



Winter 2020

This newsletter is published by the BC Cancer Supportive Care Program for health care professionals in communities throughout British Columbia and the Yukon.

What's New?

Spin to Win: Fundraiser fills gap in care for nutrition and exercise programs for cancer survivors



By Cheri Van Patten, RD, MSc(right)
Kristin Campbell, PT, PhD(left)

On Saturday October 19, 2019 researcher and health care practitioners Cheri Van Patten (BC Cancer) and Kristin Campbell (UBC) joined members of the community to create BC's largest Spin-a-thon to support nutrition and exercise

programs for people with cancer in BC. Their vision was to be able to offer the 12-week NeXT (Nutrition and Exercise during adjuvant Treatment) program to a greater number of cancer survivors throughout BC. The fundraiser, benefiting the BC Cancer Foundation, helps to fill a gap in cancer care. Currently, nutrition and exercise programs are not routinely available as part of standard care and most patients do not have access beyond their eligibility to participate in a limited number of exercise clinical trials.

Members within BC Cancer Supportive Care took part in the event including team captain Cheri Van Patten and riders Elaine Shearer and Sara Camano. They joined more than 200 riders, including 48 cancer survivors who keep the bikes spinning at several cycling studios across the lower mainland. The inaugural event raised over \$112,000 for nutrition and exercise programming, research and the creation of NeXT centres with the goal to develop programs that will benefit people living with all cancers.

These funds will allow for 200 additional cancer survivors to attend the NeXT program.

The fundraiser was designed to build on the success of the original clinical trial which was a three-year Phase I study, called the Nutrition and Exercise during Treatment (NeXT), which proved that physical activity has positive benefits for women diagnosed with breast cancer.

There is now compelling evidence proving that exercise improves cancer treatment side effects and reduces risk of dying from other conditions. This month, new guidelines were published on exercise guidelines for cancer survivors. Dr. Kristin Campbell is recognized for her expertise in exercise and cancer, and is the first author of the new exercise guidelines (1) which conclude that –

“Exercise training and testing are generally safe for cancer survivors and that every survivor should avoid inactivity.”

Furthermore, enough evidence was available to conclude that specific doses of aerobic, combined aerobic plus resistance training, and/or resistance training could improve common cancer-related health outcomes, including anxiety, depressive symptoms, fatigue, physical functioning and health-related quality of life.



Kristin pictured here with Aaliya Merali-Dewji (Research Co-ordinator) and Lisa (exercise study participant).

Kristin will be presenting Rounds on these new guidelines on Monday December 9 at noon (details below on page 8).

You can learn more about the Nutrition and Exercise during Treatment (NeXT) program by visiting www.nextprogram.ca. Donations are still being accepted to support the sustainability of the program.

Keep an eye out for information on next year's event at www.bccancerfoundation.com/nextup

NEXT Research Team

- Dr. Kristin Campbell, Physiotherapist, PhD, UBC, Gunn Pavilion
- Cheri Van Patten, Registered Dietitian, MSc, BC Cancer
- Dr. Don McKenzie, Sports Medicine Physician, MD, PhD, UBC, Gunn Pavilion
- Dr. Karen Gelmon, Medical Oncologist, MD, BC Cancer

NEXT Spin-a-thon Committee: Lara Greenstein, Stacy Lederman, Patrizia Mitchell, Lisa Sirlin, Cheri Van Patten, Kristin Campbell, Becky Yost

1. Kristin L. Campbell et al. Exercise Guidelines for Cancer Survivors: Consensus Statement from International Multidisciplinary Roundtable, *Medicine & Science in Sports & Exercise* 2019; 2375-2390.

Update on Suicide Risk Assessment at BC Cancer

By Melanie McDonald

Research demonstrates that a diagnosis of cancer increases the risk of suicide 2-3 fold in comparison to the general population.

Cancer specific risk factors may include: a new diagnosis of cancer, disease progression, depression, anxiety, hopelessness, loss of control, lack of social support, pain and fatigue. Protective factors may include the identification for a reason for living, responsibility of others, support network, fear of death, and a sense of purpose.

Screening for suicide risk has shown significant evidence in reducing suicide rates. Patient and Family Counselling (PFC) at BC Cancer has been screening for distress and suicide risk using the PSCAN-R at first patient visit since 2005 and tracking the data since 2011. To date the PFC program has over 100,000 PSCANs entered into our database. From this data we know that approximately 2.6% of BC Cancer new patients have indicated a positive

response to the question “have you recently had thoughts of taking your life.”

