



minnesota cancer alliance summit

2026 | *the power of collaboration*

February 26, 2026

McNamara Alumni Center

Minneapolis, MN



Breakout Session #3

University Hall

February 25, 2026

McNamara Alumni Center



Beyond Treatment: Building Connected Pathways for Cancer Survivorship

Wendy Worden, DNP, APRN, CNS

Kris Newcomer, MA

David Haynes, PhD

Talaya Dendy, BCPA, NBC-HWC



Financial Disclosure Statement

- David Haynes, PhD is the CTO of Xanthos Health
- There are no additional relevant financial disclosures for this session



Beyond Treatment: Building Connected Pathways for Cancer Survivorship

Wendy Worden, DNP, APRN, CNS

Mayo Clinic



Objectives

- Participants will be able to:
 1. Identify functional impairments that persist for cancer survivors that cancer rehabilitation can treat.
 2. Explain the role of a highly visible APRN in bridging the communication and process gap between acute oncology care and PM&R services.
 3. Formulate one or two strategies for implementing a similar screening and referral process within their own clinical setting.



The importance of Cancer Rehabilitation

American College of Surgeons Commission on Cancer Standards (2020)

- Cancer Rehabilitation as an essential component in comprehensive cancer care.

Challenges exist nationwide in operationalizing Rehab screening and referrals

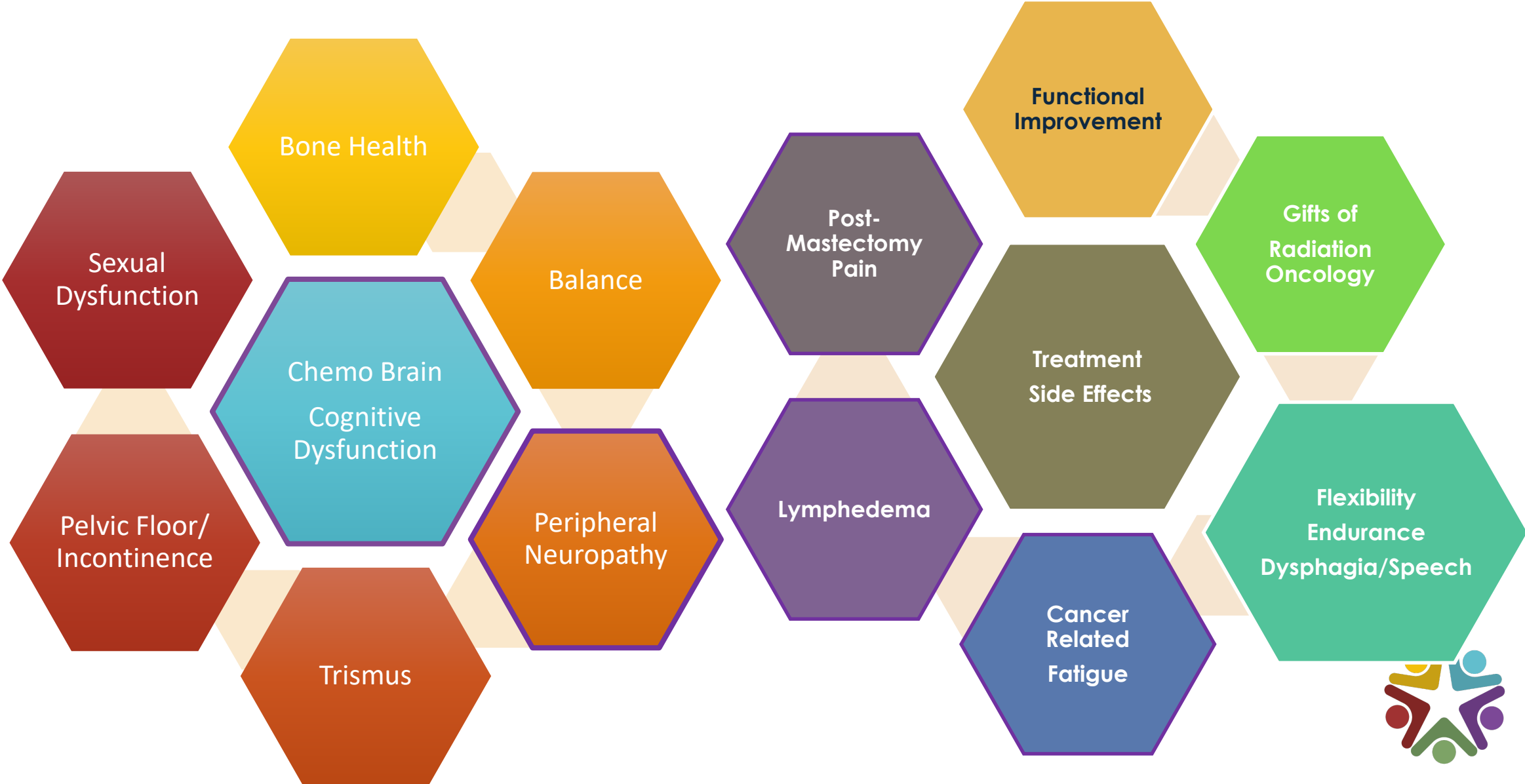
40% cancer patients report varying degrees of disability

- Long term restricted participation in self-care, employment, and societal roles affecting health-related quality of life
- A referral should occur if there is impairment in activities of daily living (ADLs), limited mobility, pain, or fatigue impacting functional status
- < 9% of cancer survivors receive a referral to rehabilitation
- < 1/3 who met criteria for rehabilitation consultation completed a referral
- 2040- 26 million Cancer Survivors-- they need US!

