

# Cancer Survivors' Needs in **Wyoming**

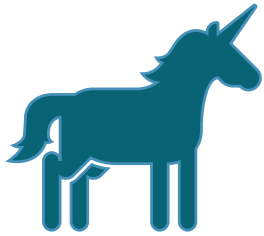
Cathy Bledsoe, MPH & Mikal Giancola, DrPH(c)  
One Health Insights



# Background

What did we do and why?

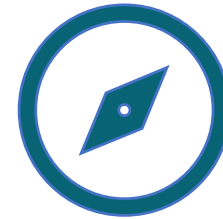
# Why do a Needs Assessment?



To confirm or discredit assumptions (myths)



To hear directly from Survivors



**To guide future directions**

# Steps of the Evaluation

- 1) Environmental scan of national websites
- 2) Targeted literature review of cancer needs in rural areas
- 3) Survey of WYCC Workgroup
- 4) Meeting with WYCC Survivorship Workgroup
- 5) Key informant interviews
- 6) Survivor survey



# Key Findings

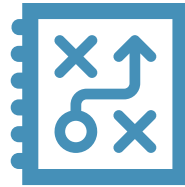
What did we learn?

# #1: There are gaps for some resources



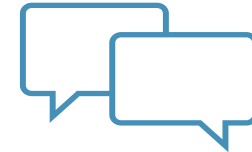
## Financial

Both medical and non-medical costs



## Care & Resource Coordination

Navigation & social workers



## Mental Health

Support groups

# #1: There are gaps for some resources

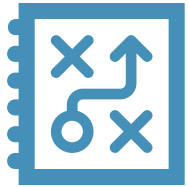


## Financial

Both medical and non-medical costs

- **67%** concerned about paying healthcare
- **51%** concerned about paying non-medical bills
- **>60%** said it was hard to find help
- Experts agreed that the costs- especially **transportation** and **health insurance**- needed to be addressed

# #1: There are gaps for some resources



## Care & Resource Coordination

Navigation &  
social workers

- **90%** concerned about fatigue
- **73%** concerned about cognition
- **87%** reported anxiety



*"There should be a statewide patient navigator that helps residents figure these things out. There are so many decisions so early that are so overwhelming but they can make all the difference in long-term outcomes."*

**-Wyoming Cancer Survivor**

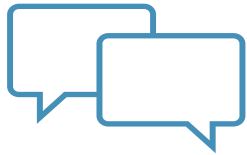
*(Quote may have been edited for clarity)*

*"The help available was not well communicated. I knew there was help but didn't understand the rules or procedures to get it and was too tired to figure it out."*

-Wyoming Cancer Survivor

*(Quote may have been edited for clarity)*

# #1: There are gaps for some resources



**Mental Health**  
Support groups

- **87%** reported anxiety
- **75%** reported depression
- The WYCC Survivorship Workgroup and Key Informants also discussed the need for expanded mental health services, especially support groups.

*"I wish they would incorporate mental health counseling into the cancer treatment as a whole. It's so devastating to go through and there really aren't many counselors to talk to in my area."*

