Winship Wellness for Living

Winship Cancer Institute of Emory University Survivorship Program
The Winship Cancer Institute of Emory University is Georgia’s first and only cancer center designated by the National Cancer Institute (NCI).
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I. Winship Cancer Institute’s Mission and Vision

The Winship Cancer Institute of Emory University (Winship) explores promising avenues for cancer prevention, diagnosis and treatment. Since the 1930s, Winship has been in the vanguard of the global quest to eradicate cancer once and for all. We are all working toward the same goal – to eliminate the burden of cancer for the many lives that are touched by this difficult disease.

II. Survivorship: Care Beyond Treatment

While Winship offers groundbreaking cancer treatment, prevention services and access to clinical trials, we realize cancer patients and their families can benefit from additional services. Cancer and its treatment can have lasting effects on physical, mental and spiritual health.

To help patients and their families move beyond treatment, Winship created its cancer survivorship program, *Winship Wellness for Living*, in 2011.

*Winship Wellness for Living* is designed to support patients throughout diagnosis, treatment and beyond, with a special focus on the transition from active treatment to life after treatment.
III. What Is Winship Wellness for Living?

**Winship Wellness for Living** is a survivorship program that provides education, social support and care to patients and their families transitioning into post-treatment life, with an understanding that this may mean different things to different people.

Our survivorship program keeps patients connected to their care team, while focusing on patient needs specific to survivorship, including late effects of treatment. The survivorship program follows Winship’s academic model. This means that, in addition to providing clinical care and educating patients, **Winship Wellness for Living** educates the community on topics relevant to survivorship and conducts survivorship research to benefit the lives of current and future cancer patients following treatment.

**Winship Wellness for Living** provides the support services of dietitians, chaplains and social workers to patients free of charge. The program team also includes doctors and advanced practice providers, including nurse practitioners (NPs) and physician assistants (PAs). This multidisciplinary care team works together to address any issues patients and their families may face during and after treatment. In addition, **Winship Wellness for Living** includes outreach activities, educational sessions, support groups, celebrations and other activities in metro Atlanta and throughout Georgia. A complete listing of the resources offered through **Winship Wellness for Living** is available on the Winship website at winshipcancer.emory.edu/survivorship.
Winship Wellness for Living is designed to support all Winship cancer patients and their families. Some patients and families struggle with the completion of cancer treatment and the transition to “normal” life. Fatigue, depression, anxiety and other feelings can continue after active treatment is over, and a visit to a survivorship clinic can help.

Some patients may feel energetic and positive as they transition out of active treatment. For these patients, the Winship Wellness for Living program provides a continuing link to their care team if they have any concerns or need to address any late effects. Winship Wellness for Living has something for every patient.

At your first Winship Wellness for Living clinic visit following the conclusion of treatment, you will have the opportunity to discuss how you are feeling and what survivorship resources you might be interested in. You will also receive important information summarizing your cancer treatment and follow-up guidelines tailored specifically for you by your care team.
IV. What Can I Expect From a Winship Wellness for Living Clinic Visit?

Every patient has different needs, so every survivorship visit will be different. However, there are some common elements that you can expect during your survivorship visit at Winship.

- Visits will be treated as follow-up appointments with a Winship physician assistant (PA) or nurse practitioner (NP). You will be responsible for your normal co-payment, if applicable.
- The best time to schedule your first survivorship appointment is for two to four weeks after you have completed all active cancer treatment. Consider talking to your care team about scheduling a survivorship appointment when you receive your last chemotherapy or radiation treatment.
- A survivorship clinic appointment is integrated with your regular follow-up appointment with your oncology medical providers. This means that you will still continue to follow up with your Winship doctors at the intervals they recommend, such as every three months or every six months.
- In addition to seeing a PA or NP, you will also see a social worker at your survivorship visit. At Winship, social workers are an important part of every care team. They talk to patients before and after treatment to answer any questions they may have related to the stress of treatment, transportation, family life or other concerns. Though these issues may not be directly related to cancer or its treatment, we recognize that they affect patients and families, and our social workers are here to help.
- The services of our oncology dietician are also available at your survivorship visit.
• You can expect survivorship clinic visits to last about an hour. In addition to meeting with various members of the care team, you will be asked to complete a brief symptom assessment form that summarizes how you are feeling at the time of your visit.

• When the visit is over, you will receive:
  – A summary of all treatment you have received to date for your cancer.
  – A copy of your pathology report, which contains information about the staging of your cancer.
  – A copy of your personalized Survivorship Care Plan.
  – Referrals for supportive care, rehabilitation, specialists or a primary care provider, as needed.

V. Follow-Up Visits and Care Coordination

To ensure that you continue to receive the care you need following treatment, we encourage you to schedule annual follow-up Winship Wellness for Living visits.

It is important to keep your primary care provider informed of your progress and treatment while receiving care from the Winship Wellness for Living program. To help us with this, please be prepared to provide us with the name and contact information of your primary care provider at your first visit.
VI. What Other Resources Does Winship Wellness for Living Offer Patients and Their Families?

Winship Wellness for Living provides access to a number of additional resources, including patient navigation assistance, fertility and genetic counseling, wellness programs, nutritional assistance and even resources in the community. Ask your care team about a survivorship visit, or learn more about our program at winshipcancer.emory.edu/survivorship.

VII. What Research Opportunities Exist Within Winship Wellness for Living?

Because of its affiliation with the Emory University School of Medicine and its status as Georgia’s only NCI-designated cancer center, Winship is committed to research and education around survivorship. There are a number of ways to get involved in survivorship clinical trials. Ask your care team for details.
VIII. Winship at the Y

Winship at the Y is a collaboration between the Winship Cancer Institute of Emory University and the YMCA of Metro Atlanta.

Winship at the Y was created in 2012 to reach cancer survivors where they live and to help them return to wellness. Through a unique collaboration, Winship and the YMCA are helping cancer survivors during and after treatment with exercises geared specifically to their needs based on recommendations from the American Cancer Society.

The collaboration with the YMCA has allowed us access to locations for conducting research trials such as the Glenn Family Breast Exercise Study, which was designed to assess the benefits of exercise for breast cancer patients who have recently completed treatment. The study includes access to the Coach Approach, a free support program offered at 18 local YMCAs in which wellness coaches work with cancer survivors to address their individual needs concerning nutrition and physical activity.

To learn more about Winship at the Y, please visit www.winshipcancer.emory.edu/ymca.
For more information, please call 1-888-WINSHIP or visit winshipcancer.emory.edu.