Quality of Life: Mind- Body-Spirit

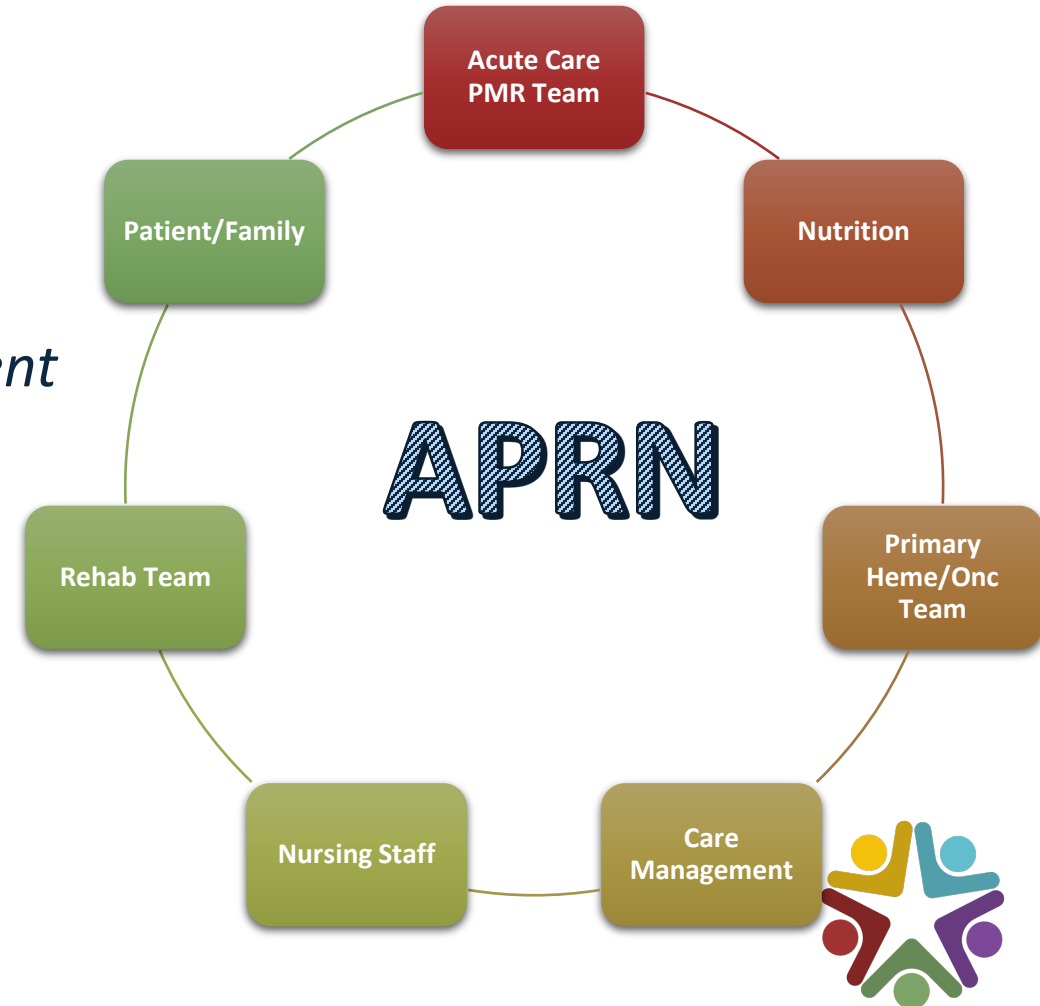


How Rehab can help patients with Cancer

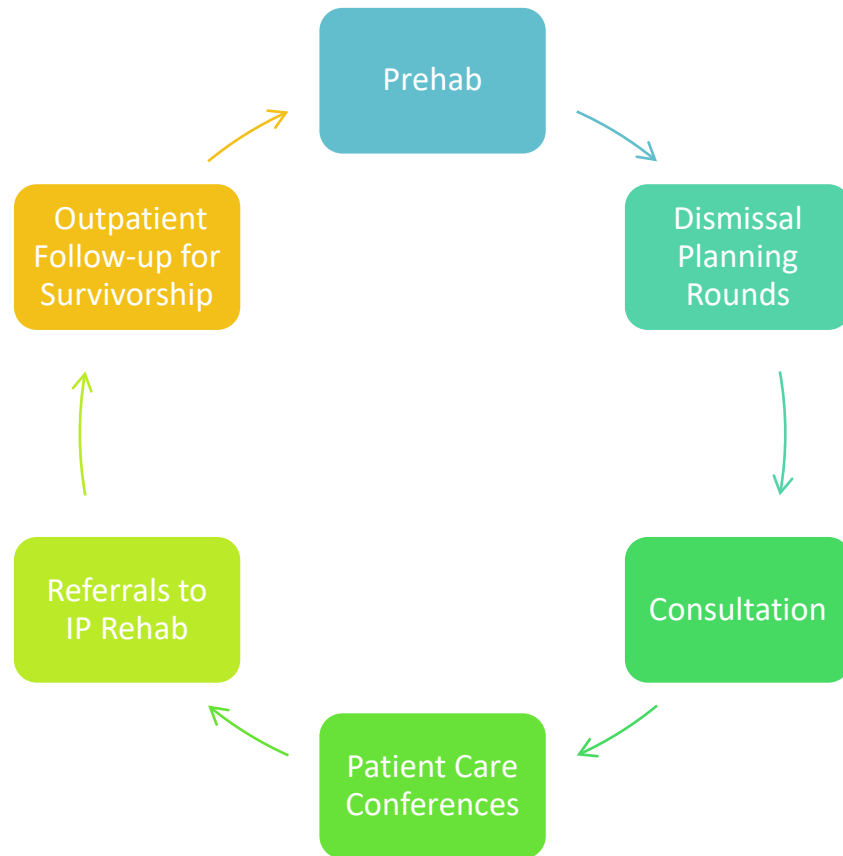


Art of Collaboration

- The APRN is proficient in influencing care delivery across the continuum
 - *Increasing visibility of PMR Team*
 - *Enhancing care/timing for rehab*
 - *Education/Resource connection*
 - *Collaboration with SW and Care Management*
 - *Patient/Family Goal Setting*
- Leading initiatives
 - *New models of care*
 - *New protocols for practice*



Connections in Acute Care and Beyond!



Screening and Referral Process

- **Electronic Medical Record Screening (Hospital Day 5+)**
- **Collaboration**
 - **Admitting Hematology/Oncology teams, PM&R Teams, Case Management, Nursing**

*Pulled from Admission and Daily Nursing Documentation

Patient Demographics	Primary Team (Service)	Admission Diagnosis	Activity	Screening
Readmission (Yes)	Department	LOS (5+ days)	Last assist needed for activity	ESDP
Home care decisions	Social Worker & Case Manager	Last IP DC Barriers (caregiver training, equipment)	Last IP Gait	Last Hester Davis Score (10-15)
Last DC plan type of residence (Home)	Last DC plan support systems (Family/Friends)	Last DC plan strengths	Last assistive device documented	Braden (<15)
Bowel/Bladder incontinence (Yes/No)	Discharge disposition	DC plan Home Care services	Assistance recommended after discharge (IRF, HHC, SNF)	ADL Disability screen (Needs assistance, dependent)
Pain (3-8)		Expected DC date	PT/OT (Yes/No)	PAMP (2-3)



Lessons Learned

- Cancer Rehabilitation APRN critical to this program
- Few studies examine use of Rehab screening tool
 - Use of an appropriate screening tool --> appropriate consultations
 - Future: Examine role of Agent AI
- Validation and crosswalk of the tool helpful
- Impact on Current Discharge Planning
 - Identified LOS>5d receiving therapy and IP Rehab introduced
 - Pending DC plan not derailed
 - Enhanced communication from PMR to teams



Strategies for Action!