-Wyoming Cancer Survivor

*(Quote may have been edited for clarity)*

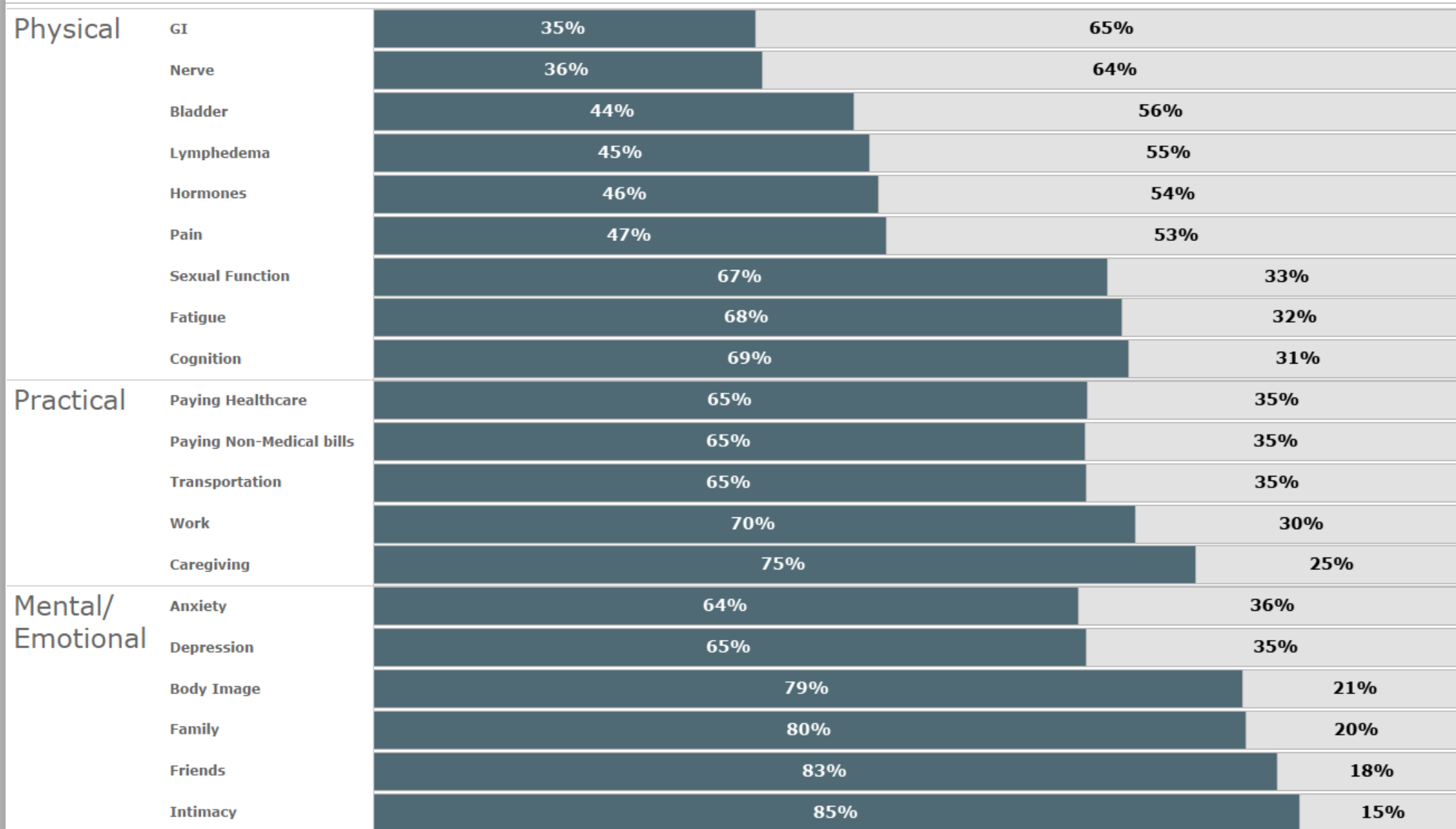
## #2: Survivors don't always seek help for concerns

- **<50%** of the patients with the following concerns sought help:
  - Fatigue
  - Cognition
  - Sexual function
  - Any mental/ emotional health concerns
  - Any practical concerns

# Did you seek help?

Only asked if the topic was of some concern

**NOTE:** Blue-gray bars show % of respondents that answered "Yes" and light gray bars show % of respondents that answered "No"



## #2: Survivors don't always seek help for concerns

- **May be reluctant to ask for help**
- Don't know where to find help

*"I am a very private person and not likely to ask for help but if someone contacted me I would likely have been receptive."*  
-Wyoming Cancer Survivor

