

# Well-Being Resources for Patients, Caregivers & Healthcare Teams

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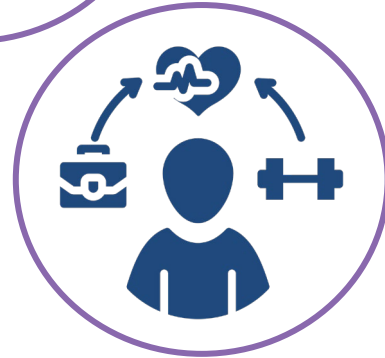
# Introduction

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## *Why is Well-being Important?*



Physical, emotional and mental health



Improve quality of life



Enhance coping mechanisms



Contribute to better treatment outcomes

# Social Issues Impacting Well-being in Cancer Care

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**25%**

of cancer survivors have persistent problems, including anxiety, depression, and other psychological and social distress.

**\$16,000**

cost savings per patient/year if screening and treatment programs were implemented for psychological care for patients.

**55-70%**

of medically underserved people with cancer experience food insecurity.

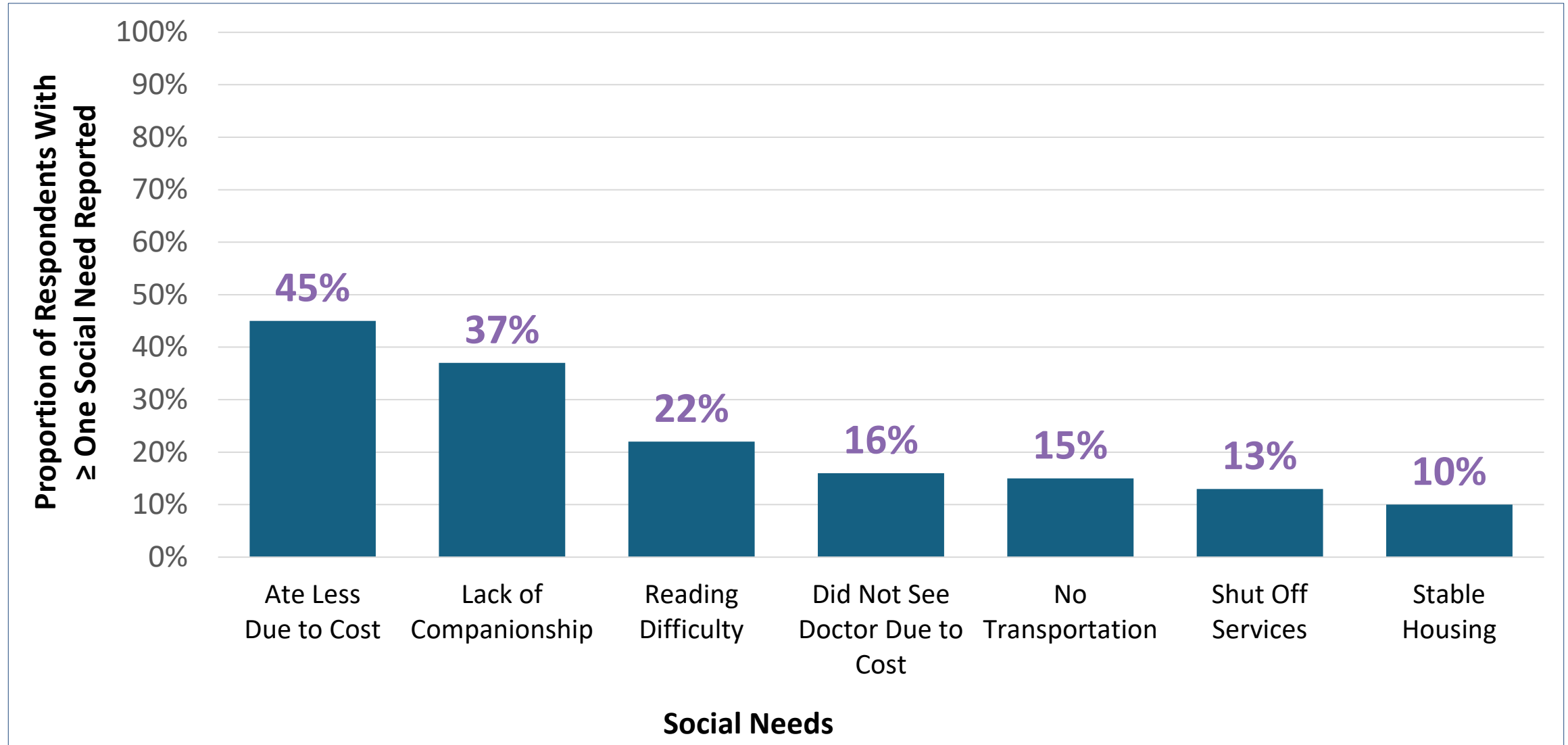
**2.5x**

people with cancer more likely to file for bankruptcy.

