Staying Well with Survivorship Wellness

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Staying Well With Survivorship Wellness

Janni Buaiz, MS, CWS, CHC
Cancer Program Wellness Navigator
The Cancer Prevention and Treatment Center
Wellness is a positive approach to living, an approach that emphasizes the whole person. It is the integration of the body, mind, and spirit; and the appreciation that everything you do, think, feel, and believe has an impact on your state of health and has everything to do with how “Well Your Being.”

Janni Buaiz, MS, CWS, CHC
Cancer Wellness Navigator
Staying Well With Survivorship Wellness

“"It is more important to know what sort of person has a disease than to know what sort of disease a person has.""

~HIPPOCRATES (460–377 B.C.)

A Survivor (sərˈvɪvər/) is a Person, who has been diagnosed with cancer, from the time of diagnosis, through the balance of his or her life.

The Survivorship Phase (sərˈvɪvərˌShip) It’s about the physical, psychosocial, and economic issues of cancer, beyond the diagnosis and treatment phases. Survivorship Care Plan includes treatment summary, care and follow-up treatment recommendation, long term/late effects of treatment, second cancers, quality of life, and Wellness in the mind-body and spirit.
Advances in cancer screening and early detection, improvements in therapeutics, and supportive care all contribute to decreasing cancer mortality. Survivors are a growing population, the majority are in their 60’s-70’s and 80’s.

It not just about surviving, rather about thriving.
Voices from Our Survivors
Living life with a renewed footprint of wellness and vitality

• “Wellness is the ability to live life to its fullest with optimal function and balance of mind, body and spirit.”

• “It is about the entire person and cannot be stored under a bed. It needs to be talked about daily, and encouraged from within.”

• “Wellness minimizes and dismisses the very side effects from the treatments that saved my life.”

• “Wellness keeps me living, breathing and being so happy.”

• “Wellness is a state of being independent, free from limitations.”

• “Wellness provides me the gifts of life to move freely. It builds resilience and confidence that I can live OK with cancer. I am a survivor and I will always have cancer.”

• “Wellness, it is about living beyond ones dreams, and practicing healthy lifestyle habits. It keeps my cancer sleeping quietly and still.”
In the past decade, cancer survivorship has “come of age” both as a topic of research and as a specialized focus of clinical care.

An interest in the health and well-being of survivors who are post-treatment from their cancer is reflected in a myriad of publication in the past 5 years alone from ASCO to ACSM, ACS to ACLM and NCI to AICR and an equal number of major reports addressing the research in this area.
Wellness or health, has traditionally been viewed as freedom from disease; meaning, if you were not sick, you were considered healthy.

This perspective is changing. While everyone agrees that the absence of illness is one part of being healthy, it doesn't indicate whether you are in a state of well-being.
National Wellness Institute (NWI)
Definition of Wellness

“An active process through which people become aware of, and make choices toward, a more successful existence”

This definition is based on 3 tenets:

1. Wellness is considered a conscious, self-directed and evolving process of achieving full potential.

2. Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment.

3. Wellness is positive and affirming.

*Dr. Bill Hettler – Co-founder of The National Wellness Institute and Hettler’s Six Dimensions of Wellness Model Theory
Comprehensive Cancer Wellness Program
At the CCPT Presents

Living Well, Being Well; A Lifestyle for Cancer Survivorship

Practice this Exercise
CCPT Cancer Wellness Continuum for Survivors
Survivorship Pathway to Wellness

**Survivorship Phase**
- Diagnosis
- Treatment

**Clinical Wellness**
- Rehabilitation
- Dietician
- Social Worker
- Psychologist

**Wellness Care Plan (SCP)**
- Follow up guidelines
- Prevention screening
- Educating Management Late/long term side effects of treatment

**Survivorship**
- End of Life
- Palliative

**4 Pillars of Wellness**
- Body Weight
- Exercise
- Nutrition
- Lifestyle Management

**Assessments**
- Biometric Nutrition
- Quality of Life

**Wellness Models/ Evaluation Tools**
- 12 dimension Whole Person Wellness
- 6 Dimensions Wellness Theory Model
- Mindfulness and Guided Mediation
- Emotional Guidance Scale

**Sustainable Wellness Approach**
- Motivational Interviewing
- Kaizen Process
- Crowding Out
- Anchoring

**Sacred Encounters, Perfect Care, Healthiest Communities**
“Living Well, Being Well; A Lifestyle for Cancer”

“Four Pillars” Comprehensive Wellness Program

Body Weight   Nutrition           Exercise      Lifestyle

The evidenced based, patient-centered program addresses the “Four Pillars” and their relationship to cancer to help:

1. Reduce the risk of developing another “new” cancer.
2. Decrease the chance of recurrence.
3. Increase survival rates and improve quality of life.

The program is designed for survivors who have completed active treatment or are receiving long-term maintenance.
“Four Pillars” Comprehensive Wellness Program
Bridges the Gap to a well-balanced, healthy and vibrant life.

The Wellness Navigator provides,

• One-to-one biometric evaluations addressing endurance and overall fitness levels, a 7-day nutritional food journal and quality of life questionnaire.

• Personalized “Four Pillar” wellness program is based on results of initial evaluations and personal goals. All sessions include teaching and practice of mindfulness guided imagery and mediation for ease and stress management.