## #2: Survivors don't always seek help for concerns

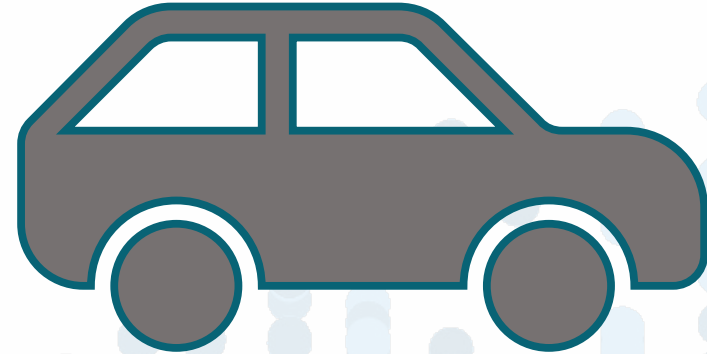
- May be reluctant to ask for help
- **Don't know where to find help**

*"I don't think this survey really offered the correct responses. It's not that you didn't seek help it's that you weren't comfortable or didn't know who to seek help with."*  
-Wyoming Cancer Survivor



# #3: Transportation may be part of a larger problem

- Transportation was listed as a top need by everyone except the survivors surveyed.
- They often talked about expenses in general, not exclusive to transportation.



*"Cancer is expensive to treat, transportation, etc... Insurance is through the roof and we have to use it... Grants for patients or something need to be out there. It sucks to be broke over something we have no control over."*

-Wyoming Cancer Survivor

*(Quote may have been edited for clarity)*

# #4: Sexual health is an underreported problem

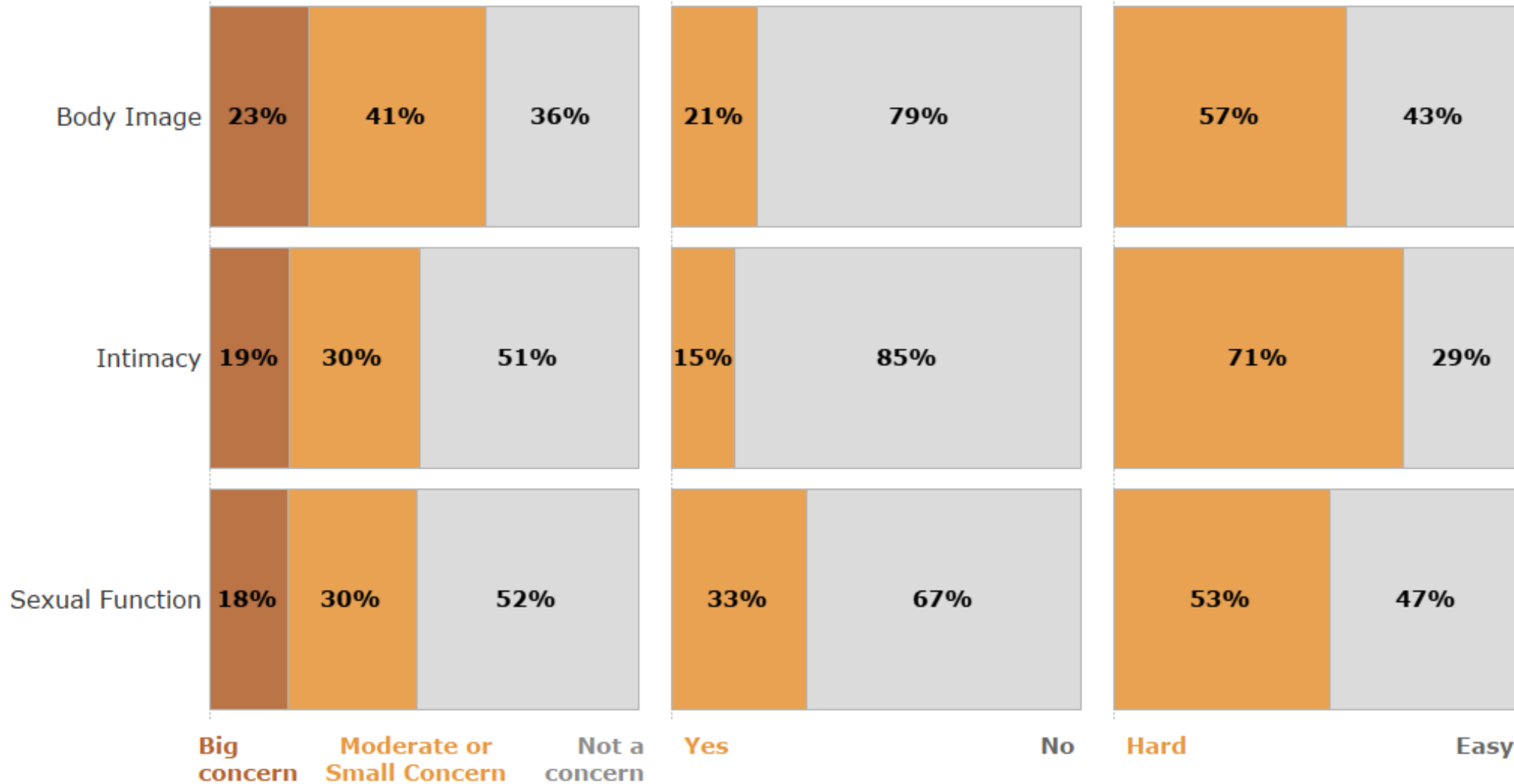
- Many survivors reported concerns about sexual function, intimacy, and body image.
- Most didn't seek help. For those that did, it was difficult to find.



