

The Set-up of HKU JCICC Cancer Survivorship Clinic

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Situation in Hong Kong

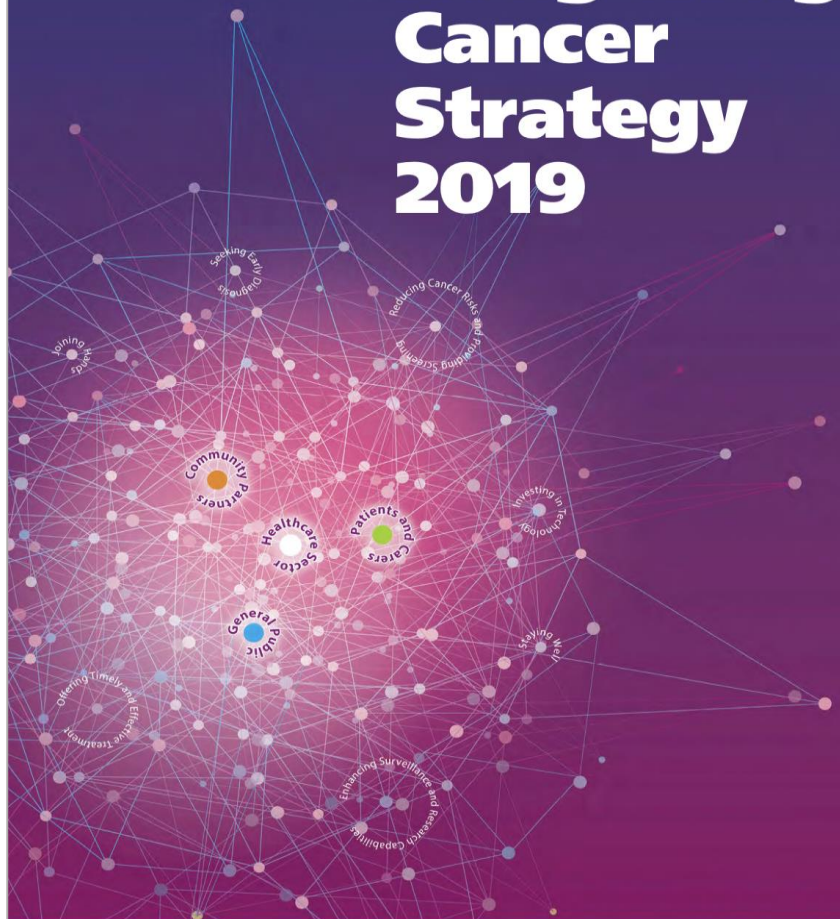
- Patients on active cancer treatment receive routine symptom assessment and management, but symptom monitoring often becomes infrequent (e.g. every three to six months or on annual basis) beyond the treatment phase.
- An ongoing study on screening for symptom distress has observed over 60% of the 1,025 cancer survivors studied at 6-month post-treatment reported moderate-to-severe physical symptom and psychological distress, suggesting a substantial proportion of cancer survivors continue dealing with residual symptoms.
- Development of a cancer survivorship care model is imperative in facilitating cancer patients to transit into survivorship phase.



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Hong Kong Cancer Strategy 2019



衛生署
Department of Health



食物及衛生局
Food and Health Bureau



醫院管理局
HOSPITAL
AUTHORITY

“Transform the concept of care for survivors and perceive cancer as a chronic illness.”

Suggested direction: to help cancer survivors stay healthy in the community.

The expected outcomes include:

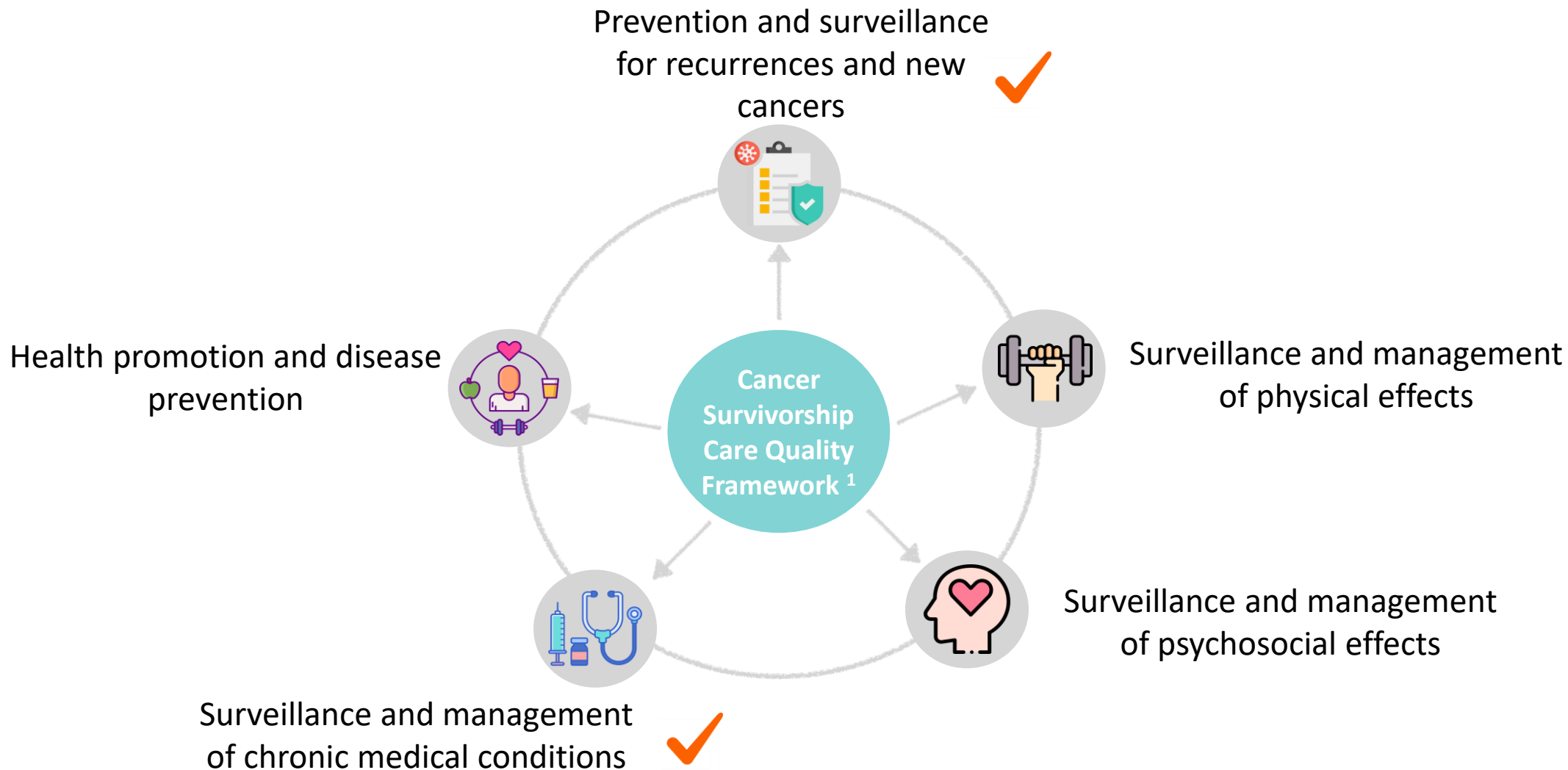
1. An enhancement of a structured rehabilitation programme for cancer survivors.
2. Defining the role of multidisciplinary team support including allied health services for survivorship.