ConnectedNest: Connecting Cancer Patients with Support

David Haynes

Assistant Professor UMN, CTO Xanthos Health

Kris Newcomer

Director Community Engagement Xanthos Health



**> 9,000,000
individuals with
cancer struggle
with social needs**





Community Partnerships

Community Care Organizations

Support: Mental Health, Spirituality, Doula Care

Support: Caregivers

Support: Cancer Community

Financial & Housing Support

Legal & Mediation Support

Nutrition & Fitness Support

Home Cleaning & Pet Support



ConnectedNest Network

- Community Building
 - 23 Community organizations on the app
 - Nonprofits and for-profit organizations and providers

Shared Mission



Network of Support Requirements

- Create a webpage
- Add the services that they provide to participants
 - Who is it for?
 - When does it occur?
 - Times?
 - Specific Audience?
- Response time within 48 hours excluding weekends
- Attend Community Meetings





Clinical Trial

This research is supported by the National Cancer Institute of the National Institutes of Health under Award Number R42CA295106.

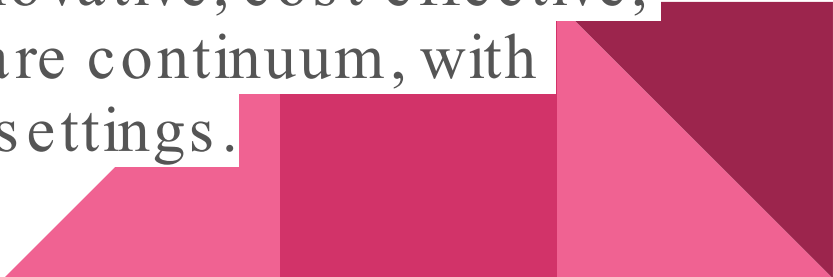
Clinical Trial

Definition

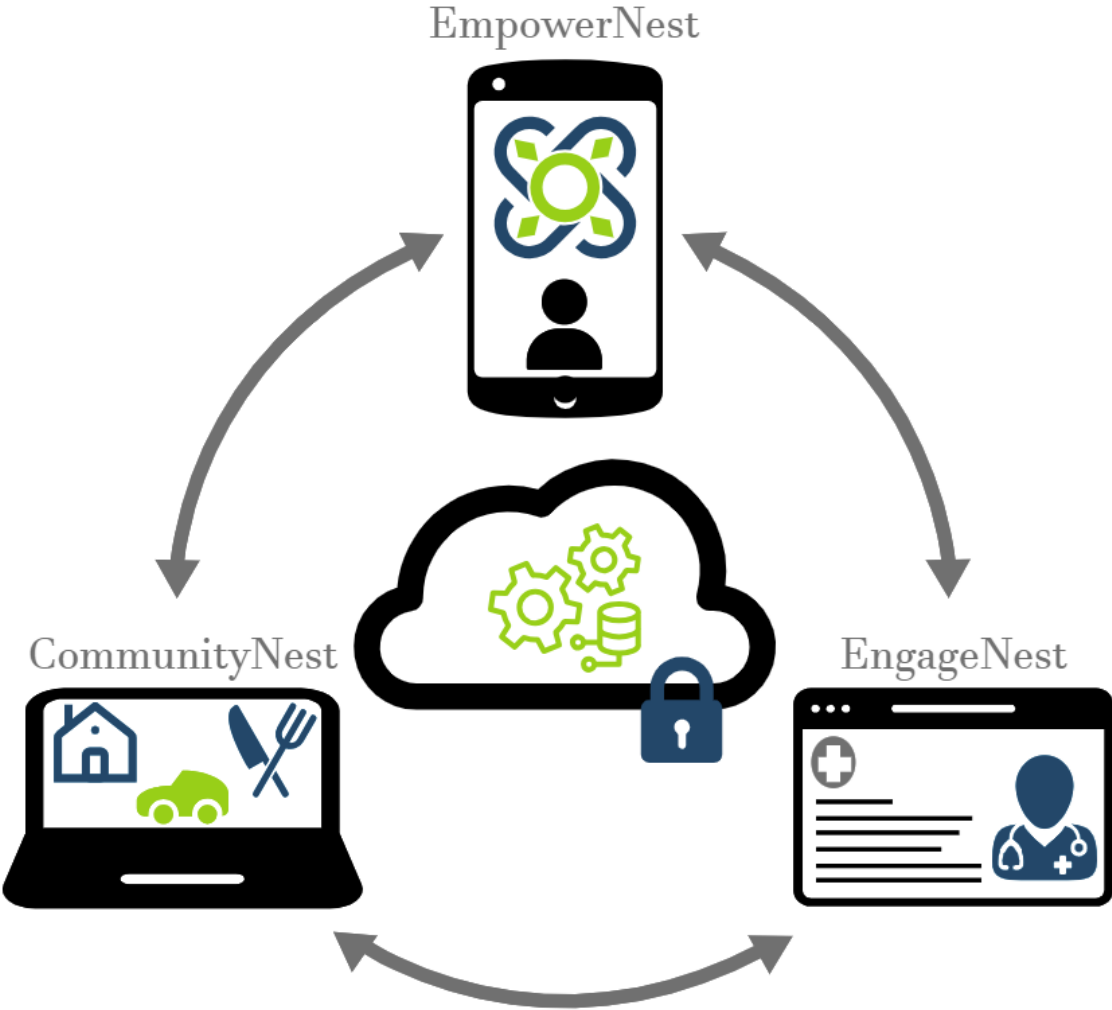
Recruit 300 adults undergoing active cancer therapy or in cancer survivorship within 2 Healthcare systems in Minnesota.

Purpose

The trial will assess ConnectedNest's efficacy in connecting individuals with community services, improving quality of life, and influencing factors such as ease of care, emergency department utilization, and patient engagement. The project aligns with public health goals by providing an innovative, cost-effective, and scalable solution to mitigate barriers in the cancer care continuum, with potential broader applications in clinical and community settings.



