

Effective routine electronic symptom screening and use of evidence-informed guides to support symptom management in Ontario, Canada

August 28, 2012

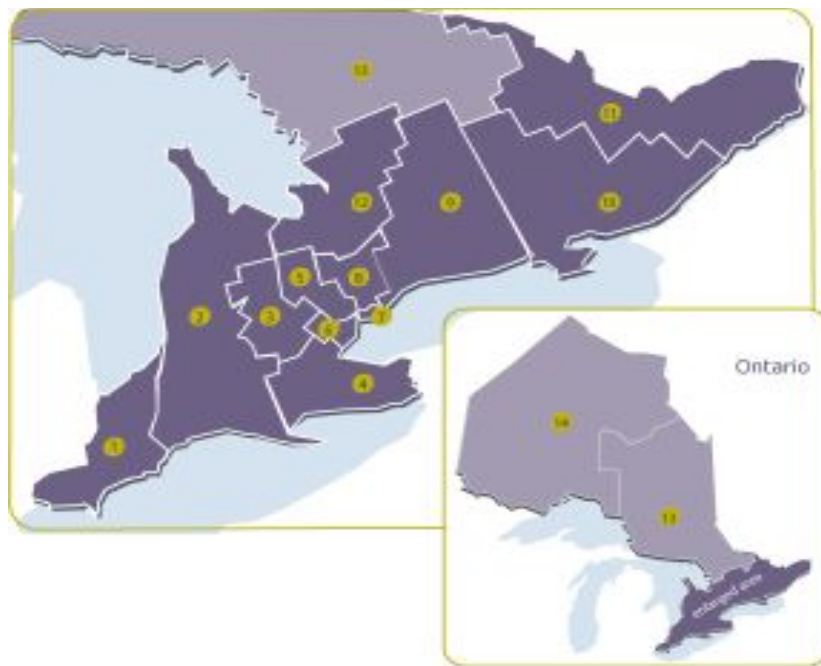
Esther Green, Provincial Head, Nursing & PSO, Cancer Care Ontario
UICC World Cancer Congress

Overview

- What is Cancer Care Ontario?
- Symptom Management in Ontario
- Symptom Burden of Ontario Cancer Patients
- Addressing the problem
 - ISAAC/symptom screening
 - Improving symptom management – symptom management guides
- Results
- Lessons Learned

What is Cancer Care Ontario (CCO)?

- Provincial agency responsible for continually improving cancer services
- CCO works to reduce the number of people diagnosed with cancer, and make sure patients receive better care every step of the way
- Mission - *We will improve the performance of the cancer systems by driving quality, accountability and innovation in all cancer-related services*



Symptom Management in Ontario

Rationale

- **Cancer patients experience many symptoms across the illness trajectory** (Chang et al, *Cancer*, 2000)
- **Symptoms are under-reported unless standardized questionnaire is used** (White et al, *J Pall Med*, 2009)
- **Adequate symptom management is not consistently achieved for cancer patients** (Patrick et al, *J Natl Cancer Inst*, 2003)
- **Poor system outcomes**
 - 41% visit ED last 2 weeks; dyspnea/pain among chief complaints (Barbera et al, *J Can Med Assoc*, 2010)

Purpose

- **To improve the quality and consistency of patient's physical and emotional symptom management across the cancer journey**
 - Earlier identification and communication of symptoms
 - Improved symptom management
 - Improved collaborative care planning (Temel et al, *NEJM*, 2010)

Cancer patients experience many symptoms across the illness trajectory

Symptom Intensity & Tumor Stage (Non-hematological cancers)				
N= 240 Median # of symptoms = 8 per patient	No evidence of disease	Local disease	Regional disease	Metastatic disease
No. of symptoms	9 (0-24)	7 (0-17)	6 (0-15)	10 (0-25)
Moderate to severe symptoms	4 (0-14)	3 (0-12)	3 (0-12)	6 (0-20)

