

# Quality of Life Taskforce Meeting



Meeting Date: Wed, Oct. 23 at 10 AM  
 Next Meeting: TBD – Invite to follow

Facilitators: Hanna Snyder / Sharon Mallory  
 Note Taker: Hanna Snyder

## Meeting Minutes

Topic	Presenter	Time
✓	Welcome and Introductions	<p><u>Partners:</u> Sharon Mallory (VDH), Leigh Sampson (ACS), Hanna Snyder (VTAAC), Kara Dudman (CVMC), Kristie Grover (Osher), Joyce Gallimore (representing VtPHA), Rachel Zywnenburg (UVM Cancer Center), Jessica Coleman (Osher), Diane Jones (CVHHH), Rebecca Hewson-Steller (SVMC), Cindy Bruzzese (VT Ethics Network, statewide taskforce for palliative care), Melissa Darbandi (LLS), Jessica Beckstrand (ACCO).</p>
✓	Physical Activity & Nutrition in Cancer Survivors (PAN in CS) Project Overview (Sharon Mallory)	<p>See Sharon’s presentation <b>attached</b> to meeting minutes email.</p> <p><u>Overview:</u> Exercise prescription tool to oncology providers at UVM and CVMC. Providers to encourage patients to be physically active and “prescribe” some form of movement alongside sharing physical activity resources at UVM and CVMC. Rolled out in 2022. Implementation varied by hospital. CVMC had an easier time implementing being a smaller health care system. Providers were engaged but there were challenges getting into the EMR system to make this sustainable. Many barriers for patients to be able to be active. The pandemic also posed challenges. Main goal was to integrate changes into the behavior of providers so they would understand the importance of physical activity and refer them to resources.</p> <p><u>Current Updates from UVM and CVMC:</u> Significant staff changes at both UVM and CVMC. Very initial planning to support provider education at CMVC/UVM around importance of survivorship physical activity.</p> <p>CVMC is getting a new machine in radiology so there are a lot of changes in staff workflow. Providers would benefit from seeing the data to support the importance of physical activity – that might help inspire them to be more engaged in this project.</p> <p>Kim Dittus at UVM was the only one that was involved, and she has left so Jessica Coleman and Kristie Grover do not know a lot of the details. They are Osher employees so are not as involved with patients in clinic. Jessica asked around and no providers she works with was aware of the project. Grand Rounds may be an option but not allowed to bring in external providers. Hard to access providers unless you are one. UVM would need a physician champion to get</p>

		<p>other providers on board. Providers are likely making referrals to Steps to Wellness, rather than this physical activity project. Steps to Wellness is very popular.</p>
✓	<p>Rural Cancer Survivorship Project ECHO &amp; Patient Navigation Component Overview (Hanna Snyder)</p>	<p>See Hanna’s presentation titled “<b>ECHO and PN</b>” in email for details on both the Rural Cancer Survivorship Project ECHO and the Patient Navigation work.</p>
✓	<p>Overlap of Project ECHO and PAN in CS Project Discussion and Next Steps (All)</p>	<p><b>Due to lack of time, not all questions were discussed but we are looking for your thoughts on the some/all of the questions listed below via email.</b></p> <p><b>Project ECHO:</b></p> <ul style="list-style-type: none"> <li>• <i>What input do you have on the ECHO Topic areas?</i></li> <li>• <i>Do you have suggestions for speakers for the ECHO (or other similar opportunities)?</i></li> </ul> <p><b>PA Rx Project:</b></p> <ul style="list-style-type: none"> <li>• <i>Do you have suggestions for continuing/improving the PA Rx project? How can we better integrate this into health systems?</i></li> </ul> <p><b>Collaboration between PA Rx and ECHO:</b></p> <ul style="list-style-type: none"> <li>• <i>What overlap is there between the Physical Activity Rx work and the ECHO?</i></li> <li>• <i>How can we use the structure/content of the ECHO to increase provider conversations about PA/Nutrition with cancer survivors?</i></li> </ul> <p><b>Patient Navigation:</b></p> <ul style="list-style-type: none"> <li>• <i>What opportunities are there to support and promote the upcoming SVMC patient navigation project?</i></li> </ul> <p>Maine has done work around survivorship and physical activity and nutrition. Providing providers and oncologists with the latest science on the impact of physical activity on the recurrence of cancer has been very helpful. Could we have a meaty conversation with providers that showcases the science on the importance of physical activity? In Maine, they are having someone from Yale present some science. Leigh can connect us to that speaker if we move in this direction.</p> <p>Physical activity impacts the cancer treatment that they are delivering, and providers do not always know that.</p> <p>From Joyce’s work with providers in this area and in NY for the Dept of Health, it is a challenge to gain participation in these coaching and behavior choices</p>

		<p>because they are so rushed to treat patients in the time and with the demand. A concise summary of the science related to importance of diet would be beneficial.</p> <p>This type of provider training is what <b>health coaches</b> do so perhaps collaborating with a health coach could be an important direction for this type of training.</p> <p><b>Further discussion</b> should focus on the science behind the importance of physical activity for patients and survivors. Could we provide concise scientific information or do a training in the ECHO on the science (or a separate training)?</p>
✓	<p>VT Cancer Survivorship Meeting hosted by the Leukemia and Lymphoma Society</p> <p><i>Speaker and Topic Brainstorm</i></p>	<p>Melissa Darbandi supports people with resources after diagnosis at the Leukemia and Lymphoma Society. She is planning a patient education program in VT in the spring of 2025 in Burlington, VT. This will be a nice addition to the Project ECHO. LLS could provide a program for patients on staying healthy after cancer – physically or financially (financial toxicity). Goal would be to have 30-50 patients attend. Caregivers also welcome to attend. Breakfast and/or lunch typically provided. Not just for blood cancer patients and survivors.</p> <p>Please see two PDFs in the email with minutes of two upcoming survivorship meetings that can serve as examples of what Melissa is planning. <b>Please share ideas for speakers and topics to Hanna via email!</b></p>
✓	Other / Closing	<p>Cindy Bruzzese offered her expertise in her role at the VT Ethics Network in terms of support for medical decision-making, advance care planning education/training for staff and/or patients/families, or a need to discuss ethically challenging situations at some point in the future.</p> <p><b>Next Steps:</b></p> <ul style="list-style-type: none"> <li>- <b>Sharon and Hanna</b> will convene to discuss next steps and follow up with members.</li> <li>- <b>All</b> – please email additional thoughts to the questions above (in purple) to Hanna via email.</li> <li>- <b>All</b> – please email Hanna thoughts on the LLS speaker topics.</li> </ul>