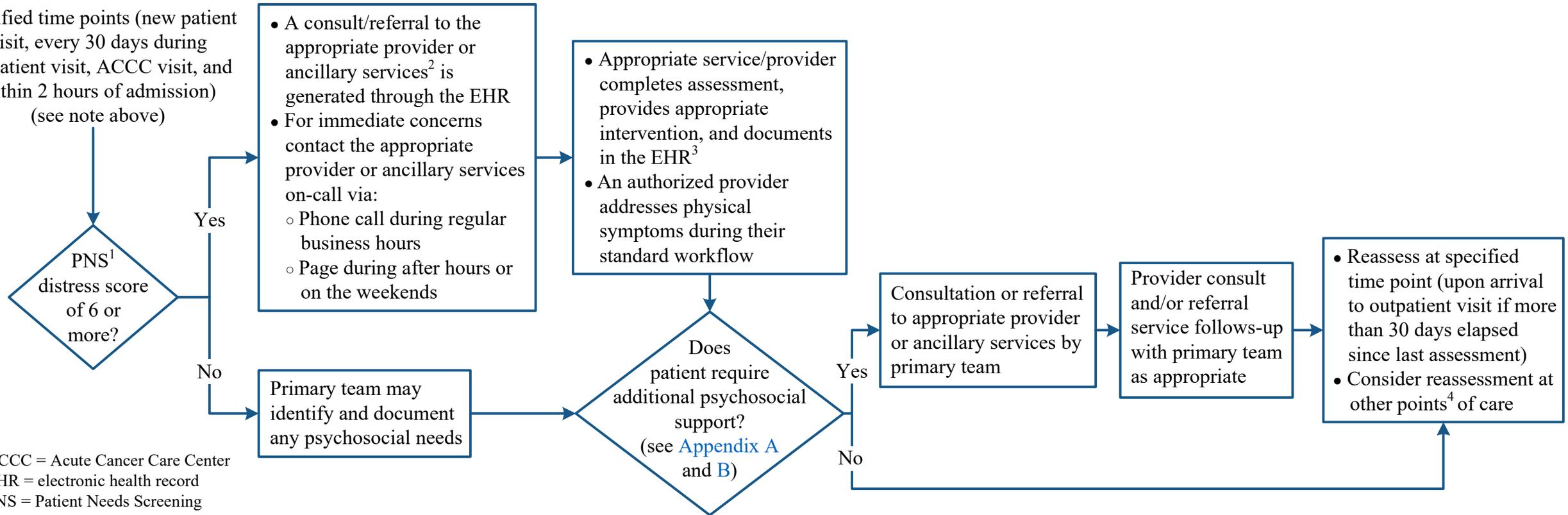


Distress Screening and Psychosocial Management of Adult Cancer Patients

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Note: Refer to the Suicide Risk/Precautions and Emergency Detention Policy (#CLN1183) for guidelines on identification and care of patient at low, medium, and high risk of suicide.

Patient screened for distress at specified time points (new patient visit, every 30 days during outpatient visit, ACCC visit, and within 2 hours of admission) (see note above)



ACCC = Acute Cancer Care Center
EHR = electronic health record
PNS = Patient Needs Screening

¹ Based on distress question: Please choose the number (0-10) that best describes how much distress you have been experiencing in the past week, including today

² For concerns relating to emotional, social, practical or other, refer to Social Work. For spiritual concerns, refer to Spiritual Care.

³ Clinics with existing mental health professionals (psychiatrists, psychologists, licensed professional counselors) can have their providers complete an assessment, provide appropriate intervention, and document in the EHR

⁴ Additional time points may include:

- Initiation of any new treatment
- Pre-surgical and post-surgical visits
- Transfer to ICU
- Treatment transitions (e.g., transitions from chemotherapy to radiation therapy, off treatment, to survivorship or to hospice)
- Reassessment at any other times when indicated by the clinical practitioner

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APPENDIX A: Available Institutional Services