In 2019 a Suicide Working Group was developed with patient and family and psychiatry representation from the entire province to address issues around suicide assessment including staff training, triage, safety planning and ensuring patient resources are developed/up to date. The Columbia Suicide Severity Rating Scale (C-SSRS) has been identified as the current best practice suicide assessment tool. Staff training was held September 9th, 2019. All regional PFC teams will be using the C-SSRS as a guide to screen for suicide risk through a relationship/conversation. Our new provincial suicide safety plan has also now been standardized and regional resource information sheets will be coming soon. Dr. Alan Bates and Melanie McDonald recently presented on this topic for radiation oncology rounds located here: http://media.healthbc.org/home/iframe?url=BCCA/bccahealth\Suicide_Risk_Assessment_20191026

New Publications

Supportive Care staff members (highlighted) are co-authors in recent publications:

1. Emotional distress and psychosocial needs in patients with breast cancer in British Columbia: younger versus older adults - Hiten Naik, Bonnie Leung, Janessa Laskin, **Melanie McDonald**, Amirtha Srikanthan, Jonn Wu, **Alan Bates** & Cheryl Ho
2. Effects of High Anxiety Scores on Surgical and Overall Treatment Plan in Patients with Breast Cancer Treated with Neoadjuvant Therapy – Nathalie Levasseur, Huaqi Li, Winson Cheung, **Paula Myers**, Elaine McKeivitt, Rebecca Warburton, Kaylie-Anne Willemsma, Adam Deruchie Tan, Stephen Chia, Christine Simmons
3. Cancer and Work: by **Maureen Parkinson** and Dr. Christine Maheu Published in Canadian Oncology Nursing Journal Vol 29, No 4 (2019) <http://www.canadianoncologynursingjournal.com/index.php/conj/article/view/1019/0>

INTERNATIONAL PSYCHO-ONCOLOGY SOCIETY WORLD FORUM

On September 23 – 27th the Canadian Association of Psychosocial Oncology (CAPO) partnered with the International Psycho-Oncology Society (IPOS) to offer a world forum in Banff.



Pictured here are some of the BC Cancer staff members who attended conference (left to right): Allison Cumming, Sara Hankinson (front), Alan Bates, Maureen Parkinson, Sara Camano, Sharon Paulse, Melanie McDonald, Laura Nordin, Elaine Shearer and Kayla Bajic.



One highlight included our very own Maureen Parkinson receiving the **Award in Support of Oncology Excellence** from the Brain Tumour Foundation of Canada for the study she coauthored : Parkinson, M.

and Leis, A. *Comparison of how chemotherapy (temozolomide) versus radiotherapy in patient treated in Canada with low grade glioma impacts social support, depression, anxiety, work participation and income.* September, 2019. [To learn more.](#)

Reflections from staff on IPOS/CAPO 2019

By Melanie McDonald, Acting Provincial Lead, Psychosocial Oncology-Counselling

It was a privilege to attend the IPOS conference learning from colleagues who practice in psycho-oncology from 60 countries around the world. It was inspiring to learn about the research and practice innovations from a variety of perspectives. The following 3 sessions were highlights for me:

1. Tailoring Cognitive Behavioural Therapy for Cancer Patients with Insomnia: I attended a workshop with a group from Australia who has done a lot of research and practice to support cancer and sleep. We know that both insomnia and fatigue are some of the most

common side effects of cancer treatment. The workshop was very clear to separate treatment approaches for fatigue and insomnia. Essentially sleep hygiene isn't that effective when working with insomnia, and what is known as CBT-I (insomnia) is one of the most effective treatments which involves: tracking sleep, stimulus control, sleep restriction, cognitive strategies, and relaxation.

2. Practice Strategies for Multiple Symptoms: I went to a session that investigated the psychosocial practice strategies that are most effective according to research on multiple common cancer related symptoms (depression, pain, fatigue, anxiety etc.) In summary this research showed that the following techniques have the most impact in targeting multiple symptoms in cancer: Relaxation, mindfulness, CBT, hypnosis, psycho-education, music therapy and exercise. Many of these things our teams do very well already, and there are also areas to learn and grow in.

3. Screening for distress: Most countries in the world are screening for distress as part of basic psychosocial care in oncology, the movement is towards screening at multiple times integrated with clinical response.

