

Integrating Cardiovascular Screening in Cancer Survivorship Care

Whittney Thoman, MS, Katherine Gilmore, MPH, Patricia Chapman, Weiqi Bi, MD, Haleigh Mistry, MS, PA-C, Ellen Mullen, RN, ANP, GNP, Anita Deswal, MD, MPH, MBBS, Ihab Hamzeh, MD, Maria Alma Rodriguez, MD, Michael Roth, MD

Background:

Elevated CVD Risk in Cancer Survivors:

Cancer survivors, especially those treated with cardiotoxic therapies, face a heightened risk of cardiovascular disease (CVD). Obesity is a significant risk factor for the development of CVD and further elevates these survivors' risk for poor cardiovascular health. A review of body mass index (BMI) data among lymphoma survivors at our center revealed an average BMI of 29, with many meeting criteria for obesity and morbid obesity.

Inconsistencies in Current Practices:

An initial review of lymphoma survivors at a major academic cancer center revealed significant variability in practices for CVD screening and referrals.

Strategic Focus on CVD:

Under the Commission on Cancer Standard 4.8, cardiovascular disease was selected as a key area of focus.

Figure 1. Survivorship-Adult Cardiovascular Screening Algorithm currently under development to depict best practices for care delivery.

Survivorship – Adult Cardiovascular Screening

Page 1 of 3

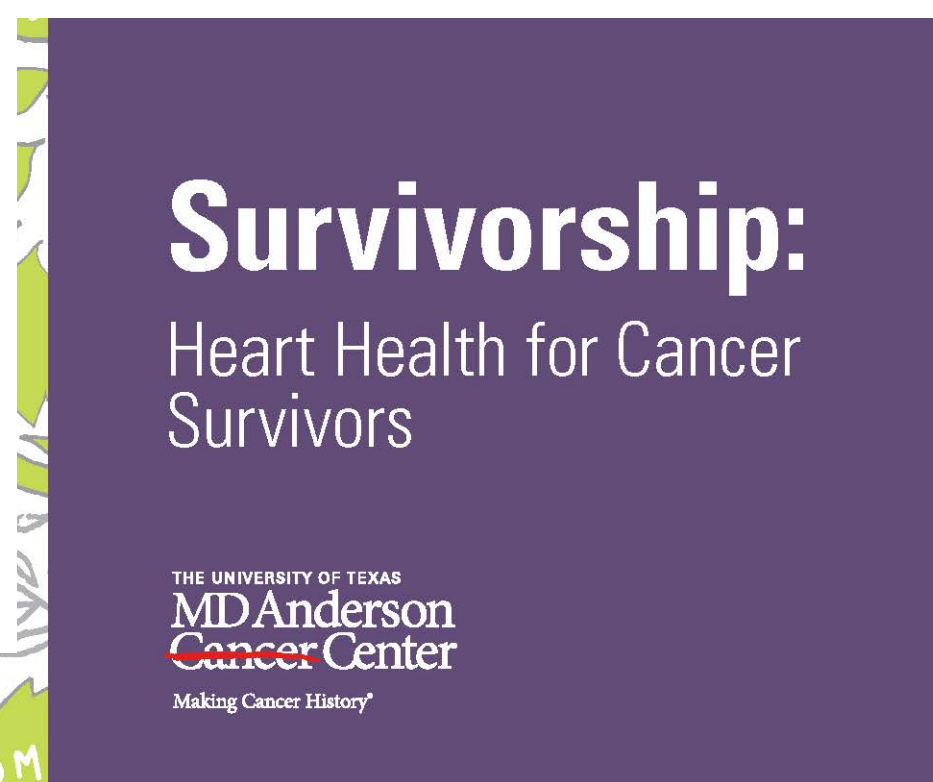
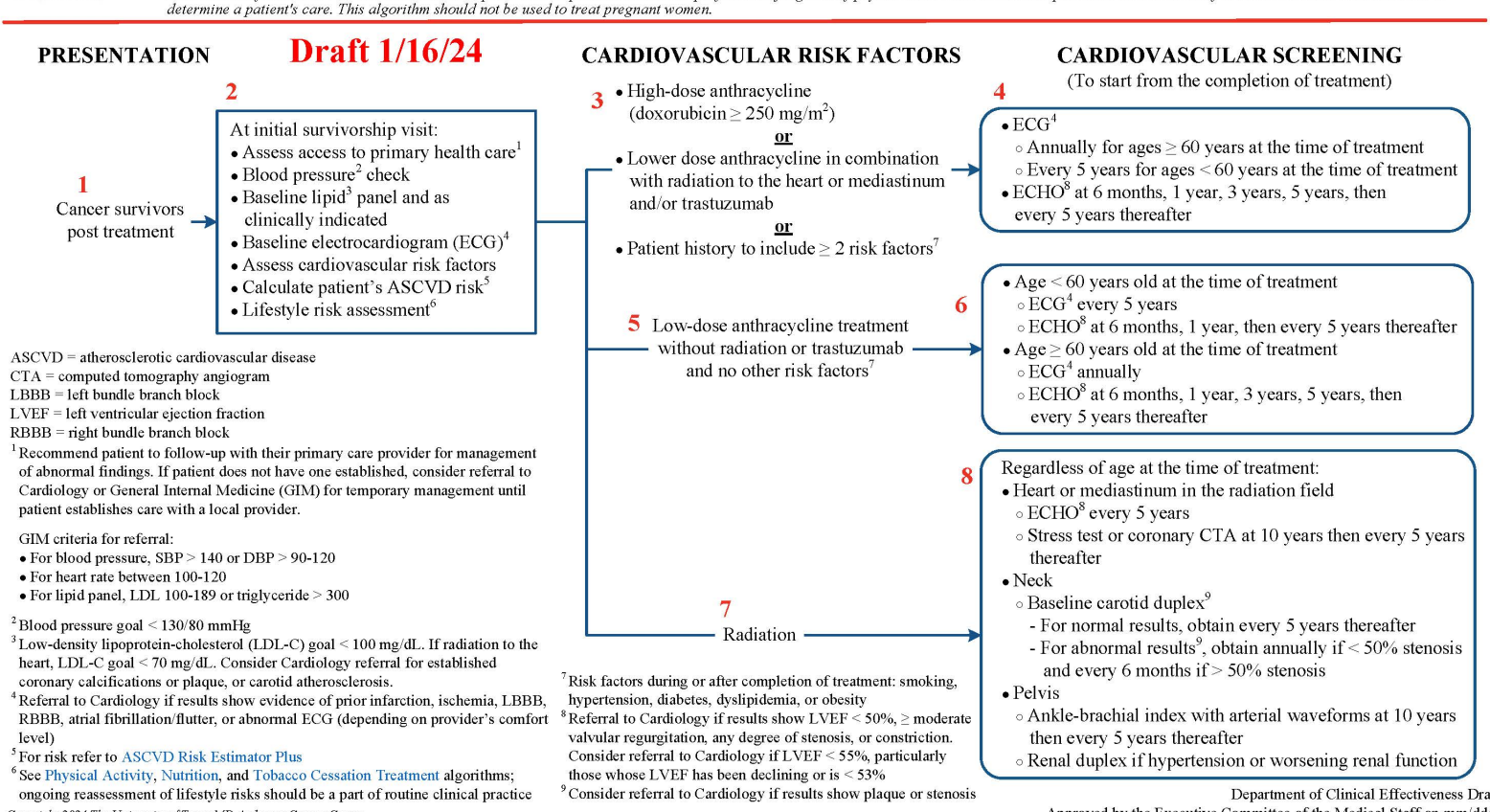


Figure 2. Survivorship: Heart Health for Cancer Survivors Patient Education booklet developed in collaboration with stakeholders across the institution.

Methods:

Development of the CVD Screening Algorithm:

Formed a multidisciplinary team to develop the Adult Cardiovascular Screening algorithm tailored for cancer survivorship.

Improving Clinical Standardization:

Utilized an algorithm to standardize obesity screening and management in clinical practices.

Evidence-Based and Comprehensive:

Designed the algorithm as an innovative, evidence-based tool to comprehensively identify and monitor survivors at elevated risk for CVD.

The integration of tailored cardiovascular screening into survivorship care marks a significant advancement in addressing CVD among cancer survivors.

Results:

Collaborative Development:

The algorithm was developed through collaborative, multi-disciplinary efforts involving experts in cardiology, oncology, and survivorship care.

