

Emotion and Cancer: Treatment and Survivorship

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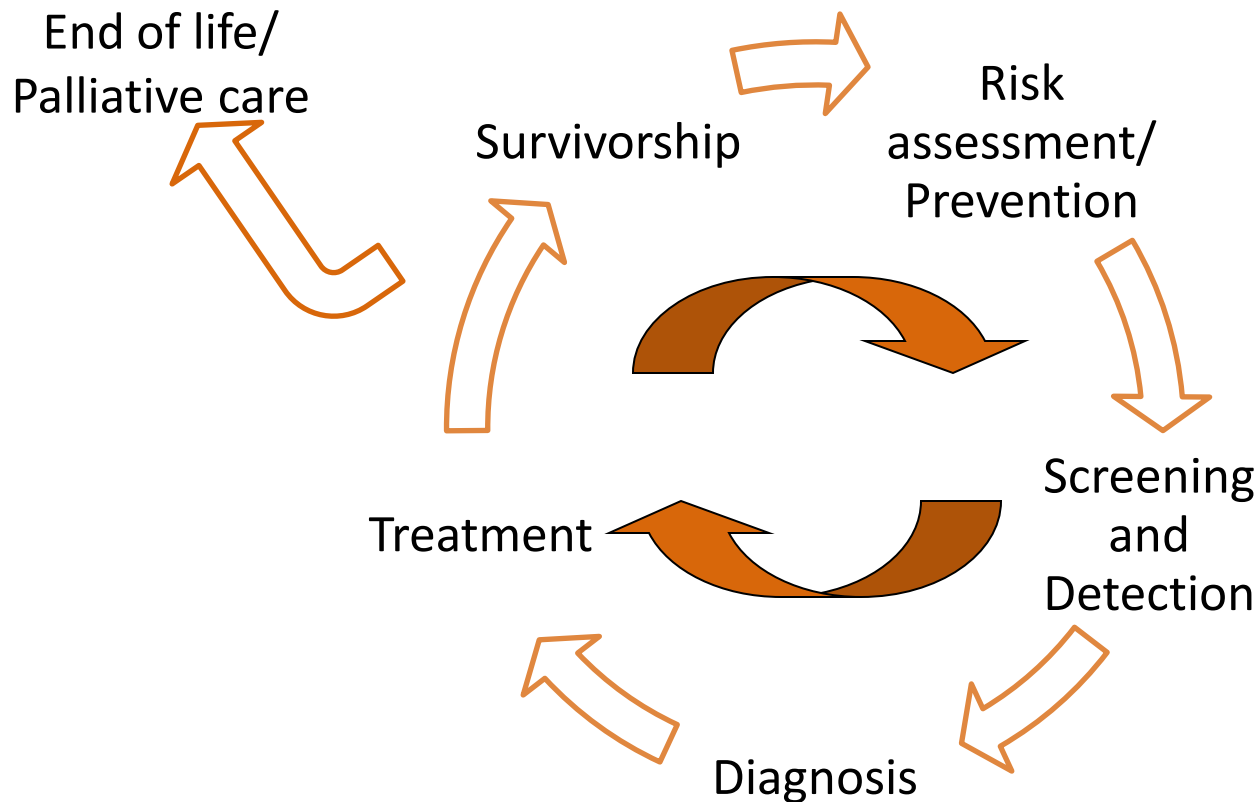


Outline

- Definitions and meaning of cancer survivor/ survivorship
- The cancer control continuum
- The survivorship tracks:
 - (1) typical
 - (2) poor-functioning
- Lifecourse perspective
- Caregiving context
- Socio-cultural factors



Cancer Control Continuum “Revisited”



Adapted from Rowland and Bellizzi, 2008, *Hematol Oncol Clin North Am*

Cancer treatment and survivorship

- **“Survivor”:**
 - An individual from time of diagnosis onward through the balance of his or her life.
 - Friends, family members, and caregivers
- **Survivorship research: focus on the physical, emotional, social, and financial outcomes among pediatric and adult survivors and their friends, families, and caregivers.**
- Survivor identities (Park et al., 2009, *J Gen Intern Med*):
 - “Patient,” “survivor,” “person with cancer,” and “victim”



Two tracks...