# MOQC Patient-Reported Outcomes (PROs)

June 2023-May 2024

82/408 (20.0%) patients reported at least 1 social need



# TRIVIA

**What is one of the strongest recommendations for managing anxiety and depression in adults with cancer?**

**Join at  
Slido.com  
#2804 822**



# TRIVIA

**What is one of the strongest recommendations for managing anxiety and depression in adults with cancer?**

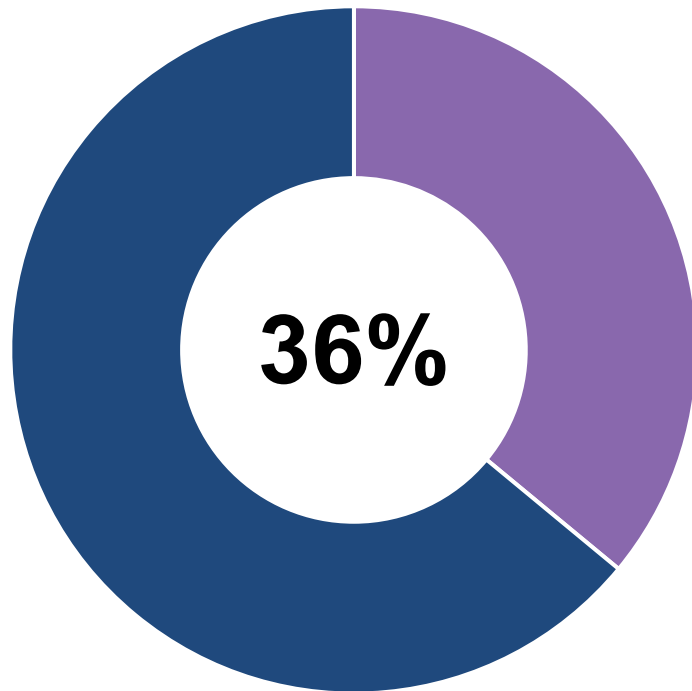
*Mindfulness-Based Interventions*

**MOQC**  
**Patient-Reported**  
**Outcomes**

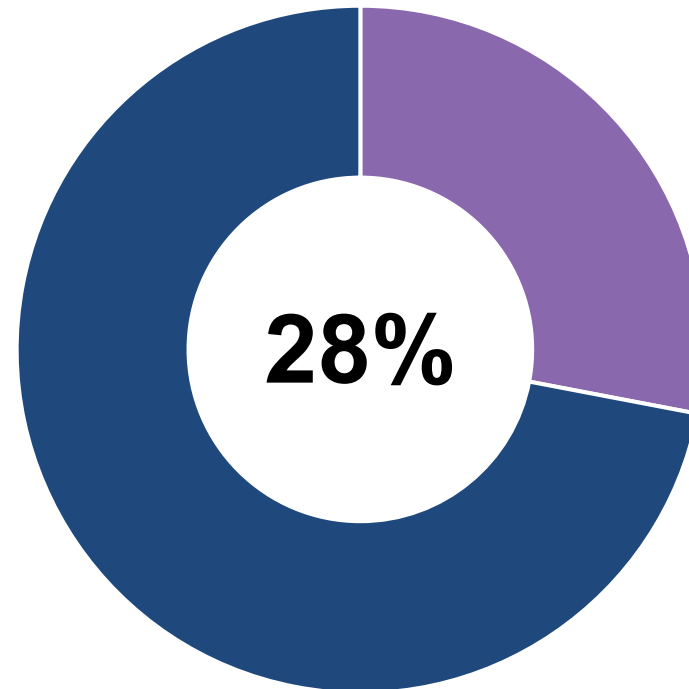
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*Depression and*  
*Anxiety Screening*