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¹Nekhlyudov, L., Mollica, M. A., Jacobsen, P. B., Mayer, D. K., Shulman, L. N., & Geiger, A. M. (2019). Developing a quality of cancer survivorship care framework: implications for clinical care, research, and policy. *JNCI: Journal of the National Cancer Institute*, 111(11), 1120-1130.



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Introduction video

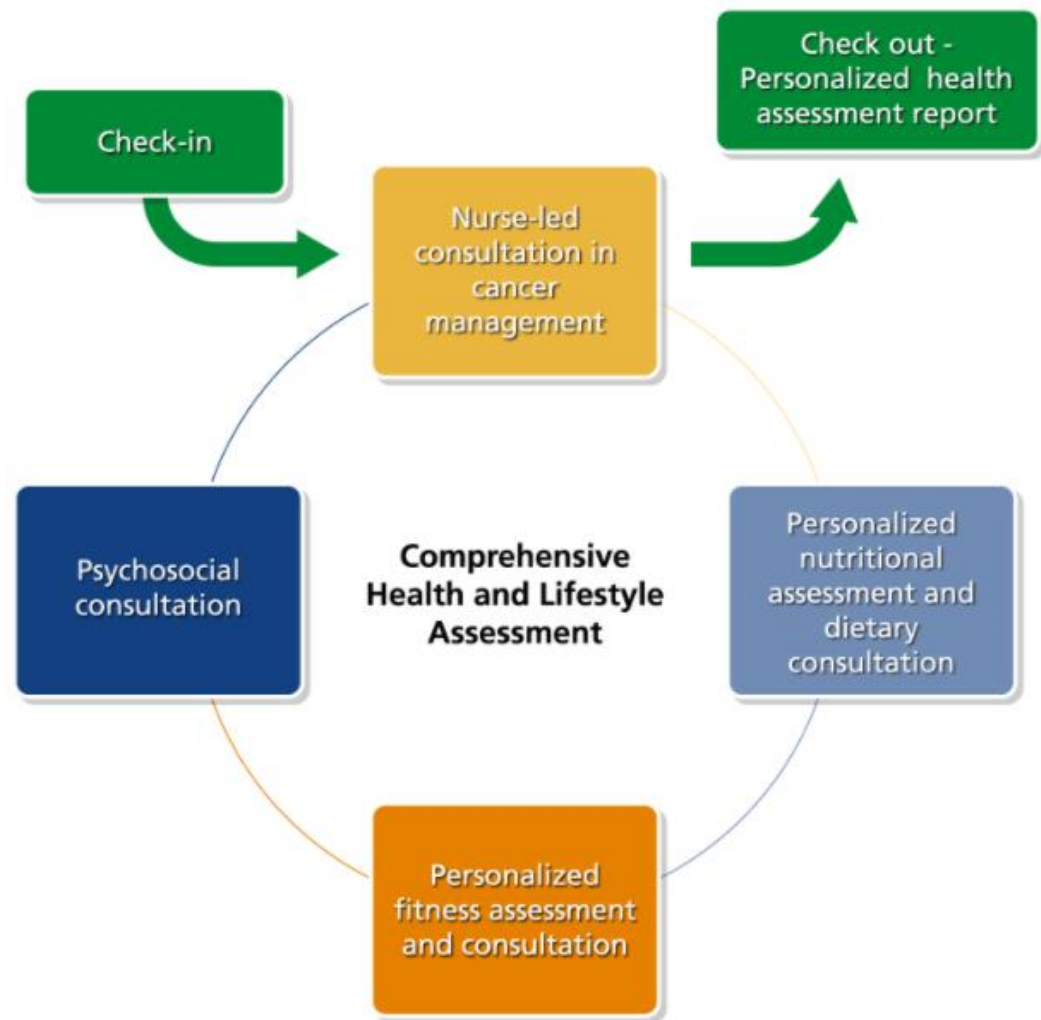




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Multidisciplinary approach model

