How to build a Geriatric Oncology Program

The CICM challenge

Catherine Terret, MD
Centre Intégré de Lutte contre le Cancer de la Montérégie
University of Sherbrooke, Qc Canada
Individualized Onco & Geriatric care plan
Lyon Geriatric Oncology Program

« Pooling the resources and expertise of Geriatrics and Oncology »

**ONCOLOGY**
- Cancer evaluation
- Diagnosis (Disease stage)
- Cancer treatment decision-making
- Cancer treatment plan
- Cancer follow-up plan

**GERIATRICS**
- Elderly people health status evaluation
- Screening procedure

**Geriatric syndrome and/or Severe comorbidity**
- Comprehensive Geriatric Assessment
  - Geriatric Oncology Interdisciplinary team meeting
  - Geriatric intervention plan
  - Geriatric follow up plan

**No geriatric syndrome or minor comorbidity**
- UPCOG

**UPCOG**
CICM challenge

- Development of a specific geriatric oncology program
- Based on local strengths and weaknesses
  - Interdisciplinary oncology team
  - Lack of available geriatric resources
- Step 1: Design of a specific screening tool
Screening tools

- **Rational**
  - Older people are a heterogeneous group
  - Healthy elderly subjects do not benefit from CGA

![Graph showing Healthy aging, Common aging, and Unfit aging](Rockwood K, CMAJ 2005)
Screening tools

- **Design**
  - Basic items
  - Quick completion
  - No geriatric resources required

- **Goal**
  - Identification of patients requiring CGA before treatment decision
CICM screening tool

- One group
  - Interdisciplinary oncology team
    - Nurses
    - Dietician
    - Physiotherapist
    - Social worker
    - Psychologist
    - Ergotherapist
    - Pharmacist
    - Nurse manager
  - Medical oncologist
  - Geriatric evaluation nursing team

- One tool
  - Two parts
    - A self-administered questionnaire
    - A nurse-led assessment
CICM screening tool

- Self-administered questionnaire (1)
  - Social situation
    - Are you married?
    - Do you live alone?
    - If necessary, could someone help take care of you?
    - Do you yourself look after somebody else every day?
  - Education
    - How many years have you been at school?
    - What was your main professional occupation?
  - Environmental situation
    - Do you live in a house, a flat, a nursing home?
    - Do you feel comfortable and safe at home?
    - Are there stores near your home?
    - Can you get there easily?
CICM screening tool

- Self-administered questionnaire (2)
  - Medical history
    - Have you undergone surgery in the past?
    - If yes, make a list of the surgical procedures with their date
    - Have you had medical problems in the past?
    - If yes, list them
    - Do you currently have medical conditions?
    - If yes, list them
  - Medications
    - Are you taking more than 3 medications daily?
  - Sensory functions
    - Do you easily read large print / small print books?
    - Can you hear well?
    - Do you find it difficult to follow a conversation in a noisy place?
CICM screening tool

• **Self-administered questionnaire (3)**
  - **Physical capability**
    - Have you fallen in the last three months?
    - Is it difficult for you to move?
    - Do you need a stick, a walker, or a wheelchair?
  - **Nutrition**
    - Have you lost weight in the past 3 months without dieting? If yes, how many pounds (or Kg)?
    - Has your appetite decreased in the past 3 months?
    - How many glasses do you drink per day?
  - **Emotional status**
    - Do you think your memory is as good as it used to be?
    - Are you basically satisfied with your life?
    - Do you feel that your life is empty?
    - Are you afraid that something bad is going to happen to you?
    - Do you feel happy most of the time?
CICM screening tool

- **Self-administered questionnaire (4)**
  - **Subjective quality of life measure**
    - On a scale of 1 (poor) to 7 (excellent), rate your present quality of life
  - **Subjective overall health**
    - On a scale of 1 (poor) to 7 (excellent), rate your present overall health
  - **Pain level**
    - On a scale of 0 (no pain) to 10 (worst pain), rate your present pain level
CICM screening tool

**Nurse-led assessment**
- Anthropometric parameters
  - Current weight
  - Weight 3 months earlier
  - Height
  - BMI
- Cognitive function
  - GP COG test
- Gait and Balance
- Functional status
  - Barthel index
- Performance status
  - Karnofsky scale

**Blood tests**
- Hemoglobin, Albumin, Creatinine clearance, TSH, Vitamin D
Elderly patient with a potentially treatable cancer

Clinical screening of geriatric conditions

No geriatric syndrome and minor comorbidity

One or two identified problems

Geriatric syndrome, disability and/or severe comorbidity

Optimal cancer treatment

Specific assessment

Comprehensive geriatric assessment
CICM clinical research plan

- **Step 2:** Validation of the screening tool
- **Step 3:** Decision algorithm of interventions
  - Identification of the level of health impairment
  - Evaluation of patient needs by thorough assessment
  - Design of targeted interventions
  - Organization of follow-up
- **Step 4:**
  - Implementation of individualized oncological and geriatric intervention plan
- **Step 5:**
  - Study of the impact of coordinated care plan and follow-up in geriatric oncology
Individualized Onco & Geriatric care plan
Thank you!