



# 2019

21-23 JUNE

SAN FRANCISCO

SUPPORTIVE CARE  
MAKES EXCELLENT  
CANCER CARE POSSIBLE

## Digital Health and Oncology: Towards Connected Cancer Care

*Sangeeta Agarawal, RN, CAS, MS, Founder, Helpsy*

# MASCC/ISOO

Annual Meeting on Supportive Care in Cancer

[www.mascc.org/meeting](http://www.mascc.org/meeting)

Follow us on Twitter: @CancerCareMASCC



**MASCC**  
Multinational Association  
of Supportive Care in Cancer

**ISOO**  
INTERNATIONAL SOCIETY  
OF ORAL ONCOLOGY



#MASCC19

# Conflict of Interest Disclosure

Sangeeta Agarawal, RN, CAS, MS

- Founder and CEO of Helpsy Health





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Annual Meeting 2019 • [www.mascc.org/meeting](http://www.mascc.org/meeting)





Cool view → \$5,000/month for a studio





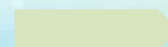
Cool view → \$5,000/month for a studio





Cool view → \$5,000/month for a studio  
Yoga → \$40/class



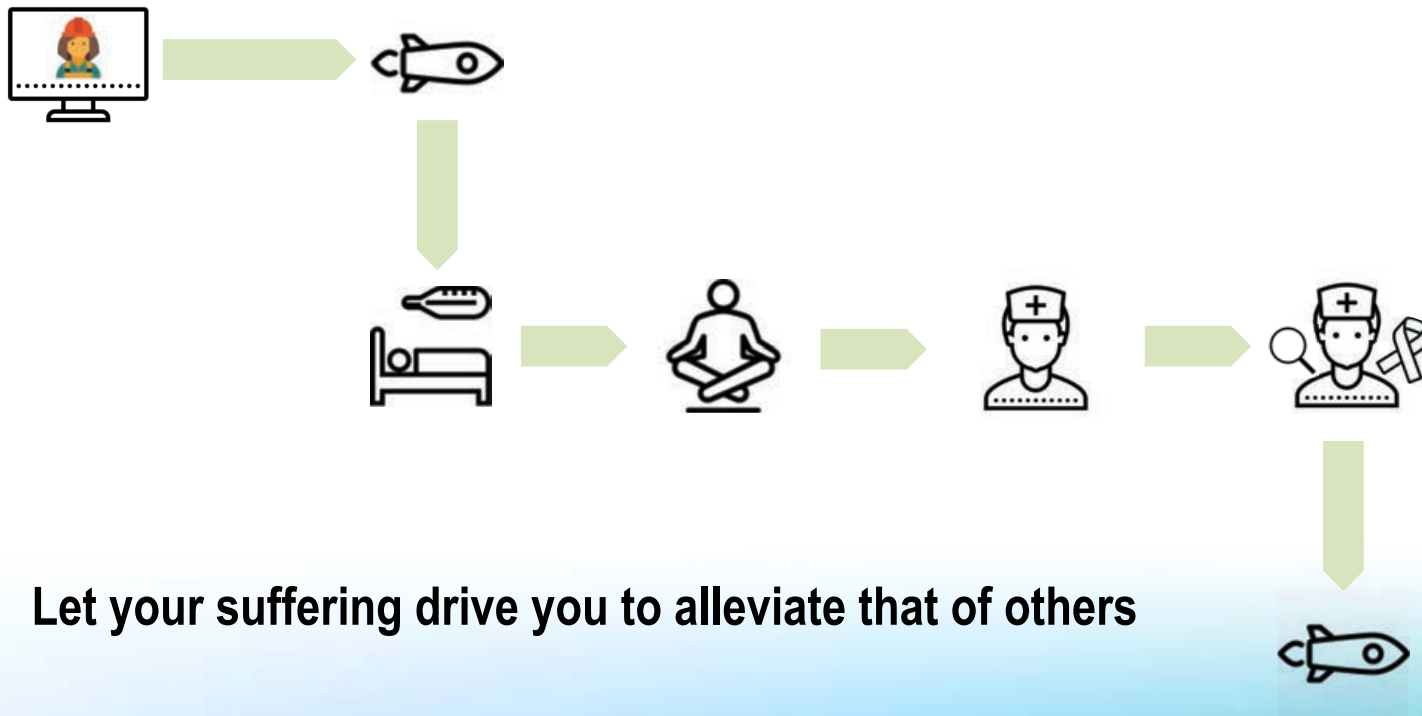


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**Let your suffering drive you to alleviate that of others**



