



Let's Talk: Nutrition, Physical Activity, and Cancer Survivorship

Training for health care providers to help facilitate effective dialogue with cancer survivors



AGENDA

- **Introduction** - Kristen Sullivan, MS, MPH Director, Nutrition and Physical Activity, ACS
- **Overview** - Mary Puckett, PhD, Health Scientist, Division of Cancer Prevention and Control, CDC
- **Nutrition, PA, Body Weight and Survivorship** – Kristen Sullivan
- **Role of Health Care Providers/Training Simulation** - Kristen Sullivan
- **Training Simulation: How it Works** - Gayle Bagley, Director, Employee Health and Wellbeing Initiatives, ACS
- **Dissemination Tools** - Gayle Bagley

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- Sachi Bhalerao, Kognito team
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- ACS Colleagues

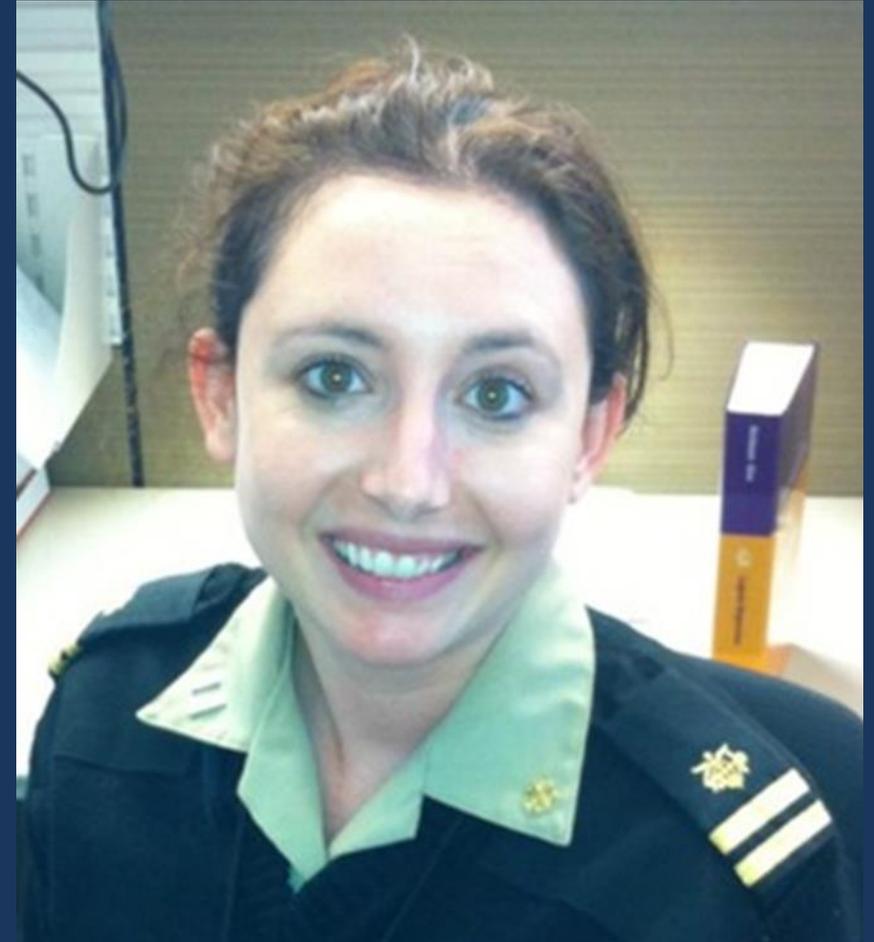
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Overview

Mary Puckett, PhD

- LCDR, United States Public Health Service
- Health Scientist, Comprehensive Cancer Control Branch
- Division of Cancer Prevention and Control
- Centers for Disease Control and Prevention



Nutrition, Physical Activity, Body Weight, and Survivorship

Kristen Sullivan, MS, MPH

Director, Nutrition and Physical Activity
American Cancer Society, Global Headquarters



Nutrition, Activity, Body Weight and Cancer Survivors

- Increasing evidence indicates that being overweight increases the risk of recurrence and reduces the likelihood of disease-free and overall survival among those diagnosed with cancer.
- Exercise has been shown to improve cardiovascular fitness, muscle strength, body composition, fatigue, anxiety, depression, self-esteem, happiness, and several components of quality of life (physical, functional, and emotional) in cancer survivors.
- Studies show that physically active cancer survivors have a lower risk of cancer recurrences and improved survival compared with those who are inactive (although studies remain limited to breast, colorectal, prostate, and ovarian cancer).