Services Requiring Provider Consultation/ Referral through the EHR	Available Ancillary Services (No Order Required)
Adolescent & Young Adult Program Cancer-related Fatigue Clinic Children's Cancer Hospital Consultation Services Integrative Medicine Individual Clinical Services Neuropsychology Oncofertility Clinic Pain Management Center Psychiatry Rehabilitation Services Sexual Medicine Clinic Sleep Lab Supportive Care Program	Case Management Children's Cancer Hospital Support Programs Integrated Ethics Integrative Medicine Group Clinical Services MyCancerConnection/Volunteer Services Patient Advocacy Patient Guest Relations Social Work Spiritual Care and Education The Learning Center (TLC) Tobacco Treatment Program

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APPENDIX B: Service Descriptions and Needs Addressed

Service	Service Description
Adolescent & Young Adult (AYA) Program	The Adolescent and Young Adult (AYA) Program serves patients diagnosed with cancer between ages 15 and 39 years, whether currently in active treatment or well into survivorship. Through the comprehensive AYA Clinic, AYA patients and their caregivers are given access to medical and psychosocial providers with AYA expertise who can help with coping, relationships, fertility, school, career goals, long-term health, quality of life, and many other AYA specific needs. Outside the clinic, the AYA program offers support groups, a private Facebook group, a variety of virtual programming (including art, yoga, educational webinars, etc.), monthly in person social activities, the Young Adult Advisory Council, a scholarship program, and more. Many of these activities are open to AYA patients and caregivers regardless of where treatment was received.
Cancer-Related Fatigue Clinic <i>(Internal Medicine Center)</i>	The Cancer-Related Fatigue Clinic provides a global medical evaluation for patients receiving cancer therapy or patients who have completed cancer therapy and have fatigue related to their cancer experience. The clinical assessment includes the utilization of symptom tools to assess multiple symptoms (depression, anxiety, sleep dysfunction, pain, etc.), an evaluation of the total symptom burden, a history and physical examination, and review of necessary laboratory and other diagnostic testing. The etiology of fatigue is often multifactorial and may require several recommendations to appropriately reduce fatigue levels. Exercise is usually a main stay of treatment in cancer-related fatigue. Other interventions may include medications such as stimulants, behavioral modification therapy, and appropriate treatment of other medical and mood disorders. Some patients may require referrals to other specialties. Each patient is educated regarding aspects of cancer-related fatigue and receives a cancer-related fatigue educational book, providing further information and links to other learning resources. Patients are usually referred by their physicians.
Case Management (CM)	The Department of Case Management (CM) coordinates continuum of care needs through referrals for patients and families in need of discharge services. CM also collaborates with insurance companies to provide clinical information to obtain authorization for inpatient admission stays. Discharge services include: <ul style="list-style-type: none"> • Home health, hospice • Inpatient and/or outpatient rehabilitation • Nursing home or long-term care placement • Discharge equipment and infusion services

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APPENDIX B: Service Descriptions and Needs Addressed - continued

Service	Service Description
Children's Cancer Hospital Consultation Services and Support Programs	<p>The Children's Cancer Hospital offers adult services to young adult cancer patients, long term pediatric cancer survivors, and adult patients seeking parenting guidance.</p> <p>The Children's Cancer Hospital Consultation Services include:</p> <ul style="list-style-type: none"> • Young adult fertility consultation • Clinical psychology services, including psychotherapy • Young adult psychiatric services • Neuropsychological assessment of cognitive abilities and educational achievement (for adults with developmentally-based intellectual disability and long-term pediatric cancer survivors) <p>The Children's Cancer Hospital Support Programs include:</p> <ul style="list-style-type: none"> • Vocational assessment of values, interests, and abilities related to post-secondary educational pursuits and career counseling • Young adult life specialist services, including procedural support and activities/resources throughout the hospitalization • Young adult secondary education and creative arts programs <p>Additional resources include:</p> <ul style="list-style-type: none"> • Kim's Place, a young adult lounge and recreational area
Employee Assistance Program	<p>The Employee Assistance Program (EAP) offers a range of mental health services, including assessments, referrals, and support, designed to assist employees, retirees, and their dependents in navigating the challenges of work and life. Our dedicated team is equipped to address various concerns, from mental health issues to work-related stress, life transitions, relationship difficulties, family conflicts, child and adolescent issues, and financial stressors. Additionally, we provide valuable resources such as work/life presentations, community referrals, free legal guidance, assistance with will preparation, and consultations for management.</p>
Integrated Ethics	<p>The Ethics Consultation Service is available to help those facing ethically significant decisions regarding medical treatment, patient care, or protocol participation. Many of these decisions involve moral values, deeply held beliefs, and/or professional duties or guidelines that can come into conflict. We can help facilitate good communication and shared decision-making when assistance with these concerns is requested. Clinical Ethicists are available to help address ethical questions that arise when the right thing to do is not clear or when disagreement exists about what is best for a patient. We assist patients, families, and healthcare teams to identify and resolve specific ethical issues so that the individuals responsible for decisions can make informed choices. An Ethicist can be reached 24 hours a day, 7 days a week, for clinical ethics consultation. Main Office: (713) 792-8775 or Pager: (713) 404-2863. There is no charge for an ethics consultation.</p>