## < Duration of incidence >

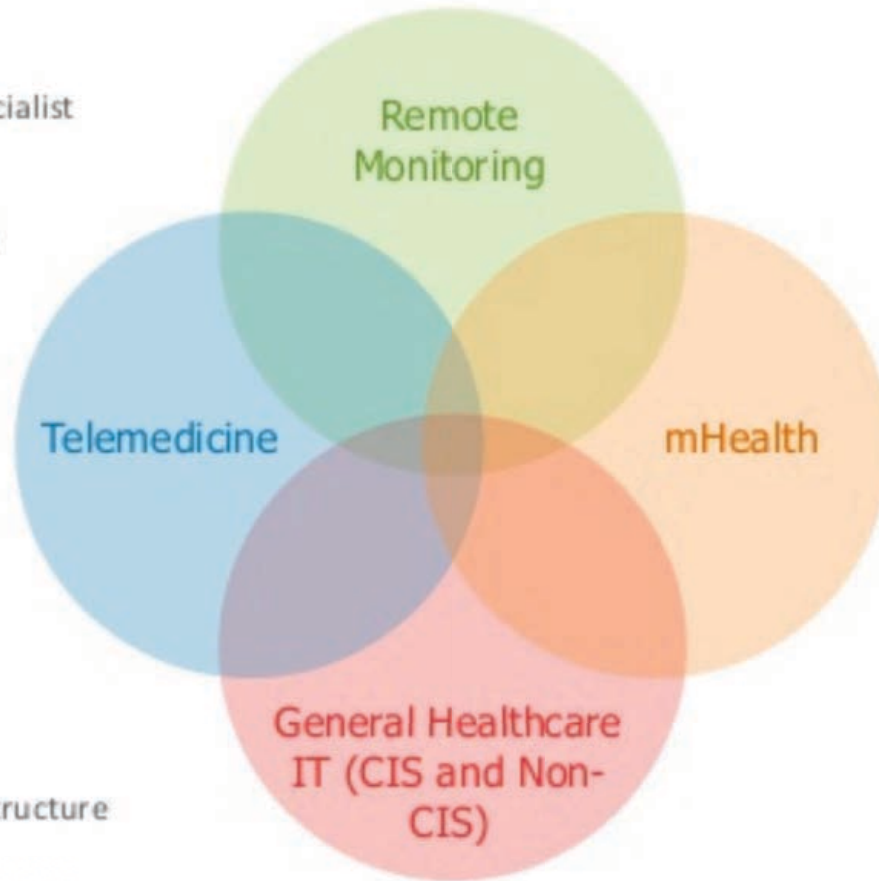
Actionable Hope =

**Reliable Plan**  
+  
**Access**  
+  
**Motivation & Ease of Use**  
+  
**Connection**

Where Evidence-Based=TRUE



- Video Diagnostic Consultation
- Remote Doctor/Specialist Services
- Distance Learning/Simulation
- Retail Telehealth
- Teleimaging



- Electronic Health Records (EHR)
- Health Information Exchange (HIE)
- Patient Portals
- Hosted Cloud Infrastructure

- Home and Disease Management Monitoring
- Activity Monitoring
- Diabetes Management
- Wellness Programs
- Remote Cardiac ECG
- PERS
- Medication Management
- Professional Apps
- Wellness Apps
- Fitness Apps
- Texting Informational Services

## Level 1

### Disengaged and overwhelmed

Individuals are passive and lack confidence. Knowledge is low, goal-orientation is weak, and adherence is poor. Their perspective: "My doctor is in charge of my health."

## Level 2

### Becoming aware, but still struggling

Individuals have knowledge, but large gaps remain. They believe health is largely out of their control, but can set simple goals. Their perspective: "I could be doing more."

## Level 3

### Taking action

Individuals have the key facts and are building self-management skills. They strive for the best practice behaviors, and are goal oriented. Their perspective: "I'm part of my health care team."