By Sharon Paulse, Counsellor, LEAF program

For me the highlight of the IPOS conference was attending the pre-conference workshop which focused on **Acceptance and Commitment Therapy (ACT)**. The facilitator was Dr. Toni Lindsay, a psychologist who works primarily with young adults diagnosed with cancer in Australia. Information about Dr. Lindsay can be found at <https://www.cancercouncil.com.au/173489/podcasts/dr-toni-lindsay/> This workshop has inspired me to learn more about ACT.

By Elaine Shearer, Community Education Coordinator

What impressed me the most at this conference were a number of demonstrations about how storytelling and expressive arts have been used particularly well with young adult cancer patients. One example was a plenary session that featured 3 young men who are also best friends: Jeremie Saunders, Taylor MacGillivray and Brian Stever. Together they host a Podcast called Sickboy that

aims to breakdown stigma associated with illness and disease. Each week they encourage young adults who are dealing with challenging diagnosis and treatment to talk about what they most needed to talk about – topics, such as, concerns about sex, mental health or preparing for their death. They shared a clip of one of their interviews and it demonstrated how they do this with humour and compassion.

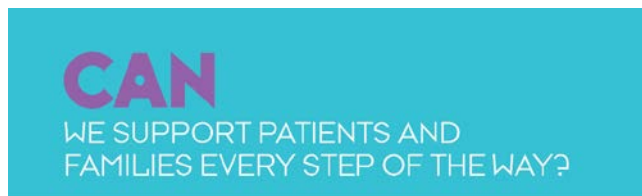
Another session I enjoyed was offered by Michael Lang who I first met 10 years ago at the first CAPO conference that I attended. He is a survivor, filmmaker, adventure guide and now a PhD candidate and researcher at the Tom Baker Centre in Calgary. His session was called - **A Good Story Well Told** where he describes how he offers psychosocial support by assisting patients to make their own videos using the tools of digital storytelling and film. We were fortunate to be able to view one person’s video about how they were making sense of their life in the context of having a cancer diagnosis. Michael reported that patients found value in the process of creating these videos, watching them over and over and also sharing them with others. As an interesting side note, he said these patient voices are having a wide impact, for example, executive committee meetings at his agency now start with a viewing of one of these short patient videos.



Melanie McDonald, Sara Camano, Sharon Paulse and Sara Hankinson seen here on a cold, wet excursion to Lake Louise.

By Carolyn Jacob, Professional Practice Leader for PFC, Centre for the North

I attended the pre-conference one day **CALM training**. Although I had attended in Toronto earlier this year I found it valuable to reinforce the skills and training. In Banff I was able to have two colleagues from centre for the north attending the training with me. As a team we are now working to bring CALM into the centre by offering lunch and learns, education and pamphlets available to both staff and patients.



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Update from Spiritual Care

Bereavement Service Reflection



On October 9th Spiritual Care hosted the first Bereavement Service for staff; a time to remember and hold sacred space for the lives of patients that have been lost, while acknowledging the grief that is experienced working in oncology. It was a non-religious service that was woven together with poetry

and music by our Music Therapist, Carolyn Neapole, as well as the Songcology choir. Dr. Michael McKenzie and Janice Dirksen spoke eloquently and Alison Cumming, our Spiritual Health Practitioner gave the staff edification, recognizing the sacrificial work of the staff here at BC Cancer. There was a time for staff to engage in lighting candles for specific patients who have passed away, which was particularly touching. The staff were also encouraged to write a patient’s name on a rock and place it in a rock fountain, which is now a feature piece in the Sacred Space at the Vancouver Centre.

“The bereavement service has given me the time and space to grieve and bring closure, when hectic work schedule has crowded out this aspect of healing. This is certainly an important element of self-care, as I continue to work with patients with advanced cancers and those in palliative care.”

Alison has spent time visiting the different centers over the past few months, and is open to helping the other centers

host a Bereavement Service for their staff. This winter Alison will be working on staff support initiatives, as well as hosting a pilot group series for patients called Soul Care: Cultivating your Spiritual Garden.

Long Service Recognition 2019

Pain & Symptom Management /Palliative Care

20 YEARS – Dr. Lori Saretsky



Clinical Associate, Vancouver Centre, shared with Medical Oncology

Lori started work at the Cancer Control Agency of BC (CCABC) in Vancouver 1994 as a General Practitioner in Oncology and has worked in a number of tumour groups, most recently Sarcoma. She started working with the Pain and Symptom Management /Palliative Care (PSMPC) team about 10 years ago and has gradually increased her PSMPC time to 3 days a week. The PSMPC team enjoys her sense of humour and contribution to outpatient and inpatient care.

