



Cancer Surveillance Care Map - Part 2

Physical Activity

Per week:
Aerobic: ≥75 mins. (vigorous)
or ≥150 mins. (moderate)
AND Strength: ≥2 days

Nutrition

Healthy Proteins and Fats
Fruits/Vegetables

Alcohol Use

Avoid Alcohol

Cannabis Use

All Types (Non-prescribed):
Quit/Reduce

Mental Health

Depression, Anxiety and Distress

Tobacco Use

Cigarettes/e-Cigarettes
/Tobacco Products

Quit/Reduce

START

Personal hx of osteoporosis

Bone Health

Breast Cancer Survivor

Taking aromatase inhibitor
OR
Pre-menopausal on adjuvant
endocrine medication
OR
Chemotherapy-induced
premature menopause?
(see reverse side of the Cancer
Surveillance Care Map - Part 1
for common medications)

Yes

No

Bone Scan/DEXA
q2yrs

Post-menopausal?

Yes

No

Baseline Bone Scan/DEXA
Repeat screen as per PCP

Prostate Cancer Survivor

On Androgen Deprivation Therapy (ADT)?
(see reverse side of the Cancer Surveillance Care Map - Part 1 for common medications)

Yes

No

Refer to PCP to assess risk of fracture using baseline DEXA and risk calculator (e.g. FRAX or QFracture)

Repeat screen as per PCP

Other Cancer Survivor
(without metastatic cancer)

Vitamin D 800-1000 IU/day
Calcium 1000-1200 mg/day (preferably from food sources)
Resistive Exercise

PP connect with PCP if not within recommended intervals or untreated osteoporosis

Long-term Side-effects and Symptoms

Patient is confident in ability to manage their symptoms

Sexual Health

Patient expresses concerns (e.g. sexual function, body image, sexual intimacy)

Other side-effects and symptoms (see reverse side for examples)

Patient is not confident in ability to manage their symptoms (as indicated by survey; confidence < 7)

PP connect with PCP or refer patient to appropriate resource (where available)

Symptoms of Recurrence

Patient does not indicate any new symptoms

Patient indicates new symptom(s) (see reverse side of care map for examples)

PP refer to PCP for assessment and next steps

Follow-up/Care Plan

Plan documented/process for implementation in place

Follow-up care plan or equivalent not documented on patient chart

Follow-up visit not completed as per care plan

PP connect with PCP regarding plan and process for implementation

**See reverse side of care map for definition of items to be included in the follow-up/care plan

Goal Setting & Modifiable Risk Factor Reduction

Nutrition and/or Physical Activity
Encourage improvement; Referral to counseling, program or discussion with PCP

Alcohol/Tobacco/Cannabis
Encourage reduction/cessation; Referral for counseling, program or discussion with PCP

Mental Health
Review positive effects of alcohol and cannabis reduction/cessation, physical activity and good nutrition

Follow-Up Care Plan Definition

Survivorship Group	Care Plan Items	Survivorship Group	Care Plan Items
For All Cancer Survivors	<ul style="list-style-type: none"> History and physical examination schedule Description of care coordination (e.g. who is most responsible for what care) Monitoring of long-term side effects, symptoms of recurrence, sexual health and psychosocial well-being Document modifiable lifestyle/behavior recommendations and discussions Calcium, vitamin D and resistive exercise recommendations 	Colorectal Cancer (CRC)	<ul style="list-style-type: none"> Surveillance colonoscopy, CEA measurement and follow-up imaging (CT) at recommended intervals
Breast Cancer (BC)	<ul style="list-style-type: none"> Surveillance mammography at recommended intervals Bone/DEXA scan at recommended intervals Annual monitoring of abnormal vaginal bleeding for women on SERMs Endocrine therapy adherence assessment 	Prostate Cancer (PCa)	<ul style="list-style-type: none"> Measurement of serum PSA at recommended intervals Annual digital rectal exam (DRE)* Bone/DEXA scan at recommended intervals <p>*PCPs should discuss with the specialist the need for annual DRE and avoid duplication. On rare occasions, undetectable PSA can occur with concurrent disease.</p>
Possible Symptoms Indicating Recurrence of Metastatic Disease (This is not an exhaustive list.)			
For All Cancer Survivors	<ul style="list-style-type: none"> Abdominal pain New palpable lymphadenopathy New persistent bone pain New persistent cough, chest pain or dyspnea New hepatomegaly or RUQ abdominal pain or jaundice New onset seizures Back pain with limb weakness, change in sensation, change in reflexes or loss of bowel/bladder control 		<ul style="list-style-type: none"> New persistent headache or new, concerning neurologic deficits Unexpected constitutional symptoms (severe fatigue, unexplained weight loss) New persistent pain of any kind Nausea Anemia Palpable mass Loss of appetite
Breast Cancer (BC)	<ul style="list-style-type: none"> New mass in breast or armpit, changes in the contour/shape/size of the breast, nipple retraction or swelling of the breast or arm New suspicious rash, bleeding or nodule on nipple or chest wall, mastectomy scar changes Altered level of consciousness, nausea, vomiting and/or pain with symptomatic hypercalcemia 		
Colorectal Cancer (CRC)	<ul style="list-style-type: none"> New persistent pelvic pain Difficulty with urination or defecation Bleeding from rectum or stoma 		<ul style="list-style-type: none"> Abdominal pain from hepatomegaly Symptoms specific to rectal cancer <ul style="list-style-type: none"> Pelvic pain, sciatica or difficulty with urination or defecation
Prostate Cancer (PCa)	<ul style="list-style-type: none"> Severe and progressive axioskeletal bone pain Hematuria New urinary symptoms including significant incontinence requiring change of undergarments, pads or diapers or urgency 		<ul style="list-style-type: none"> Obstructive symptoms including voiding discomfort or nocturia New bowel symptoms including urgency or rectal bleeding or pain
Abbreviations & Definitions			
ADT - Androgen Deprivation Therapy		Common Long-term Side Effects & Symptoms from Cancer Tx (This is not an exhaustive list.)	
DEXA - Dual Energy X-Ray Absorptiometry		<ul style="list-style-type: none"> Anxiety Dental problems Depression 	<ul style="list-style-type: none"> Fatigue Memory issues Pain