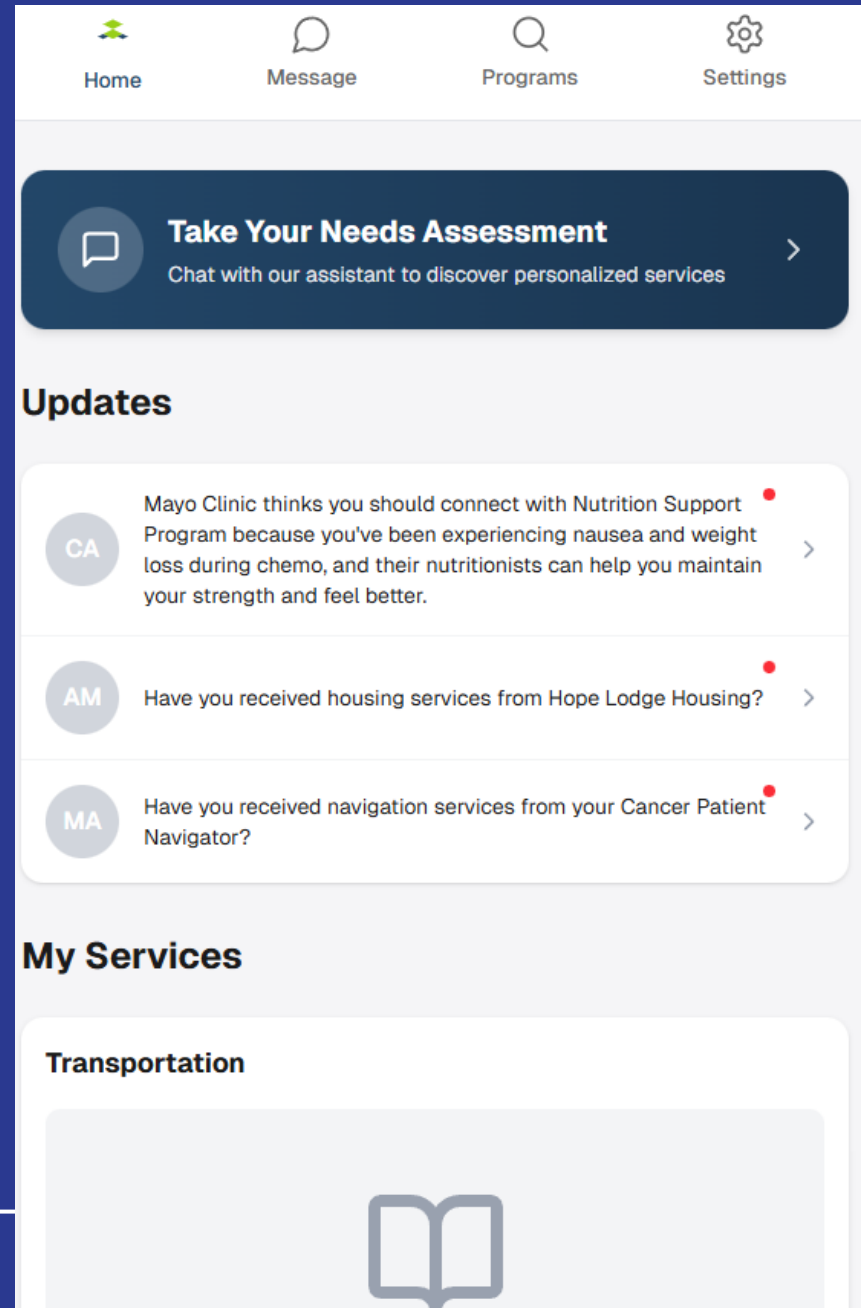
ConnectedNest



Mobile App

- Create your profile
- Complete a social needs screener
- Search and connect to resources (24/7)

We never share your in your information with anyone



Community

- Create and maintain your program (resources you provide)
- Accept Clients into your organization
- Refer Clients to other resources in the Network

You (Community) never share the clients information with anyone.

The screenshot displays the ConnectedNest dashboard for 'Xanthos Test CBO'. The left sidebar contains navigation options: Home, Message, Clients, Programs, ConnectedNest Network, Analytics, and Settings. The main content area is titled 'Home' and features two summary cards: '234 Clients Connected' and '101 Client Requests Served'. Below these is a 'New Program Requests' section with a table listing two pending requests.

Name	Current Program	Program Status	Actions	Menu
• John Anderson	Housing Program	Pending	+ Add to Organization	—
• Sarah Johnson	Financial Assistance	Pending	+ Add to Organization	—

Healthcare Systems

- SMART on FHIR app so it can be integrated with your EMR
- Accept Patients into your healthcare system
- Refer Patients to Network Resources

You (Healthcare) never share the patients information with anyone.

