

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



Summer 2019

What's New?

Why is relaxation important?

By Carolyn Neapole, MTA, AVPT, Music Therapist
Patient and Family Counselling, Vancouver Centre

Relaxation is a fluid state of being where the body and mind are generally free from tension and anxiety. It is also a skill that can be practiced, and practice helps us to access relaxation in the more challenging moments of our lives when it is difficult to be calm. Relaxation is different than distraction, which in our busy world is available non-stop. Countless hours on our devices and computers may occupy our minds temporarily, but they don't help our nervous systems settle down or reduce our feelings of anxiety.

Relaxation and Music Therapy

The relaxation group at Vancouver Centre offers a guided relaxation and music therapy group for patients and caregivers who are struggling with heightened anxiety, depression and /or stress. The group is co-facilitated by a music therapist and a counsellor from Patient & Family Counselling. Participants enter the John Jambor room, where gentle live music is already being played. They are led through a brief introduction and then get settled on foam mats, or in comfortable chairs, with pillows and blankets. The room lights are dimmed, and the program begins. Music and spoken-word guided imagery are blended together to provide a relaxation experience. The program encourages participants to pay attention to themselves in a way that helps to slow the mind and provide access to the parasympathetic nervous system¹. Heart rates slow down, breathing deepens and slows, and the signs and symptoms of anxiety and stress start to decrease. The program concludes with a gentle reorientation to the here and now, and participants are

encouraged to notice the sensations of relaxation, which they can learn to achieve in their daily lives.

Why use music therapy in a relaxation group?

Music therapy¹ can address both situational and chronic stress, and has been shown to help with pain management and anxiety reduction. Music is also able to increase our quality of life providing aesthetic pleasure, embodying hope for survival, and providing a bridge from the diagnosis of 'cancer patient' to a larger, more complete sense of self.

When and where?

¹Relaxation & Music Therapy runs on Tuesday afternoon from 2:30-4:00pm in the John Jambor room. Patients and their caregivers are welcome to attend individually and/or together. This is a drop in program which runs on a weekly basis. No pre-registration is required.

¹ Bradt, J, et al. The impact of music therapy versus music medicine on psychological outcomes and pain in cancer patients: a mixed methods study. *Support Cancer Care* 23: 1261-1271.

Robb, S. Music assisted progressive muscle relaxation, progressive muscle relaxation, music listening, and silence: a comparison of relaxation techniques. *Journal of Music Therapy* (1) 2000, 2-21.

Hilliard, R. The effects of music therapy on the quality and length of life of people diagnosed with terminal cancer. *Journal of music therapy* (2) 2003, 113-137. dear to her heart. She writes: "I've found the clinical work meaningful. I hope that my work helped some of our patients and their families. Our clients are – the vast majority of the time - so appreciative of our services and show much grace in their difficult journeys through cancer care. I'm very appreciative to have had the opportunity to listen and learn – maybe even become a (little) better human being as a result. They put everything in perspective."

New Videos on www.bccancer.bc.ca

New **video clip** introducing Patient and Family Counselling & Psychiatry Services



We are proud to launch this 3 minute video that explains what Patient and Family Counselling Services are and how they have been helpful to patients. This initiative came out of patient partners indicating a need for a short video about our services during the re-design of our support programs page. Thank you to the 3 patient partners and the film maker Chris Francis from Bunch of Carrots Productions, as well as over 10 staff members who participated in the creation of this video.

View at - <http://www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling>

As well, the new **Support Programs** page is live at <http://www.bccancer.bc.ca/supportprograms>.

Support Programs

Looking for cancer support? Click a button below to see programs offered at our cancer centres. Click a program name to learn more and find out how you can register.

Abbotsford >

Kelowna >

Prince George >

Surrey >

Vancouver >

Victoria >

Managing Stress While Living with Cancer – Part I video

has been translated into simplified

Chinese, Traditional Chinese and Punjabi and they are on the BC Cancer website under Emotional Support – Managing Stress. <http://www.bccancer.bc.ca/health-info/coping-with-cancer/emotional-support/managing-stress#Managing--Stress-->

Toolbox

Watch "Managing Stress While Living with Cancer"; a video series dedicated to cancer patients & their families who are learning to find their "breath" after a cancer diagnosis.

Watch Part I



Also available in [Punjabi](#), [Simplified Chinese](#) and [Traditional Chinese](#).

Watch Part II - Body Scan



Watch Part II - Body Scan

Check out the new section of the website on the **Supportive Care Services** at BC Cancer.

<http://www.bccancer.bc.ca/our-services/services/supportive-care>

You can find information on the following services:

- Nutrition
- Pain & Symptom Management/Palliative Care
- Patient & Family Counselling
- Psychiatry
- Speech-Language Pathology

New Medical Lead for Supportive Care



Dr. Jennifer Goulart will begin her role as Medical Provincial Lead of the Supportive Cancer Care Program for BC Cancer as of June 1st.

In this role, Dr. Goulart will be establishing provincial standards, goals, strategies, policies and processes associated with the clinical programs across the province and will help support the implementation of these standards working in collaboration with the clinical program Medical Directors, Regional Medical Directors, Provincial Professional Practice Directors, Senior Practice Leaders and other professional practice leaders. She will be responsible for developing a strategic and future focused provincial program for Supportive Cancer Care in partnership with the Provincial Director of Supportive Cancer Care, Sara Camano. Dr. Goulart will be working out of Victoria Centre.

Update from Victoria



Helen Wong is retiring after over 30 years of working at PFC in Victoria.

