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

1. Why Do We Need This Pathway?

- Over 1 million Australians are living with & beyond cancer, most experience FCR
- High FCR leads to I mental health, I 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

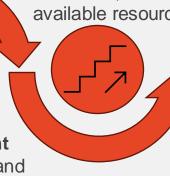
Key Components

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



https://link.springer.com/article/

10.1007/s11764-024-01685-1

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











