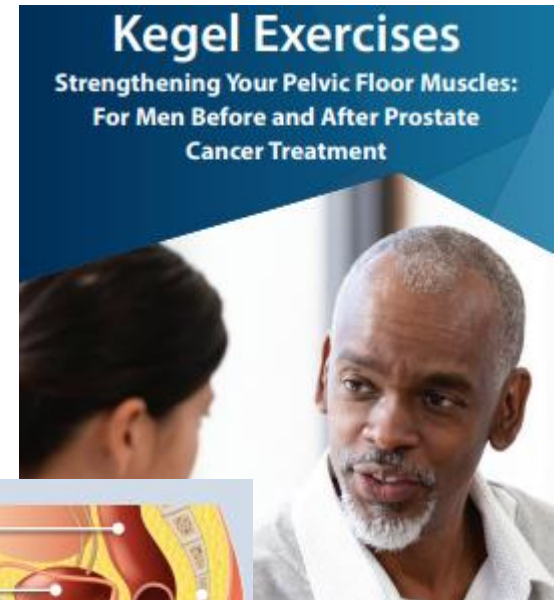
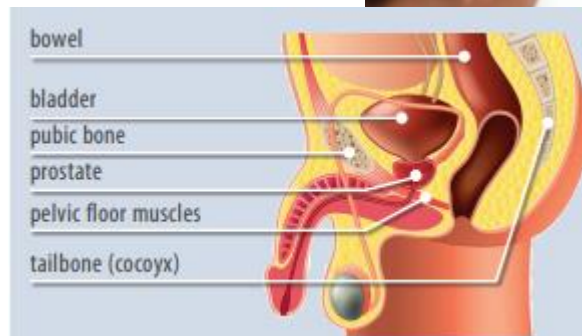
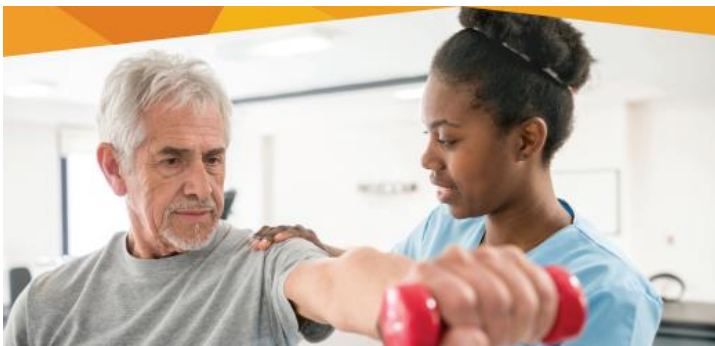
SPACE IS LIMITED.
Request information from your provider to join or call Sarah Heffron, Oncology Dietitian, at 513-585-4340. There is no cost for patients receiving care through The Christ Hospital Oncology Services.

The Christ Hospital Health Network

Christ Hospital Health Network

Rehab Services

- Pelvic floor therapy before and after radical prostatectomy, or with ongoing urinary incontinence, pelvic pain, bowel dysfunction or sexual dysfunction/ED
- Cancer related fatigue therapy
- Lymphedema therapy



**POST PROSTATE
REMOVAL
CARE KIT**



Genetics

- Assists with understanding hereditary (genetic) risks for cancer
- Meet with patients to discuss personal risk factors, family history, implications of genetic testing, and next steps if there is a genetic risk for cancer in their family



Research

- Open clinical trials conducted by Oncology Research team for patients who qualify
- For a list of open clinical trials at TCHHN, please visit our website at:
 - [Clinical Trials for Cancer | Open Trials | The Christ Hospital](#)
 - To refer a patient, or to enroll in a currently available oncology clinical trial, please call an oncology research nurse at 513-585-0844.



Survivorship

- Helps guide patients through life after cancer treatment
- Overall wellness support, even if cancer is not curable
- An appointment with a Nurse Practitioner will be scheduled after completion of treatment. During the appointment, they will review information about diagnosis, treatment summary, recommended follow up, including appointments and scans, any late side effects of treatment, and preventative care recommendations.
- Patients are provided with a document that includes an individualized care plan
- Survivorship Nurse Navigator
- Programs
 - Survivorship Wellness Series
 - Living Forward

Survivorship Wellness Series

The Cancer Survivorship Wellness programs are held throughout the year and cover common topics in cancer survivorship including financial stress, fatigue, anxiety, depression, long-term side effects and lifestyle changes, as well as sharing resources and solutions to help. The events are held at The Christ Hospital Cancer Center on D-Level of the main hospital campus. All survivors and family members are welcome to attend. For those not able to attend the events in person we offer videos of the event.