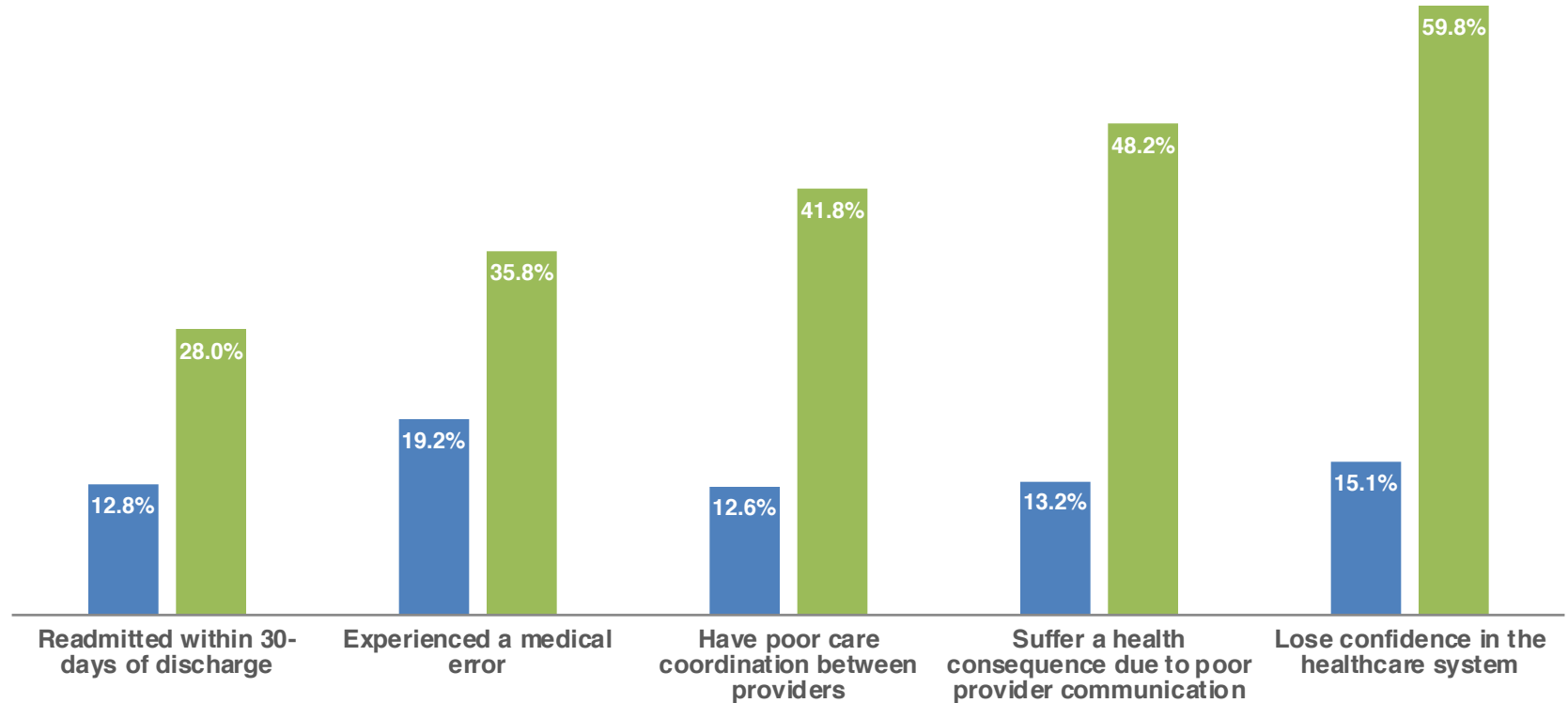
## Level 4

### Maintaining behaviors and pushing further

Individuals have adopted new behaviors but may struggle in times of stress or change. Maintaining a healthy lifestyle is a key focus. Their perspective: "I'm my own advocate."