Self-management framework

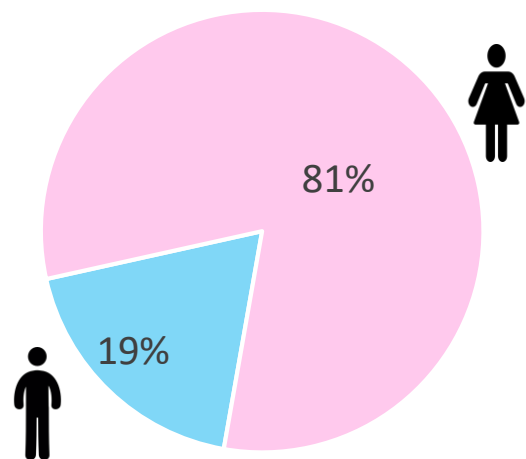
- Problem solving
- Decision making
- Resource utilization
- Communication with HCPs
- Action planning



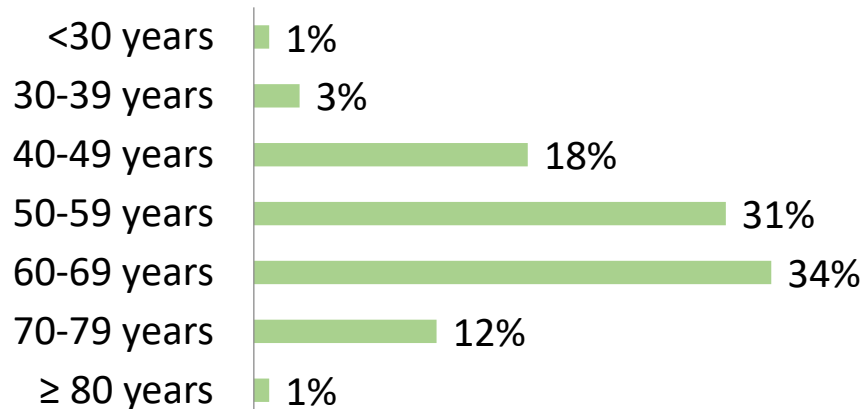
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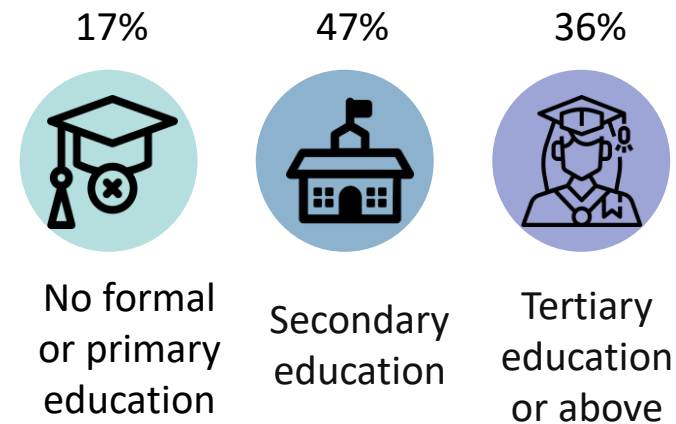
Participants' Demographic Characteristics (N = 512)



