

**2021: Virtual - Survivorship after Cancer of the Head and Neck:  
A Multidisciplinary Symposium**

**Dates: August 4/11/18/25, 2021**



*Sponsored by  
University of Pittsburgh School of Medicine  
Center for Continuing Education in the Health Sciences, and Department of Otolaryngology*

**Location: Virtual**

**COURSE DIRECTORS**

**Audrey Hayward, PA-C; Jonas Johnson, MD; Marci Nilsen, PhD, RN, CHPN**

**Intent and Overview**

The purpose of this symposium is to provide fundamental information necessary for a comprehensive approach to survivorship care of head and neck cancer patients. This symposium is intended to improve healthcare providers' ability to provide high-quality survivorship care to the growing population of head and neck cancer survivors.

**Objectives**

At the completion of the course, the participant should be able to:

1. Recognize the components of high-quality head and neck cancer survivorship care.
2. Identify prevailing late and long-term effects head and neck cancer survivors' experience.
3. Describe strategies and interventions to address the complex needs of head and neck cancer survivors.
4. Recognize new systemic therapies for head and neck cancer and potential side effects.

**Who Should Attend**

Professional providers, cancer survivors, primary care physicians, nurses, residents, audiologists, speech-language pathologists, physical therapists, occupational therapists, dentists and other interested healthcare professionals.

**CME Accreditation and Designation Statement:**

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Physician (CME)

The University of Pittsburgh designates this live activity for a maximum of 4.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 4.0 contact hours.

### Physician Assistant (AAPA)

The University of Pittsburgh has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 4.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

### Other health care professionals

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

### ASHA CEUs

#### **This event is offered for:**

Day 1 0.65 CEUs (Intermediate Level, Professional Area)

Day 2 0.35 CEU (Intermediate Level, Professional Area)

Day 3 0.65 CEUs (Intermediate Level, Professional Area)

Day 4 0.35 CEU (Intermediate Level, Professional Area)

Attendees participating in both days will earn 1.0 CEUs



**The University of Pittsburgh** is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

Following Day 1 of this event participants will be able to:

- 1.) Define the components of high-quality head and neck cancer survivorship care.
- 2.) Identify prevailing late and long-term effects in head and neck cancer survivors' experience.
- 3.) Recognize new systemic therapies for head and neck cancer and potential side effects.
- 4.) Discuss the psychological impact that head and neck cancer and its treatment-related effects have on survivors

Following Day 2 of this event participants will be able to:

- 1.) Describe strategies and interventions to address the complex needs of head and neck cancer survivors.

- 2.) Discuss the prevalence of dysphagia after treatment for head and neck cancer survivors.
- 3.) Explain innovative treatments for head and neck cancer survivors with dysphagia.
- 4.) Identify key strategies to maintain good oral hygiene during phases of treatment and survivorship

## **SCHEDULE**

### **Day 1 of 4: Wednesday, August 4, 2021: Clinical Science Advances Survivorship Care**

**Location: Virtual**

**Moderator:** Jonas Johnson, MD

12:00 – 12:15 pm Breaking Science on the Late and Long-term Effects of Treatment After Head and Neck Cancer  
Marci Nilsen, PhD, RN, CHPN

12:15 – 12:30 pm How Health Literacy Impacts Patient and Caregiver Outcomes  
Jymirah Morris, BS

12:30 – 12:45 pm Understanding the Relationship Between Neck Disability and Dysphagia in Head and Neck Survivors  
Alexandria Harris, MS, MD

12:45 – 1:00 pm Q & A

1:00 pm Adjournment Day 1 of 4

### **Day 2 of 4: Wednesday, August 11, 2021: Current Standards and Innovations in Dysphagia Management for Head & Neck Cancer**

**Location: Virtual**

**Moderator:** Audrey Hayward, PA-C

12:00 – 12:15 pm Current Standards in Dysphagia Management  
Kate Hutcheson, PhD

12:15 – 12:30 pm Integrating Biofeedback into Post-Glossectomy Dysphagia Management  
Carly Barbon, PhD, SLP(C), Reg.CASLPO

12:30 – 12:45 pm Integrating Manual Therapy into Dysphagia Management in HNC Survivors  
Holly McMillan, MCD, CCC-SLP, LMP, CLT

12:45 – 1:00 pm Q & A

1:00 pm Adjournment Day 2 of 4

**Day 3 of 4: Wednesday, August 18, 2021: Psychosocial Interventions for the Mental Health of Head and Neck Cancer Survivors**

**Location: Virtual**

**Moderator:** Marci Nilsen, PhD, RN, CHPN

12:00 – 12:15 pm Mental Health of Head and Neck Cancer Survivors  
Danielle MacNeil, MD, MSc

12:15 – 12:30 pm Interventions for Sleep Disorders in Head and Neck Cancer Survivors  
Liz Cash, PhD

12:30 – 12:45 pm Anxiety and Depression in Head and Neck Survivorship  
Daniel McFarland, DO

12:45 -- 1:00 pm Coping with Body Image Distress After Treatment for Head and Neck Cancer  
Amy Williams, PhD, LP

1:00 pm Adjournment Day 3 of 4

**Day 4 of 4: Wednesday, August 25, 2021: Defining the Value of Survivorship**

**Location: Virtual**

**Moderator:** Jonas Johnson, MD/ Marci Nilsen, PhD, RN, CHPN

12:00 – 1:00 pm Defining the Value of Survivorship  
David Cognetti, MD; Brooke Worster, MD, David Neu