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APPENDIX B: Service Descriptions and Needs Addressed - continued

Service	Service Description
Integrative Medicine Center	<p>The Integrative Medicine Center provides a variety of group and individual clinical services that engage patients and their families to become active participants in improving their physical, psycho-spiritual and social health. The ultimate goals are to optimize health, quality of life and clinical outcomes through personalized evidence-based clinical care, exceptional research and education. See www.mdanderson.org/integrativemedcenter.</p> <p>Individual clinical services include:</p> <ul style="list-style-type: none"> • Integrative oncology physician consultation • Exercise/physical activity consultation • Oncology acupuncture • Music therapy • Nutrition consultation • Oncology massage • Yoga therapy • Health psychology <p>Group clinical programs include:</p> <ul style="list-style-type: none"> • Music therapist-led groups • Yoga therapist-led breathwork & yoga classes • Dietician-led cooking classes, and support groups on topics relevant to cancer patients (e.g., stress management) <p>For more information call (832) 750-3685.</p>
The Learning Center (TLC)	<p>The Learning Center is a free consumer health library that offers information about cancer prevention, cancer treatment, coping and general health. TLC staff can answer your questions and respond via email at asktlcstaff@mdanderson.org or visit the website at www.mdanderson.org/tlc; Theodore N. Law Learning Center, Main Building, Floor 4, near Elevator A, Room R4.1100 or Levit Family Learning Center, Mays Clinic, Floor 2, near The Tree sculpture, Room ACB2.1120.</p>
MyCancerConnection/ Volunteer Services	<p>MyCancerConnection is a cancer support community of trained survivor and caregiver volunteers that offers free, one-on-one support. At diagnosis, treatment, recurrence or anytime during the cancer journey, patients and caregivers seeking support can be matched by Volunteer Services staff with a survivor or caregiver volunteer, thereby providing a personalized support connection from someone who has had the same experience or similar experience. A patient or caregiver can request a match by sending a message through MyChart, by phone at 877-632-6789 or staff may refer through EPIC/OneConnect or by phone.</p>

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APPENDIX B: Service Descriptions and Needs Addressed - continued

Service	Service Description
Neuropsychology <i>(Brain and Spine Center)</i>	<p>The Section of Neuropsychology provides cognitive assessment and interventions for adult patients. Neuropsychological assessment is typically recommended when there are symptoms or complaints involving memory or other thinking skills, or changes in behavior, such as changes in concentration, organization, reasoning, memory, language, perception, coordination, or personality. These changes may be due to a variety of medical, neurological, psychological, or genetic causes. Neuropsychological assessment can: identify cognitive strengths and weaknesses, differentiate among illnesses and assist in treatment planning, establish a “baseline” that is objectively measured in order to identify subsequent changes, provide driving evaluations and assist in determination of other safety concerns, assist in capacity determination, and be used to plan neuropsychological interventions. Neuropsychological interventions offer management and intervention strategies for patients, caregivers, and the treatment team to maximize function and quality of life.</p>
Oncofertility Clinic <i>(Gynecologic Oncology Center)</i> (See also Fertility Sparing Treatment algorithm)	<p>The Oncofertility Clinic provides rapid, streamlined access to fertility services for our reproductive-age patients with cancer.</p> <p>Services include:</p> <ul style="list-style-type: none"> • Fertility education and counseling prior to cancer treatment • Exploration of alternative options for family building, including donor eggs, donor embryos, donor sperm, child adoption, and use of gestational carrier • Assessment of fertility status sperm and adoption • Fertility preservation options including egg freezing, embryo freezing, ovarian tissue freezing and sperm banking • Assistance with fertility after cancer treatment • Referral to psychological and financial support services • Collaboration and communication with your oncologist
Pain Management Center (See also Cancer Pain – Adult algorithm)	<p>The Pain Management Center sees patients in the outpatient clinic at MD Anderson’s main campus and has recently expanded services to the Houston Area Locations (HALs) West Houston, Sugar Land, League City, and The Woodlands. We also provide consultation services to adjust treatment plans for patients in the inpatient setting that experience pain related to their underlying disease. Optimum pain control is achieved by:</p> <ul style="list-style-type: none"> • Formulating an individualized treatment plan specific to each patient's needs • Using a combination of pain management strategies (<i>e.g.</i>, non-pharmacologic methods, pharmacotherapy, nerve blocks, implants and other procedural pain management techniques, including vertebroplasty) • Practicing the continuum of care, beginning with a comprehensive assessment • Frequent reassessment to adjust treatment plans when necessary • A multidisciplinary approach involving professionals from various disciplines, including psychiatry, neurosurgery and interventional radiology