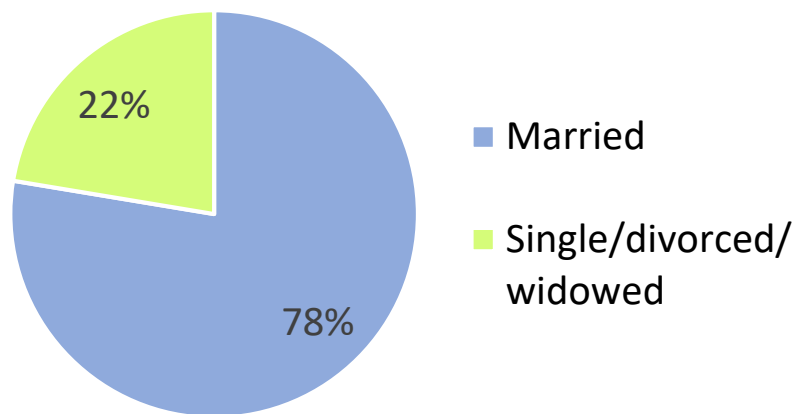
Gender



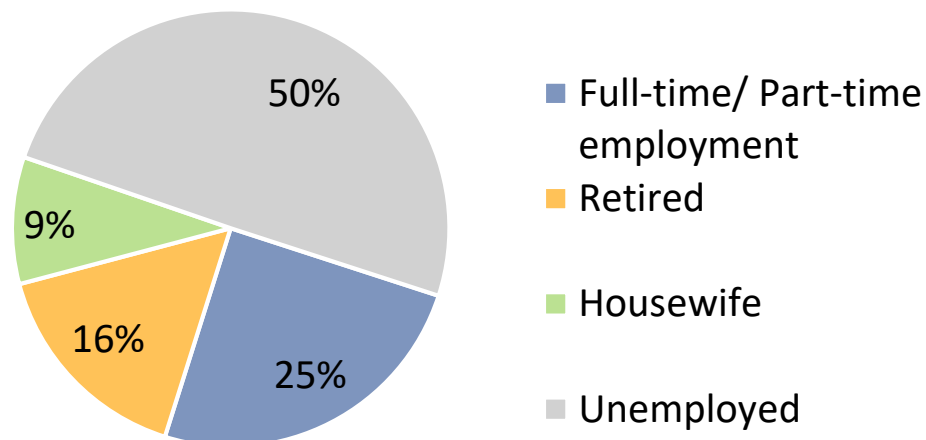
Age



Education level



Marital status



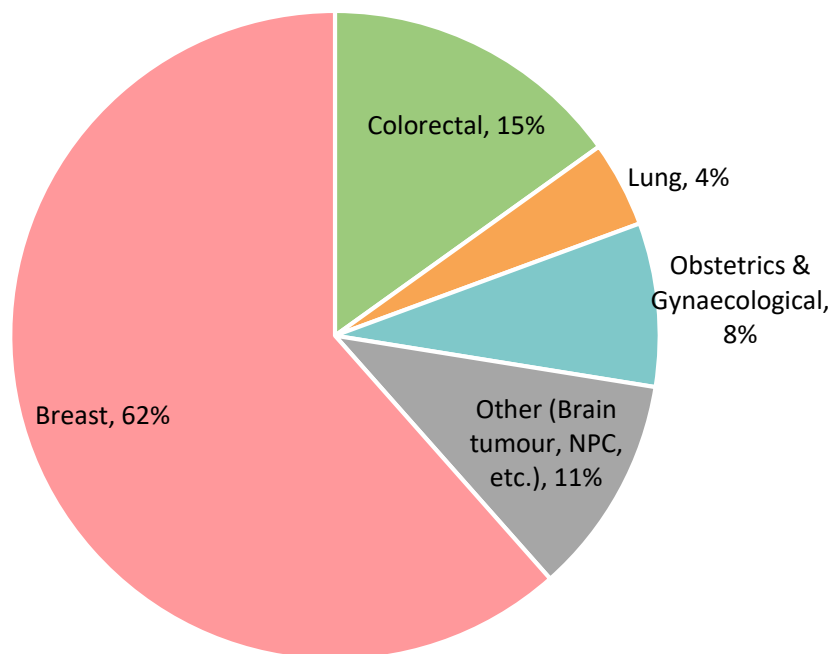
Work status



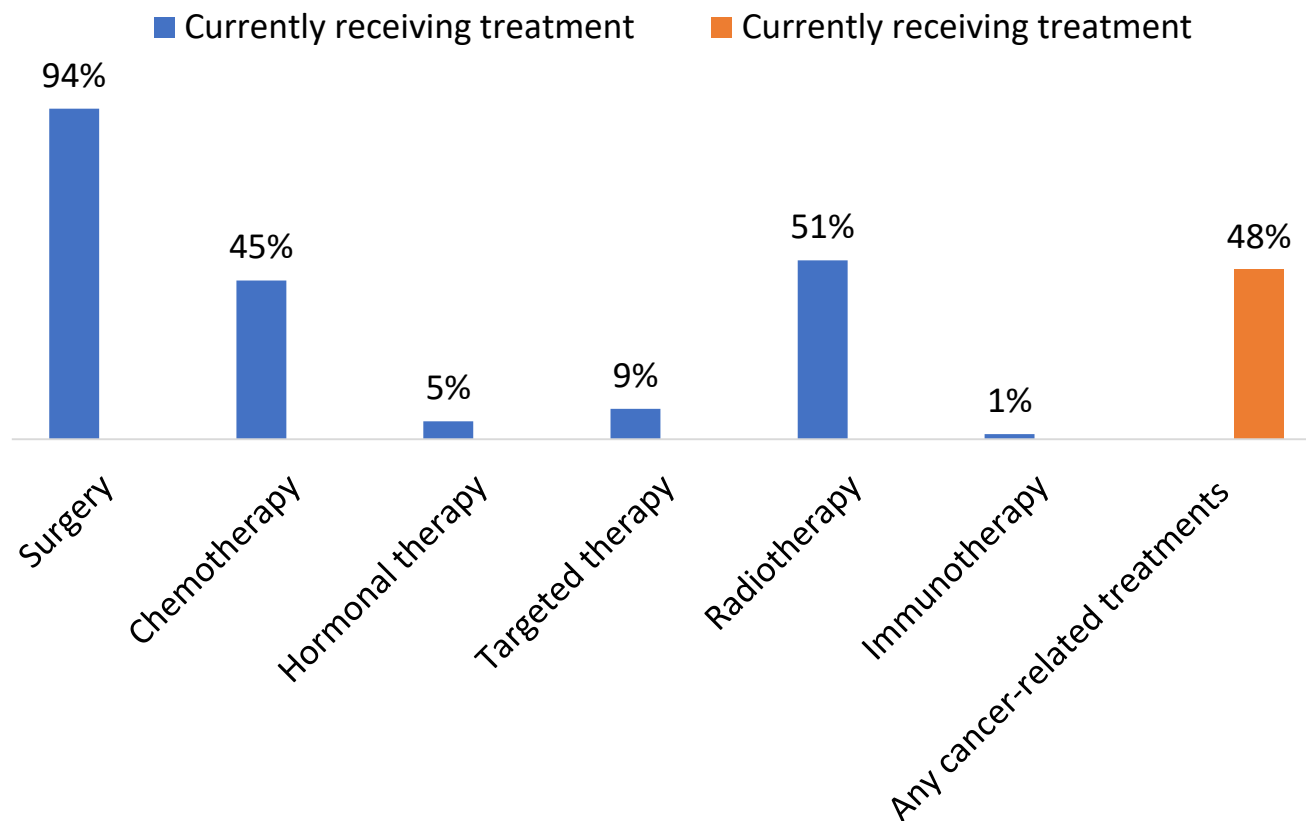
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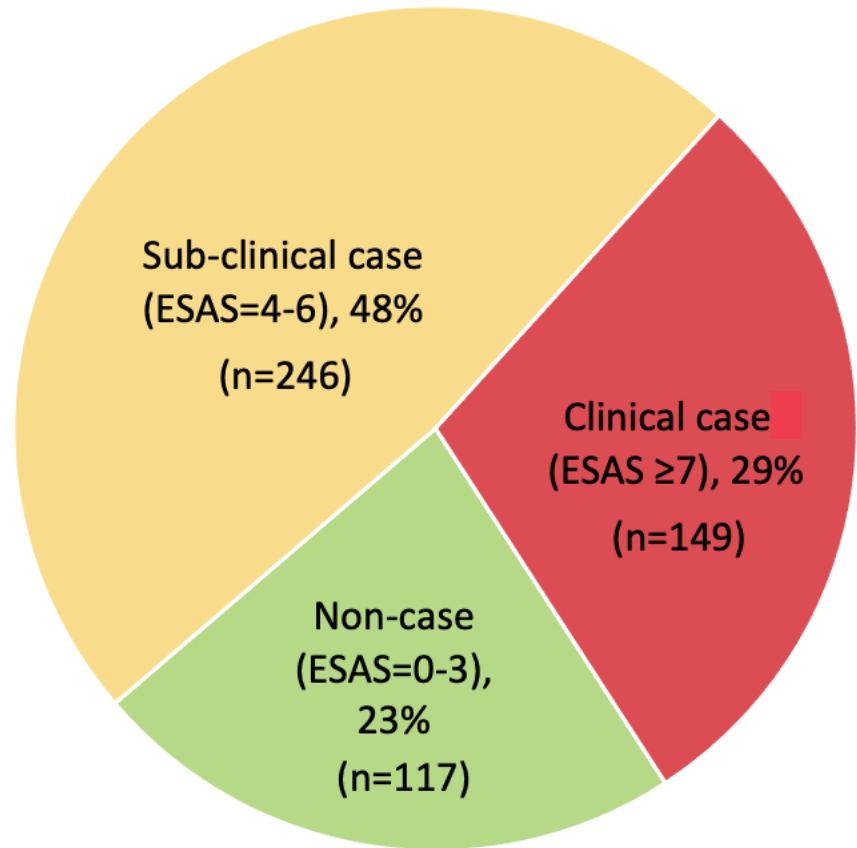
Participants' Clinical Characteristics (N = 512)