Cancer survivors should be encouraged to:

- Achieve and maintain a health body weight
- Engage in regular physical activity; avoid inactivity and return to normal daily activities as soon as possible following diagnosis
- Follow a healthy eating pattern that includes a variety of vegetables, fruits, whole grains, and limits or does not include red and processed meat, sugary drinks, highly processed foods/refined grain products (ACS Guideline for Diet and PA for Cancer Prevention)

Role of Health Care Providers

Physicians and other health care providers have a unique opportunity to guide cancer patients toward optimal lifestyle choices

Health care provider does not necessarily need to provide in-depth counseling to patients, but can:

- Have effective conversations with their patients to motivate patient to take action
- Refer patients to registered dietitians or exercise trainers who are certified within the area of cancer supportive care, or provide other resources to support lifestyle changes.

Conversations about weight, diet and activity can be sensitive and uncomfortable – opportunity for providers to learn how to have these conversations more effectively using evidence-based strategies.

New Training Simulation

New Training Simulation for Clinicians



ACS has developed a new role-playing training to help clinicians have effective and sensitive discussions with cancer survivors around the topics of

- healthy eating,
- physical activity, and
- body weight.

Course Contents

The training consists of

- Several learning modules, including an introduction, a conversation guide, a basic simulation, and an advanced simulation.
- Two practice role-playing conversations: one with a more open patient and one with a more hesitant patient.
- Personalized evaluation feedback on the role-playing conversations.
- A final resource section.



LET'S TALK
Nutrition, Physical Activity and Cancer Survivorship



Benefits for Clinicians



GET PERSPECTIVE



DISCUSS GOALS



REFER

- The training is evidence-based, free, and 0.5 CME credits.
- Clinicians will learn motivational interviewing strategies and effective conversational patterns.
- Clinicians will receive personalized feedback.

Motivational Interviewing

Motivational interviewing skills can help clinicians to:

- Explore the needs, values, and preferences of patients
- Respond to patient statements with empathy
- Build healthy relationships with patients
- Share and personalize clinical information
- Collaborate on decisions
- Empower patients to achieve their goals



Training Simulation: How it Works

Gayle Bagley
Director, Employee Health and Wellbeing Initiatives
American Cancer Society, Global Headquarters



Why use virtual humans?

Virtual humans reduce the perception of being judged, thereby removing impediments to self-disclosure and increasing receptivity to education.

Core Features

- Embody specific personality, attitude, medical/behavioral health condition
- Emotionally responsive
- Memory
- Adapt to user's dialogue decisions
- Real human voices
- Never age



Let's Talk: Nutrition, Physical Activity and Cancer Survivorship

Let's Talk: Nutrition, Physical Activity and Cancer Survivorship is an **interactive training simulation** from the American Cancer Society **for primary health care providers**. It provides a safe and responsive learning environment for providers to **practice effective communication techniques for discussing nutrition, physical activity, and obesity risk with cancer survivors**. This training will allow providers to be more confident in engaging in these conversations, and in recommending strategies and techniques for maintaining a healthy weight and being active.



