



nbmtLINK Survivorship Webinar

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Goals

- Identify aspects of survivorship, positive and negative
- Identify 2 modalities that can be used to deal with negative aspects of survivorship

Survivorship

- Survivorship starts the day of diagnosis
- “Estimated that at two years after stem cell transplant, more than 25% of survivors have ongoing, bothersome medical symptoms.”
 - Pidala J, Anasetti C, Jim H. Quality of life after allogeneic hematopoietic cell transplantation. *Blood*. 2009; 114(1): 7-19.

Positive Aspects of Survivorship

- Appreciation of family and friends
- Feeling of being a stronger person
- A need to “give back”
- Changing priorities in life
- Difficult decisions are easier to make

Negative Aspects of Survivorship

- Depression and anxiety
- Desire to return home (from relocation after discharge)
- Difficulty following plan of care
- Conflicts between patient and family
- Caregiver stress
- Returning to the hospital
- Loss of income/employment
- Young children at home/loss of routine
- Appearance
- Fear of relapse
- Sexuality

Sexuality

- Encompasses physical, psychological, social, emotional and spiritual factors
- Quality of life issue
- Team's role

Modalities to Reduce Stress

- Meditation
- Mindfulness

Meditation

- “To engage in mental exercise (such as concentration on one’s breathing or repetition of a mantra) for the purpose of reaching a heightened level of spiritual awareness”
–Merrian-Webster Dictionary



Meditation, cont.

- Purpose: clear your mind of intrusive thoughts
- Focus on breathing patterns
- Focus on here and now
- Brings relaxation
- Stay in present; no thoughts about the past or present
- Guided imagery meditation

Meditation, Pitfalls

- Sleep
- Wandering thoughts
- Becomes easier with practice

Meditation, Breathing

- Focus on breath and how that feels throughout your body
- Relax body and have awareness of it
- Visualize breath
- 2 part exhale

Benefits of Meditation

- Benefits
 - Reduce stress
 - Enhance performance
 - Gain insight
 - Increase attention to others' well being
 - Reduce symptoms of depression or anxiety
 - Reduce pain
 - Helps with insomnia
 - Reduce hypertension

Mayo Clinic staff. (2017, October 17). *Meditation: A simple, fast way to reduce stress*. Retrieved from <https://www.mayoclinic.org/tests-procedures/mediation/in-depth/meditation/art-20015858>

Mindfulness

- To be fully present and aware of our surroundings
- Not reactive or overwhelmed by what is happening around us
- Pay attention, live in the moment, accept self
- “Spending too much time planning, problem-solving, daydreaming or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression.” –Mayo Clinic

Mindfulness



References and Resources

- Bevens, M. , & Sternber, E.M. (2012). Caregiving Burden, Stress, and Health Effects Among Family Caregivers of Adult Cancer Patients. *JAMA*, 307(4), 398-403.
- Mayo Clinic Staff. (2017, October 17). *Meditation: A simple, fast way to reduce stress*. Retrieved from <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20015858>
- Leukemia and Lymphoma Society, “Sexuality and Intimacy Facts,” 2016
 - www.mindfulness.org
 - Apps
 - The Mindfulness App (\$)
 - Insight Timer (free)
 - Sattva Meditations and Mantras (free)
 - Headspace (free)

Questions?
Comments?

Thank you!