



MONCRIEF
CANCER
INSTITUTE

UT Southwestern

Mobile Cancer Survivorship Care

EDUCATING A POPULATION ON THE GO...

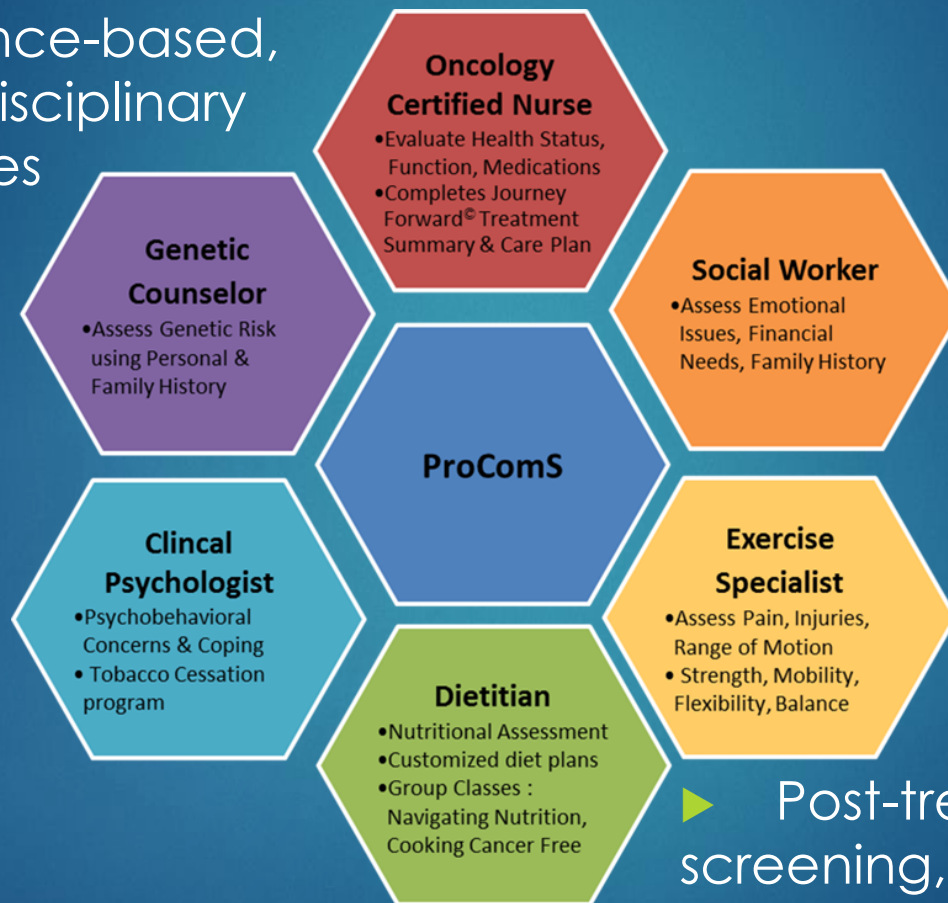
Moncrief Cancer Institute



- ▶ Affiliated with UT Southwestern Medical Center & the Harold C. Simmons Cancer Center
- ▶ Providing **community education, prevention/early detection, and survivorship services** to the medically underserved

