

Physician Survey

Please complete the survey below.

Thank you!

1. During your regular follow-up visit with a cancer patient in remission, what would you choose to do once you realize you have just 2 minutes left to spend in the room with the patient? Please select one.

- Discuss lifestyle improvement, e.g. smoking cessation, weight loss, increasing physical activity.
- Provide more information about cancer.
- Express empathy
- Discuss adherence to cancer treatment plan

2. If an overweight cancer patient in remission, asked you how they could become healthier by losing weight, what would you do? Please select one.

- Since their cancer is the most important issue, I would tell them that staying in remission is the priority.
- Refer the patient to a dietician
- Tell patient that I do not discuss matters that are not in my area.
- Agree on a healthy weight loss goal and advise the patient to use an app to track their calorie intake

3. In what percent of your cancer patients in remission, do you recommend ways of improving their lifestyle, such as smoking cessation, weight loss, or increasing physical activity? Please select one.

- None, do not recommend lifestyle changes
- 1-25%
- 26-50%
- 51-75%
- 76-100%

4. What barriers for cancer patients in remission would keep you from discussing ways to adopt a healthier lifestyle? Select as many items as you wish.

- Financial concerns
- Patient is too stressed
- Patient has inadequate social support
- Patient has low literacy
- Patient has difficulty with pain control
- Patient has low performance status, e.g. fatigue

5. What percent of your cancer patients in remission, do you think stay adherent to their cancer treatment?

- None
- 1-25%
- 26-50%
- 51-75%
- 76-100%

6. What percent of your cancer patients in remission do you think stay adherent to their cancer treatment if they're also trying to lose weight?

- None
- 1-25%
- 26-50%
- 51-75%
- 76-100%

7. If your cancer patient in remission has comorbid conditions such as CVD or diabetes, in addition to cancer, how much time do you spend discussing the need to adhere to medical treatments for those conditions?

- Do not discuss
- 1-2 minutes
- 3-5 minutes
- 6-8 minutes
- 9-10 minutes

8. If your cancer patient in remission has comorbid conditions such as CVD or diabetes in addition to cancer, how much time do you spend discussing healthy lifestyle change (e.g., proper nutrition, physical activity, weight loss, smoking cessation)?

- Do not discuss
- 1-2 minutes
- 3-5 minutes
- 6-8 minutes
- 9-10 minutes

9. On a scale of 0-5, where 0 = not at all confident and 5 = extremely confident, how confident are you about your ability to promote healthy lifestyle improvement in your patients?

- 0 (Not at all Confident)
- 1 (Unsure)
- 2 (Somewhat Confident)
- 3 (Confident)
- 4 (Very Confident)
- 5 (Extremely Confident)

10. If a way to counsel cancer patients in remission about improving their lifestyle were available to you, would you refer your patients?

- Yes
- No

10.1. If yes, select the referral method that you would be most likely to use:

- Send a link to the patient via MyChart in EPIC
 - Tell the patient to search for a link on the web.
 - Send a referral through EPIC to a lifestyle counselor
 - Have your nursing assistant give the patient a printed pamphlet about how to access healthy lifestyle resources.
 - Give a discharge order for the front desk to print information about how to access the website.
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