Increasing Level of Activation

- More activated
- Less Activated



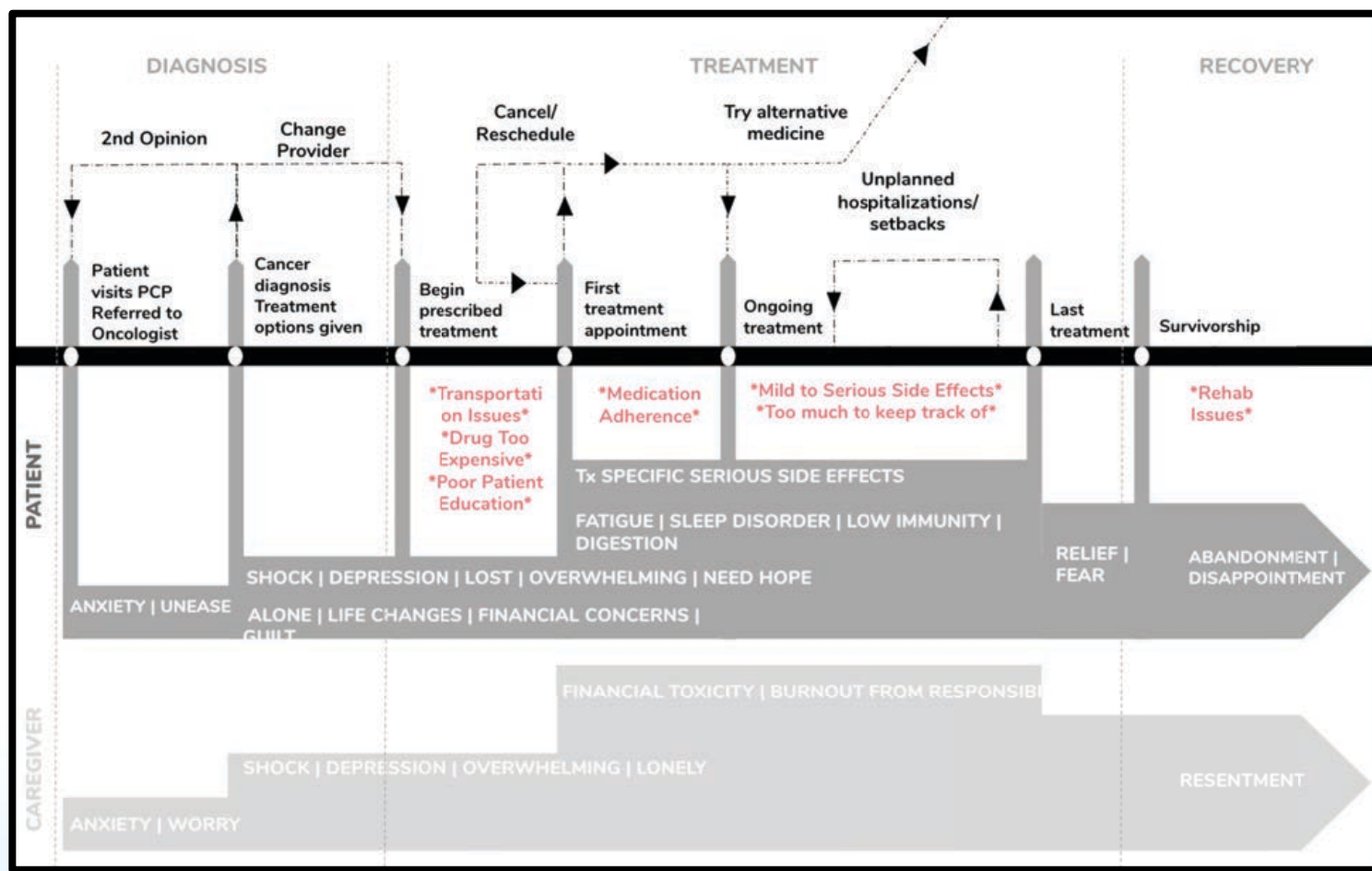


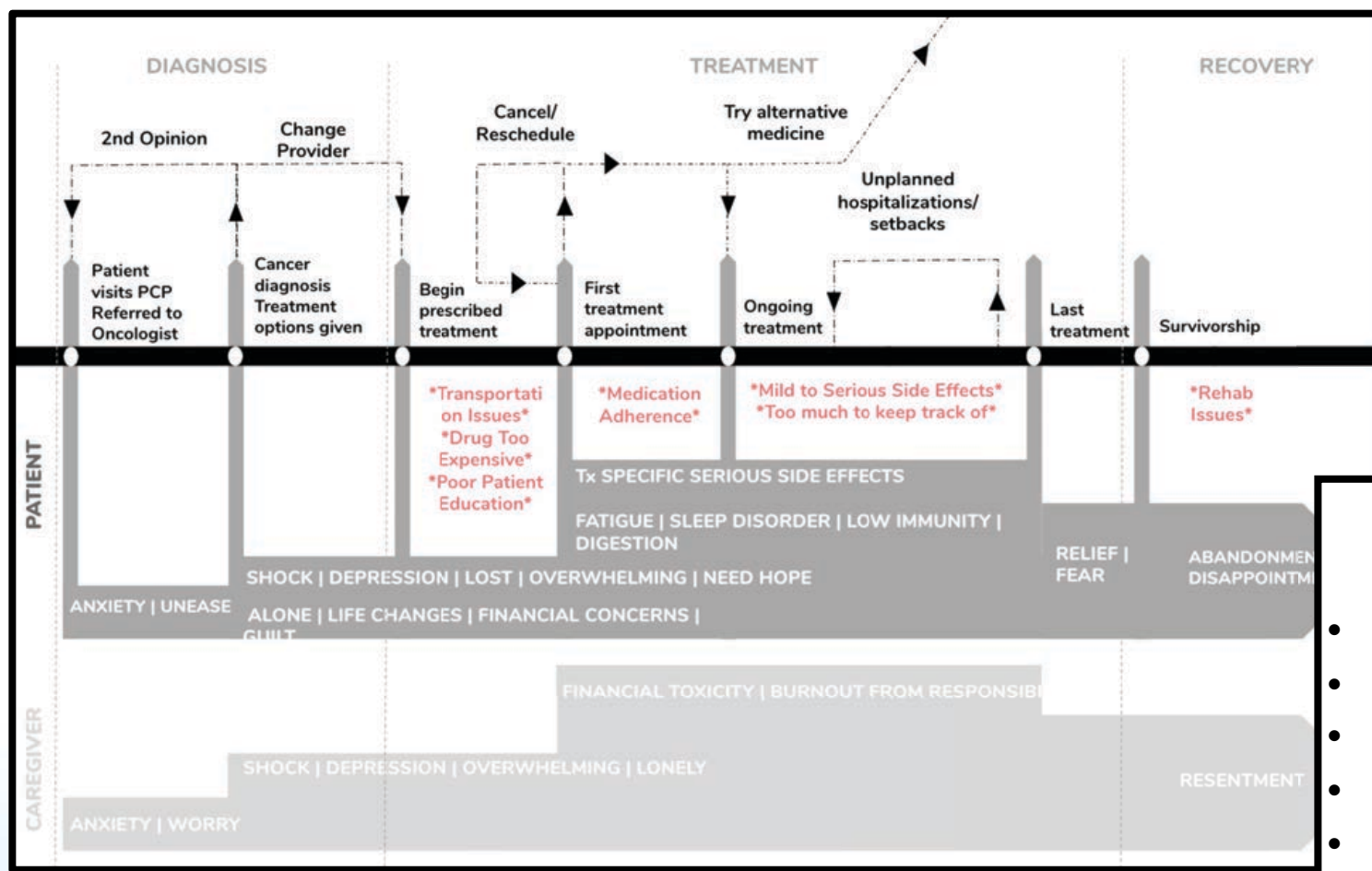
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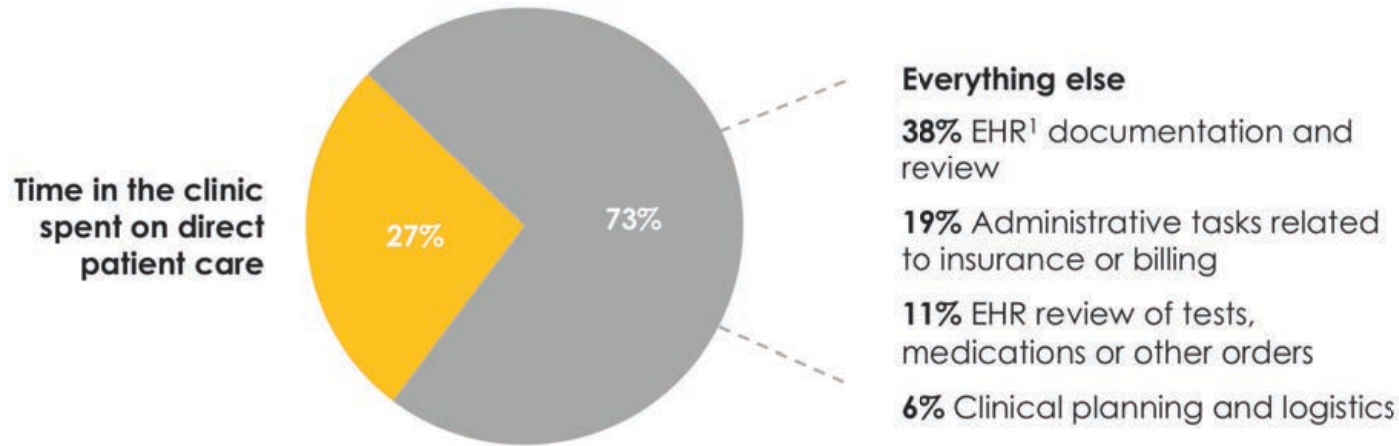
## Lack of clarity on