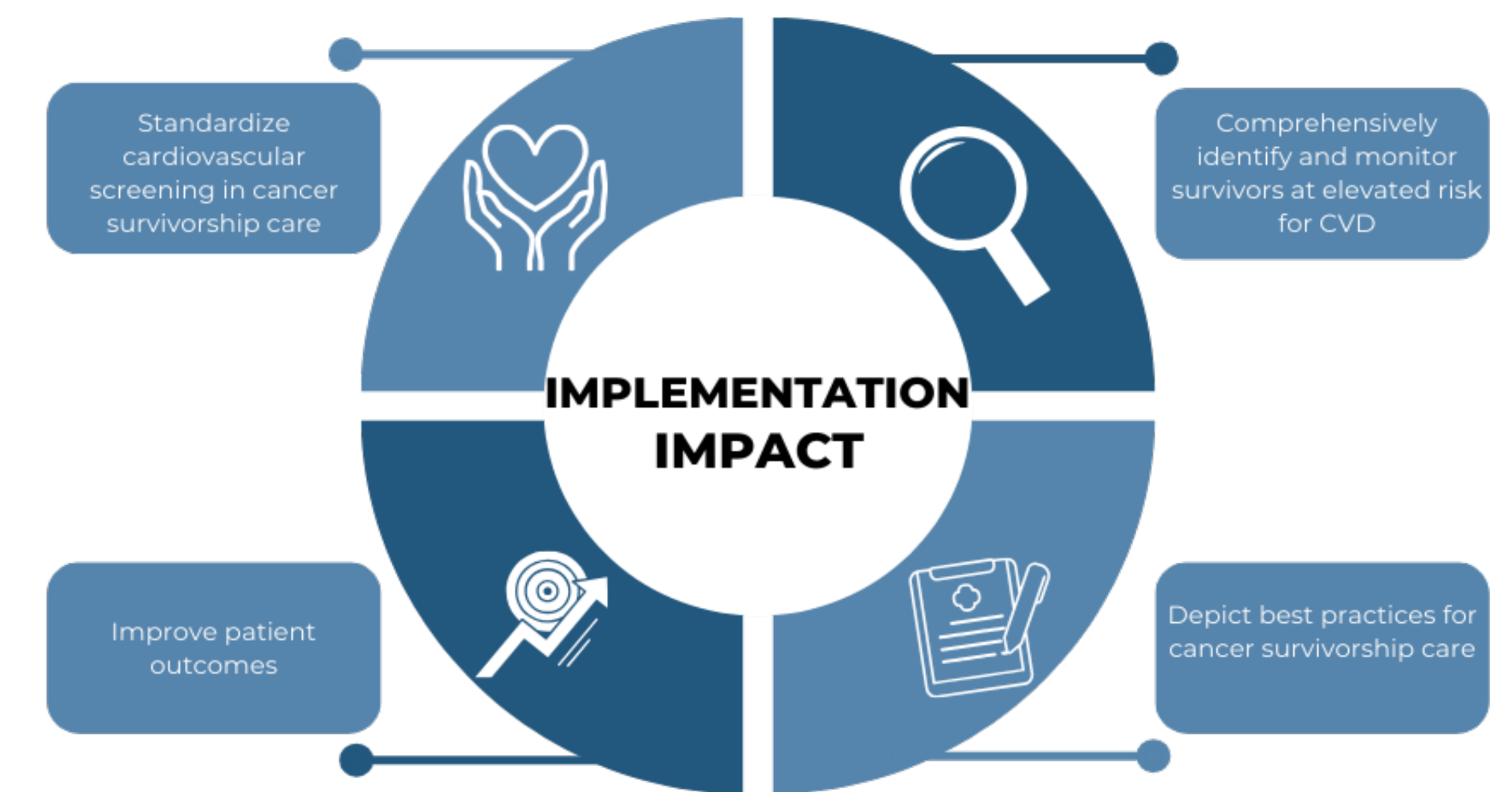
Potential for Standardization:

Institutional-level adoption of the algorithm shows promise for standardizing cardiovascular screening processes in cancer survivorship care.

Enhancing Patient Outcomes:

The widespread availability of this algorithm can aid healthcare providers and centers in quality improvement initiatives, ultimately improving patient outcomes.

Figure 3. Implementation impact of the Survivorship – Adult Cardiovascular Screening Algorithm.



Conclusion:

Integrating Survivorship Care:

The integration of tailored cardiovascular screening into survivorship care marks a significant advancement in addressing CVD among cancer survivors.

Goal of Standardization:

By promoting standardization at the institutional level, the aim is to enhance long-term health outcomes for survivors.

Reducing CVD Burden:

This approach is intended to prevent the development of and mitigate the impact of cardiovascular disease in this particularly vulnerable group of patients.



Access to Cancer Survivorship Algorithms



Access to Patient Education Booklets