Psychosocial Oncology Program:

25 YEARS - Maureen Parkinson



Vocational Rehabilitation Counsellor

In her role at the BC Cancer Agency Maureen provides in-person, group and phone counselling support to those across the province. She has developed job search and return to work seminars for cancer patients and the Cancer and Returning to Work: A Practical Guide for Cancer Patients. She has been the co-lead on creating www.cancerandwork.ca website and co-authored a commission paper for the Canadian Association of Psychosocial Oncology called Cancer and Work: A Canadian Perspective.

Previously, she worked at a vocational rehabilitation counsellor for a public rehabilitation hospital, as a vocational rehabilitation consultant for insurance and law firms and as instructor/facilitator of job search and career exploration programs for contracted services by Service Canada.

Maureen has also worked extensively with brain tumour and young adult cancer survivors advocating for access to vocational, rehabilitation and community supports. She also conducts research in work and rehabilitation for cancer survivors and for brain cancer patients; her work in this area has been recognized with a Support of Oncology Excellence award from the Brain Tumour Foundation of Canada.

In her two decades of work in the area of vocational rehabilitation, Maureen has changed the lives of cancer patients across the province by empowering them access the supports they need to improve their abilities and inspire them to take the steps they need to move forward after cancer and treatment.

10 YEARS

Tricia Antoniuk , Counsellor , Abbotsford Centre
Julie Pulis, Clinical Coordinator, Abbotsford Centre
Elaine Shearer, Community Education Coordinator

5 YEARS

Sandy Faulks, Clinical Coordinator, Surrey Centre-
Monica Hu, Counsellor, Vancouver Centre

Nutrition and Speech Language Pathology:

25 YEARS - Evelyn Wu



Clinical Dietitian, Surrey Centre

Congratulations to Evelyn Wu on 25 years of service to BC Cancer. Evelyn first worked in the Department of Epidemiology in the Diet and Breast Cancer Prevention Study and then as a Clinical Dietitian in Vancouver, before moving to the Surrey site in 2011. From 2018-2019, Evelyn also worked as the interim Clinical Coordinator for Nutrition, Surrey Centre. As the Clinical Coordinator, Evelyn was instrumental in implementing the evidence-based, best practice model of nutrition and swallowing care for patients with head and neck cancers at her centre. Her empathetic nature, person-centred approach, and her strong advocacy skills has improved the quality of care for the patients she works with. As Evelyn states, "Working

with our cancer patients and their families has been challenging, but helping patients as they navigate their journey and seeing them connect the dots between nutrition and their health and recovery has been very gratifying”.

20 YEARS - Lori Sameshima



Regional Clinical Coordinator for Oncology Nutrition at the Kelowna Centre

Lori has enjoyed developing coaching and leadership skills as well as representing the service across the Centre. Her outpatient work at BCC focuses on high risk tumor groups including the head and neck population. She is also the Dietitian with the Prostate Supportive Care Program at the Kelowna Centre. Her Interests include staff and patient education, resource development and staff engagement.

Lori received her BSc in Dietetics at UBC and did her clinical internship at Calgary General Hospital. She has a diverse clinical and outpatient background in Dietetics, most of which has been focused on Oncology Nutrition. Outside of BC Cancer, Lori has worked in clinical settings, private practice, sport nutrition, and with the media.

10 YEARS

Melody Cole, Clinical Dietitian, Kelowna Centre

5 YEARS

Gigi Finger, Speech Language Pathologist, Prince George Centre

Update from the LEAF Program

The Adult Childhood Cancer Survivors Program, a provincial program of BC Cancer hosted a Patient and Family Education at the BC Cancer -Victoria site on Saturday, November 2, 2019. Manager of Clinical Services Luminta Nica welcomed 58 attendees from Vancouver Island and surrounding areas. Leigh-Ann Baron, the nurse practitioner for the LEAF (Late Effects, Assessment and Follow-Up) Clinic provided information about pediatric cancer late-effects and a number of representatives from the

following community organizations provided information about their services.

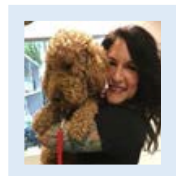
[WorkBC](#) , [Power to Be](#) , [Together Against Poverty Society](#) , [Victoria Disability Resource Centre](#) , [InspireHealth](#)

A special word of thanks to BC Cancer Librarian, Lorraine Leitz who opened the doors to the beautiful BC Cancer-Victoria space and who provided so much valuable information to the patients and families. We are also grateful to the volunteers who helped on the day and the Victoria administration. Funding for the day was from a generous, anonymous donor from the LEAF Clinic.