**Anxiety**



**Sad/Unhappy Feelings**



# Resources



**Resources  
Search Engine**



**Ordering  
through MOQC**



**Collaboration  
with Practices**



**Community  
Partnerships**



# Resources Search Engine

CancerHelp.moqc.org



Created by POQC Patient & Caregiver Resources Workgroup in 2022



Over 100 resources and counting



Continually adding and reviewing resources and accessibility

# Other Resources



- <https://www.mi211.org>
- Phone, text, chat or search functions



- <https://www.michiganshield.org/resources>
- SDOH, health equity, community partnerships and more



- <https://www.michigan.gov/mdhhs>



- <https://www.patientadvocate.org/>
- Financial resources

# CancerHelp.moqc.org

**Mindfulness**

**Social/Emotional Support**

**Tobacco Cessation**

**Financial**

**Diet/Nutrition**

**Social Isolation**



# MOQC Resource Ordering

## Printed Resources

All Antiemetics Equity of Care Fertility Financial Food & Nutrition Gynecology Oncology Herbal Resources Hospice/Palliative POQC Tobacco Cessation



15 Strategies from Ex-smokers to Curb Cravings Handout



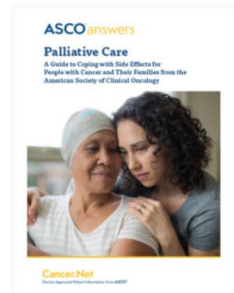
15 Strategies from Ex-smokers to Curb Cravings Poster



American Cancer Society: LGBTQ People with Cancer Fact Sheet Handout



ASCO Advanced Cancer Planning



ASCO Palliative Care: Improving Quality of Life for People with Cancer and Their Families Guide



Budget Grocery Shopping List



CaringInfo Advance Directive Form



Do you know what's in that cigarette? Poster

## 15 Strategies from Ex-smokers to Curb Cravings Handout

### Language

English Clear

Choose an option

- Albanian
- Arabic
- Armenian
- Braille
- Chaldean
- Chinese
- Chinese (simplified)
- Croatian
- English
- Japanese
- Polish
- Spanish
- Ukrainian
- Vietnamese

- Allowed Extensions: jpg, jpeg
- Maximum Upload Filesize:

add company logo (c)

1

Add to cart

Categories: MOQC Made, Tobacco Cessation

Tag: smoking

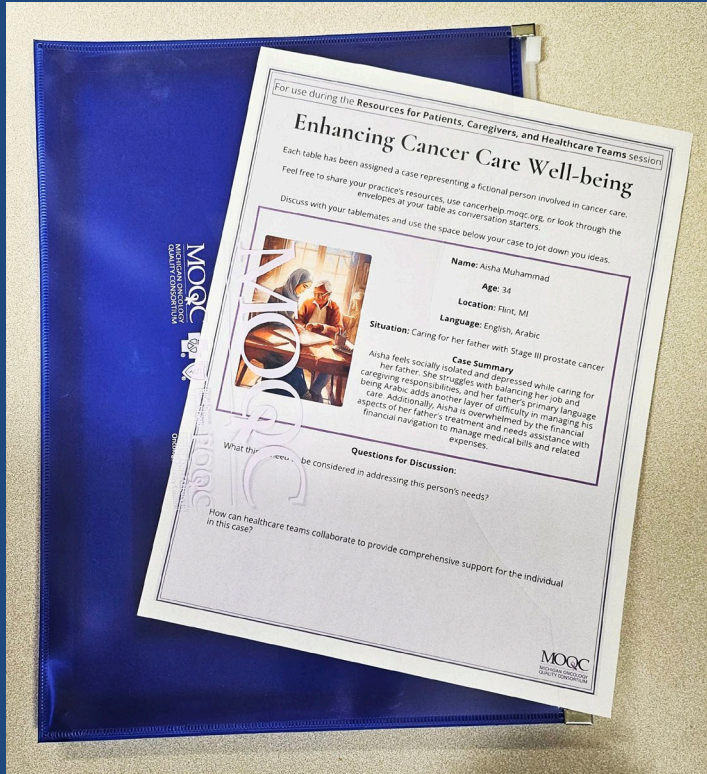
<https://moqc.org/resources/printed-resources/>

# Collaboration



- Share with us what you have
  - Materials
  - People
  - Videos

# Table Discussions



*Have one person from the group ready to report out on one of the questions.*

# Table Discussions

- What things need to be considered in addressing this person's needs?
- How can healthcare teams collaborate to provide comprehensive support for the individual in this case?