**SURVIVORSHIP WELLNESS SERIES:
FEAR OF RECURRENCE**

FREE PROGRAM

JOIN US
for this **FREE** virtual
and in-person event
December 6th | 5:30-7p.m.
In Person: Joint and Spine Center,
6th Floor,
Mt. Auburn Campus
Virtual: Via Microsoft Teams

After completing cancer treatment, cancer survivors may worry that their cancer will come back. Join us as we explore evidence-based strategies that reduce the fear of recurrence. We will also include a Q&A session with a panel of experts from our Oncology Social Work Team, Cancer Support Community and Cancer Family Care. Lastly, we will wrap up the night with a relaxing yoga session by certified yoga therapist, Tina Warner.

This session will...

- define Fear of Recurrence
- explain ways to combat this fear
- include a panel for Q&A
- offer an optional 30 min yoga session, please wear comfortable attire

RSVP by December 5, 2023
to Aaron Statt, BSN, RN
Survivorship Nurse Navigator
aaron.statt@thechristhospital.com
513-585-4154

The Christ Hospital Health Network
cancerfamilycare
Cancer Support Community

Palliative Care

- Supportive care that can improve patients and their loved one's quality of life by focusing on relieving symptoms of cancer and its treatment, such as pain, nausea, fatigue, depression, stress.
- Appropriate for any age and stage of cancer, including curative treatment.
- Palliative care providers and nurses work along side your treatment team to understand what's most important to you and help you make decisions about your care.
- Palliative Care Nurse Navigator



IT TAKES A VILLAGE!

The Christ Hospital Health Network Oncology & Hematology



Oncology Providers	Our physicians are compassionate professionals experienced in treating patients with cancer. Treatment often consists of a combination of therapies and likely involves a Medical Oncologist, Surgeon and/or Radiation Oncologist.	Medical Oncologist: _____ Number: _____ Surgeon: _____ Number: _____ Radiation Oncologist: _____ Number: _____
Oncology Nurse Navigator	Oncology Nurse Navigators provide patient-centered support and guidance from diagnosis, throughout treatment, into survivorship or palliative care. Our role is to improve patient outcomes by addressing barriers to care and providing patients and loved ones with support, education, and resources.	Cancer-Specific Navigator: _____ Number: _____ MD Navigator: _____ Number: _____
Social Worker	Our Oncology Social Workers are available to patients and loved ones before, during, and after cancer treatment. They can assist with barriers to care such as transportation assistance, financial strains, emotional distress, health care system navigation, and long-term care planning.	Oncology Social Work: 513-585-4002 Contact: _____
Financial Advocacy	Oncology Financial Advocates provide assistance with co-pays, supplemental funding, free/drug replacement for chemotherapy, out-of-pocket expenses for oral medications, and charity applications.	Contact: _____ Number: _____
Dietitian	Medical Nutrition Therapy is an essential part of each patient's cancer journey. Our Oncology Registered Dietitians meet with patients to establish an individualized nutrition plan and assist with managing issues that may arise with cancer treatment. We continue to support each patient's wellness into Survivorship.	Oncology Nutrition Services: 513-585-4250 Contact: _____
Rehabilitation Services	The Oncology Rehabilitation department offers physical and occupational therapy services during and after treatment to improve quality of life. Our services range from treating cancer related fatigue, mobility issues, lymphedema symptoms, speech and swallowing problems.	Oncology Rehabilitation Services: 513-585-3838 Contact: _____
Genetics	Genetic counselors assist patients in understanding hereditary (genetic) risks for cancer. We meet with patients to discuss their personal risk factors, family history, implications of genetic testing, and next steps if there is a genetic risk for cancer in their family.	Genetic Counseling (Precision Health): 513-585-3275 Contact: _____
Community Resources	There are various community resources that offer support for you and your family through your journey.	Provided as needed.
Survivorship	The Survivorship Program takes a personalized approach by providing each of our patients continued support and guidance following cancer treatment. Each Survivorship visit focuses on meeting the current needs of our patients while empowering them with tools to focus on the future.	Survivorship Program: 513-585-4154 Contact: _____
Palliative Care	Palliative Care Services are focused on helping patients who are living with advanced cancer to feel as well as possible through treatment. We work alongside providers to assist with symptoms like pain, shortness of breath, fatigue, and nausea. We provide extra time to help patients and their families think through what is most important to them when faced with difficult medical choices.	Palliative Care Services: 513-585-0177 Contact: _____
Research	Open clinical trials conducted by the Oncology Research department may be available for patients who qualify. Visit our website for a list of open clinical trials.	Oncology Research: 513-585-1140 Contact: _____

Questions



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