ConnectedNest Xanthos Test Healthcare Team

Home

234 Patients Connected
[View All Patients →](#)

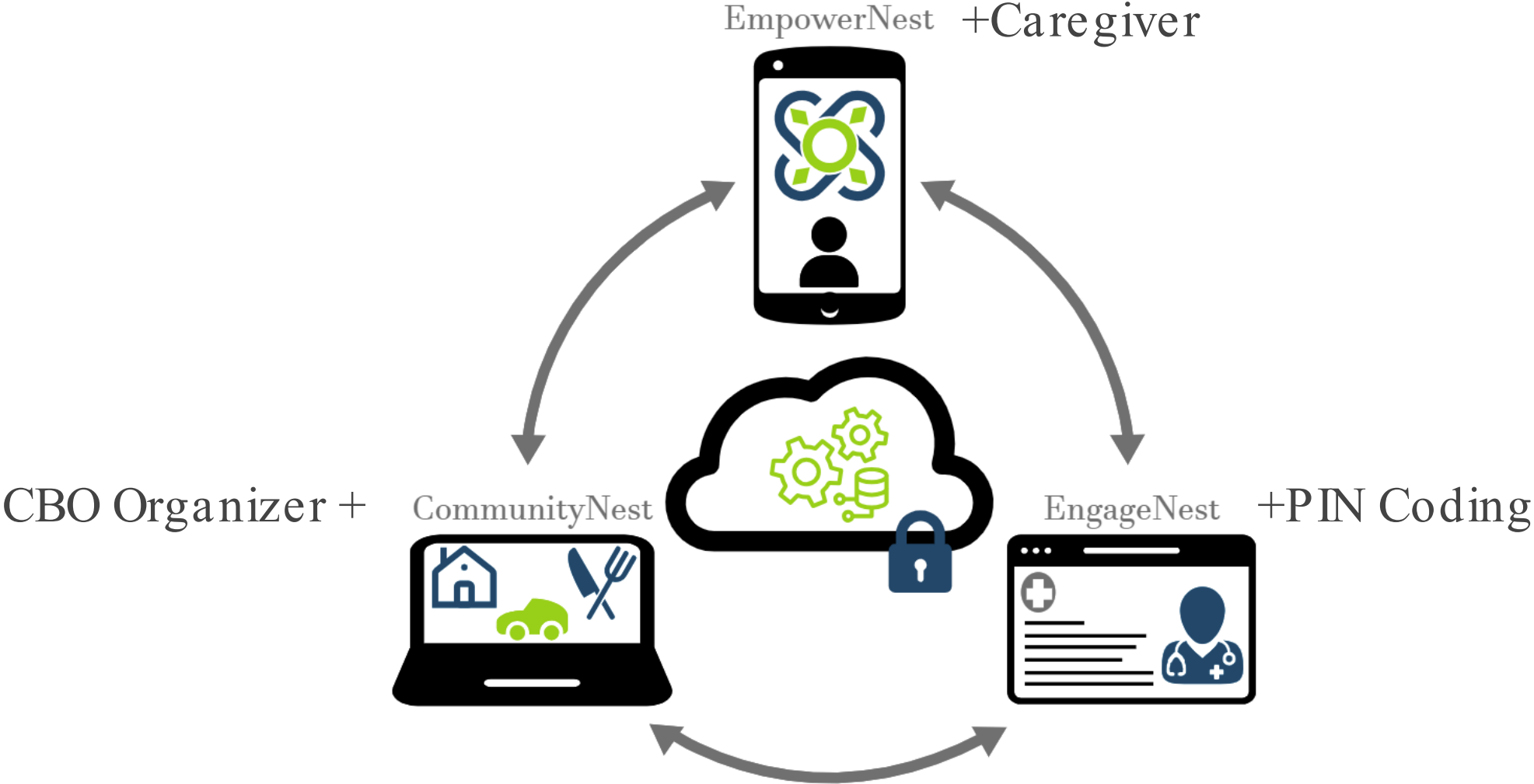
101 Patient Requests Served

New Program Requests

Name	Current Program	Program Status	Actions	Menu
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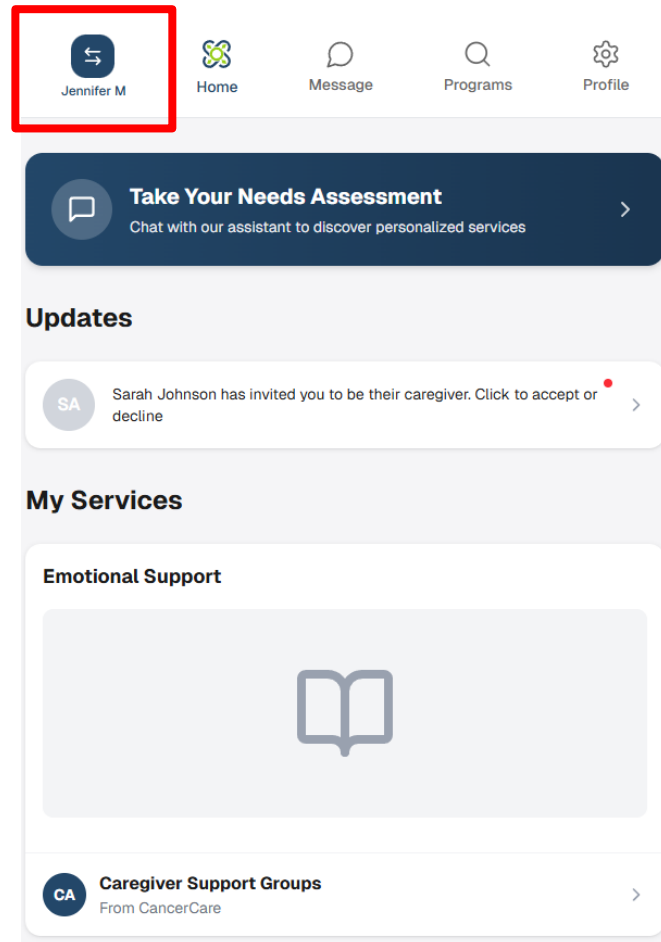
[View All Requests →](#)

ConnectedNest 3.0

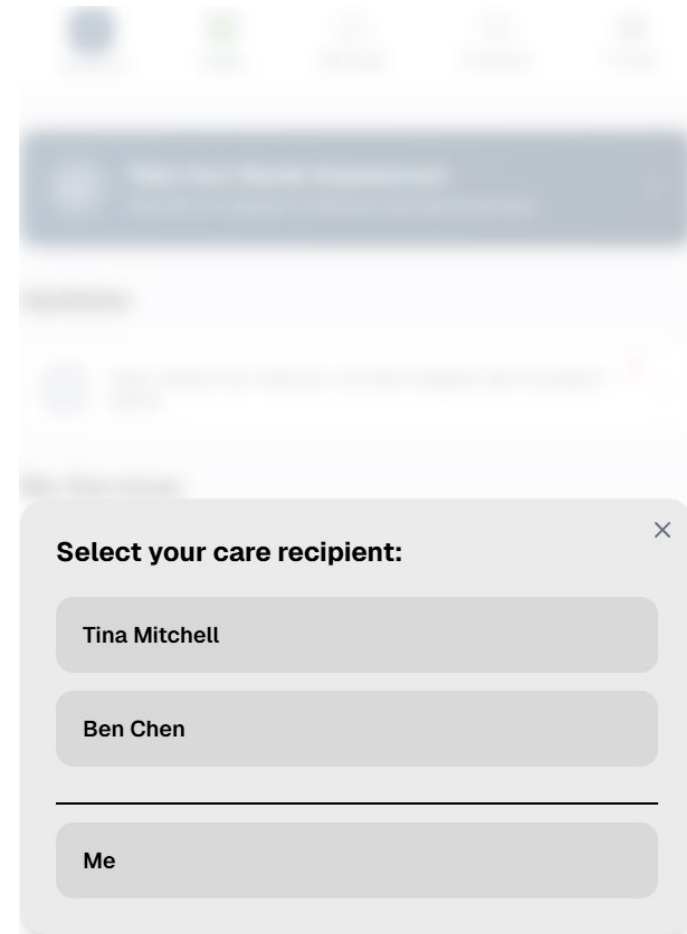


Mobile App Supports Patients and Caregivers

Caregiver



Switch between yourself or those you support



Primary Illness Navigation Services

- ConnectedNest documents all of the referrals to community
- Add and document in system resources your organization provides
- Workflow for approval