1. **Typical:** many survivors, who have healthy levels of pre-cancer emotional functioning)
2. **Poor-functioning:** those who either have preexisting psychological comorbidities or come from stressful contexts)

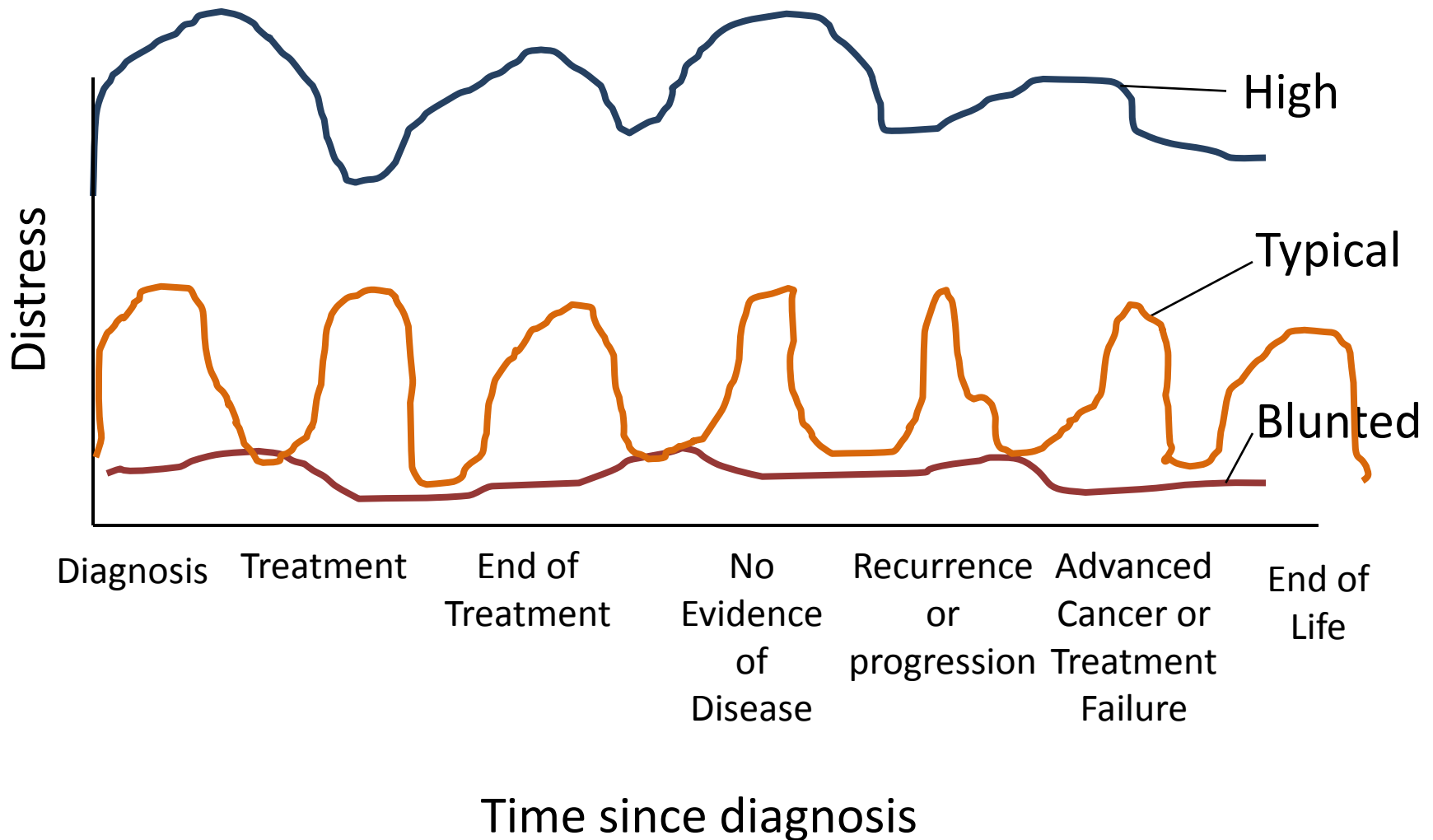
One Dominant Emotion: Distress

- Distress definition:

a multi-determined unpleasant emotional experience of a psychological, social and/or spiritual nature that may interfere with the ability to cope effectively with cancer, its symptoms and treatment.

-National Comprehensive Cancer Network, 2002

Responses to Distress



Consider the Lifecourse

- Emotional response may differ for survivors and caregivers, depending on the age/developmental stage of survivor
 - Children (age 0-14)
 - Adolescents, Young Adults (AYA) (age 15-39)
 - Middle aged adults (age 40-59)
 - Older Adults (age 60+)
- Impact on family differs by age/life stage



Family Caregivers

Risk Factors

- Caregiver age
- Caregiver gender
- Education level
- Spirituality
- Disease status
- Treatment intensity
- Relationship
- Responsibilities
- Coping methods
- Income concerns

