

### Overview

The ADAPT clinical pathway aims to provide evidence-based guidance to ensure best practice and consistent care when managing anxiety and depression in adults diagnosed with cancer.

The ADAPT clinical pathway is designed to target all adult cancer patients (18 years +) at any stage of their cancer journey for any cancer type. The pathway is to target cancer-related anxiety and depression only.

The ADAPT clinical pathway has been created to be used by all health professionals who have contact with patients experiencing cancer.

### After Screening

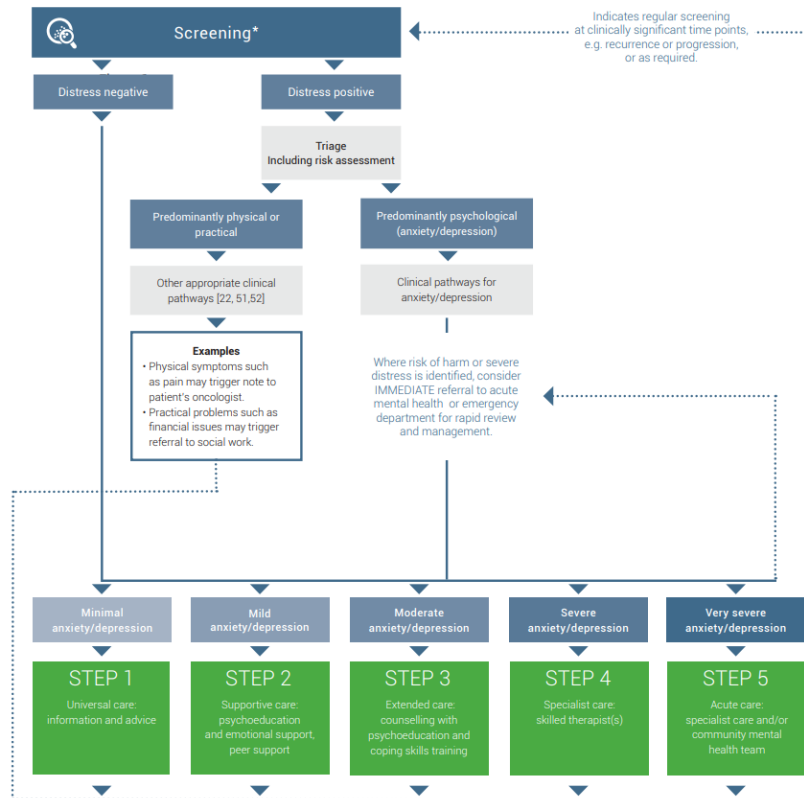
Once a patient completes their screening – they are placed into the step that correlates with their levels of anxiety and depression. This information then gets sent to the ADAPT portal where the appropriate staff member can view this result and then schedule a conversation with the patient.

This conversation gives clinicians an opportunity to get a more in-depth understanding of the patient's situation and guide them in how to get the best care as per the ADAPT clinical pathway.

### Stepped Model of Care

The ADAPT clinical pathway uses a stepped model of care which gives a range of different interventions determined on how the patient scores (see figure 1).

Figure 1 – Overview of Stepped Care



### Preliminary

In the first month of this implementation:

- 16 patients have registered.
- 4 patients have screened.
  - 3 patients have screened into step 1 (minimal) – they have been directed to the online resources on the ADAPT Portal
  - 1 patient has screened into Step 4 (severe) – they were referred to psychosocial support

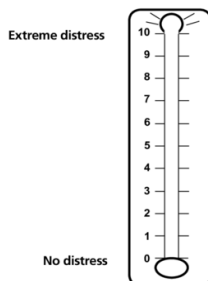
It is anticipated that 20-30% will screen above step 3 (clinical anxiety or depression).

### Method of Screening

Patients are signed up to the program via their treating oncologist. Patients then register themselves onto the ADAPT portal and choose to complete screening via mail, email or in person. Screening is then completed at pivotal times of the person's cancer journey. The patient is asked to complete two short questionnaires about their levels of anxiety and depression at this stage of their journey and what their main triggers are for these emotions. The patient's level of distress determines how often the screening process is repeated.

#### NCCN DISTRESS THERMOMETER

Instructions: Please circle the number (0-10) that best describes how much distress you have been experiencing in the past week including today.



#### PROBLEM LIST

Please indicate if any of the following has been a problem for you in the past week including today. Be sure to check YES or NO for each.

- |  |  |
|--|--|
| <p><b>YES NO Practical Problems</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Child care</li> <li><input type="checkbox"/> Housing</li> <li><input type="checkbox"/> Insurance/financial</li> <li><input type="checkbox"/> Transportation</li> <li><input type="checkbox"/> Work/school</li> <li><input type="checkbox"/> Treatment decisions</li> </ul> <p><b>Family Problems</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dealing with children</li> <li><input type="checkbox"/> Dealing with partner</li> <li><input type="checkbox"/> Ability to have children</li> <li><input type="checkbox"/> Family health issues</li> </ul> <p><b>Emotional Problems</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Depression</li> <li><input type="checkbox"/> Fears</li> <li><input type="checkbox"/> Nervousness</li> <li><input type="checkbox"/> Sadness</li> <li><input type="checkbox"/> Worry</li> <li><input type="checkbox"/> Loss of interest in usual activities</li> <li><input type="checkbox"/> Spiritual/religious</li> </ul> | <p><b>YES NO Physical Problems</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Appearance</li> <li><input type="checkbox"/> Bathing/dressing</li> <li><input type="checkbox"/> Breathing</li> <li><input type="checkbox"/> Changes in urination</li> <li><input type="checkbox"/> Constipation</li> <li><input type="checkbox"/> Diarrhea</li> <li><input type="checkbox"/> Eating</li> <li><input type="checkbox"/> Fatigue</li> <li><input type="checkbox"/> Feeling swollen</li> <li><input type="checkbox"/> Fevers</li> <li><input type="checkbox"/> Getting around</li> <li><input type="checkbox"/> Indigestion</li> <li><input type="checkbox"/> Memory/concentration</li> <li><input type="checkbox"/> Mouth sores</li> <li><input type="checkbox"/> Nausea</li> <li><input type="checkbox"/> Nose dry/congested</li> <li><input type="checkbox"/> Pain</li> <li><input type="checkbox"/> Sexual</li> <li><input type="checkbox"/> Skin dry/itchy</li> <li><input type="checkbox"/> Sleep</li> <li><input type="checkbox"/> Substance abuse</li> <li><input type="checkbox"/> Tingling in hands/feet</li> </ul> |
|--|--|

### Expected Benefit to Patient

This study hopes to create a formal screening tool for anxiety and depression in cancer patients. It aims to recognise signs of depression and anxiety earlier than what would happen using current practices. The use of regular screening could mean that patients are offered the appropriate therapies and tools to help them cope with feeling of anxiety and depression before reaching crisis mode. This could also result in better compliance with treatment which will therefore lead to better outcomes from their disease.