E arly cancer detection and improved treatments have resulted in survivorship trends whereby individuals are living years beyond the acute treatment phase of cancer (Patterson, 2010). These survivors face many physical, psychosocial, financial, social, and spiritual challenges as a result of their cancer treatment and diagnosis. In addition, cancer survivors suffer from a variety of symptoms such as fatigue, aches and pains, depression, cognitive difficulties, insomnia, and decline in social functioning (Bennett et al., 2010). The Institute of Medicine’s report From Cancer Patient to Cancer Survivor: Lost in Transition (Hewitt, Greenfield, & Stovall, 2005) and a National Cancer Institute (NCI) Office of Cancer Survivorship (2012) report made recommendations that tasked researchers to further define and improve quality-of-life (QOL) issues among long-term survivors of cancer. The purpose of this article is to describe the implementation and evaluation of a cancer survivorship program that identified and addressed various QOL changes that occurred as a result of receiving chemotherapy.

Cancer Survivorship and Uncertainty in Illness

The uncertainty of an individual’s health status after cancer treatment presents many survivors with significant psychological