Feedback was very positive from long-term cancer survivors who learned about community resources which support health, finances and recreation. Patient and Family Counsellors Sharon Paulse and Bronwyn Barrett were delighted with the day and are busy planning for next year.

Update from Kelowna

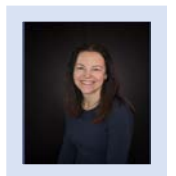
Stacy Rodriguez, Secretary for Patient and Family, Psychiatry and Nutrition at nominated for Workplace Inspiration award.



“Stacy is usually the first person patients see when they come to our office. Often people are here because they are in need of emotional support and are vulnerable and overwhelmed. A friendly face has so much positive impact for patients coming into our area. Stacy is proactive, efficient and extremely dedicated to her role.”

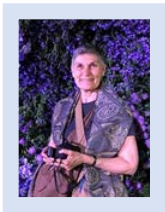
“Stacy has been an exceptionally positive and affirming influence in our office. She makes anyone coming into the office feel welcome and at home. Her willingness to go above and beyond for patients and staff as well as her empathy, humour and kindness truly make her a Workplace Inspiration. We are lucky to have her.”

Kathy Green, Counsellor, Patient and Family Counselling Services nominated for Patient Care Champion.



“Her skill as a counsellor was excellent. I will never forget Kathy Green and the encouraging skills she taught me to manage my emotions.”

Myrna Tracy, Counsellor/Social Work, Patient and Family Counselling nominated for Patient Care Champion.



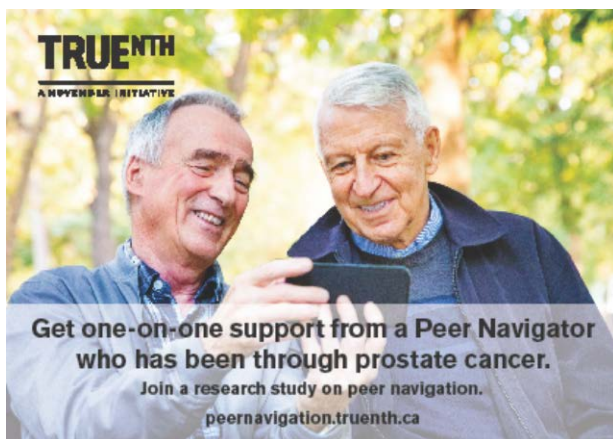
“Myrna has made an indelible mark both on her colleagues and the many patients and families she has worked with. She is the epitome of professionalism and dedication.”

“She is committed to her excellent work and has a huge capacity for understanding and generosity.”

Update from Community Partners

Prostate Cancer Peer Navigation Program resumes

Dr. Arminee Kazanjian from UBC’s School of Population and Public Health along with Oncology Clinical Champions from Vancouver and Surrey developed the TrueNTH Prostate Cancer Peer Navigation Program. Peer Navigators are prostate cancer patient survivors who have completed a six-module online training program to prepare them for their role as a peer support person.



What is unique about Prostate Cancer Peer Navigation? How is it distinct from other types of support for cancer patients?

The training Peer Navigators have received dissociates their service from that which Self Help Groups (tumor-specific support groups) offer among their members. Peer Navigation is not meant to compete with Support Groups. Prostate cancer patients who seek one on one support but feel more comfortable with a fellow cancer patient may prefer a peer navigator over a clinical counsellor.

These trained Peer Navigators offer recent prostate cancer patients, who feel uncertain about which type of

treatment to choose or who wish to seek emotional and/or informational support are invited to make use of this program. Similarly, family caregivers of prostate cancer patients whether it is the spouse or another relative or close person who takes care of the patient, are invited to connect to a Peer Caregiver Navigator.

Peer Navigation Support or Peer Caregiver Support can be provided either in person, on the phone or online, depending on the preferences of the person seeking support and the geographical situation. This program had been awarded by Prostate Cancer Canada and is funded by the Movember Foundation. At this time the program is considered to be in a sustainability phase in order to implement it in routine care in the future. Hence, a prerequisite to participation is consenting to complete 2 questionnaires, before-and-after, as part of the implementation study. For further information visit: peernavigation.truenth.ca. Interested prostate cancer patients and caregivers are invited to connect with us at peer.navigation@ubc.ca or call us at (604) 827-1831.