Cancer type distribution



Cancer treatments



The most common symptoms

1. Sleep disturbance (52%)
2. Neuropathy (38%)
3. Anxiety (36%)
4. Depression (26%)

Edmonton Symptom Assessment System (ESAS)



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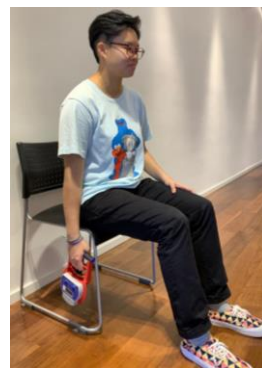
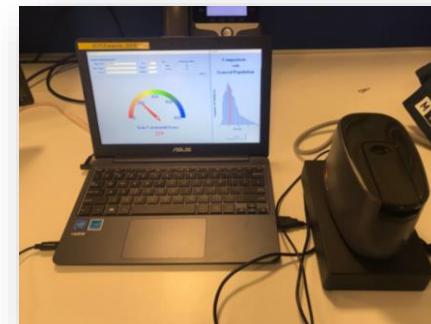
Health Status & Lifestyle Behaviour Assessment



**Anthropometric
assessment**

**Dietary
assessment**

**Physical fitness
assessment**





Anthropometric assessment (N=512)



Underweight
<18.5

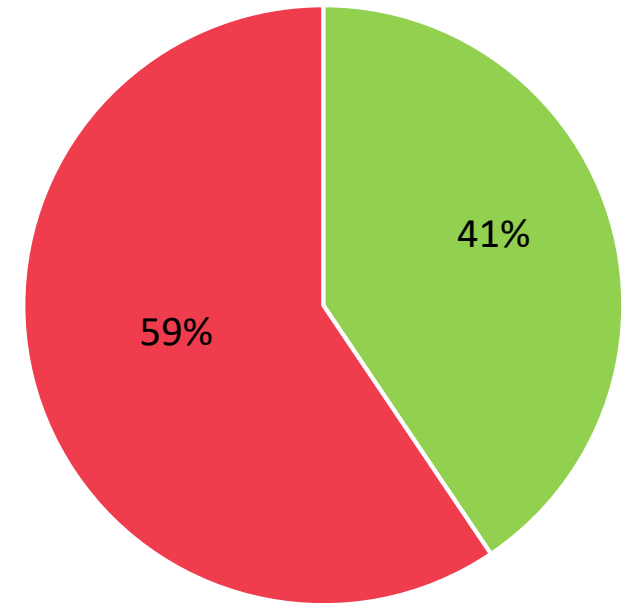
Normal 18.5-23.9

Overweight 24-