How to Access the Course 3 Easy Steps

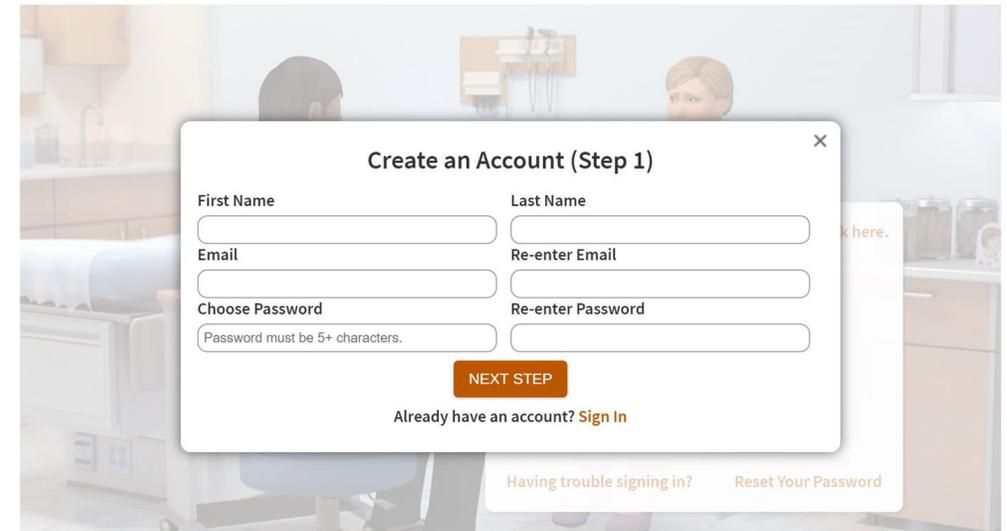
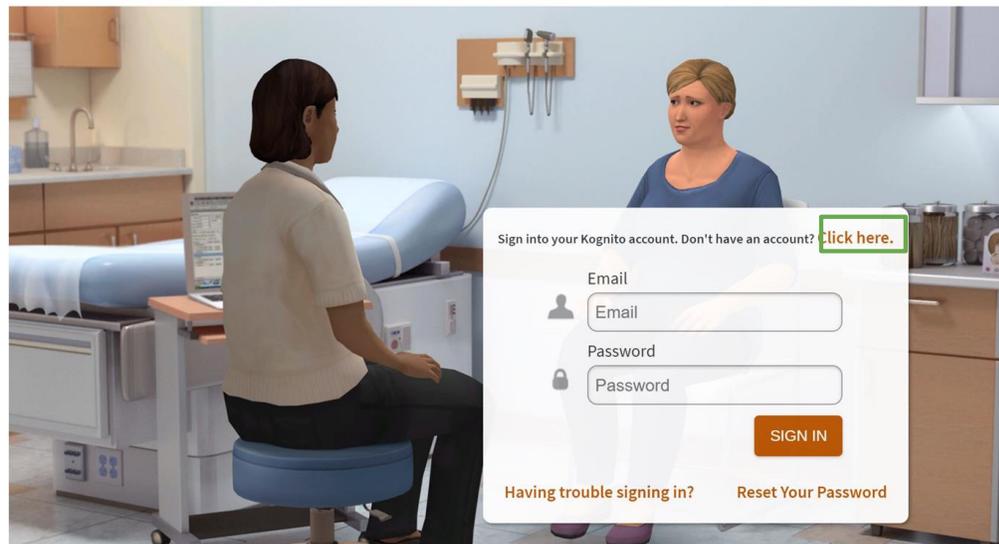


Step 1: Account Set Up

1 Go to <https://acssurvivors.kognito.com/>

2 Click here to create account

3 Populate all blank fields



**please be advised – when creating your account, you will need to use your professional email address*

Step 2: Demographics

Select drop down options to describe your role and occupation or professional designation.



Step 1 ✓ Step 2 → Done. ✓

Occupation/Role
Please select from one of the following...

Specialty
Please select from one of the following...

SUBMIT

Having trouble signing in? Reset Your Password

Step 3: Launch Page



testing kognito | Sign Out

Choose a course.

LET'S TALK
Nutrition, Physical Activity
and Cancer Survivorship
Launch

Let's Talk: Nutrition, Physical Activity and Cancer Survivorship
Let's Talk: Nutrition, Physical Activity and Cancer Survivorship
LAUNCH

TECHNICAL SUPPORT

If you need help, you can press this button to access our end-user tech support team

LET'S TALK
Nutrition, Physical Activity and Cancer Survivorship

Cancer survivors face a number of barriers regarding diet and physical activity. Playing the role of a healthcare professional, you will practice sharing information with patients, encouraging them to open up about their physical activity and eating... [Show All](#)

FOR **Healthcare Providers**

LENGTH ~12 minutes

Introduction
2 min

Learn about the importance of educating cancer survivors about physical activity and diet, the barriers those survivors face, and techniques you can use to overcome those barriers.

Guiding Your Patients
2 min

Identify the key steps of a successful conversation with a cancer survivor patient and refresh your understanding of the related warning signs and guidelines about physical... [Show All](#)

Talk with Ms. Crane (Basic)



How does a Kognito SIM work?

- **Interact** with fully animated virtual patients
- **Navigate** through the scenarios by selecting what to say to the virtual patient
- **Receive instant feedback** from the virtual coach and engagement meter
- **Undo decisions** to explore different approaches to the conversation
- Receive **personalized performance** summary upon completion

dialogue options

undo last selection

patient thoughts



coaching feedback

engagement meter

Dissemination



Communication Toolkit

As part of the simulation promotion, we created a turnkey communication toolkit to make it easy for you to disseminate to your partners.