• Guidance through weekly individual and group exercise sessions including aerobic, strength, core, flexibility and interval circuit training.

• Bimonthly “well-check” sessions based on need to re-evaluate daily habits and behaviors and personal progress.

• “Gaze”- A Creative and Expressive Art and Mindfulness Workshops.
The Center for Cancer Prevention and Treatment
Cancer Wellness Studio and Gym
### Average Body Weight

<table>
<thead>
<tr>
<th>Body Weight (lbs) Average</th>
<th>Initial</th>
<th>3 mo</th>
<th>6 mo</th>
<th>9 mo</th>
<th>12 mo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>170.7</td>
<td>165.8</td>
<td>156.9</td>
<td>154.5</td>
<td>148.3</td>
</tr>
<tr>
<td>n</td>
<td>42</td>
<td>41</td>
<td>25</td>
<td>13</td>
<td>13</td>
</tr>
</tbody>
</table>

Of the patients who followed-up 3 months after their initial assessment, you can see that their weight dropped an average of 5 lbs.

### Overall QOL Assessment

<table>
<thead>
<tr>
<th>SJO-23 (QOL Assessment) Average</th>
<th>Initial</th>
<th>3 mo</th>
<th>6 mo</th>
<th>9 mo</th>
<th>12 mo</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2.62</td>
<td>3.13</td>
<td>3.42</td>
<td>3.56</td>
<td>3.69</td>
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<tr>
<td>n</td>
<td>42</td>
<td>41</td>
<td>29</td>
<td>18</td>
<td>14</td>
</tr>
</tbody>
</table>

For overall QOL, of the patients who followed-up 3 months after their initial assessment, their average assessment value increased from 2.62 to 3.13 (average growth of 0.51).
Of the patients who had a complete 1 year follow-up, you can see a decreasing trend of average weight over time in this figure.
Of the patients who had a complete 1 year follow-up, there is an increasing trend of their average QOL Assessment Value as seen in this figure.
The Defining Theory - Six Dimension of Wellness Model
Correlates with areas of life that survivors are challenged with after cancer care

- **Physical**- body, nutrition, healthy habits
- **Emotional**- feelings, emotions, reactions, cognition.
- **Occupational**- employment, skills, finances, balance, satisfaction.
- **Spiritual**- meaning, awareness of the unexplained, values.
- **Intellectual**- creativity, mental challenge, critical thinking, commitment to learn, curiosity.
- **Social**- relationships, community interaction, respect, healthy independence.

*The National Wellness Institute and Hettler’s Six Dimensions of Wellness Model Theory*
“Whole – Person” Wellness Model .... The Wellness Inventory
Survivors gain personal insight into 12 dimensions of physical, emotional, and spiritual wellness in their life.
Sustainable Wellness Approach
Begins with Awareness and the “Act of Change”

“People are generally better persuaded by the reasons they themselves discover than by those that enter the minds of others.” Pascal

WHY CHANGE? WHY NOT CHANGE?
Builds relationship
Listens to Story
Set a Shared Agenda

HOW DO I CHANGE?
Build a Menu With Options
Set Goals
Discuss Next Steps
Reflects Plan of Action

IF I CHANGE...
Elicit Confidence - Clarify Values/meaning Seek Commitment

follow
guide
direct
Sustainable Wellness Approach
Internal Check Point

Emotional Guidance Scale

Joy/Gratitude

Contentment

Anger/Fear

Scale of Emotions
Sustainable Wellness Approach - The Basic Techniques

• **Motivational Interviewing (MI)** – Is a style of communication that enhances and strengthens a person’s own internal motivation for commitment to change and addresses ambivalence about the need for behavioral change.

• **Kaizen Process** - The art of continuous self improvement. It is a technique that enables us to take small steps that collectively have a big impact in reaching your goals. The process of change starts with awareness and desire in our mind.

• **Crowding Out** - To Substitute or Trade often used with food choices. “Crowding out” happens when you focus on adding what serves you well and the things that don’t serve you well will naturally, over time crowd out.

• **Anchoring** - is an extremely powerful way of evoking desirable responses by helping survivors redirect their thoughts to overcome the hurdles and mental blocks that make it difficult to make changes in their lifestyle.
Sustainable Wellness Approach

Mindfulness Transform Your Lifestyle Habits with Practice

• Adopt a new perspective - *let go of the story*

• Reclaim your balance - *from within with calm and ease.*

• Take a step back - *become the observer.*

• Chose thoughts wisely - *beliefs and habits will follow.*

• Pay Attention to the moment - *noticing new things in the NOW, moves you through to the next moment.*
Staying Well With Survivorship Wellness
A Look to the Future- An Ideal Model

A Shared - Care Model
Multidiscipline  Survivorship Clinic

Integrating Survivor Care Plan
with the Wellness Care Plan

- Dieticians, Social Workers, Psychologists, Navigators, Rehabilitation Therapist, Mid - Level Practitioners and Physicians
- Real time evaluations and referrals to caregivers
- 4 Pillar Cancer Wellness Program

Thank you for your presence and attention

LIVE THE LIFE YOU’VE IMAGINED
Henry David Thoreau

Sacred Encounters  Perfect Care  Healthiest Communities