### Head and Neck: Survivorship – Unknown Primary

This practice algorithm has been specifically developed for MD Anderson using a multidisciplinary approach and taking into consideration circumstances particular to MD Anderson, including the following: MD Anderson’s specific patient population; MD Anderson’s services and structure; and MD Anderson’s clinical information. Moreover, this algorithm is not intended to replace the independent medical or professional judgment of physicians or other health care providers. This algorithm should not be used to treat pregnant women.

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**Initial Patient Presentation**

- Treated with radiation with/without chemotherapy and/or surgery
- 2 years disease FREE from LAST treatment
- NED

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**Surveillance**

- Physical exam within 1 year of transition to HNSVC then:
  - Physical exam annually
  - Chest x-ray annually
  - Flexible fiberoptic laryngoscopy annually
  - CT of head and neck with contrast if less than 4 years from completion of treatment (or MRI if previous imaging was MRI)

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**Monitoring for Late Effects**

- Consider:
  - Annual audiogram
  - Xerostomia assessment
  - Dental/osteoradionecrosis assessment
  - T4 and TSH annually if treated with radiation therapy
  - Dysphagia assessment
  - Speech assessment
  - Lymphedema assessment

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**Risk Reduction/Early Detection**

- Patient education, counseling and screening:
  - Colorectal cancer screening (See Colorectal Cancer Screening Algorithm)
  - Prostate cancer screening (for men)
  - Breast cancer screening (See Breast Cancer Screening Algorithm) (for women)
  - Gynecologic screening (See Gynecology Screening Algorithm) (for women)
  - Diet/weight management
  - Exercise/activity (See Physical Activity Algorithm)
  - Tobacco cessation (See Tobacco Cessation Algorithm)
  - Lung cancer screening, if clinically indicated (See Lung Cancer Screening Algorithm)
  - Sun exposure/skin cancer screening (See Skin Cancer Screening Algorithm)
  - Limit alcohol

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**Psychosocial Functioning**

- Assess for:
  - Distress
  - Financial stressors
  - Body image
  - Social support

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**Disposition**

- New primary or recurrent cancer?
  - Yes: Return to primary treating physician
  - No: Continue survivorship monitoring

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1 Based on American Cancer Society Prostate Cancer Screening Guidelines

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**Notes**

- NED = no evidence of disease
- HNSVC = Head and Neck Survivorship clinic

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Department of Clinical Effectiveness V3

Approved by the Executive Committee of the Medical Staff on 01/31/2017
SUGGESTED READINGS

http://ovidsp.ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&D=medl&AN=24863390


http://ovidsp.ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&D=medl&AN=23791365


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