26.9

Obese ≥ 27

BMI

■ Normal
■ Central obesity Male: $\geq 90\text{cm}$
 Female: $\geq 80\text{cm}$



Waist circumference



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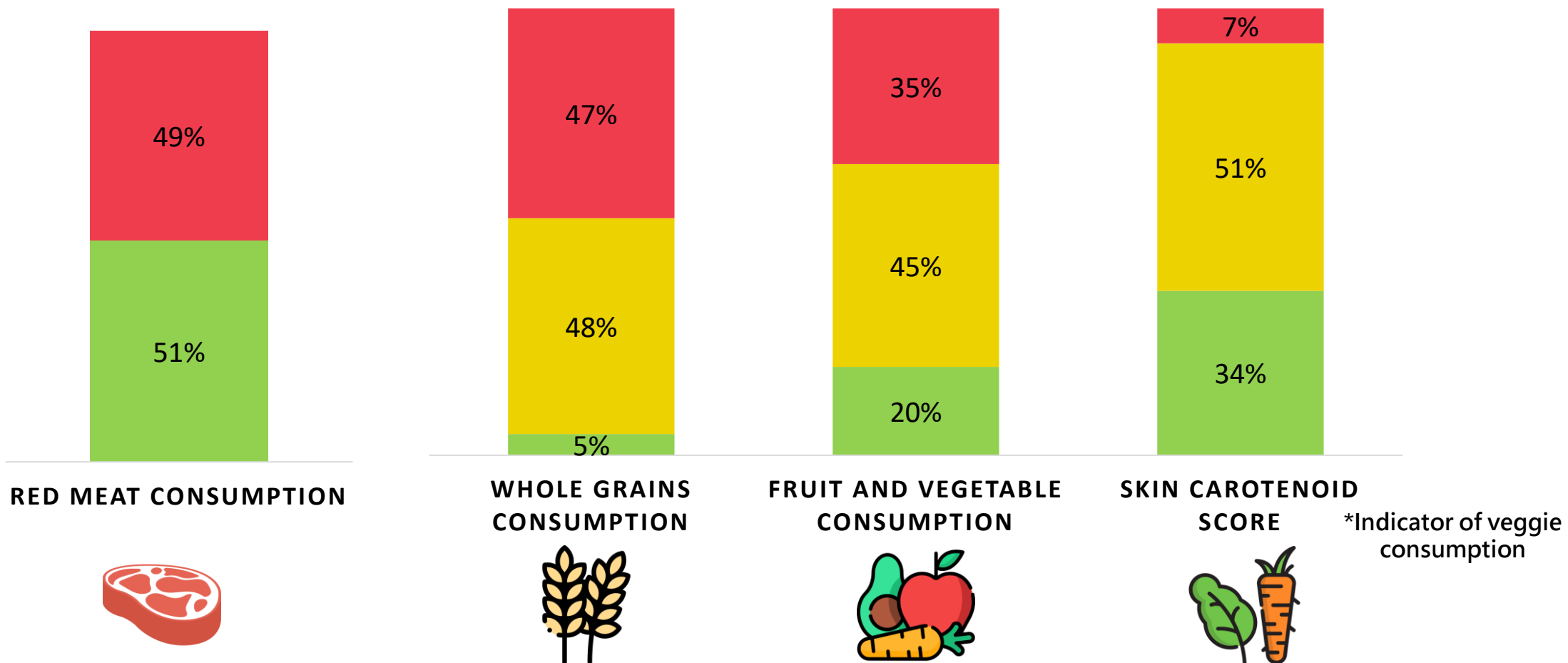
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Dietary assessment (N=512)

Note: Assessments may not be applicable to all participants.

- Over consumption (>3 portions per week)
- Normal (≤ 3 portions per week)

- Sufficient
- Medium
- Low





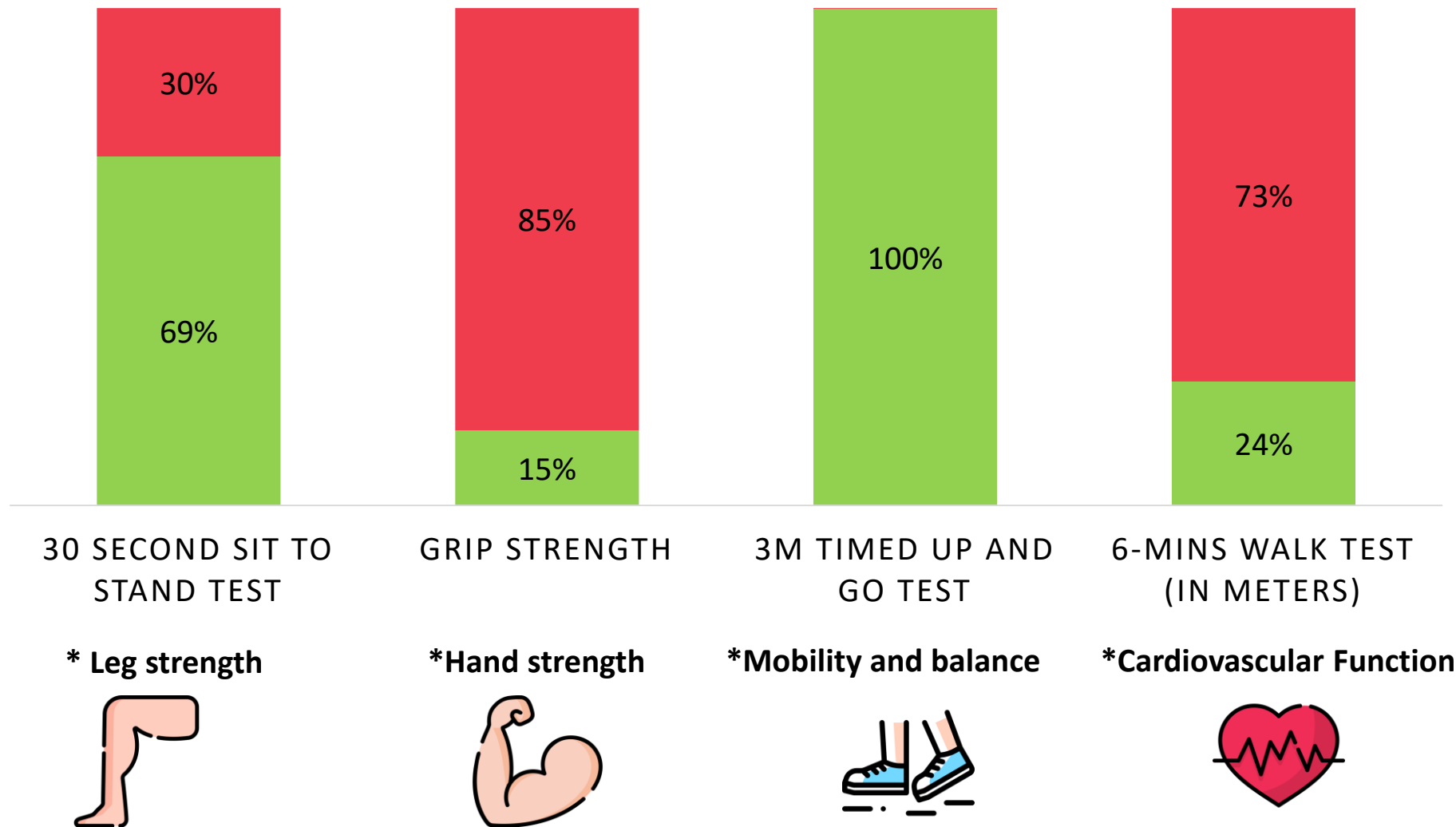
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Physical fitness assessment (N=512)