- What to do?
- Who to call?
- No emotional support
- No social support
- No continuity
- No connection

# Doctors Spend a Minority of Work Hours with Patients

*Fatigue and Administrative Burden Tightly Linked*

## Job Time Allocation in the Ambulatory Setting



### And this doesn't include:

- Self-reported **1 to 2 hours of evening** time spent on administrative tasks
- **39% of "patient-facing time"** spent in the EHR

<sup>1</sup>. Electronic health record

Source: Sinsky, Christine, MD, Lacey Colligan, MD, Ling Li, PhD, Sam Reynolds, Lindsey Goeters, Johanna Westbrook, PhD, Michael Tuft, PhD, and George Blika, MD, "Allocation of Physician Time in Ambulatory Practice: A Time and Motion Study in 4 Specialties," *Annals of Internal Medicine* 165,11: 753-60. 6 Dec. 2016. Web. 21 Feb. 2018; Gist Healthcare analysis.



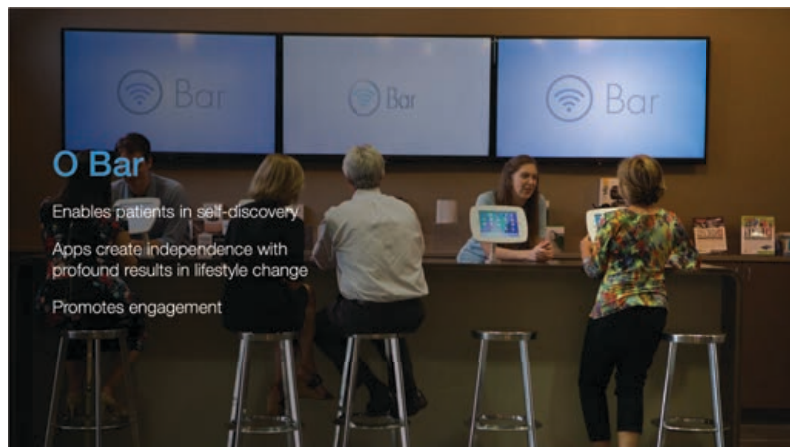
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***"The use of technology to engage patients in their own well-being will be a significant part of healthcare in the future. We want to help guide people through their questions and not let technophobia stand in their way."***

**Richard Milani, MD**

Medical Director, iO


Chief Clinical Transformation Officer, Ochsner Health System


Vice-Chairman, Department of Cardiology



Ochsner Center for Primary Care & Wellness | 504.842.8566  
1401 Jefferson Highway, New Orleans, LA 70121 | [ochsner.org/obar](http://ochsner.org/obar)

Patient \_\_\_\_\_

Visit the  Bar to get your apps & devices today!

 **Your prescription for good health.**

<p><b>Rx APPS</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Nutrition</li> <li><input type="radio"/> Fitness</li> <li><input type="radio"/> Women's</li> <li><input type="radio"/> Oncology</li> <li><input type="radio"/> Diabetes</li> <li><input type="radio"/> Medication</li> <li><input type="radio"/> Smoking</li> <li><input type="radio"/> General Health</li> </ul>	<p><b>DEVICES</b></p> <ul style="list-style-type: none"> <li><input type="radio"/> Activity Monitor</li> <li><input type="radio"/> Blood Glucose Monitor with Bluetooth</li> <li><input type="radio"/> Wireless Scale</li> <li><input type="radio"/> Wireless Blood Pressure Monitor</li> </ul>
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Physician Signature \_\_\_\_\_

*"Tell me and I forget, teach me and I may remember, involve me and I learn."*  
 — BEN FRANKLIN






# A randomized controlled trial of a novel artificial intelligence-based smartphone application to optimize the management of cancer patients