### How big of a **CONCERN** was the topic?

### Did you **SEEK HELP**? *(Only asked if the topic was of some concern)*

### How **EASY** was it to find help? *(Only asked if the person sought help)*



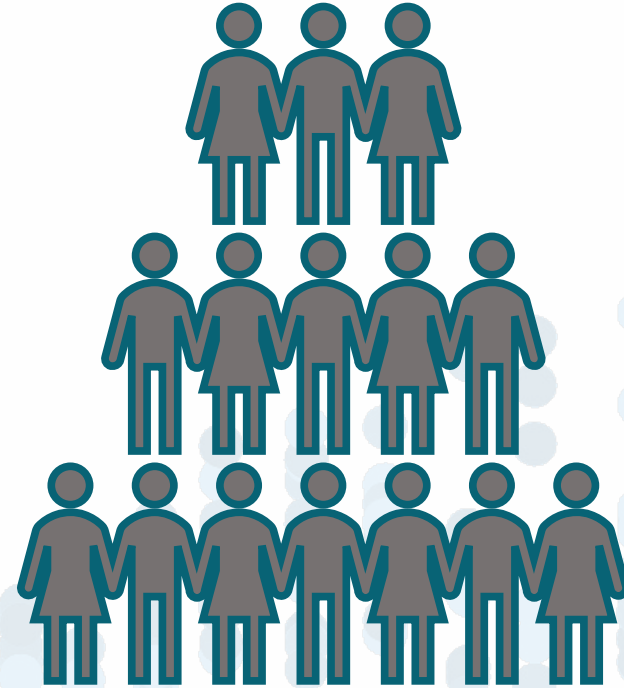
*"There are unsavory questions that go unanswered simply because they are not brought up per the medical staff as well as the patient... The body goes through negative changes that can affect self-esteem, sex life, and hygiene. These areas of concern need to be more readily addressed."*

-Wyoming Cancer Survivor

*(Quote may have been edited for clarity)*

# #5: WYCC could expand membership to expand its impact

- More members= more resources.
- Work in new areas like insurance or mental health.
- Engage cancer survivors.



# What's Next?

Strategic Planning with the WYCC  
Survivorship Workgroup

# Draft Goals

- **Goal 1:** Expand the Survivorship Workgroup and increase engagement
- **Goal 2:** Patient Navigators and Social Workers will work together to meet the needs of Survivors
- **Goal 3:** Expand access to mental health services and support groups to Survivors and caregivers
- **Goal 4:** Expand access to financial resources for Cancer Survivors



**Cathy Bledsoe, MPH**

[Cathy.Bledsoe@onehealthinsights.com](mailto:Cathy.Bledsoe@onehealthinsights.com)