

Clinical pathway for stepped care management of fear of cancer recurrence (FCR)

Key Components

1. Why Do We Need This Pathway?

- Over 1 million Australians are living with & beyond cancer, most experience FCR
- High FCR leads to ↓ mental health, ↓ quality of life, & ↑ healthcare use
- Getting help with FCR is the #1 unmet need for people affected by cancer

2. Pathway Development

- **Draft Creation** Based on evidence & expert input
- **Delphi Process** 94 health professionals & researchers gave feedback
- **Consensus** Parts agreed on by ≥80% of participants included in final pathway

Screening

- Use 1-item written or verbal tools as first step
- Follow with severity measure if score is above cut-off

Stepped Care

- Provide info & validation regarding FCR to all
- Additional support based on individual FCR level, choice & available resources



Assessment

- Discuss FCR and screening results with all individuals
- Training needed to support these conversations

3. Areas Nearing Consensus Needing Further Research

- Best timing for FCR screening & triage conversations
- Suggested screening starting point: End of hospital-based treatment
- Triage conversation timing to be guided by local practices

4. Implementation Plans

- Pilot implementation study
- Integrate FCR screening into current patient-reported measures systems
- Develop brief online FCR training for health professionals
- Adapt the pathway for First Nations & multicultural communities