ConnectedNest Xanthos Test Healthcare Team

PIN Billing Services

Principal Illness Navigation billing management

My Patients Billing Review

My Patients

Patient Name	Consent	Monthly Time	Pending	Healthcare Team	Last Encounter	Billing Status
John Anderson	✓ Consented	2:30	3	Jim Nurse Navigator, Sarah Johnson, LCSW	⌚ 5 days	1 Draft 2 Pending Review
Jane Smith	✓ Consented	1:00	1	Jim Nurse Navigator	⌚ 3 days	1 Draft
Mike Davis	⚠ Not Consented	0:00	0	Emily Rodriguez, RN	⌚ 18 days	No activities
Samantha Lee	✓ Consented	3:30	5	Jim Nurse Navigator, Dr. James Wilson	⌚ 1 day	2 Draft 2 Pending Review 1 Denied

Building Cancer Support Together

dahaynes@umn.edu

kris.newcomer@xanthoshealth.com

Community Care Organizations

Mental Health, Spirituality and Doula Care

Gardens Way Healing

Gardens Way Healing offers psycho-therapy and spiritual direction services for adults and couples going through medical crises and other major life stressors including grief and traumas.

Brighter Days Family Grief Center

Brighter Days Family Grief Center is the only nonprofit Family Grief Center in Minnesota providing free resources and services to all children, young adults, and adults who are grieving the loss of a loved one.

On the Other Side Cancer Doula

On the Other Side is a cancer thriver-led organization that offers compassionate, holistic support including expert guidance and emotional support to individuals and families navigating the cancer journey.

SpirituWell

SpirituWell provides expanded access to inclusive, professional, and high quality spiritual care. SpirituWell has a Virtual Chaplain Network with 24/7 coverage across urban and rural communities.

Tending Life at the Threshold

Tending Life at the Threshold offers End-of-Life doula services to help people navigate the small and large details as people transition to the threshold of life. They also offer support for caregivers of loved ones at the end of life.

The BOND Between

The Bond Between is a one-of-a-kind animal well-being organization that builds bonds between rescued dogs and cats and people.

Caregiver Support

Jack's Caregiver Coalition

Jack's Caregiver Coalition aims to improve the way guys think, feel, and act through every phase of their caregiving journey. They offer caregiver peer support groups and other educational opportunities.

The Negative Space

The Negative Space is a nonprofit whose mission is to change the way caregivers of all kinds are seen and supported. They provide direct support to caregivers through podcasting, support groups, social media content, coaching and more.

Cancer Legal Care

Cancer Legal Care engages the law to resolve complex challenges facing people and communities affected by cancer. Their mission is to create a world that embraces equity and justice as fundamental to health.

Community Support

Gilda's Club Twin Cities

Gilda's Club provides free social and emotional support for anyone impacted by any type of cancer, including people living with cancer, their families, friends and caregivers.

Minnesota Ovarian Cancer Alliance

The Minnesota Ovarian Cancer Alliance (MOCA) is a statewide nonprofit organization that supports those impacted by ovarian cancer, funds research, educates the public and health care community and raises awareness.

Colon Cancer Coalition

Colon Cancer Coalition's core mission is to end colorectal cancer deaths by increasing screening and educating others about the signs and symptoms of this preventable disease.

Firefly Sisterhood

Firefly Sisterhood provides free, personalized one-to-one support for women who have been impacted by a breast cancer diagnosis. Their unique mentoring program extends the patients' support network.

A Breath of Hope Lung Foundation

A Breath of Hope funds lung cancer research, provides support for lung cancer patients, and educates the community. Their goal is to create a path towards improved wellness, earlier detection, and an increased survival rate.

Financial and Housing Support

Cleaning Up for Cancer

Cleaning Up For Cancer provides free home cleanings to residents in the seven-county Minneapolis-St. Paul metro area currently undergoing cancer treatment. This service is for patients of all ages.

Angel Foundation

Angel Foundation's mission is to offer relief to cancer patients and their loved ones through financial assistance, education, and emotional support.

Spare Key

Spare Key's mission is to provide assistance to families in crisis with critically ill or seriously injured family members through housing grant payment assistance, engaged resource referral and advocacy

Legal Services

Nutrition and Fitness

Survival 2 Strength

Survival 2 Strength offers eight free one-on-one sessions with a qualified personal trainer to help people who have cancer or who have had cancer become as healthy as possible through strength training and other physical activity.

Open Arms

Open Arms offers home-delivered medically tailored meals and nutritional support for people with cancer and other complex illnesses.

To protect the integrity of the clinical trial, please do not take pictures of this slide or post on social media.

Integrating the Survivorship Doula: Bridging Gaps in Post-Treatment Cancer Support



**Turning the Survivorship Care Plan from
a Document into a Roadmap.**

Talaya Dendy, BCPA, NBC-HWC
14-Year Cancer Thriver | 2025 Bush Fellow



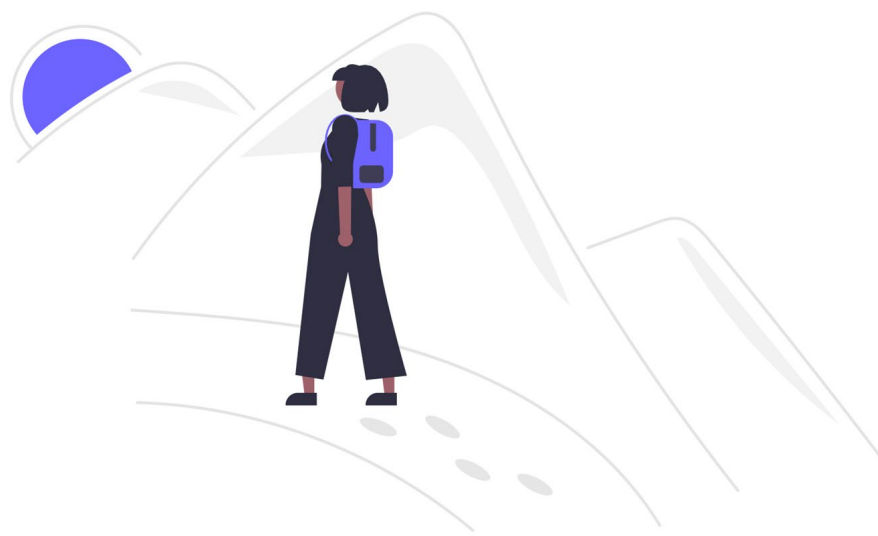
What We are Going to Do

- Identify where the gap is failing our survivors.
- Define the role of a Survivorship Doula.
- Design a roadmap to turn the Survivorship Care Plan (SCP) into a coordinated circle of care.