Chang VT et al. Symptom and Quality of Life Survey of Medical Oncology Patients at a Veterans Affairs medical center: A Role for Symptom Assessment. *Cancer* 2000;88:1175-1183

Provincial Symptom Burden

High prevalence of numerous symptoms in ambulatory cancer population

- Study led by Dr. Lisa Barbera using data from CCO's Symptom Management Database (*Cancer* 2010)
- 224,606 ESAS records for 45,118 patients (2007-2009)
- Some findings to date:
 - 75% fatigue
 - 57% anxiety
 - 53% pain
 - 49% shortness of breath
 - 44% depression
 - 25% nausea

ISAAC - Standardized tool for symptom screening

Edmonton Symptom Assessment System (ESAS)

Please circle the number that best describes:

No pain 0 1 2 3 4 5 6 7 8 9 10 Worst possible pain

Not tired 0 1 2 3 4 5 6 7 8 9 10 Worst possible tiredness

Not nauseated 0 1 2 3 4 5 6 7 8 9 10 Worst possible nausea

Not depressed 0 1 2 3 4 5 6 7 8 9 10 Worst possible depression

Not anxious 0 1 2 3 4 5 6 7 8 9 10 Worst possible anxiety

Not drowsy 0 1 2 3 4 5 6 7 8 9 10 Worst possible drowsiness

Best appetite 0 1 2 3 4 5 6 7 8 9 10 Worst possible appetite

Best feeling of wellbeing 0 1 2 3 4 5 6 7 8 9 10 Worst possible feeling of wellbeing

No shortness of breath 0 1 2 3 4 5 6 7 8 9 10 Worst possible shortness of breath

Other problem 0 1 2 3 4 5 6 7 8 9 10

ISAAC

Quit

Please select the number that best describes the symptom **pain**

0 1 2 3 4 5 6 7 8 9 10

No pain Worst possible pain

Go Back



John Smith Health Card: 0 Chart Number: TOH0000001

	C1 05/11	C1 08/11	C1 13/11	C1 13/12	C1 Feb 12
Pain	7	6	3	2	8
Tiredness	2	2	1	3	5
Nausea	0	0	0	3	2
Depression	5	3	3	5	5
Anxiety	0	2	1	1	7
Drowsiness	0	1	0	0	0
Appetite	1	1	3	3	4
Wellbeing	6	4	3	5	8
Shortness of Breath	4	3	2	2	2
Completed by	P	P	P	P	P
Other Problem	0 1 2 3 4 5 6 7 8 9 10				

