

PALMERSTON NORTH SURVIVORSHIP WORKSHOP - SEPTEMBER 26TH 2009

- Introduction to Survivorship
Lisa Speedy
Leukaemia & Blood Foundation
- Survivorship – Finding a new normal
Lizzy Kent and Don Baker
Clinical Psychologists
Massey University
- Survivorship – Late Effects
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Haematology Consultant
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WORLD LYMPHOMA AWARENESS

- World Lymphoma Awareness Day is held globally every year on 15 September
- Lymphoma is the sixth most common cancer in New Zealand with around 800 people being diagnosed every year
- LBF, in collaboration with the International Lymphoma Coalition, is aiming to raise awareness about this little known cancer

OVERVIEW

- Redefining cancer survivorship
- Stages of survivorship
- Challenges facing cancer survivors
- Finding your new normal
- References

SURVIVORSHIP

- Cancer patient – sufferer or victim
- If cancer did not reoccur in the 5 years following either diagnosis or treatment, patients were considered to have become survivors
- Anyone who has been in remission for one year post diagnosis or treatment
- Anyone who has finishes their "active" cancer treatment

LANCE ARMSTRONG

SURVIVORSHIP DEFINITION

LIVESTRONG – LANCE ARMSTRONG FOUNDATION

- Survivorship begins at diagnosis, the moment your battle with cancer begins, and continues through your treatment and beyond
- A survivor is anyone battling with cancer; the person with cancer, a spouse or partner, a child, a friend, a parent or caregiver



SURVIVORSHIP DEFINITION

NATIONAL INSTITUTE OF CANCER (USA)

- Individuals who have been diagnosed with cancer and the people in their lives who are effected by the diagnosis, including family members, friends and caregivers



STAGES OF SURVIVORSHIP

Living **with**, **through** and **beyond** cancer

Living **with** – refers to cancer diagnosis and treatment

Living **through** – refers to the extended stage following treatment

Living **beyond** – refers to post treatment and long-term survivorship



PEPSI CHALLENGE

- **Physical** – fatigue, cognitive disorders and frustrations (i.e. chemo brain), greater risks of late effects and new cancers
- **Emotional** – fear of recurrence, for those whose illness is not curative, coming to terms with the mantel 'terminal' and it's implications
- **Practical** – vocational problems, financial issues, loans and insurance
- **Spiritual** – 'why me' and 'what does this mean', many question their faith or a cancer diagnosis can draw people back to their faith
- **Interpersonal** – changed role within family, relationship difficulties with family and friends.



SURVIVORSHIP IS A JOURNEY TO YOUR 'NEW NORMAL'

- It's not so much "getting back to normal" as it is finding out what is normal for you now

National Cancer Institute (USA)




MOVING FORWARD


- Returning to "normal" everyday life
- It is usual for you and your family to look forward to the end of treatment
- This transition and adjustment period can be difficult – facing a life threatening illness makes you rethink your priorities



"The challenge is not to return to your pre-diagnosis self, but rather to accept and build on your new reality"




Pam McGrath, *Living with Leukaemia, Lymphoma and Myeloma. A guide for patients and their families.* 2008.



FINAL THOUGHTS


- Survivorship for many people is a strong and positive way of explaining their situation. Using it helps them to cope with accepting their life after their illness
The Cancer Council of Victoria
- Survivorship can help people not only survive, but thrive
Lance Armstrong Foundation



FINAL THOUGHTS

"Cancer victims and cancer survivors are people in the same situation with a different frame of mind. Focus on what you still have and have gained rather than what you've lost."

Wendy Schlessel Harpham



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