Mihir K

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Disease	Gene	Hotspot	Targeted Therapies	Outcome
 LC	EGFR	G719S	Gefitinib, Erlotinib, Afatinib	Sensitive
		T790M	Gefitinib, Afatinib	Resistant
		C797S	Osimertinib	Resistant
		L858R	Gefitinib, Erlotinib, Afatinib	Sensitive
		Deletion exon 19	Gefitinib, Erlotinib, Afatinib	Sensitive
		Insertion exon 20	Erlotinib, Afatinib	Resistant
 GIST	KIT	W559D	Imatinib	Sensitive
		V654A	Sunitinib	Sensitive
	PDGFRA	D842V	Imatinib, Sunitinib	Resistant
 CRC	KRAS	G12R	Cetuximab, Panitumumab	Resistant
		G12S	Cetuximab, Panitumumab	Resistant
		G13D	Cetuximab, Panitumumab	Resistant
	NRAS	G12D	Cetuximab, Panitumumab	Resistant
			Cetuximab, Panitumumab	Resistant
 MELANOMA	KIT	L576P	Imatinib	Sensitive
		V600K	Vemurafenib	Sensitive
		V600E	Dabrafenib, Trametinib (combination)	Sensitive
 GBM	IDH1	R132H		Good prognosis
	IDH2	R172H		Good prognosis

a digital pill — a medication embedded with a sensor that can tell doctors whether, and when, patients take their medicine.



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## Death or Debt? National Estimates of Financial Toxicity in Persons with Newly-Diagnosed Cancer

Adrienne M. Gilligan, PhD,<sup>a,b</sup> David S. Alberts, MD,<sup>c</sup> Denise J. Roe, DrPH,<sup>d</sup> Grant H. Skrepnek, PhD<sup>e,f</sup>



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## Traveling Towards Disease: Transportation Barriers to Health Care Access

[Samina T. Syed](#), [Ben S. Gerber](#), and [Lisa K. Sharp](#)

## Combating Chronic Disease through the Social Determinants of Health

Reducing the impact of chronic diseases will require payers and providers to get to the root causes of long-term illness, many of which are attributable to the social determinants of health.





# Uber Health

## AHIP launches social determinants initiative

SHELBY LIVINGSTON  



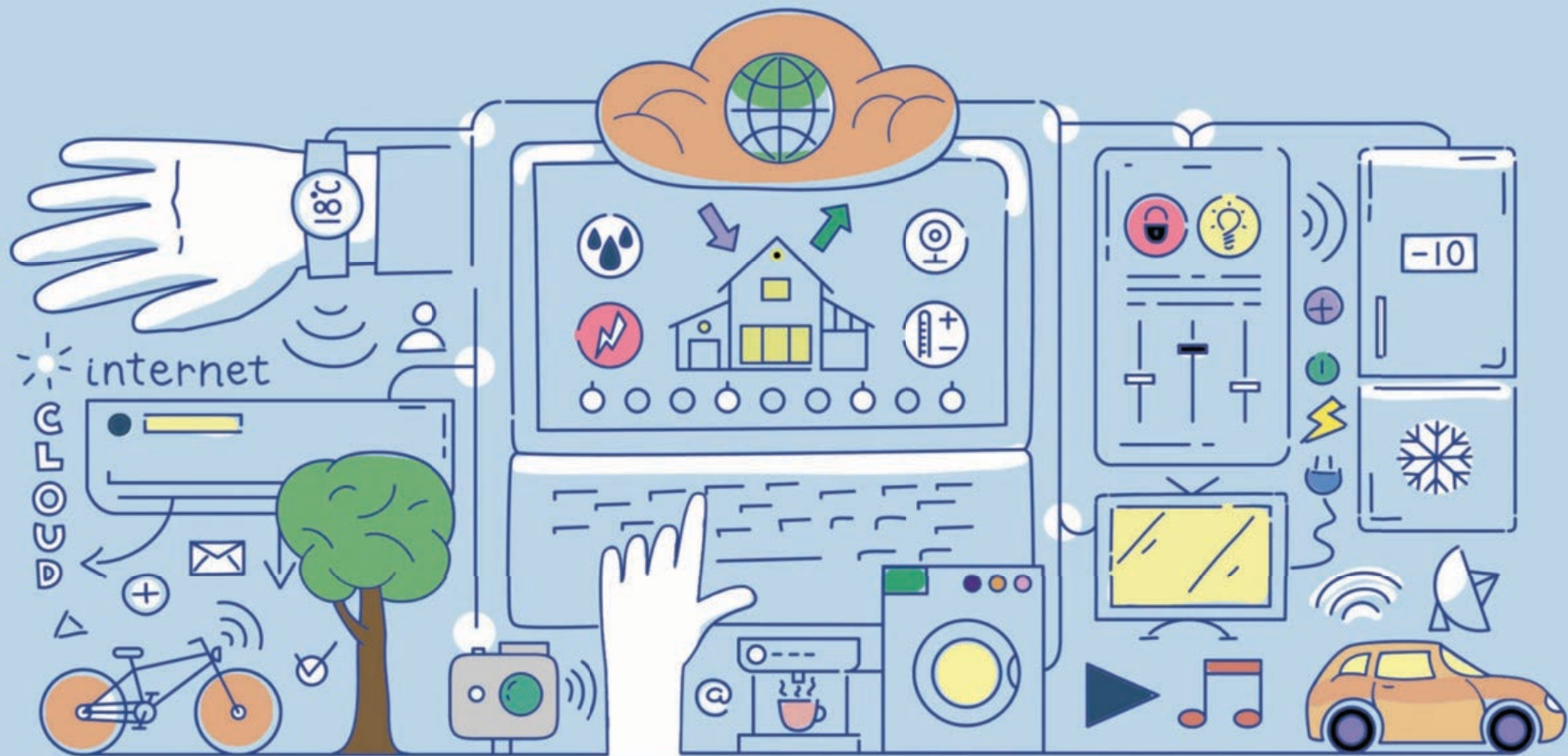
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# FROM HEAD TO TOE WEARABLE TECHNOLOGY



