

# BRIGHT LIGHTS AWARDS



## 2022

### **NORTH YORK FAMILY HEALTH TEAM**

**Award: Sustainable Solutions to Primary Care Problems**

**Achievement: Creating the Colorectal Cancer Survivorship Program (CSP)**

Patients have described the North York Family Health Team's Colorectal Cancer Survivorship Program (CSP) as "a lifeline in the ocean". The CSP provides continuity of care in cancer medical surveillance, healthy living, and the management of short- and long-term side effects that have resulted from their cancer treatment. It does so by integrating a holistic approach to cancer survivorship care within an interprofessional care model in the primary care setting.

Thanks to CSP, patients have been able to successfully transition back into their communities and workplaces. They can better manage possible new dietary and bowel changes, cancer-related fatigue, and mood issues. When necessary, they are referred back to an oncologist to ensure continuity of care and improve cancer survivorship.

Participants are referred to a variety of healthcare professionals as needed, as well as community resources. The program also provides medical surveillance and addresses the short- and long-term effects of cancer treatment.

The feedback has been very positive. Patients report having the support to manage their health and regain a new normality while also being pushed to pursue a greater level of health. They have been able to reduce discomforting GI symptoms. In one survey, 87 per cent of patients felt the CSP assessed their overall needs and 93 per cent would recommend/refer a friend or family member.

The program continues to collect evidence-based data to measure and improve patient outcomes through patient satisfaction questionnaires, Generalized Anxiety Distress (GAD-7) and Irritable Bowel Severity (IBS) scores.



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North York FHT is sharing the CSP process and outcomes with others. Program staff have presented at multiple provincial and national conferences. The program staff continue to take a leadership role with Cancer Care Ontario (CCO).

The CSP team continues to participate on the North York General Hospital GI steering committee and is a consultant for the No Evident Disease (NED) cross-platform app for prostate cancer survivors. CSP's hope is to expand this shared care model approach to other FHTs affiliated with cancer care hospitals.

### **Key Facts:**

- Program provides continuity of care for colorectal cancer survivors
- Assists patients in transition back to community, workplace
- Patients able to reduce uncomfortable GI symptoms
- 93 per cent of patients would recommend program