MENTAL HEALTH

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Dimensions in Oncology November 9, 2022



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DISCLOSURE

• I have no disclosures to report.

OBJECTIVES



Participants will be able to describe the emotional impact a cancer diagnosis has on patients.



Participants will identify their role in caring for the emotional distress experienced by cancer patients.



Participants will be able to discuss the various resources available to support cancer patients.

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PSYCHOSOCIAL ONCOLOGY

Psychosocial Oncology is a clinical specialty that addresses the emotional and psychosocial concerns associated with a cancer diagnosis.

Effects of a Cancer Diagnosis on Mental Health

 There can be significant psychosocial effects of a cancer diagnosis, especially amongst patients with a preexisting mental health condition.



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Why is this important?

One in three people with cancer experience mental or emotional distress. It is most common in breast cancer (42%) and head and neck cancer (41%) patients.

Up to 25% of cancer survivors experience symptoms of depression and up to 45% experience anxiety.

Many cancer survivors also experience symptoms meeting the criteria for Post-Traumatic Stress Disorder (PTSD).

Cancer survivors are twice as likely to die by suicide than the general population.

Negative effects of untreated mental health needs.

There can be consequences for failing to address patients' mental health needs.

- Longer hospital stays
- Treatment delays
- Poor medication adherence
- Worse outcomes
- Poorer quality of life
- · Increased risk of recurrence
- Increased risk of suicide
- Financial toxicity, work related issues, family problems

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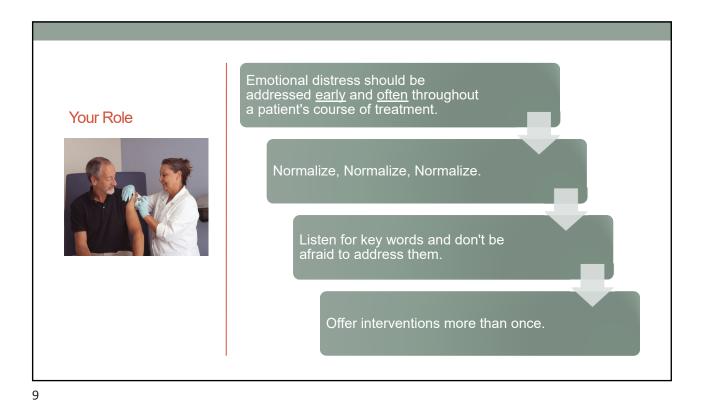
Diagnoses and Interventions

Diagnoses commonly treated:

- Major Depressive Disorder
- Generalized Anxiety Disorder
- Adjustment Disorder
- Post-Traumatic Stress Disorder

Effective interventions:

- Psychotherapy including Cognitive Behavioral Therapy, Mindfulness Practices, Meaning Centered Psychotherapy
- Medications- antidepressants, anti-anxiety medications
- Support groups and peer support programs



Referrals and Resources

Allina Health Cancer Institute- ANW, United, Mercy

Oncology Counseling Services
Ali Cain, LICSW, St. Paul: 651.241.6408
Beth Johnson, LICSW, Coon Rapids: 763.236.6061
Sarah Johnson, LICSW, Minneapolis: 612.863.1704

Allina Mental Health and Addiction Medicine Care- 1.866.603.0016

Penny George Institute for Health and Healing- 612.863.3333

Referrals and Resources

Support Groups

- Local and national groups and organizations
 - Firefly Sisterhood-www.fireflysisterhood.org
 - Imerman Angels- www.imermanangels.org
 - CancerCare- www.cancercare.org
 - Leukemia and Lymphoma Society- www.lls.org
 - Jack's Caregiver Coalitionwww.jackscaregiverco.org

Gilda's Club- www.gildasclubtwincities.org

Pathways- www.pathwaysminneapolis.org

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- Mental Health Impacts of a Cancer Diagnosis #BHtheChange

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