GRAPHIC: JOHN BRADLEY



# CMS Proposes More Medicare Reimbursement For Telehealth, RPM

CMS' proposed 2019 Medicare Physician Fee Schedule and Quality Payment Program includes coverage of telehealth-based check-in services and support for remote patient monitoring programs.

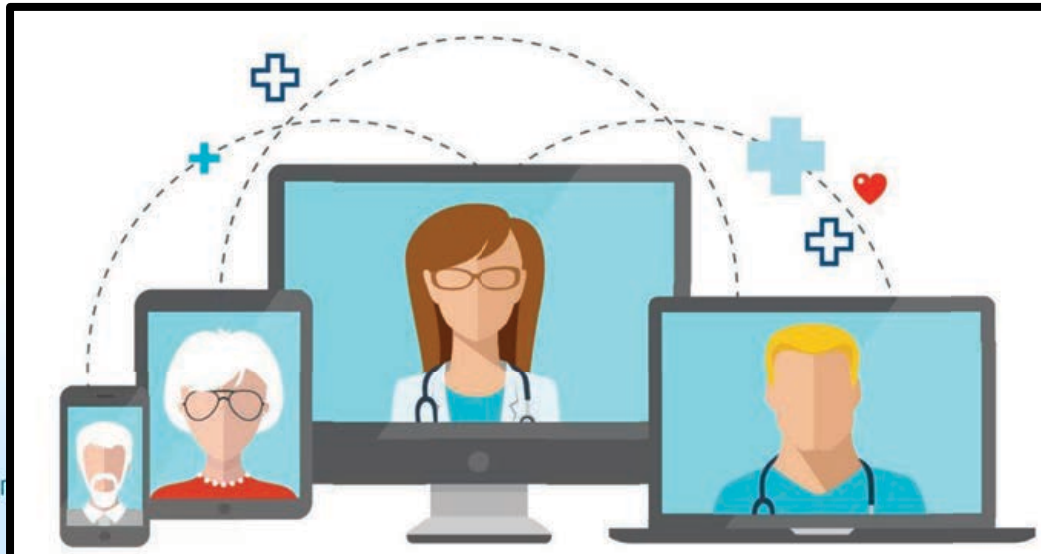


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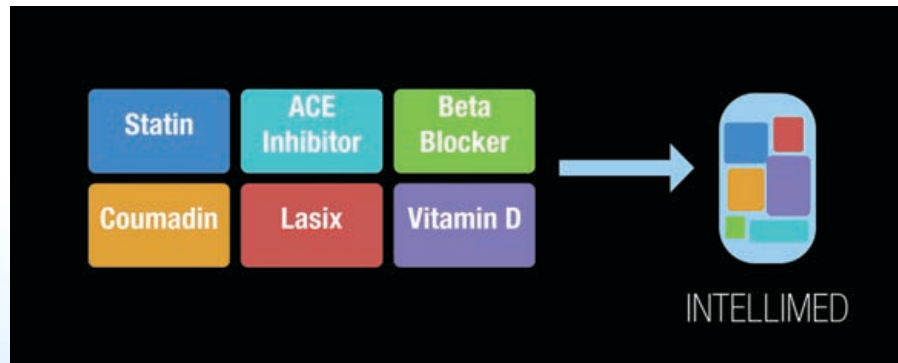