We are asking our staff and partners to help spread the word about this training simulation to your contacts.



Dissemination Tools

Our Communications Toolkit consists of easy-to-use templates to disseminate this CME opportunity on the following platforms:



Email

Choose from email templates for professional organizations or coalition leaders.



Newsletter

Utilize the newsletter template to reach clinicians.



Facebook

Choose from 6 Facebook post templates to target clinicians.



Twitter

Choose from 8 tweet templates, under 288 characters, to target clinicians.

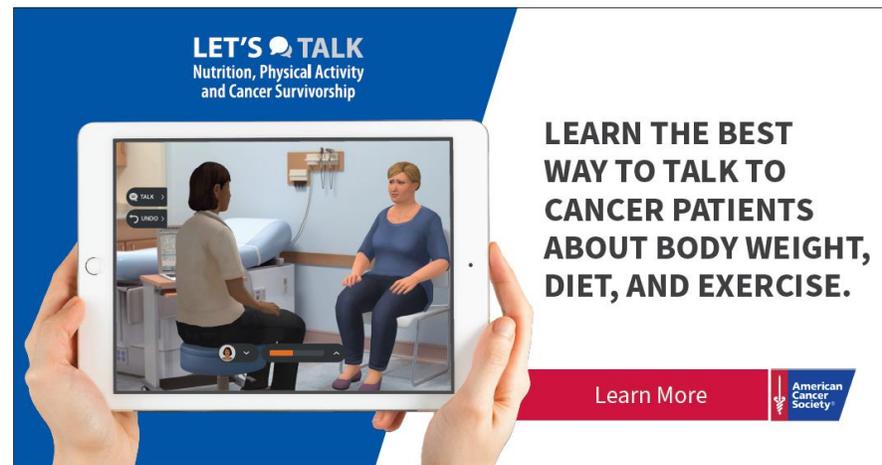
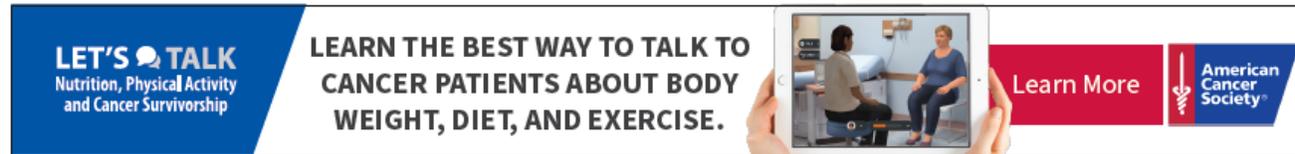


Website

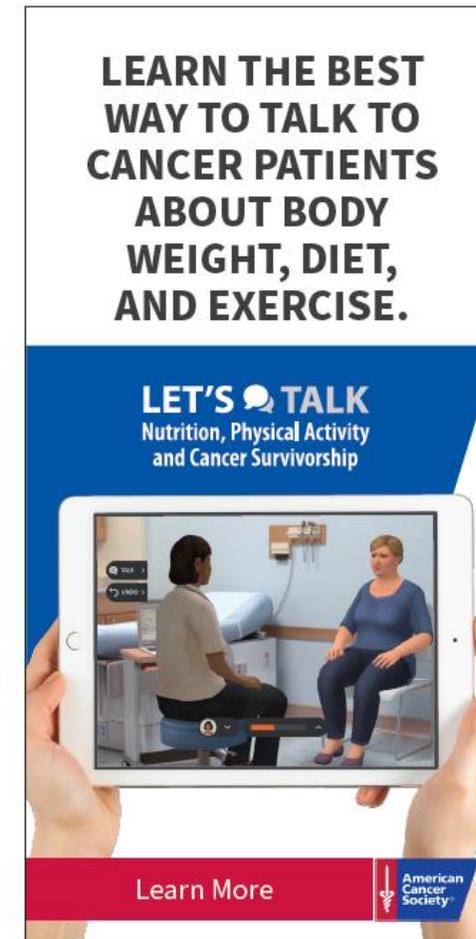
Utilize our 600-word website post to spread the word about this opportunity.

Graphics for Documents and Websites

Email and Document Banners and Footers



Blog Banners



THANK YOU!



Try out the free course today:
<https://acssurvivors.kognito.com/>



To access the communication toolkit:
<https://www.acs4ccc.org/acs-ccc-resources/cancer-survivorship-resources/>

Q&A



cancer.org | 1.800.227.2345



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