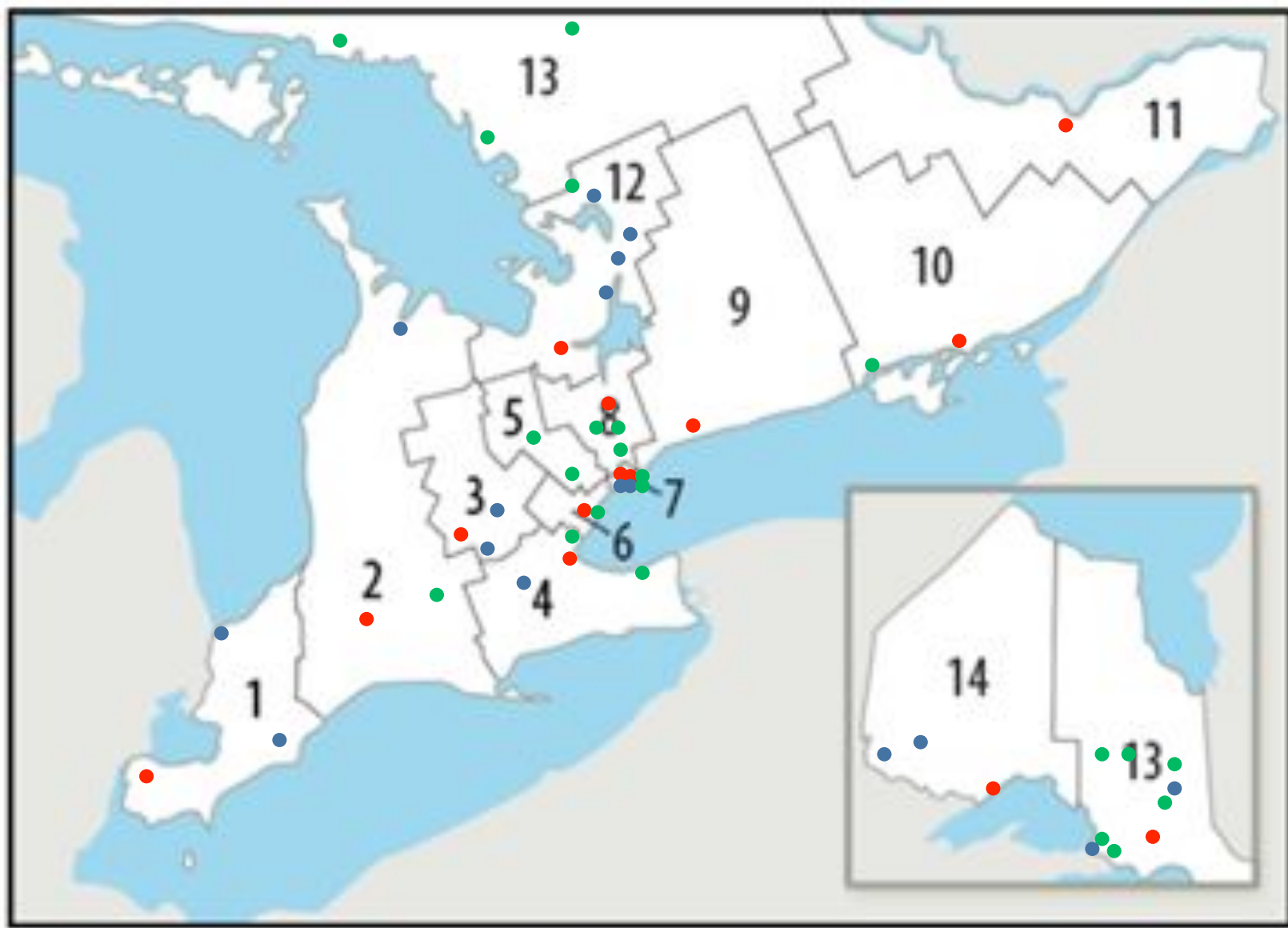
1 4065 The Ottawa Hospital Corporation

Location
H Home
C Clinic
T Tele-ISAAC

Completed By
F Caregiver/Family Assisted
P Patient
C Clinician


LHIN

1. Erie St. Clair
2. South West
3. Waterloo Wellington
4. Hamilton Niagara Haldimand Brant
5. Central West
6. Mississauga Halton
7. Toronto Central
8. Central
9. Central East
10. South East
11. Champlain
12. North Simcoe Muskoka
13. North East
14. North West



- Regional Cancer Centres
- Regional partners with ISAAC Kiosks
- Sites identified for expansion

Symptom Management Guides (SMGs) - Evidence based tools to guide care



Cancer Care Ontario's Symptom Management Guides-to-Practice: Pain

Preamble

Ontario Cancer Symptom Management Collaborative

As an initiative of Cancer Care Ontario, the [Ontario Cancer Symptom Management Collaborative \(OCSMC\)](#) was undertaken as a joint initiative of the Palliative Care, Psycho-social Oncology and Nursing Oncology Programs. The overall goal of the OCSMC is to promote a model of care enabling earlier identification, communication and documentation of symptoms, optimal symptom management and coordinated palliative care.

The OCSMC employs common assessment and care management tools, including the [Edmonton Symptom Assessment System \(ESAS\)](#), screening tool to allow patients to consistently report on any symptoms they are experiencing. Symptom Management Guides-to-Practice were developed to assist health care professionals in the assessment and appropriate management of a patient's cancer-related symptoms. In addition to the symptom specific Guides-to-Practice, quick-reference [Pocket Guides](#) and [Algorithms](#) were created. Additionally, for a comprehensive management plan for patients with advanced illness, please refer to the Palliative Care [Collaborative Care Plan](#).