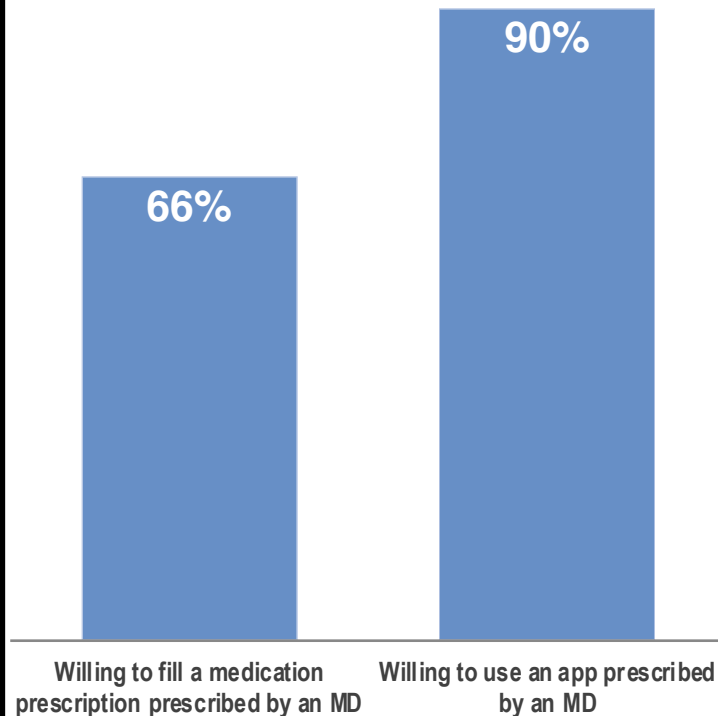
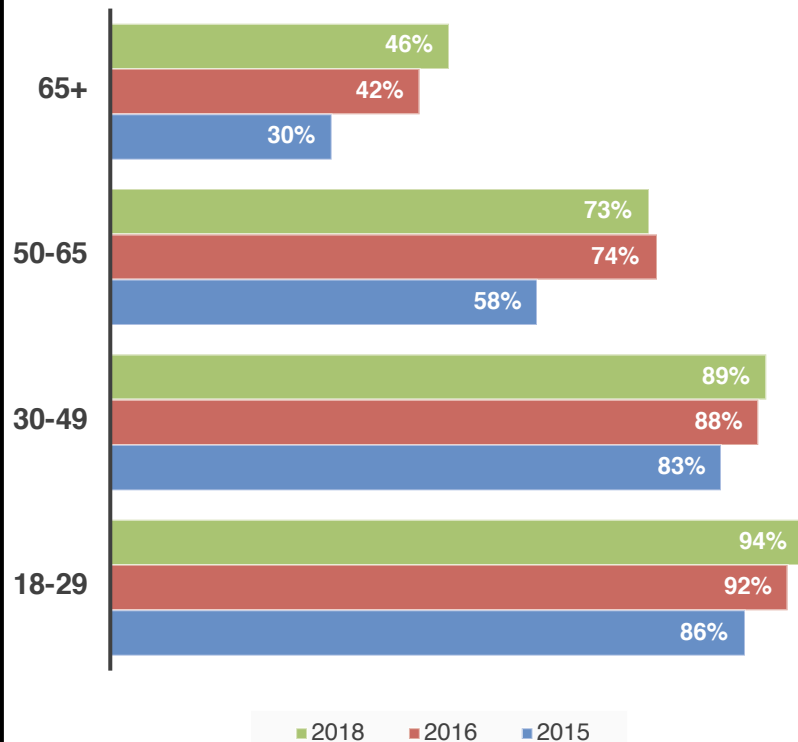
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## Smartphone ownership by age group (2015-2018)



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# Whole-Health Care Plan

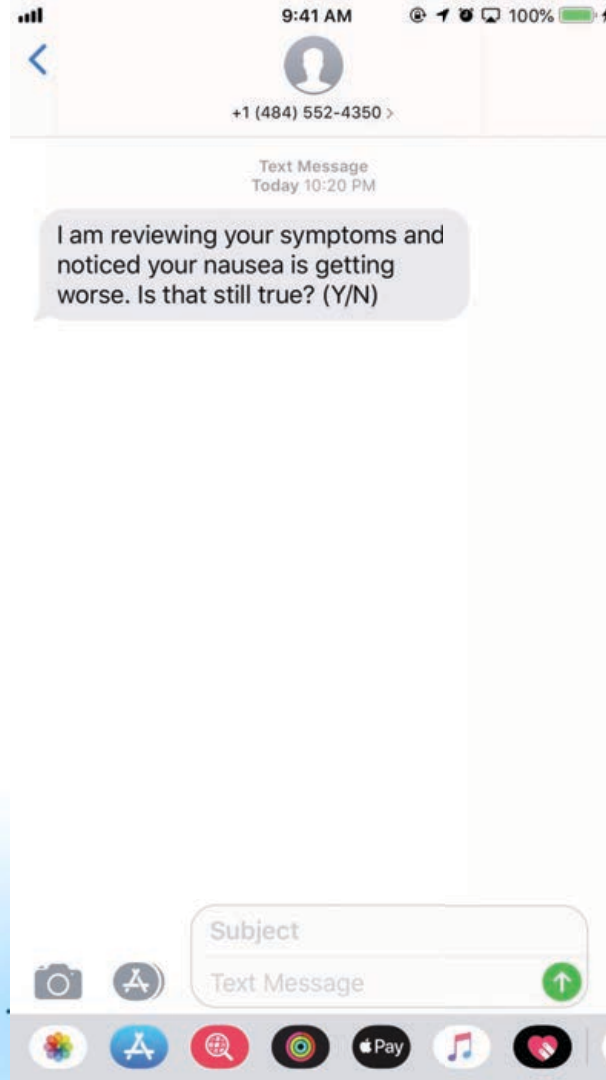


## San

THE MOBILE NURSE

Support your patients (24/7)  
at their convenience *and* yours.





The Multinational Association of Supportive Care in Cancer



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# Find your formula!

Actionable Hope =

< Duration of incidence >

Reliable Plan

+

Access

+

Motivation & Ease of  
Use

+

Connection

Where Evidence-Based=TRUE





# DIG DEEPER

**Thank you!**

Contact

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