Background & Significance: With the recommendations from the 2006 Institute of Medicine report, From Cancer Patient to Cancer Survivor: Lost in Transition, the Commission on Cancer (CoC) established programs and standards that aimed to provide safe, patient-centered care to improve survival and quality of life for cancer patients specifically through survivorship care plans. A specific survivorship care plan for ovarian cancer survivors would provide women with a follow-up care pathway, potential late side effects, symptoms of recurrence, confidence, support, and transitions of care for their quality of life. The care plan has great significance as it would give women a clearer picture on how to handle their health and well-being from cancer patient to cancer survivor. The care plan would also allow the advanced practice nurse to assist in the transition by developing appropriate interventions for the ovarian cancer survivor within the care plan and address the interventions with the patient.

Study Purpose: The purpose of the research study was to identify gaps in research related to concern of women with ovarian cancer transitioning from treatment completion to survivorship. Secondly, to identify ways the advanced practice nurse can effectively address the outcomes in the clinical setting.

Methods:
Design: Qualitative descriptive design using a one-on-one interview method.
Sample: Women with ovarian cancer, ages eighteen and older residing in the United States were recruited. Inclusion Criteria included: completed a full course of chemotherapy and/or surgery and English speaking.
Procedures: Subjects were conveniently recruited through referrals from oncology navigators and/or oncology community outreach groups throughout the United States.
Data Collection: Descriptive demographics were collected immediately prior to the interview process. An open-ended question discussion guide was used from Meleis’s Transition Theory. Interview questions were developed from the transition conditions of personal, community, and society.
Data Analyses: Subject demographic content was summarized using descriptive statistics. Content analysis was used to identify themes that described concerns of ovarian cancer survivors as they transitioned from treatment to survivorship. Investigator, data, and methodological triangulation allowed for validation of findings.

Results & Outcomes: The sample was made up of five Caucasian married women with an average age of 55.8 years, with a range of 28-74 years old. It is comparable to the national average age of 63 of women with ovarian cancer (National Cancer Institute, 2011). Their education ranged from high school to four-year degree and all had health insurance at the time of diagnosis. Themes identified included: (a) dealing with physical symptoms, (b) questioning spirituality, (c) coping with uncertainty, and (d) facing the unknown.
Implications: All the identified themes can be addressed through follow-up care with an advanced practice nurse or an oncology nurse navigator via face-to-face visits or follow-up phone calls. A detailed ovarian cancer survivorship care plan needs to be supplied to the patient at the completion of treatment in order to provide guidance for appropriate follow-up care after treatment. Lastly, it would improve the gaps in communication between survivors and providers.