The Post-Treatment Cliff (Ghosting)

- Treatment is a crowd; survivorship is a lonely desert.
- The "Gumbo of Emotions."
- Addressing the isolation gap.



The Gap in Care: Lost in Transition

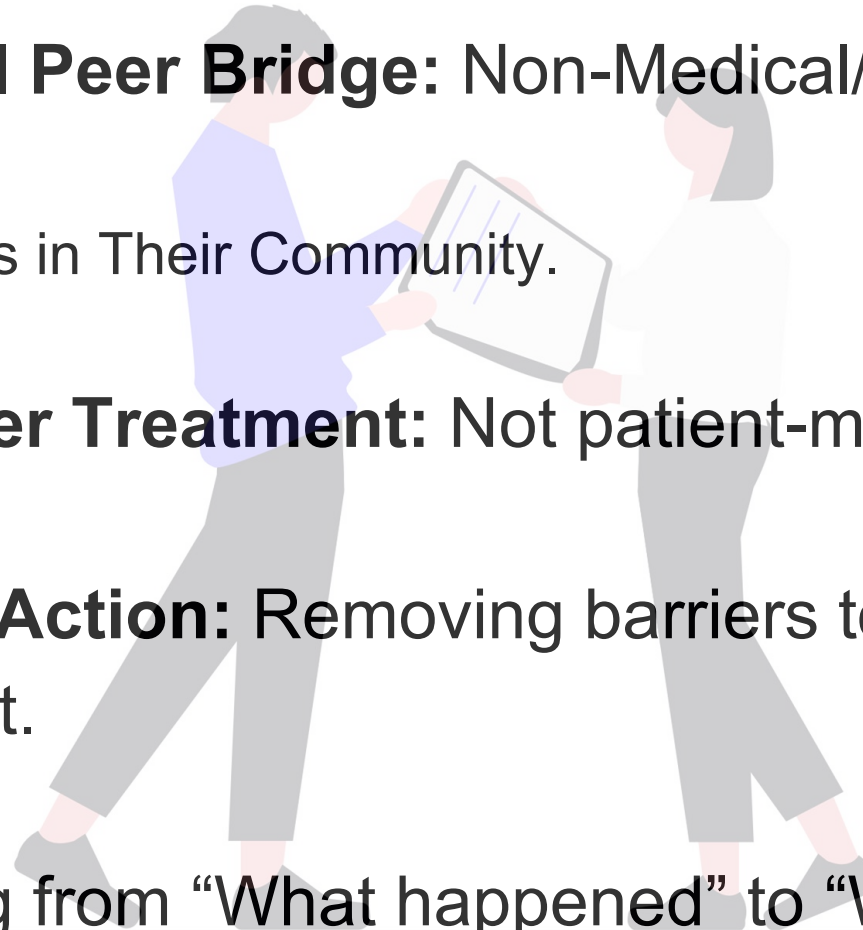
- **The Systemic & Distribution Gap:** SCPs are often missing in action and they are not standard/universal.
- **The Human Reality:** Survival mode makes medical jargon on the SCP feel like a foreign language.
- **Strategy:** "Ask Early" via ASCO Templates. Moving from passive recipient to active solicitor of care (self-advocacy).



The Solution: Survivorship Doula

Fulfilling Objective 4.4

- **The Professional Peer Bridge:** Non-Medical/Non-Clinical, Credentialed.
 - Support that Lives in Their Community.
- **Your Partner After Treatment:** Not patient-management.
- **Health Equity in Action:** Removing barriers to access through proximity and trust.
- **The Goal:** Moving from “What happened” to “What’s next.”



The Blueprint: Professional Readiness & The 4 Pillars of a Survivorship Doula

- Lived Experience + Professional Training = **High-Value Expertise**
- **The 5-Year Milestone:** Lived experience with the perspective of long-term survivorship.
- **Professional Competency:** Board-Certified Patient Advocate (BCPA) or specialized competency training.
- **SCP Stewardship:** Mastery of ASCO templates, health literacy, and care-coordination.
- **Emotional Resilience:** Committed to personal healing work to prevent vicarious trauma.