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Distress Screening and Psychosocial Management of Adult Cancer Patients

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APPENDIX B: Service Descriptions and Needs Addressed - continued

Service	Service Description
Patient Advocacy	<p>Patient Advocates serve as a liaison between patients and MD Anderson. A Patient Advocate is assigned to every new patient to ensure all concerns are addressed in a professional and caring manner. Patient Advocacy provides:</p> <ul style="list-style-type: none"> • An opportunity, in a confidential setting, for patients and families to voice a complaint, concern, problem or request, and seek a resolution • Information about resources and services available to patients and families • Education about Patient Rights and Responsibilities <p>Patient Advocacy is responsible for the effective operation of our patient grievance process, including the review and resolution of patient grievances. The Center for Medicare and Medicaid (CMS) requires that hospitals acknowledge and respond, in writing, to all patient grievances. The President of MD Anderson has delegated this responsibility of reviewing and resolving grievances to the Department of Patient Advocacy.</p> <p>Within the Department of Patient Advocacy, our Patient Relations team is a unique group that serves as a liaison for the Rotary House guests. The team at the Rotary House offers laboratory services, a Learning Center as well as support with both local and Institutional resources in a "home-away-from-home" setting.</p>
Psychiatry	<p>The Department of Psychiatry provides assessment and management of cancer-related behavioral symptoms, disorders, neuropsychiatric side effects of cancer and its treatment in patients of all ages, and at all points of disease trajectory. Emotional distress, anxiety, depressive symptoms, delirium especially in relation to cancer care or cancer treatment are priorities. Management of primary psychiatric disorders is not a focus of the department but may be provided in certain clinical settings. A limited amount of work is done in management of cancer related emotional distress in caregivers. Treatment involves psychotherapy, medication, or both, and is coordinated with care provided by allied services. Inpatient care and emergency outpatient care are provided by the department's adult and child psychiatry consultation services, which are available 24/7. Outpatient assessment and care is provided in the Psychiatric Oncology Center, which also offers expertise in pediatric psycho-oncology, substance abuse assessment, and sexual dysfunction.</p>
Rehabilitation Services	<p>The Department of Rehabilitation Services provides client-centered therapy using the disciplines of Occupational and Physical Therapy. Rehabilitation services provide therapy to increase engagement in client-identified activities and client-centered programming for increased independence in the performance of everyday activities. The therapist and client work together to identify strategies that allow for compensation of cognitive or physical impairments in everyday life. The department also provides specific programming for the management of lymphedema, fatigue and/or chemo-brain in daily living.</p>

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Distress Screening and Psychosocial Management of Adult Cancer Patients

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APPENDIX B: Service Descriptions and Needs Addressed - continued

