

## Involving Your Healthcare Team

The Survivorship Care Plan will be shared with your primary care physician, surgeons and other practitioners as appropriate. This will help your primary care physician and others in collaborating with your cancer care team to identify and effectively manage any issues, concerns or late effects from your cancer journey.

## Survivorship Care Planning

Susquehanna Health Cancer Centers  
Divine Providence Hospital  
1100 Grampian Boulevard  
Williamsport, PA 17701  
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Soldiers + Sailors Memorial Hospital  
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Wellsboro, PA 16901  
(570) 723-2855



## Survivorship Care Planning

Susquehanna Health's survivorship planning program is dedicated to helping patients with the transition from cancer diagnosis to cancer survivorship. Survivorship care planning is designed with the patient's overall health and wellbeing in mind and facilitates smooth collaboration and communication with a patient's entire healthcare team including oncologists, primary care doctors, surgeons and others. This allows all healthcare providers caring for a cancer survivor to consider the cancer diagnosis in their current healthcare management. Using the survivorship plan as a tool, healthcare providers will continue helping patients understand their needs for future screenings and follow-up care, including dealing with challenges that may arise during the survivorship phase of the cancer journey.

## Survivorship Consultation

Susquehanna Health offers specific Survivorship Care Planning at the Cancer Center. An Oncology Advanced Practice Professional will talk with you about the cancer diagnosis and treatment summary, possible late and long-term effects of treatment, and perform a detailed assessment of any current symptoms. During this assessment your provider will also discuss and make referrals as appropriate for physical, mental, social and spiritual concerns which may include:

- Fatigue
- Menopausal symptoms
- Sexual health
- Fertility
- Lymphedema
- Pain
- Cardiovascular concerns
- Emotional wellbeing
- Depression and anxiety
- Spiritual needs
- Stress and coping
- Financial, work and family issues
- Nutrition, weight management and exercise training

These appointments will take an hour and a half or less depending on your needs. This will be setup with the patient's agreement following completion of primary cancer treatment or transition to maintenance or preventative treatment as determined by your primary oncology provider.

## Survivorship Plan and Services

A detailed plan will be created including a summary of your cancer diagnosis and treatment, any symptoms or concerns you have and any referrals that might be needed for healthcare providers or services. A variety of services are available as part of survivorship care planning including:

- Physical therapy
- Social services
- Financial counseling
- Nutrition counseling
- Pastoral care
- Exercise programs tailored to cancer survivors
- Home care and palliative care
- Referrals to specialty healthcare providers
- Support groups

Additionally, your care plan will include specific needs for cancer screening and surveillance moving forward based on your personal risk and current clinical guidelines.

For patients who prefer not to have a formal Cancer Survivorship Planning Consultation, the survivorship plan detailed above will be completed by Cancer Center staff and provided to them.