1:00 pm Adjournment Day 4 of 4

## **COURSE DIRECTORS**

Audrey Hayward, PA-C  
Department of Otolaryngology  
University of Pittsburgh Medical Center

Jonas Johnson, MD  
Professor  
Department of Otolaryngology  
University of Pittsburgh School of Medicine

Marci Nilsen, PhD, RN, CHPN  
Assistant Professor  
Department of Acute and Tertiary Care  
School of Nursing  
Department of Otolaryngology  
University of Pittsburgh School of Medicine

## **Guest Faculty**

Carly Barbon, PhD, SLP(C), Reg.CASLPO  
Postdoctoral Fellow  
Department of Head & Neck Surgery, Section  
of Speech Pathology and Audiology  
The University of Texas MD Anderson  
Cancer Center  
Houston, TX

Elizabeth Cash, PhD  
Associate Professor, Clinical Health  
Psychologist  
Department of Otolaryngology-Head & Neck  
Surgery & Communicative Disorders  
University of Louisville School of Medicine  
Louisville, KY

David Cognetti, MD  
Professor  
Department of Otolaryngology  
Thomas Jefferson University  
Philadelphia, PA

Kate Hutcheson, PhD  
Professor  
Department of Head & Neck Surgery, Section  
of Speech Pathology and Audiology  
The University of Texas MD Anderson  
Cancer Center  
Houston, TX

Danielle MacNeil, MD, MSc  
Assistant Professor  
Department of Otolaryngology  
London Health Sciences Centre  
London, Ontario, Canada

Daniel McFarland, DO  
Assistant Attending  
Head and Neck/Thoracic Malignancies  
Northwell Health Cancer Institute  
Manhattan Ear Eye Throat Hospital  
Lenox Hill Hospital  
New York, NY

Holly McMillan, MCD, CCC-SLP, LMP, CLT  
Senior Speech Language Pathologist and Certified Lymphedema Therapist  
Co-Director, Trismus Clinic  
Oncologic Speech Pathology Pre-Doctoral Clinical Research Fellow  
Department of Head and Neck Surgery, Section of Speech Pathology & Audiology  
The University of Texas MD Anderson Cancer Center  
Houston, TX

David Neu  
Executive Chairman, AnandaHealth  
Co Founder  
Neu Center for Supportive Medicine and Cancer Survivorship  
Jefferson Health, Philadelphia, PA

Amy Williams, PhD, LP  
Senior Staff Clinical Health Psychologist, Department of Otolaryngology – Head & Neck Surgery  
Henry Ford Health System,  
Detroit, MI

Brooke Worster, MD, FACP  
Associate Professor of Medicine  
Medical Director, Neu Center for Supportive Medicine and Cancer Survivorship  
Program Director, Medical Cannabis Science and Business, IEHP  
JeffersonHealth.org/SKCC

### **Local Faculty**

Alexandria Harris, MS, MD  
Research Fellow  
Department of Otolaryngology  
University of Pittsburgh School of Medicine

Jymirah Morris, BS  
Research Fellow  
Medical Degree Candidate, Class of 2022  
Department of Otolaryngology  
University of Pittsburgh School of Medicine

### **Faculty Disclosure**

All individuals in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

### **The following relevant financial relationships were disclosed:**

David Cognetti, MD  
Kate Hutcheson, PhD

Rakuten Medical -- Consultant  
Charles and Daneen Stiefel Oropharynx Fund – Grant and Research Support  
NIH Fund – Grant and Research Support  
THRIVE Foundation Fund – Grant and Research Support  
Patient Centered Outcomes Research Institute Fund – Grant and Research Support

MD Anderson Institutional Research Grant Program Fund – Grant and  
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Personal Fees:  
Medbridge Inc. -- Other  
America Speech Language and Hearing Association -- Other  
Atos Medical -- Other

No other planners, members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity have relevant financial relationships to disclose.

For Online Registration (**Individual Registration is Required for each Date**):

**Wednesday, August 4, 2021: Clinical Science Advances Survivorship Care**

[https://zoom.us/webinar/register/WN\\_Z8rHjAddQC-eIqBfvj6GUA](https://zoom.us/webinar/register/WN_Z8rHjAddQC-eIqBfvj6GUA)

**Wednesday, August 11, 2021: Current Standards and Innovations in  
Dysphagia Management for Head & Neck Cancer**

[https://zoom.us/webinar/register/WN\\_2EfeL37STGWN7ZK9BewfEg](https://zoom.us/webinar/register/WN_2EfeL37STGWN7ZK9BewfEg)

**Wednesday, August 18, 2021: Psychosocial Interventions for the Mental  
Health of Head and Neck Cancer Survivors**

[https://zoom.us/webinar/register/WN\\_IdIvhK6fS4WwEaYb7bpafg](https://zoom.us/webinar/register/WN_IdIvhK6fS4WwEaYb7bpafg)

**Wednesday, August 25, 2021: Defining the Value of Survivorship**

[https://zoom.us/webinar/register/WN\\_Jj4bEHimT7yhgyoTnVTvYA](https://zoom.us/webinar/register/WN_Jj4bEHimT7yhgyoTnVTvYA)