IPODE Continuing Education Courses
 Register for courses online at www.ipode.ca.
 For more information contact Natasha Boutilier:
Natasha.Boutilier@cdha.nshealth.ca or 902-473-6618.

Professional Development Opportunities

Supportive Care Rounds

Offering multidisciplinary perspectives on Supportive Care issues

Attend these lunch hour rounds (**Noon-1pm**) in person at one of the 6 cancer centres or arrange to video link to the sessions by contacting PHSA Telehealth Services. You can also call in or use WebEx to connect to the session. Details found on rounds flyers.

With permission of the presenter, rounds will be recorded.

To view recordings of presentations go to [ROUNDS on the POD](#) and scroll down to SUPPORTIVE CARE. Please allow at least a week after presentation for the recordings to be posted. Thanks for your patience.

Monday December 9th, 2019

New international exercise guidelines for cancer survivors

By Kristin Campbell, BSc, PT, PhD is a licensed physical therapist and an Associate Professor in the Department of Physical Therapy at UBC.

2019 Exercise Guidelines for Cancer Survivors: Consensus Statement from International Multidisciplinary Roundtable.

Expected benefits for different types of exercise

Aerobic only	Resistance only	Aerobic plus Resistance
↓ anxiety	↓ fatigue	↓ anxiety
↓ depressive symptoms	↑ quality of life	↓ depressive symptoms
↓ fatigue	No risk of exacerbating lymphedema	↓ fatigue
↑ quality of life	↑ perceived physical function	↑ quality of life
↑ perceived physical function		↑ perceived physical function



Aerobic exercise
3x/week
30 mins per session
Moderate intensity



Resistance exercise
2x/week
30 mins per session
2-3 sets, large muscle groups

Campbell KL, Winters-Stone KM et al, Med Sci Sport Ex 2019; DOI: 10.1249/MSS.0000000000002116

Wednesday January 22, 2020

Resilience @ Work

By Hayra Houhlihan, MA, Leadership Coach, with PHSA HR Leadership Development Team, accredited in the Resilience@Work model



In this session you will get:

- An introduction to the Resilience@Work model and its 7 factors
- Common language around workplace resilience
- Increased self-awareness of personal resilience
- To Identify resilience building strategies and available resources

Wednesday February 26th, 2020

In a Nutshell: Initiatives - Nutrition Speech and Language:

NeXT Up Spin-A-Thon-Learn about nutrition and exercise programming for British Columbian cancer patients. Speaker: Cheri Van Patten, Research and Clinical Practitioner, BC Cancer-Nutrition and Rehabilitation

Health Care Providers' Perspectives of the Ketogenic Diet-Speaker: Cara Miller, Clinical Dietitian, BC Cancer-Victoria Centre

Swallow exercises to reduce swallowing problems-Learn how our Speech Language Pathologists work with patients with head and neck cancer to help to reduce swallowing problems. Speaker: Gigi Finger, Speech Language Pathologist, BC Cancer-Prince George Centre

Nutrition Screening at BC Cancer-What we have learned from screening over 83,500 BC Cancer patients since 2012. Speaker: Lindsay Van der Meer, Clinical Coordinator, Nutrition, BC Cancer-Prince George Centre

Resources

Return to Work

Both those diagnosed with cancer and their employers are hoping to obtain better guidance from health care providers on what to expect in terms of cancer and its treatment and its impact on work. See www.cancerandwork.ca, Cancer is teamwork and communication to see how you can better provide guidance to support a cancer survivors return to work.

The Fit Right Pilot Project is a multi-partner effort to address challenges in matching affordable, accessible homes and independent living support services in Metro Vancouver with people who need them. **The Issue:** People with disabilities who use indoor wheelchairs typically wait years for affordable, accessible housing. [Read more](#)



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Home - Canada Revenue Agency

Organizations: Outreach activities just for you!

We can help you

- Indigenous peoples
- newcomers to Canada or refugees
- seniors
- students and youth
- persons with disabilities
- housing insecure, homeless, or individuals staying in a shelter
- moderate-income Canadians

The CRA's outreach officers can:

- visit your organization to present an information session to your employees or clients
- host a booth or deliver a presentation at an event you are organizing
- provide tailored products to help inform the individuals you serve

NEW
Canada Revenue Agency Outreach Program

[Learn more](#)

Deadline for submission for the spring newsletter is March 1st, 2019. Send information to eshearer@bccancer.bc.ca.