**Resources  
Search Engine**



**Ordering  
through MOQC**

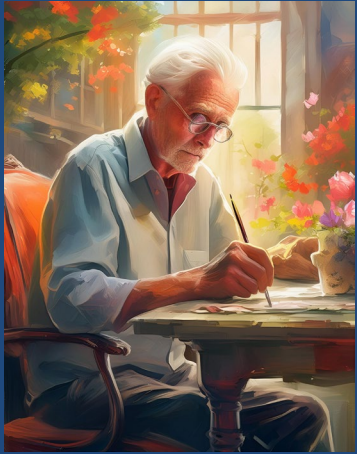


**Collaboration  
with Practices**



**Community  
Partnerships**

# Table Discussions



**Robert**



**Taylor**

**John**



**Delsin**

**Maria**

**Aisha**





# TRIVIA

What type of educational material is found to be most effective for visual learners among cancer patients and caregivers?

Join at  
Slido.com  
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# TRIVIA

What type of educational material is found to be most effective for visual learners among cancer patients and caregivers?

*Videos*

- Tracey Cargill-Smith
- Tammy Cedo
- Joan Gargaro
- Mike Harrison
- Marcie Paul

**[Click here to view the POQC Financial Navigation Video \(3 minutes\)](#)**

M

# Financial Navigation Grant Update

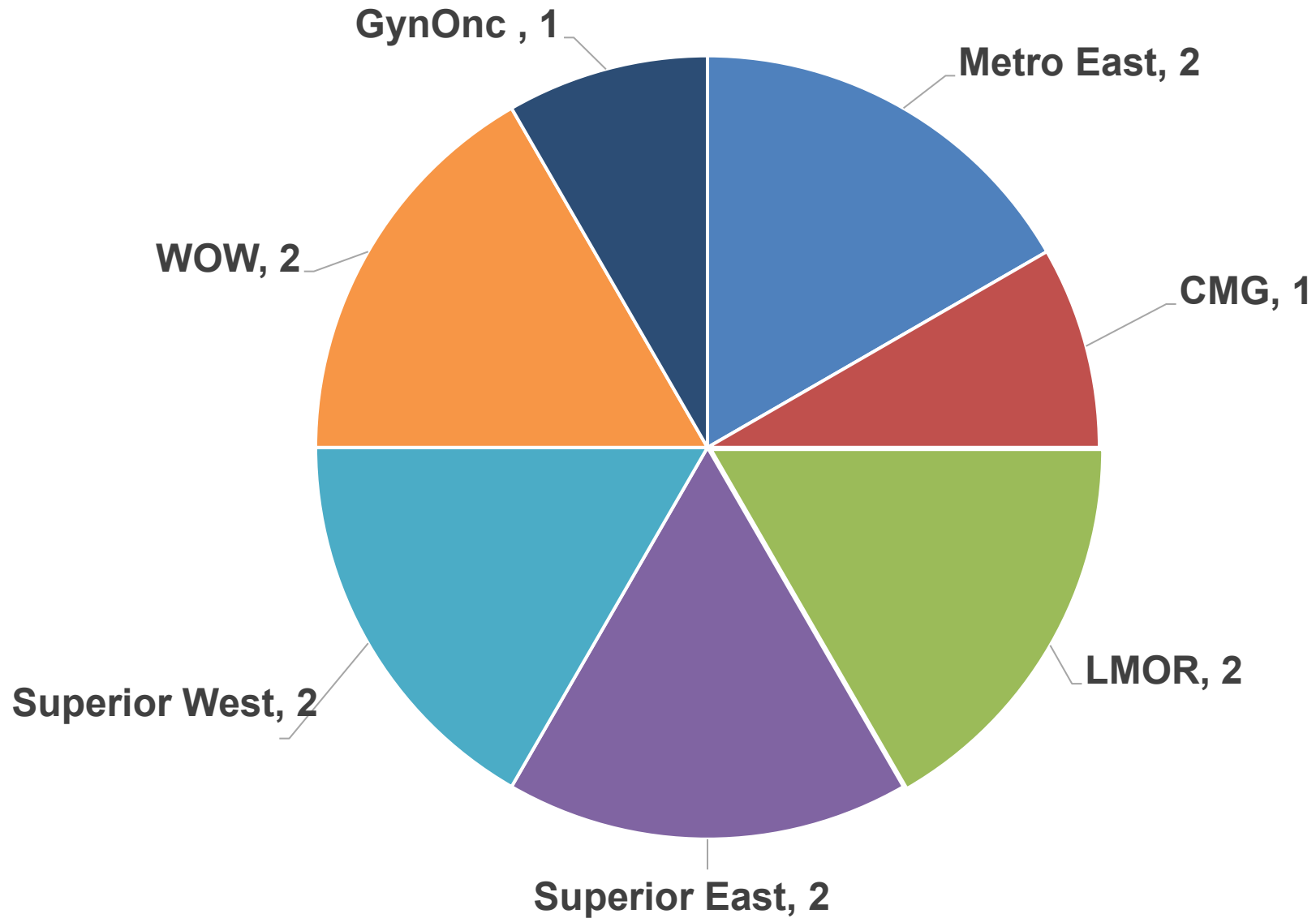
## Two virtual focus groups

- Services currently available
- Gaps
- Shared practices

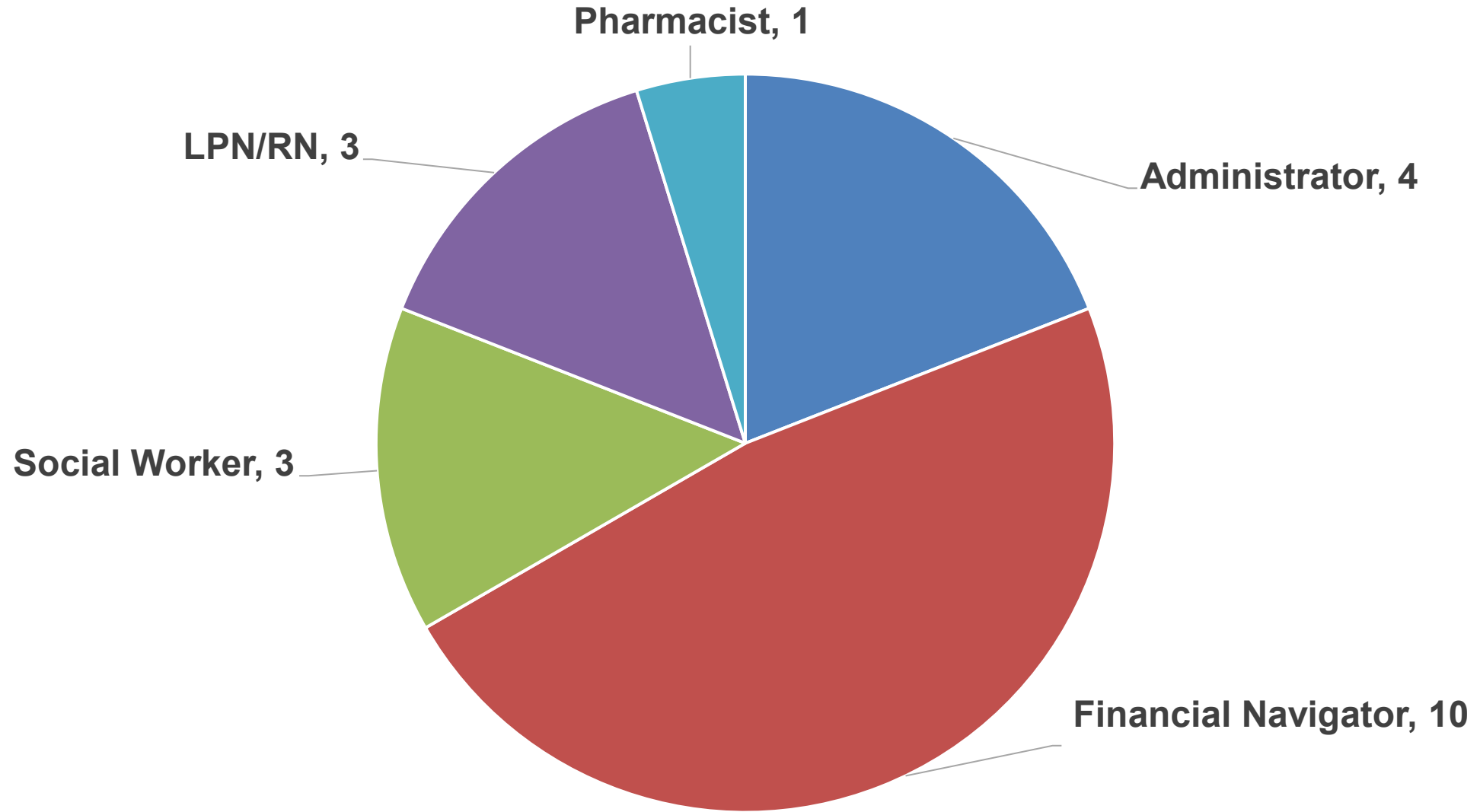


Blue Cross  
Blue Shield  
of Michigan

# Financial Navigation Grant Update



# Financial Navigation Grant Update



# Financial Navigation Resources

- Resources within your practice
- 2-1-1 Michigan
  - DIAL 2-1-1 or 844-875-9211
  - TEXT zip code to 898211
- Patient Advocate Foundation/PAF
  - DIAL 1-800-532-5274



# MOQC Resources

- MOQC has a variety of free resources for your **patients, caregivers, and healthcare teams**
- **Virtual and printed** formats available