Objective


The objective of this initiative was to produce Guides-to-Practice for management of patients with cancer-related symptoms. These documents are clinical tools designed to assist health care practitioners in providing appropriate patient care and are not intended to serve as standards of care.

Target Population

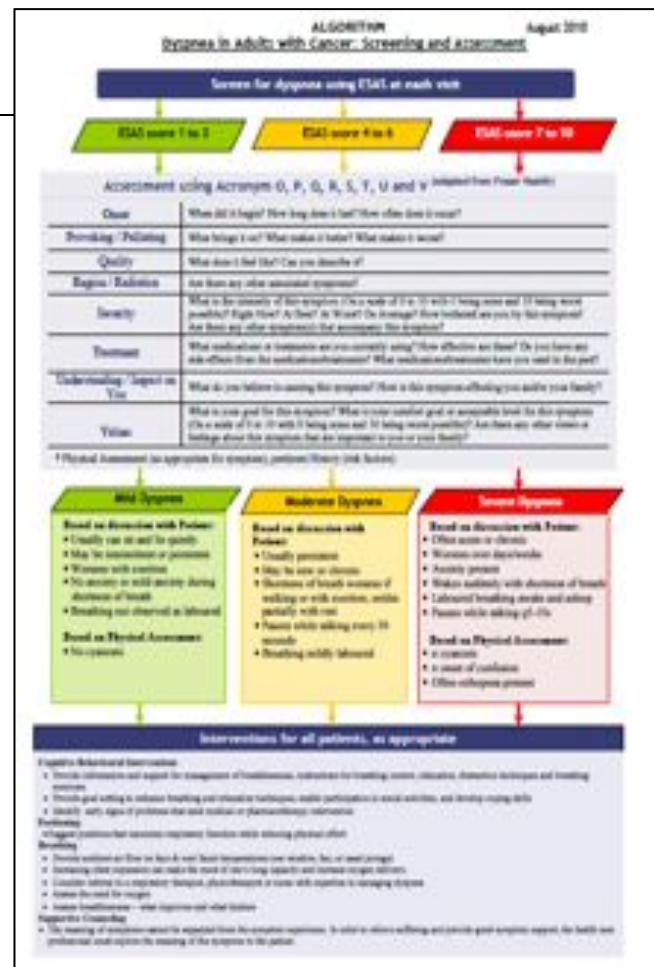
The target population consists of adult patients who require symptom management related to cancer. It is outside the scope of these Guides-to-Practice to address in detail the management of patients experiencing acute adverse effects secondary to systemic or radiation therapy. Please visit the [Program in Evidence-Based Care](#) for guidelines related to these topics.

[OCSMC Symptom Management Guides-to-Practice: Pain](#)

August 2010



Symptom Management Pocket Guides: NAUSEA & VOMITING



Symptom management point of care decision support



- The CCO Symptom Management Guides App has been downloaded more than 4000 times since May 2011.
- Apps are available for iPhones and Window Phone 7 and can be downloaded at: <https://www.cancercare.on.ca/cms/One.aspx?portalId=1377&pageId=58189>

Named one of nine '*Best Medical apps*' by The Medical Post (June 2011)

Patients who complete ESAS value this approach to symptom assessment

93%

- Thought ESAS was important to complete as it helps health care providers know how they are feeling

92%

- Agreed that their health care providers took into consideration ESAS symptom ratings in developing a care plan

91%

- Agreed that their physical symptoms have been controlled to a comfortable level