Service	Service Description
Sexual Medicine Clinic (Genitourinary Center)	<p>The Sexual Medicine Clinic provides care to all male patients who may have sexual dysfunction or infertility related to their cancers, cancer treatment, or any other etiology. We offer a comprehensive penile rehabilitation program catering to men who will have or have had radical prostatectomy, radical cystectomy and any other pelvic surgeries such as surgeries for rectal cancer, sarcoma or pelvic bone cancers. Men who have received pelvic radiation or systemic chemotherapy can also benefit from our penile rehabilitation program. We have dedicated nurses and an experienced team of advanced practice providers on our service who are easily accessible and eager to assist. Moreover, we collaborate with our psychologists and psychotherapists at MD Anderson to provide counseling for couples with special needs. The sexual medicine service is devoted to the restoration of the patient's sexual function, thereby enhancing their qualities of life.</p>
The Sleep Clinic	<p>In the sleep clinic and sleep lab, sleep physicians evaluate and manage the effects of cancer and cancer treatment in patients with disordered sleep and cancer-related fatigue. This usually takes place with a consult to the sleep clinic. After an evaluation by the sleep physician, further interventions or testing in the sleep lab is determined. This may result in an overnight or home sleep study for our patients. The evaluation and subsequent sleep study, if needed, are usually performed several days apart. Treatments for insomnia, sleep-related movement disorders, parasomnias, and circadian rhythm disorders, in addition to sleep apnea are offered.</p>
Social Work	<p>As members of an interdisciplinary team, Social Work staff provides comprehensive psychosocial services to patients within their assigned services. Social work counselors provide:</p> <ul style="list-style-type: none"> • Individual and family counseling • Education, support, and discussion groups • Patient, caregiver, and family education • Advance Directive assistance • Resource information and referral • Community outreach and education • Special services and programs (e.g., Adult Memorial Service) • Advance care planning and Goal Concordant Care Initiative <p>Social Work functions include:</p> <ul style="list-style-type: none"> • Psychosocial assessments • Information and referral • Education • Counseling • Triage to Psychiatry, Spiritual Care and Education, and other support services • Psychosocial consultation

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Distress Screening and Psychosocial Management of Adult Cancer Patients

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APPENDIX B: Service Descriptions and Needs Addressed - continued

Service	Service Description
<p>Spiritual Care and Education</p>	<p>For many people, cancer is more than just a disease - it’s a spiritual crisis. MD Anderson chaplains are clinical spiritual care practitioners. We can help with spiritual and religious distress to find or reaffirm spiritual health and well-being as part of the healing process. Chaplains are here to guide patients on their spiritual journey, whatever path it may take. We nurture and re-ignite the spiritual resources of patients and caregivers and help them to connect with healthy spiritual traditions and communities. Chaplains support patients and caregivers in a manner that is inclusive of all spiritual traditions and practices.</p> <p>Services also include:</p> <ul style="list-style-type: none"> • Provide ecumenical and interfaith services • Bedside visits • Faith informed health care decisions and practices • Connection with preferred faith group • Prayer and meditation • Education and support groups • Sacraments and rituals and local contacts for a specific faith tradition
<p>Supportive Care Program</p>	<p>The Supportive Care Program focuses on improving the quality of life for patients with cancer and their families by reducing the physical and emotional burdens of illness through expert use of symptom management, supportive and psychological counseling, and advance care planning. There are two main components to the program: The Outpatient Supportive Care Center for patient consultation and follow up, and the in-patient Mobile Consulting Teams for provision of consultations and follow up care to hospitalized adults, children and adolescents. Supportive/palliative care interdisciplinary team members, including physicians, midlevel providers, nurses, pharmacists, psychologists, counselors, chaplains, and social workers, are uniquely trained experts in this specialized area of medicine and work closely with the primary team to best support the physical, emotional, spiritual, and social needs of patients and their families.</p>
<p>Tobacco Treatment Program (Cancer Prevention Center) (See also Tobacco Cessation Treatment – Adult algorithm)</p>	<p>The Tobacco Treatment Program provides tobacco cessation treatment services to MD Anderson patients, patients’ family members who live in the home with the patient, and employees.</p> <p>Services include:</p> <ul style="list-style-type: none"> • Assessment of tobacco use history • Counseling and pharmacotherapy treatments • Psychiatric disorders and symptoms <p>For MD Anderson patients, we will provide assessment and treatment of psychiatric disorders by an addictions psychiatrist if disorders/symptoms pose barriers to tobacco cessation. Counseling is provided by mental health specialists with expertise in the treatment of tobacco addiction disorders. Services are free of charge.</p>

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DEVELOPMENT CREDITS

This practice consensus statement is based on majority opinion of the Psychosocial Council experts at the University of Texas MD Anderson Cancer Center for the patient population. These experts included:

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