[www.moqc.org](http://www.moqc.org)

## FIVE WISHES®

MY WISH FOR:

- The Person I Want to Make Care Decisions for Me When I Can't
- The Kind of Medical Treatment I Want or Don't Want
- How Comfortable I Want to Be
- How I Want People to Treat Me
- What I Want My Loved Ones to Know

### 15 STRATEGIES

from ex-smokers to curb cravings

Having trouble quitting tobacco? Try these strategies to curb the craving during common high-risk situations where you could slip or relapse back to smoking.

01  <b>Waking up</b> get right into the shower, brush teeth, go for a walk or exercise, get busy, change your morning routine.	02  <b>Morning coffee</b> buy coffee on the way to work, skip coffee, wait until work to have coffee, switch to iced coffee.
03  <b>When hungry</b> don't let self get too hungry; eat healthy meals, carry snacks with you, eat fruit, drink a lot of water or fat-free milk before you eat.	04  <b>After meals</b> don't overeat, don't linger at the table, clean up immediately after eating, go for a brisk walk, make tea, have a popsicle, don't go into a typical smoke area after eating, use straws or toothpicks.

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MICHIGAN ONCOLOGY QUALITY CONSORTIUM

**COMFORT CUISINE**

Other items that can be found at the dollar store:

- Cooking oils
- Oatmeal
- Spices
- Baking mixes
- Cereal
- Protein bars
- Protein drinks