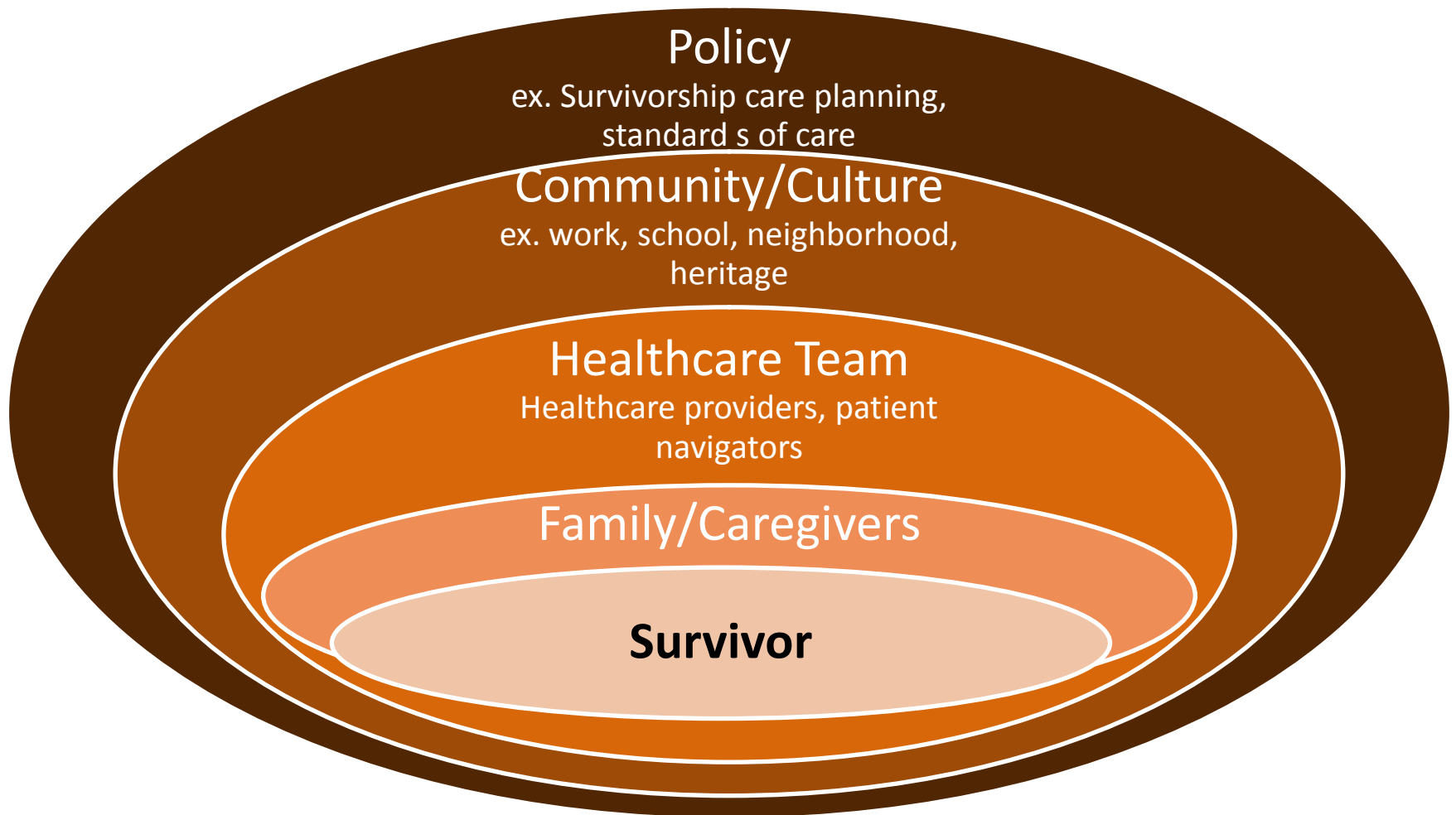
Physical Outcomes

- Lack of sleep
- Unhealthy & irregular eating
- Fatigue
- Decreased physical activity
- Chronic disease management
- Accelerated aging

Emotional Outcomes

- Emotional distress
- Anxiety
- Depression
- Posttraumatic stress symptoms
- Anger
- Loss of Role
- Stress
- Guilt

Multiple levels of socio-cultural factors



Adapted from Stokols, 1996, *American Journal of Health Promotion*

Socio-cultural perspectives on cancer survivorship

- Cancer survivorship, in terms of emotional health, entails meaning-making
 - Differs across individuals and across socio-cultural scales
- Survivorship interventions should be tested in any new population and then tailored to be relevant, sensitive, and meaningful for specific groups.
- Big need for qualitative research to understand how experiences in treatment and survivorship unfold for different cultural groups and quantitative research to expand inclusion of understudied groups

