Dream Big Action Plan – EXAMPLE

Purpose: To create an Action Plan that would lead to optimal care for adolescent and young adults with cancer in your organization.

Directions: Complete the Action Plan with as specific information as possible

Action Plan

Goal: Describe what you think optimal care could be like in your organization. Consider what this could be like for patients, support (family/friends), providers, and administration.

Creating an action plan for optimal care for adolescents and young adults with cancer involves a comprehensive and multidisciplinary approach. This plan should address medical, psychosocial, and educational needs to ensure the best possible outcomes.

Tasks	Person Responsible	Resources Needed
1 Establish a multidisciplinary team: Form a specialized team comprising of a medical oncologist, radiation oncologist, nurses, psychologists, social workers, educators, and nutritionists.	Person X, profession, department, team, organization	Need to ensure the team is trained in AYA oncology to address the unique needs of this age group.
2 Psychosocial Support: Provide access to individual and group counseling, support groups, and art/music therapy to help AYAs cope with the emotional impact of cancer.	Person X, profession, department, team, organization	Routine psychological assessments to identify and address emotional and mental health needs.
3 Fertility Preservation: Discuss fertility preservation options with AYAs before starting cancer treatment.	Person X, profession, department, team, organization	Access to fertility preservation services such as sperm/egg freezing, and AYA education about the potential impact of treatment on their fertility.
4 Financial Assistance; Connect AYAs with financial counselors who can guide them through available resources.	Person X, profession, department, team, organization	Information and support for navigating financial challenges, including insurance coverage, copay, and assistance programs.
5 Survivorship Programs: Provide regular follow-up care to monitor for late effects and support AYAs in transitioning back to a normal life post-treatment.	Person X, profession, department, team, organization	Survivorship programs developed to address the long-term physical and psychosocial effects of cancer treatment.

How will you know if your Action Plan has been successful (i.e., what signs or indicators would you look for)?

We would:
- Review the medical outcomes by evaluating the effectiveness of medical intervention
- Monitor overall survival rates and treatment-related complications
- Assess psychosocial wellbeing via regular screening and evaluations.
- Monitor the success and efforts of reproductive health post-treatment (fertility preservation).
- Monitor long-term health and wellbeing post-treatment (survivorship).

Be sure to define evaluation objectives by clearly outlining the specific objectives and goals of the action plan to guide the evaluation process; identify measurable outcomes that align with the key components of the action plan; and collect data by gathering relevant data from various sources.

Dream Big Action Plan – EXAMPLE

If you needed to evaluate the Action Plan, how would you do that (i.e., what data would you need, how would you create benchmarks)?

Research and innovation:

- Evaluate the integration of research findings into treatment protocols.
- Assess the participation rates of AYAs in age-appropriate clinical trials and the impact of research on treatment advancements.

Feedback and continuous improvement:

- Collect feedback from healthcare providers, AYAs, and their families regarding their experiences with the action plan.
- Use this feedback to identify areas for improvement and make adjustments to the action plan accordingly.

If you wanted this Action Plan to actually be implemented, what are the next steps you would take?

- Create a steering committee by establishing a multidisciplinary team that involves key stakeholders (i.e. pediatric and medical oncologists, nurses/nurse practitioners, social workers, psychologists, physician assistants, educators, and representative(s) from patient advocacy groups).

- Develop an implementation plan: Outline a detailed implementation plan that includes timelines, responsibilities, and specific tasks for each component of the action plan. Clearly define roles and responsibilities for each member of the steering committee and other relevant stakeholders. Identify and secure necessary resources, including funding, personnel, and facilities, to support the implementation of the action plan. Seek support as needed from hospital administration, government agencies, philanthropic organizations, and community partners.

- Training and education: Provide training sessions for healthcare professionals and staff involved in the care of young adults and adolescents with cancer. Establish protocols and guidelines by developing clear and comprehensive protocols and guidelines for medical, psychosocial, educational, and supportive components of the action plan. Ensure that all team members adhere to standardized procedures to maintain consistency in care.

- Advocacy and policy development: Advocate for policy change that supports AYAs with cancer, including age-appropriate clinical trials, insurance coverage, and educational support. Engage with policymakers to create an environment conducive to the successful implementation of the action plan.