87%

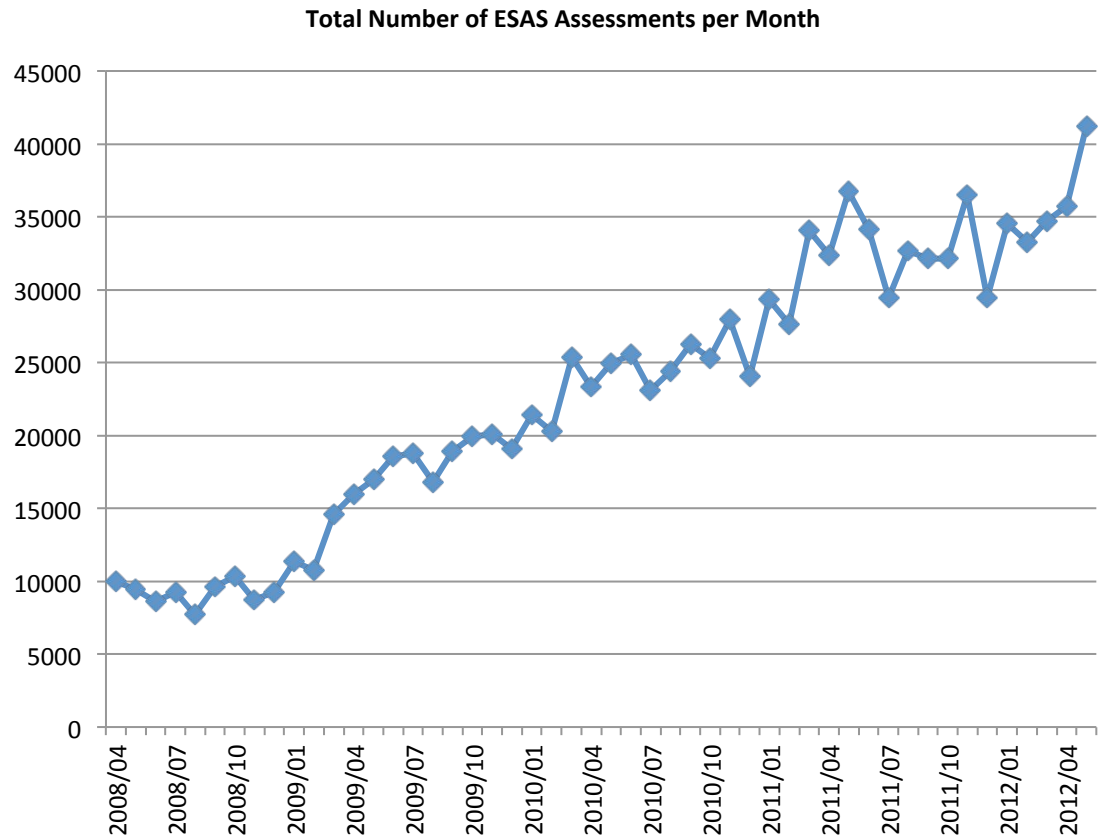
- Agreed that their care team responded to their feelings of anxiety or depression

Continuing to grow

Over 54% of all Regional Cancer Centre (RCC) patients now being screened monthly (over 27,000 patients and 40,000 ESAS screens per month)

Over 1.4 million ESAS screens have been performed since the introduction of ISAAC

- All 14 RCCs offer electronic symptom assessment
- 20 partner hospitals now have ISAAC kiosks
- 10 hospitals have integrated ISAAC with their electronic health record (EHR)



Goal: Every Ontario cancer patient has the ability to electronically assess their symptoms

Lessons Learned

- **Physician engagement**
 - Oncologist toolkit: symptom screening performance will now be an accountability on each of the regional oncologists' quality scorecards
 - Regional SMG KTE progress reports: Promoting sharing of educational products/presentations and approaches across the regions
- **Team-based approach to symptom management is important**
- **Decision support tools are available – symptom management guides**
- **Leadership is critical**
- **ISAAC Redesign – ISAAC 2.0 (February 2013)**
 - Increased usability at the regional level
 - New patient reported outcome screening tools (PROs)
 - Patient self reported functional status (based on ECOG)