End of Life and Palliative Care

- Time of heightened emotion for survivors and their family
- Decisions to accept or decline treatment
- Elevated levels of emotion for
 - Decision to stop treatment
 - End of life care
 - Death

Summary

- Definitions and meaning of cancer survivor/ survivorship
- The cancer control continuum
- The survivorship tracks:
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- Lifecourse perspective
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References

1. Alfano CM, Rowland JH (2006) Recovery issues in cancer survivorship: a new challenge for supportive care. *Cancer J* 12: 432-443
2. Park CL, Zlateva I, Blank TO (2009) Self-identity after cancer: "survivor", "victim", "patient", and "person with cancer." *J Gen Intern Med* 24 Suppl 2: S430-435
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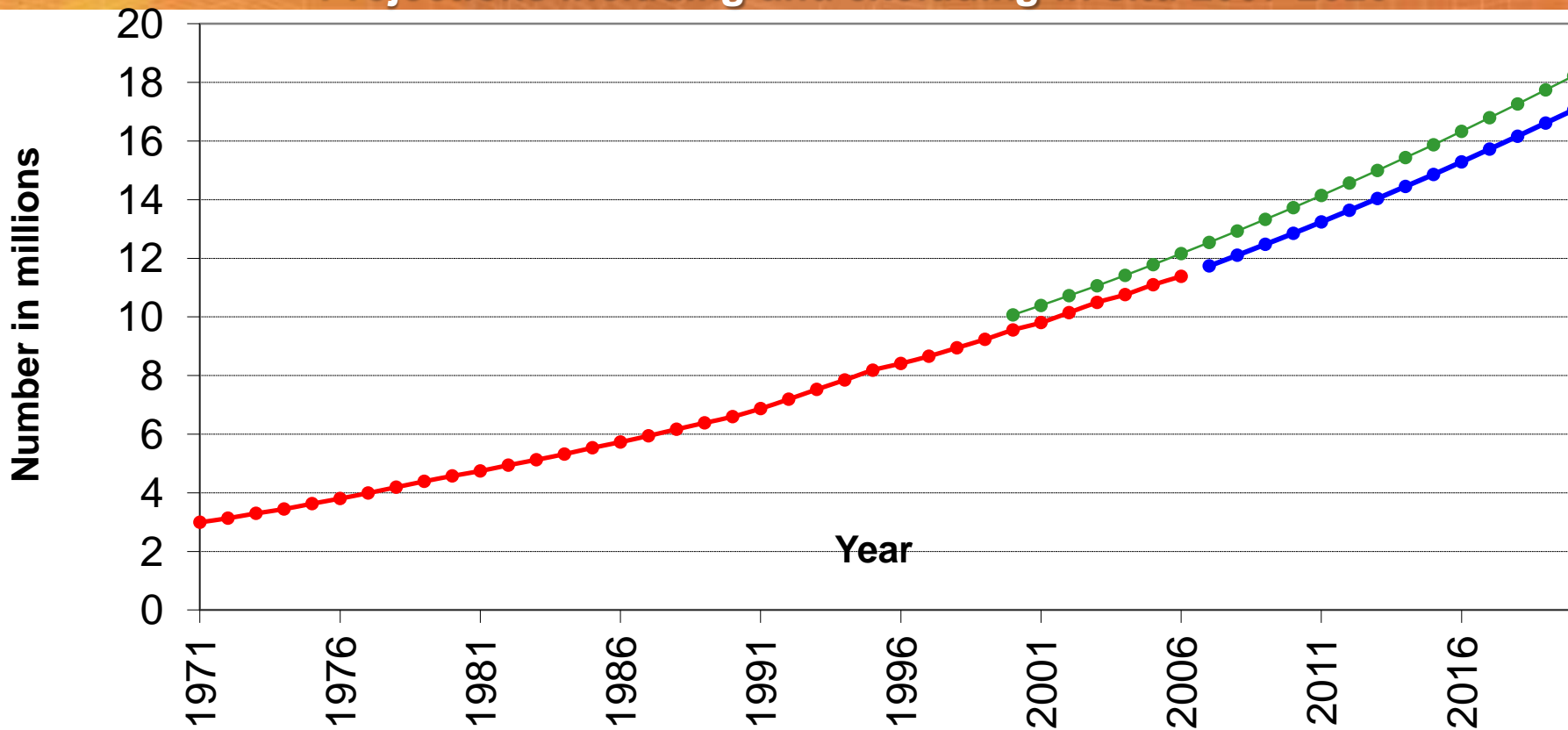
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Extra slides for
handouts

Estimated Number Cancer Survivors in the US 1971 - 2006

Projections including and excluding in situ 2007-2020



- U.S. Estimated Prevalence counts (excluding in situ)
- Projections including in situ
- Projections excluding in situ