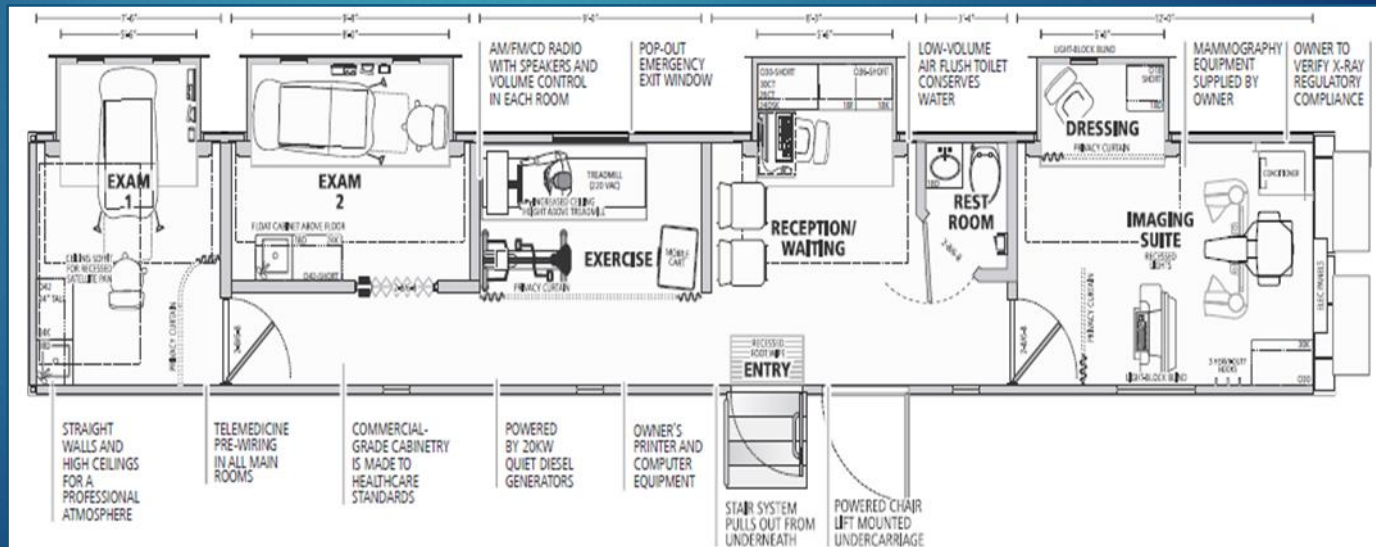
Improving Surveillance, Screening & Quality of Life in Rural Communities

- ▶ Evidence-based, multidisciplinary services



- ▶ Post-treatment cancer screening, surveillance and navigation

Mobile Survivorship Clinic



Before the appointment

- ▶ Key data elements are collected about each potential patient
 - ▶ Enrollment
 - ▶ Date of Birth (Age)
 - ▶ Language preference
 - ▶ Gender, Cancer Diagnosis
 - ▶ Scheduling
 - ▶ Health: medications, immunizations, screenings, issues/changes, etc.
 - ▶ Physical: fatigue, pain, balance/mobility, etc.
 - ▶ Social: family, fertility, genetics, insurance, finances, etc.
 - ▶ Emotional: stress/anxiety, fear of recurrence, sleep disturbances, etc.
 - ▶ Other: long-term effects, PCP/medical system engagement, alternative therapies, etc.

During the appointment

- ▶ Physical and psychosocial needs assessments with oncology certified Nurse and Social Worker
 - ▶ Review health data across domains
 - ▶ Prioritize patient goals
 - ▶ Review primary care needs
 - ▶ Screening, vaccination, etc.
 - ▶ Navigate to appropriate disciplines as appropriate
 - ▶ Exercise, nutrition, psychology, genetics, etc.
 - ▶ Identify community resources and opportunities
 - ▶ Provide customized, evidence-based educational materials
 - ▶ Confirm follow-up plan

Educational Materials

CAN PREVENT ACTION PLANNER

Congratulations! You have taken the first step for cancer prevention. Try one (or more) action each day. Share and inspire others—Together We CAN. #cancerprevention


EAT WELL	MOVE MORE
MONDAY <input type="checkbox"/> Try a new cancer-fighting vegetable	MONDAY <input type="checkbox"/> Active enough? Take our quiz
TUESDAY <input type="checkbox"/> Swap your refined grains with whole grains	TUESDAY <input type="checkbox"/> Schedule exercise time in your calendar
WEDNESDAY <input type="checkbox"/> Pack a healthy lunch instead of dining out	WEDNESDAY <input type="checkbox"/> Strength train along with our video
THURSDAY <input type="checkbox"/> Take our healthy eating quiz	THURSDAY <input type="checkbox"/> Track your steps: aim for 7,000
FRIDAY <input type="checkbox"/> Share a picture of your healthy meal	FRIDAY <input type="checkbox"/> Add 10 extra minutes to your walk
SATURDAY <input type="checkbox"/> Fill your plate two-thirds with plant foods	SATURDAY <input type="checkbox"/> Post a short video of your healthy activity
SUNDAY <input type="checkbox"/> Make an AICR Healthy Recipe	SUNDAY <input type="checkbox"/> Try a new exercise

