Balancing the needs of colorectal cancer survivors

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ABSTRACT
With advances in treatment, colorectal cancer is increasingly curable. Colorectal cancer treatments can cause long-term side effects such as altered bowel and sexual functioning, body image changes, pain and fatigue, which can trigger lifestyle changes and inhibit participation in activities, impacting quality of life. Survivors often face challenges like long-term effects of treatment, the potential for recurrence, and adjustments to their daily lives. To guide effective supportive care, it is important to understand the experiences and needs of CRC survivors. This includes addressing long-term health needs, quality of life, and addressing potential physical and psychological challenges related to the cancer and its treatment. Balancing the needs of colorectal cancer (CRC) survivors involves a holistic approach that addresses their physical, emotional, psychological, and social well-being, guided by epidemiological data and evidence based clinical and supporting interventions. Managing Colorectal cancer survivors requires a multidisciplinary team effort including clinicians, supporting clinical services and allied health personnels. It cannot rely solely on medical expertise care alone, but rather a public health care agenda. Important services includes Enterostoma therapist, Social Welfare and Social Security Organizations, Psychiatry and Psychotherapy services, Cancer Survivor Support Group incorporated into a well-structured Colorectal Cancer Navigation under a new concept of primary health care.

Keywords: Colorectal cancer, survivorship, holistic approach, multidisciplinary, colorectal cancer navigation