

# COMPREHENSIVE CARE FOR CANCER PATIENTS AND FAMILIES

## *At UW Medicine*

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**M**ORE THAN 14 MILLION PEOPLE IN THE U.S. — or approximately 4 percent of the population — live with a cancer diagnosis. With cancer survival rates increasing, attention must be paid not only to a patient's length of life, but also to his or her quality of life.

Caring for patients' quality of life entails far more than administering treatment; it also includes caring for the psychosocial (emotional, psychological and social) needs of the patient, their families and their caregivers. Comprehensive care achieves the best patient outcomes. Our goal at UW Medicine is to transform the standard of care so that every cancer patient — and their caregivers — receives the support they need and deserve. We invite you to learn more about our philosophy of care and to join us in this important work.

### ***A New Approach to Cancer Care***

Seattle Cancer Care Alliance (SCCA) — an alliance among UW Medicine, Fred Hutchinson Cancer Research Center and Seattle Children's — has developed a new, team-based approach to care called the **Integrated Psychosocial Oncology Program (IPOP)**. It integrates psychiatry, psychology and social work to provide comprehensive support, education and evidence-based treatment for the full spectrum of emotional, psychological and social issues that arise during cancer treatment and surveillance.

This innovative program is fully integrated into patients' routine cancer care, building on existing relationships with their medical team and improving patient health outcomes.

### ***Innovative Projects***

While we have significantly enhanced patient access to quality psychosocial care with the Integrated Psychosocial Oncology Program, we want to develop and expand this program so more patients and their families can benefit.

#### **Helping families and caregivers**

Caring for someone with cancer can be extremely stressful, often leading to significant anxiety, depression, fatigue, work stress and other health and social problems. These feelings also take a toll on the patient, negatively impacting their recovery. Evidence suggests that early intervention can significantly benefit both the caregiver and the patient, and we want to further research these strategies and expand psychosocial services to patients, families and caregivers.

#### **Improving cognitive functioning during cancer treatment**

Many cancer patients experience disabling cognitive problems from their chemotherapy or from medications that lessen treatment side effects. These problems can range from impaired concentration and memory to profound confusion. We seek funds to identify the risk factors for developing cognitive problems during cancer treatment, to craft preventative strategies to keep cognitive problems from developing, and to find innovative ways to reverse them when they occur.

### Using telemedicine to increase access to care

Most people prefer to receive all aspects of their cancer care — including psychosocial care — in one place. Because psychosocial care can be resource-intensive, and few mental health providers have expertise helping people with cancer, particularly in rural and remote areas, the majority of patients still do not receive the care they need. One strategy that will allow us to break down these barriers is the use of telemedicine, which employs mobile and video conferencing technology to allow healthcare providers and patients in rural and remote areas to consult with experts in psychosocial oncology at UW Medicine.

### Opportunities for Strategic Investment

Philanthropic support will be vital to the Integrated Psychosocial Oncology Program’s work on the innovative projects listed above. More specifically, investment will support:

- **INCREASED ACCESS.** Increase our capacity to provide state-of-the-art psychosocial oncology care (including the use of telemedicine) to more patients in the five-state region of Washington, Wyoming, Alaska, Montana and Idaho: **\$300,000.**
- **INFRASTRUCTURE.** Support ambitious, large-scale research projects, faculty and staff time, and technology: **\$500,000.**
- **NOVEL IDEAS.** Support innovative early pilot research that could lead to larger, federally funded projects: **\$275,000.**
- **THE NEXT GENERATION.** Create an endowed fellowship program to recruit and train the next generation of psychosocial oncology clinicians and researchers: **\$250,000.**
- **DOCTOR TRAINING.** Develop in-person and remote programs that will train doctors and others nationwide: **\$150,000.**
- **FACULTY.** Create an endowed chair/professorship in psychiatric oncology to recruit and retain exceptional faculty: **\$2,000,000/\$500,000.**

### Join Us

To learn more about the Integrated Psychosocial Oncology Program or about comprehensive cancer care at UW Medicine, please contact David Chow, director for philanthropy, at 206.543.3527 or at [chowd@uw.edu](mailto:chowd@uw.edu). Thank you for your interest in our work.

### Key Faculty

#### Jesse Fann, M.D., MPH, FAPM

*UW Professor, Department of Psychiatry and Behavioral Sciences  
Adjunct Professor, Department of Rehabilitation Medicine and the Department of Epidemiology  
Director of Psychiatry and Psychology Services, Seattle Cancer Care Alliance  
Affiliate Investigator, Fred Hutchinson Cancer Research Center*

Dr. Fann has been a leading clinician and researcher in the field of psychiatric oncology for more than 20 years. His research and treatment of the emotional and psychological aspects of cancer has earned him the designation of “Top Doctor” by *Newsweek*, *Seattle Magazine* and *Seattle Metropolitan Magazine*.