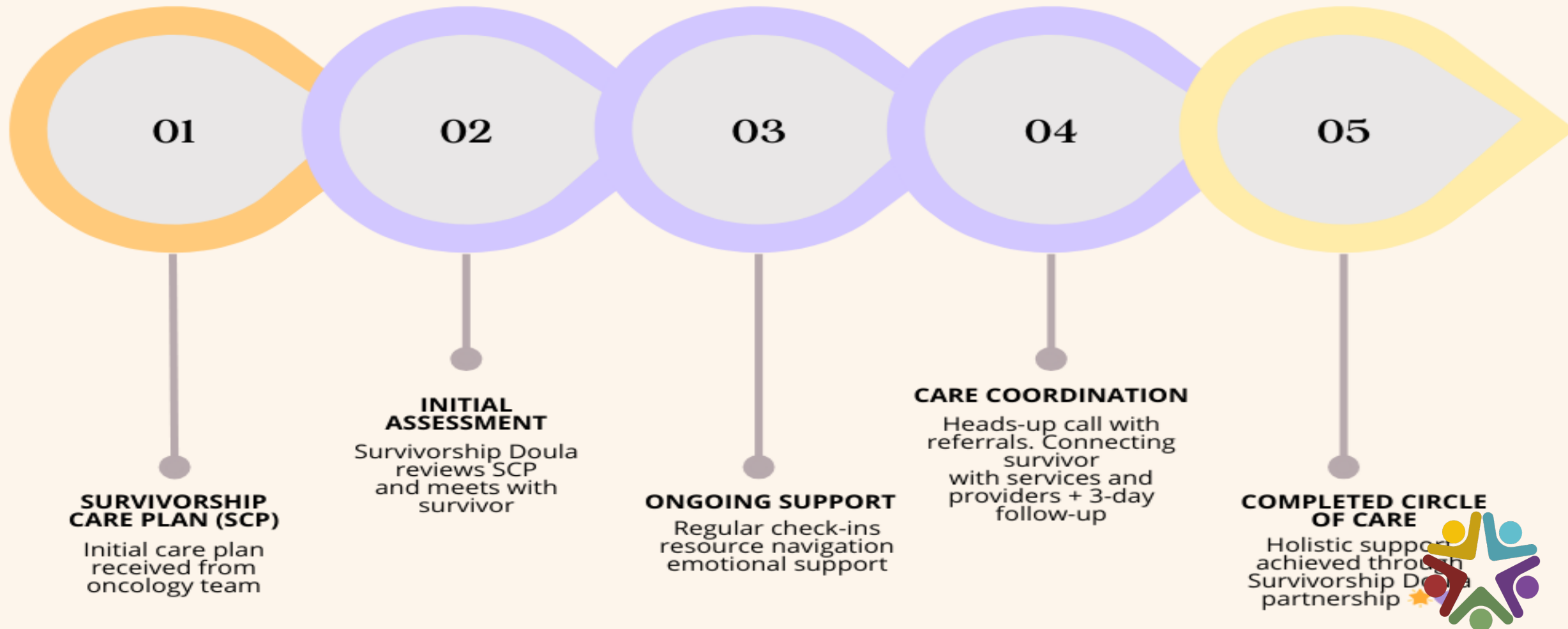


The Action: The Doula as a Roadmap Steward

- **Stewardship:** Translating the SCP into a living, breathing care schedule.
- **The "Heads-Up" Call:** Pre-connecting with referrals to smooth the path.
- **Active Connection Calls:** Facilitating warm hand-offs. Join the survivor on the 1st call with provider.
- **The 3-Day Follow-Up Rule:** Closing the loop to ensure no one is lost in transition.

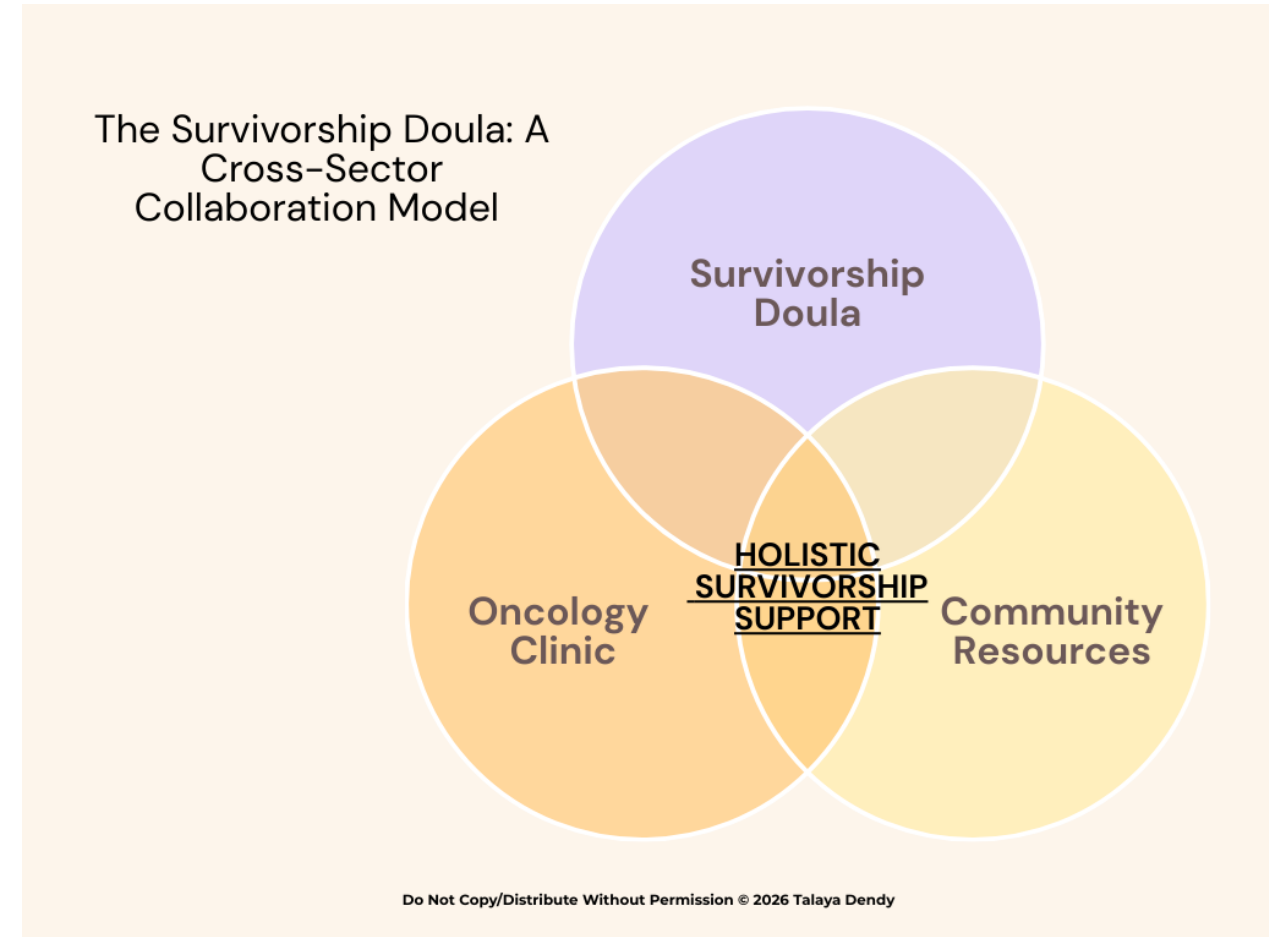


Survivorship Doula Action-Flow Diagram



The Partnership & Equity: A Cross-Sector Collaboration Model

- Moving Care from "Portal" to "Kitchen Table."
- **Connected Nest:** Culturally Responsive Referrals.
- **Health Equity:** Proximity = Access.



Next Steps: Bridging the Gap TOGETHER

Ways to Engage

- **Pilot:** Partner with me to integrate this model into your clinical or community setting.
- **Consult:** Book a 60-minute strategy session for aspiring Survivorship Doulas.
- **Amplify:** Subscribe & Share the *Navigating Cancer TOGETHER* podcast.
- **Join:** Launching Later 2026: The "Survivor Series" Monthly Panels.

Scan the QR Code



Resources & Tools

For Clinical Teams & Survivors:

- ASCO Survivorship Care Plan Templates
 - <https://canceradvocacy.org/resources/care-planning-for-cancer-survivors/#toggle-id-2>

For Strategic Alignment:

- 2026 Minnesota Cancer Plan
 - <https://mncanceralliance.org/cancer-plan/>
 - See **Objective 4.4** for more on Survivor Support Standards

For Partnerships & Strategy:

- 2026 Minnesota Cancer Plan
 - Talaya Dendy, BCPA, NBC-HWC | Cancer & Survivorship Doula
 - Email: info@ontheotherside.life
 - Website: <https://www.ontheotherside.life/>
 - LinkedIn: <https://www.linkedin.com/in/talayadendy/>

The best time to start the conversation is now.