### Comfort Cuisine

#### Dollar Store Round-Up

Dollar stores can provide a great variety of nutrient dense foods at a lower cost than grocery stores. Some items available are listed below. Please note, items and availability will vary by store.

 <p><b>Ready to eat tuna packs</b> Difficulty: <b>Easy</b> Tear off the top of the pack and enjoy! Add to pasta salad or a piece of whole grain bread.</p>	 <p><b>Dried Beans</b> Difficulty: <b>Medium</b> Cook 1 cup dried beans in 2-3 cups water on the stovetop or in a crockpot.</p>
 <p><b>Frozen Vegetables</b> Difficulty: <b>Easy</b> Pop in the microwave to steam.</p>	 <p><b>Canned Goods</b> Difficulty: <b>Easy</b> Ready to eat cans of soup, beans, fruit, vegetables, and tuna.</p>
 <p><b>Pasta and Sauce</b></p>	 <p><b>Condiments and Spices</b></p>

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MOQC Cancer Help

### Resources Search Engine

Cancer has a huge impact on patients and their families, friends and other caregivers. Use this search engine to help find answers, guidance, and support.

MOQC is always working to gather and share resources that are important for anyone touched by cancer.

For more information about the Affordable Care Act (ACA), visit: [HealthCare.gov](http://HealthCare.gov)

[Click Here](#)

Search Engine Feedback?

[Click Here](#)

For help navigating there is a helpful inst...

MOQC POQC Se...

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Use your phone camera to scan QR code to find more resources and information!