SET IT UP	KEEP IT UP
MONDAY <input type="checkbox"/> Grab a friend for a workout	MONDAY <input type="checkbox"/> Invite a friend to follow our Facebook page
TUESDAY <input type="checkbox"/> Set a realistic weight-loss goal	TUESDAY <input type="checkbox"/> Check your BMI with our online calculator
WEDNESDAY <input type="checkbox"/> Build activity into your commute to work	WEDNESDAY <input type="checkbox"/> Pay attention to your food labels
THURSDAY <input type="checkbox"/> Tuck your sweet treats out of sight	THURSDAY <input type="checkbox"/> Keep your walking shoes by the door
FRIDAY <input type="checkbox"/> Use a smaller plate to keep portions in check	FRIDAY <input type="checkbox"/> Take our cancer prevention quiz
SATURDAY <input type="checkbox"/> Replace your sugary drinks with water	SATURDAY <input type="checkbox"/> Set out healthy snacks that are easily accessible
SUNDAY <input type="checkbox"/> Create a cancer-fighting recipe	SUNDAY <input type="checkbox"/> Sign up for the New American Plate Challenge

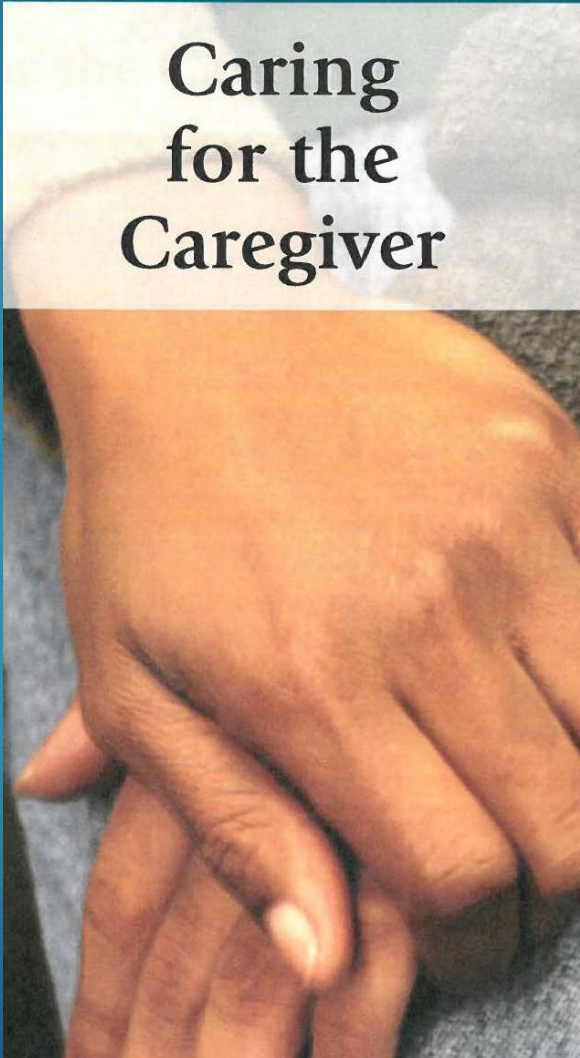
[PASS IT ON #cancerprevention](#)

American Institute for Cancer Research

Start Where You Are



Caring for the Caregiver



Facing Forward

Life After Cancer Treatment



After the appointment

- ▶ Patients are encouraged to:
 - ▶ Follow-up with care team
 - ▶ Fear of recurrence, weight management, sleep issues, etc.
 - ▶ Participate in group educational opportunities
 - ▶ Eat, Live, Explore
 - ▶ Group Exercise
 - ▶ Yoga
 - ▶ Zumba
 - ▶ The Art of Caregiving

Questions?