

A Psychosocial Complement to Cancer Treatment

BACKGROUND

Psychosocial health services enable patients, their families and health care providers to:

- Optimize biomedical health care
- Manage the psychological/behavioral & social aspects of illness and its consequences
- Promote better health

Pathfinders began in 2003 in Community Oncology at: Aspen Valley Hospital, Aspen, CO

It is a manualized program of comprehensive psychosocial support, fully integrated with clinical care.

Pathfinders has been very positively accepted in community oncology.

Feasibility and acceptability in academic oncology has not yet been tested.

Key components of Pathfinders:

- Patient navigation & advocacy
- Individualized psychotherapy/counseling
- Guidance on healthy lifestyle (e.g., diet, nutrition)
- Link to community & health system resources
- Referral to complementary & alternative services
- Life review & end-of-life planning

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OBJECTIVE

To determine the feasibility of:

- conducting a prospective study evaluating Pathfinders
- implementing Pathfinders in a large academic clinic

☞ The Seven Pillars of Personal Recovery™ ☞



FIGURE 1: The Seven Pillars of Personal Recovery™ highlighted in the Pathfinders program