# Well-being Resources for Healthcare Teams



# Well-being Resources

## *Healthcare Teams*



# Organizational Efforts to Address Burnout

## *Healthcare Teams*

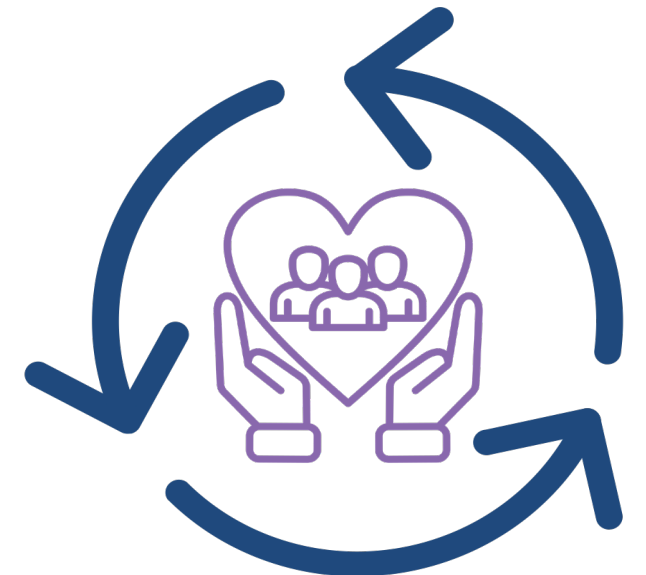


### Increased cost associated with:

- ✓ Turnover
- ✓ Decreased productivity
- ✓ Lower quality of care
- ✓ Decreased patient satisfaction
- ✓ Problems with patient safety

### Systems-level interventions:

- ✓ Make wellbeing a priority
- ✓ Organizational learning
- ✓ Review of metrics and staffing
- ✓ PDSA
- ✓ Open communication
- ✓ Culture change



# Well-being Resources

- ASCO
  - <https://society.asco.org/practice-patients/practice-support/staff-well-being-development/recognizing-burnout-promoting-well>
  - <https://asco.safehavenhealth.org/enroll/>
- Impact Wellbeing
  - <https://www.cdc.gov/niosh/impactwellbeing/default.html>
- Stress First Aid
  - [https://www.ptsd.va.gov/professional/treat/type/stress\\_first\\_aid.asp](https://www.ptsd.va.gov/professional/treat/type/stress_first_aid.asp)
- JAMA: Investing in Physician Well-being
  - <https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2653912>



# MOQC Efforts to Promote Well-being

- ✓ Quality work
- ✓ Educational opportunities
- ✓ Free resources
- ✓ Support through initiatives
- ✓ Networking
- ✓ Interprofessional Development



# Closing Items

Keli DeVries, LMSW



# Continuing Education Credits

This meeting has been approved for **4.75 CEUs**

1. MOQC will send out the evaluation to everyone's email address as part of the follow-up email
2. Attendees should complete the evaluation
3. Attendees will receive a certificate from the CE accreditation organization with their credits
  - The certificate will be sent from [ipceapps@umn.edu](mailto:ipceapps@umn.edu)

Questions? Please reach out to [moqc@moqc.org](mailto:moqc@moqc.org)



# Upcoming Meetings

MOQC 2024 Fall Regional Meetings (6pm – 8pm)	
Superior West (SW)	Wednesday, October 9 (Marquette)
Superior East (SE)	Thursday, October 10 (Petoskey)
Metro East (ME)	Wednesday, October 23 (Troy)
Lake Michigan Oncology Region (LMOR)	Monday, October 28 (Lansing)
West of Woodward (WOW)	Wednesday, November 6 (Ypsilanti)
Central Michigan Group (CMG)	Monday, November 11 (Saginaw)

MOQC GynOnc Biannual Meeting	
Gyn Onc Biannual	Friday, November 15 (Grand Rapids)

MOQC MedOnc Biannual Meeting	
Med Onc Biannual	Friday, January 17 (virtual)

Register at: <https://moqc.org/events/>





# THANK YOU!



MOOC

A purple awareness ribbon is positioned over the second 'O' in the acronym 'MOOC'. The ribbon is tied in a loop and has two tails extending downwards and outwards. The entire logo is centered above a thin purple horizontal line.

MICHIGAN ONCOLOGY  
QUALITY CONSORTIUM

Cancer care. Patients first.  
The best care. Everywhere.