

Making Treatment Decisions: What to Consider, What to Ask

A Mock Shared Decision-making Tumor Board

THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center

Making Cancer History®

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Outline

➤ Goals

1. To offer a glimpse into factors considered in formulating a personalized treatment plan
2. To model and thereby empower a patient-provider shared decision-making discussion process

➤ Case Presentation & Discussion

➤ Take-home & QA

Case Presentation

Emma* is a 36-year-old data analyst** for a chemical plant.

Healthy all her life; main hobby is biking

Noticed looser stools, more times a day than usual

Saw blood twice, each with hard stools

New manager - "achieving targets", weekend hours/on call added

Husband recently promoted in school system; one active toddler,
trying for second child

Feels more exhausted at end of day

* Most common baby girl's name in 2024. ** Top 10 most in-demand jobs in 2024

Case Presentation

Episode of blood in the stool during family vacation

Sought care after family nudging

"Anemia" – Hemoglobin (Hg) 8

Gynecologist

Hematologist

Gastroenterologist

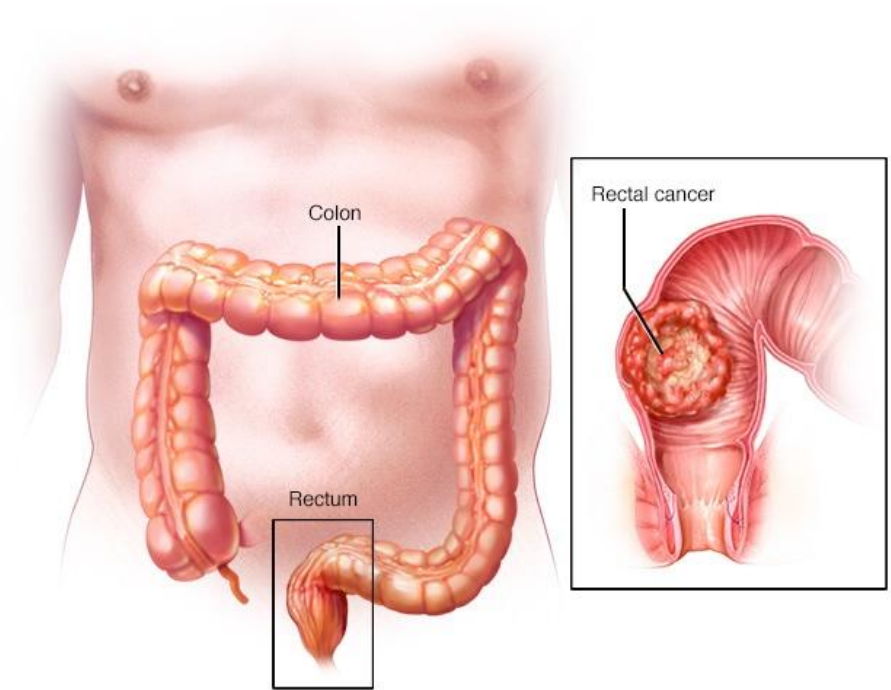
Case Presentation

Colonoscopy & Biopsy

Rectal cancer

“4cm from anal verge”

Referred to cancer center



Case Presentation

Cancer tests

Blood tests, CEA

CT chest, abdomen, pelvis

MRI pelvis



(stock image from google)

Case Presentation

Cancer tests

- CEA 8.9
- CT chest, abdomen, pelvis : no distant metastases
- MRI pelvis
 - mrT3 , threatened circumferential margin left laterally
 - N2 w bulky nodes in mesorectum
 - Extramural vascular invasion focally present

Case Presentation & Discussion

What stage is it ?

Do I need “molecular tests” ?

What is going to happen?

Do I need an ostomy bag ?

Do I need radiation ?

What does this all mean for my life (& everything in it) for the next xx months?

What does this all mean for me?

Case Presentation & Discussion

Locally advanced rectal cancer with high-risk features

Borderline sphincter-preservation candidate

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Case Presentation & Discussion

Goals

Priorities

Trade-offs



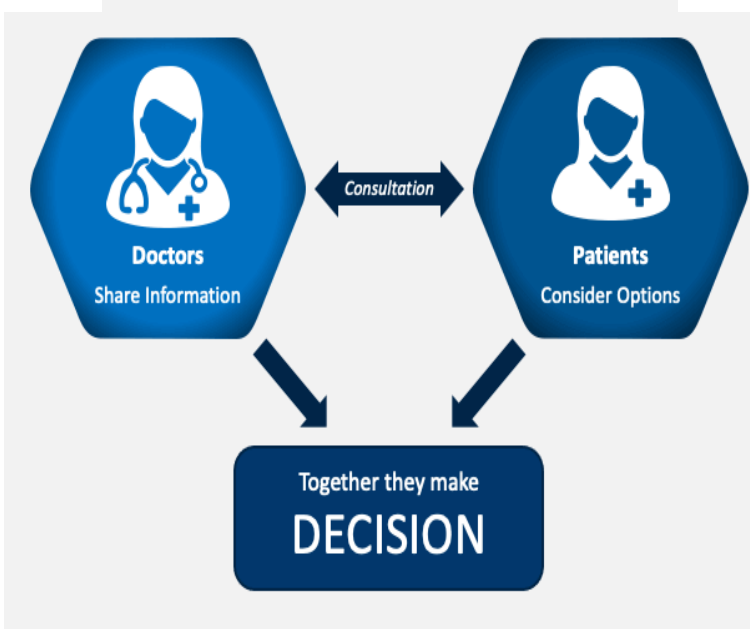
Personalized Plan

Emma* is a 36-year-old data analyst** for a chemical plant.

- Healthy all her life; main hobby is biking
- Noticed looser stools, more times a day than usual
- Saw blood twice each with hard stools
- New manager - achieving targets, weekend hours/on call
- Husband recently promoted school system; one active toddler, trying for second child
- Feels more exhausted at end of day



SHARED DECISION MAKING



Outline

➤ Goals

1. To offer a glimpse into factors considered in formulating a personalized treatment plan
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➤ Case Presentation & Discussion

➤ **Take-home & QA**

Questions To Ask

Diagnosis What kind of cancer, what stage

Tests Any other tests, what do they show, what is genetic testing

Prognosis How serious is this

Treatment What are the options, What in your opinion is the best plan, What are the logistics with the treatment plan, Can I meet with other patients who have had this, What are the side effects (acute and long-term), How do you help me manage these, How can I help manage these

Who will be in charge of my care / team? How do I communicate/ how do you communicate

Questions To Ask

- Self-care Is there anyone who can help me with diet, exercise, mental health, support
- Costs What will be treatment costs, Other expenses, Any benefits for me / caregiver
- Occupation Will I be able to work/study
- Fertility Will treatments impact my ability to have children, What are my options, What are the costs
- Sexual Health How will this be impacted, How can I talk to my partner
- Family, Friends, Relationships How do I talk to xx about cancer, What support resources are there
- Survivorship What does life after cancer look like

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