Mean ESAS Symptom Distress Score and PPS Score in last 6 months of life

Cancer patients seen at Cancer
outpatient clinics across Ontario

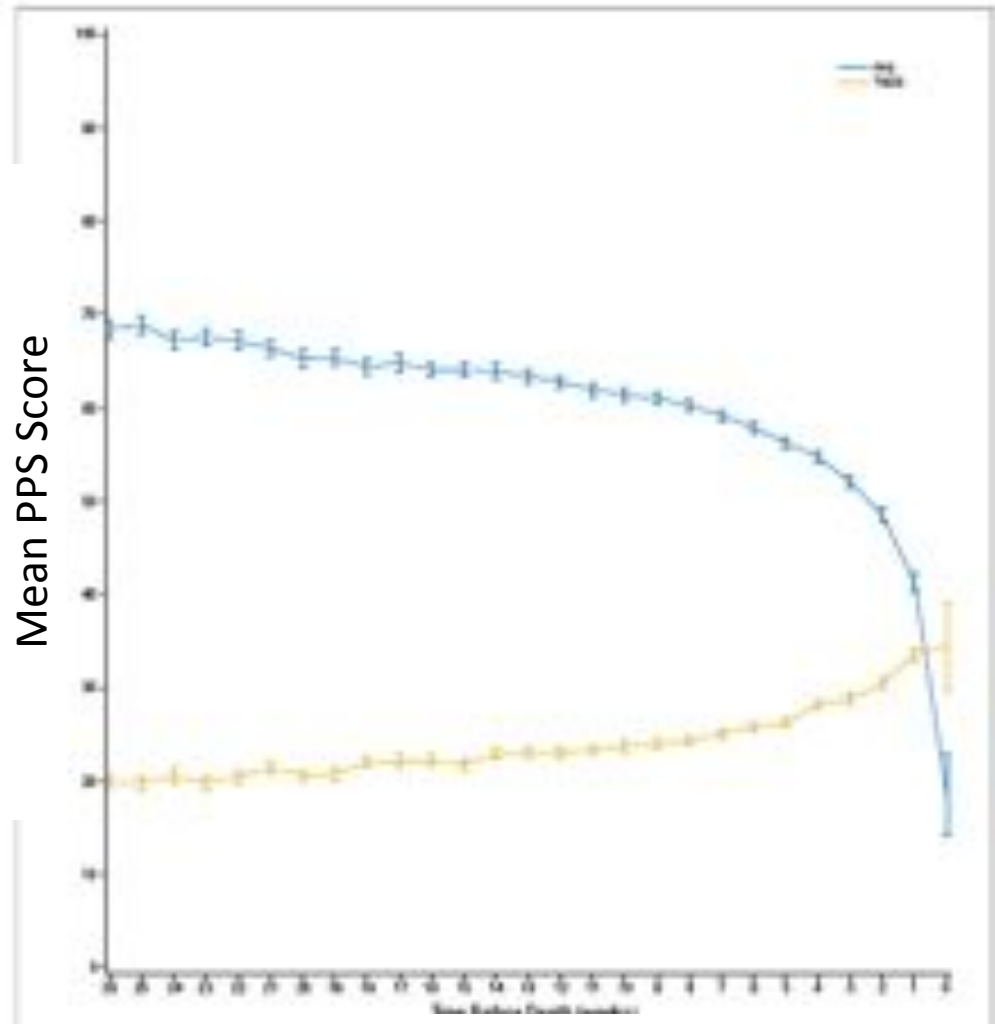
10772 ESAS

7,882 PPS

Mean age: 65 years

Functional decline gradual up to 70%

Rapid decline after 50%



Time Before Death (in weeks)

Seow H et al. JCO 2011;29(9):1151-1158

The Call to Action

“The time has come for electronic patient interfaces that allow symptom reporting to become a part of standard clinical cancer care.”

“... we expect that the Ontario vision will transition to being considered “just good care”.”

- Ethan Basch, MD and Amy Abernethy, MD, *J Clinical Oncology*, 2011

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Cancer Care Ontario

Action Cancer Ontario

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www.cancercare.on.ca/ocs/qpi/ocsmc/