Note: Assessments may not be applicable to all participants.

■ Standard
■ Below standard



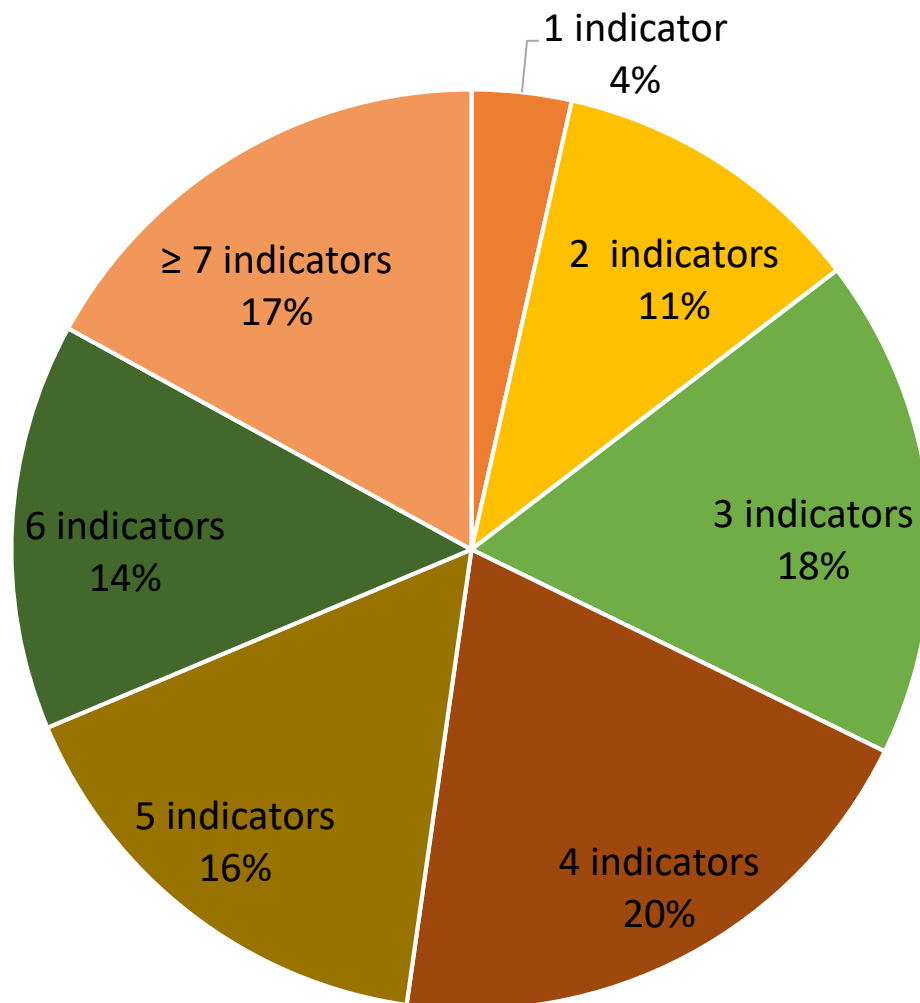


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Health indicators

No. of Below-standard indicators





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Assessment Report

體能活動評估 姓名: _____ 0

一般	體重	身體質量指數	體內脂肪%	身體水分%
	D.O.	#DIV/0!		
	體格等級	體重 (kg)	基礎代謝率 Kcal	代謝年齡
				內臟脂肪水平

脂肪 (%) 右臂 左臂 軀幹 右腿 左腿 #DIV/0! 四肢肌肉量與身高比例

肌肉 (%) 右臂 左臂 軀幹 右腿 左腿 肌肉量

30秒坐墊下-站立(重覆) _____

手握力(公斤) 左臂 右臂 測試1 測試2 測試3

3米計時行走測試(秒) 測試1 測試2 測試3

需要助行器 否

六分鐘行走測試(米) 需要助行器 _____

體力活動建議 即氣運動 _____

阻力運動 _____

伸展運動 _____

其他 _____

Pathway _____

賽馬會癌症綜合關護中心健康診所評估報告

評估日期 _____ 姓名 _____ 年齡 _____

健康診所編號 _____ 性別 _____ 女

腫瘤類型 _____ 腫瘤分期 _____ 複診日期 _____

其他慢性病	確診	正接受治療	曾經接受此治療	治療類別	現在正接受此治療
慢性呼吸系統疾病	沒有	否	沒有	化療	否
糖尿病	沒有	否	沒有	荷爾蒙治療	否
心理問題	沒有	否	沒有	標靶治療	否
高血壓	沒有	否	沒有	放射治療	否
心臟病	沒有	否	沒有	手術	否
腎病	沒有	否	沒有	免疫治療	否
更年期症狀	沒有	否	沒有	其他治療	否
中風	沒有	否	沒有		
其他:					

