Financial toxicity – an overlooked side effect

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Educational Objectives

- Participant will be able to list examples of direct, indirect, and psychosocial costs of care
- Participant will be able to identify potential patient factors for increased financial toxicity
- Participant will be able to identify potential insurance factors for increased financial toxicity
- Participant will be able to describe currently available financial distress screening tools and potential “red flags” for triage to financial resources
- Participant will be able to identify potential disease and treatment factors for increased financial toxicity
- Participant will be able to describe proposed shared decision making tools that incorporate cost information
- Participant will be able to explain the role of financial navigators or financial counselors on the health care team

Outline

1. Costs of care
   - Direct costs
     - Medical expenditures (i.e., co-pays, prescriptions)
     - Non-medical expenditures (i.e., transportation, parking)
     - Time spent on health care
   - Indirect costs
     - Loss of productivity / changes in employment
     - Childcare needs
   - Psychosocial costs
     - Quality of life (i.e., physical, emotional, social, functional domains)
2. Patient risk factors for increased financial toxicity
   - Educational attainment
   - Employment status
   - Household income
   - Immigration status
   - Languages spoken
   - Health literacy
3. Insurance risk factors for increased financial toxicity
   - Insurance specifics (premium, deductible, co-pay vs. coinsurance, narrow networks, out of pocket max, timing in calendar year)
   - Uninsured
   - Underinsured
i. Medicare without supplemental insurance
ii. High deductible health plans

4. Financial distress screening tools
   • Health Leads Social Screening Toolkit
   • NCCN Distress Thermometer
   • COST score

5. Disease and treatment risk factors for increased financial toxicity
   • Higher health care utilization
     i. Frequency of outpatient visits
     ii. Labs and tests ordered
     iii. Drugs prescribed
     iv. Risk of ED visits and hospitalization

6. Shared decision making tools incorporating cost information
   • Mayo Clinic Decision Aids
   • ASCO Value Framework
   • NCCN Evidence Blocks

7. The role of financial navigators and counselors on the health care team
   • Triage to available hospital, local, regional, and national resources
     i. Co-pay assistance
     ii. Payment plans
     iii. Changing or adding insurance
     iv. Pharmaceutical assistance
     v. Transportation or lodging assistance
   • Financial education
     i. Anticipating the costs of care
     ii. Understanding insurance benefits
   • Financial counseling
     i. Assessing personal financial status and attitudes
     ii. Budgeting and responding to financial change
     iii. Managing debt and building credit

Select References
- Zafar SY and Abernathy AP. Financial toxicity, part II: how can we help with the burden of treatment-related costs? Oncology (Williston Park). 2013; 27: 253-4, 256.