教育程度 _____ 婚姻狀況 _____

工作狀況 _____ 職業 _____

吸煙習慣 _____ 身體殘疾 _____

飲酒習慣 _____ 如有, 詳情: _____

體重 _____ 公斤 身高 _____ 厘米

腰圍 _____ 厘米 身體質量指數(BMI) _____ #DIV/0! 公斤/平方米(kg/m²)

血壓 _____ mmHg

脈搏 _____ /min

含氧濃度 _____ %

護理師 _____ Cathy Tsang/ RN

評估員(名字/職位) _____

DIETETIC ASSESSMENT

BMI _____

Waist Circumference _____

Red Meat Intake _____

Whole Grain Intake _____

Fruit and Vegetable _____

ESAS-R Screening Result

Pain _____

Fatigue _____

Drowsiness _____

Nausea _____

Lack of Appetite _____

Shortness of breath _____

Depression _____

Anxiety _____

Wellness _____

Sleep _____

Neuropathy _____

Other: _____

Focused assessment

Fatigue 0.00 _____

Sleep 0.00 _____

Neuropathy 0.00 _____

Pain 0.00 _____

Appetite 0.00 _____

Anxiety 0 _____

Depression 0 _____

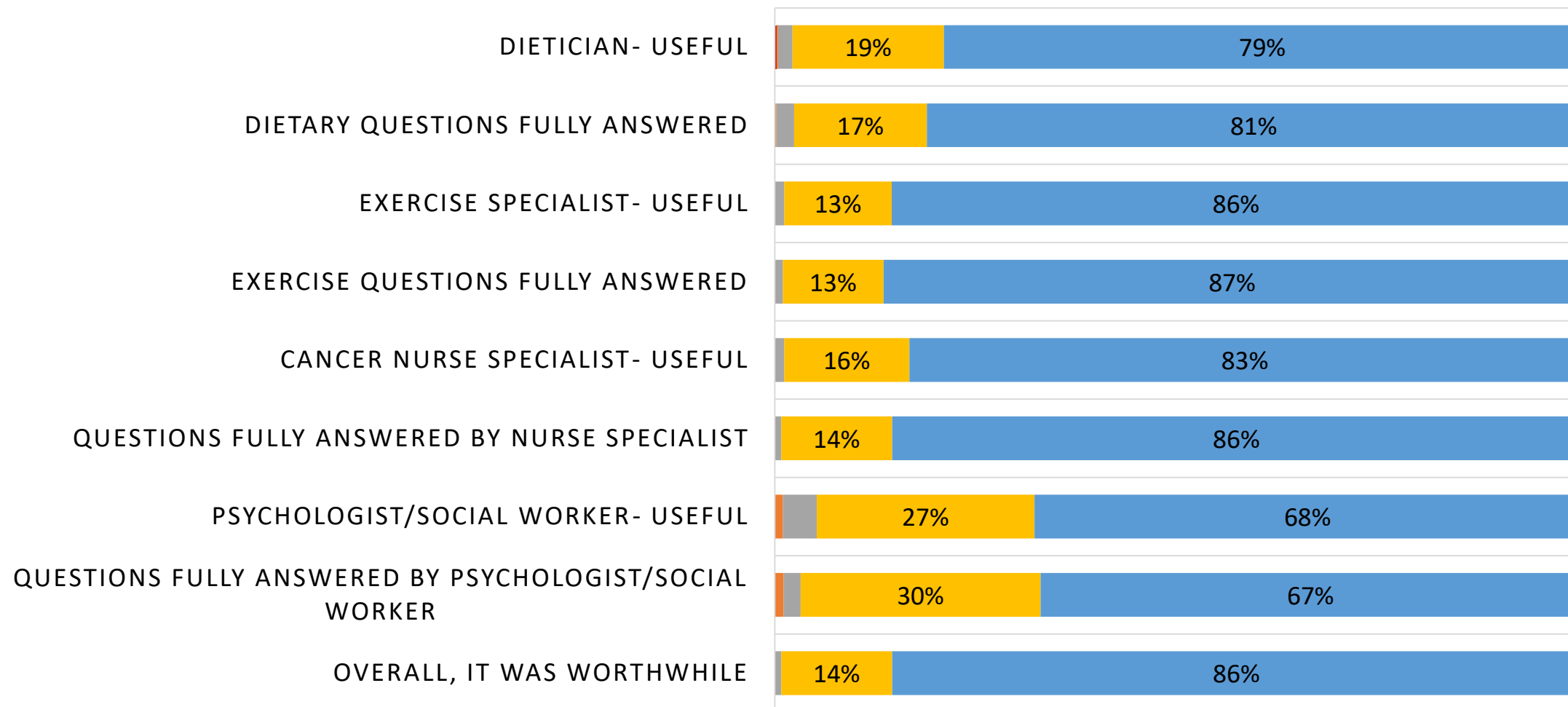
Fear of Recurrence 0 _____

Over the past month I would generally rate my activity as :

• Normal with no limitations _____



■ Totally disagree ■ Disagree ■ Neutral ■ Agree ■ Totally agree





Overall, the time spent at the clinic (2.5 – 3 hrs) was

Just right	94%
Too long	4%

Was this the right time in the cancer journey to attend this clinic?

Just right	59%
Would be better to attend sooner in the cancer journey	39%

94% patients would recommend the clinic to other patients



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