Helen has been instrumental in so many areas. For example, she was a key player in the development of our current Financial Booklet for Cancer Patients. She was integral in creating and developing the Head and Neck Support Group in Victoria.

She was a longstanding member of the Pain and Symptom Management Team, bringing the psycho-social perspective to palliative patients. Further, she led the Children's group, and also helped our team to expand our capacity to work with children whose lives have been impacted by cancer. In some ways, to start listing Helen's accomplishments means there would be a very long list indeed.

Helen brings an understated style of leadership, creativity, and advocacy for both patients and the importance of psycho-social oncology. On a daily basis, Helen's generosity of spirit, graciousness, and good

humor is evident. While Helen may be retiring from her permanent position, she will be transitioning to become one of our wonderful casual staff members. Helen and Larry will now have more time for their exciting trips together.

Update from Prince George

Preston will be deeply missed and forever remembered.



On May 1, 2018 a dedication event for the late Preston Guno, Inaugural Provincial Director Indigenous Cancer Care, BC Cancer,

was held at Centre for the North. The event included members of Preston's family and a small group of local and provincial dignitaries from BC Cancer, Ministry of Health, First Nations Health Authority, Metis Nation and Lheidli T'enneh.

Preston was a proud member of the Nisga'a Nation and made his home with his family on Carrier territory in Prince George, BC. In his role at BC Cancer Preston worked diligently to advance the health and wellness of all Indigenous people in BC. Preston vigorously promoted cultural safety in cancer care service delivery and he leaves us with a legacy of respect, understanding and compassion for our continued care and work with BC's Indigenous peoples. Preston was instrumental in bringing custom-designed Indigenous art installations to BC Cancer, to help make each of regional centres culturally safe and welcoming for Indigenous patients and their families.

Preston was honored by dedicating the Spiritual Care Room at Centre for the North to his memory, to insure patients and their families can seek comfort, peace and practice ceremony throughout their cancer journey, concerns that were of key importance to Preston.

Spiritual Care Practitioner Visits Prince George



Alison Cummings is piloting a Spiritual Care project at BC Cancer. She is a Spiritual Health Practitioner (SHP) and trained by the Canadian Association of Spiritual Care. This care is multi-faith and inter-faith and

based on a person's beliefs, cultural background, values, traditions and practices. In her role she offers confidential patient, family and staff support in moments of need such as times of grief and loss support, decision-making and difficult or crisis situations.

Alison's office is located in Vancouver but her role has provincial scope. Many of her referrals have come from patients being seen at Pain and Symptom Management clinics across the province. Referrals can be made through your local Patient and Family Counselling Services (PFCS).

On May 15th and 16th Alison travelled to Centre for the North to promote understanding of her role and mandate. From all accounts her visit was very successful. During her stay, she met almost all of the center leaders and staff members and provided a well-attended lunch and learn. An important part of her visit was spending time educating and working with PFCS and nursing team. In addition, Alison was able to liaise with community clergy, participate in the Indigenous drop-in session and even managed to see one of her northern patients in person!

Update from Psychiatry

Our provincial Psychiatry service is undergoing a lot of change.

Drs. Ejike Udumaga (Prince George), Lidia Schuster (Kelowna), Jeff Douziech (Kelowna), Diana Ingram (Victoria), and Vally Mendoza (Vancouver) are each moving on from BC Cancer to other opportunities in work or life. We would like to thank each of them for the great care they have provided to so many BC Cancer patients.

Psychiatric resources are spread especially thin in Prince George, and we've been very fortunate to have Dr. Udumaga's invaluable expertise on our Psycho-oncology team there. Lidia Schuster has been one of our most experienced Consultation-Liaison psychiatrists and was our only psychiatrist at Kelowna Centre for a number of years. Jeff Douziech was a highly sought-after new grad when we recruited him and not-surprisingly he is moving on to a leadership opportunity in the Okanagan. Diana Ingram has been one of our most experienced Psycho-oncologists, having worked in the field in Ontario before moving to BC. Vally Mendoza is our current longest-serving psychiatrist at Vancouver Centre and has brought unique expertise in Reproductive Psychiatry, Addictions, and Pain Medicine. Another change is Dr. Jasmina Kobiljski moving this summer from Vancouver Centre to Victoria Centre.



Last, but not least, we're very excited to welcome Dr. Stephen Fitzpatrick to our Psychiatry team at Vancouver Centre. Dr. Fitzpatrick has most recently been a Consultant Psychiatrist at Vancouver General Hospital and has previously served as Assistant Head of

the Department of Psychiatry at St. Paul's Hospital as well as the Division Head or lead for Consultation-Liaison Psychiatry, Outpatient Psychiatry, General Psychiatry, Emergency Psychiatry, and HIV Psychiatry. Fitting to our work, he also previously worked in Family Medicine and completed some residency training in Radiation Oncology before switching to Psychiatry. His work at St. Paul's has been recognized through numerous awards including the Faye Meuser Memorial Leadership Award, the Above and Beyond Award for Outstanding Service to the Department of Psychiatry, the Outstanding Teamwork Award, and the Annual Team Mission Award. He has also won awards for teaching from both Psychiatry and Family Medicine residents.

We continue to aim to grow our Psychiatry service at all centres and photos and bios for a number of our current psychiatrists can now be found online.

<http://www.bccancer.bc.ca/our-services/services/supportive-care/psychiatry>

Update from Vancouver

Luminita began her role as Clinical Services Manager, Ambulatory Care, LEAF and Supportive Care for Vancouver Centre

Lumi is looking forward to providing dedicated time and attention to the supportive care services portfolio, formerly spread out over various portfolios, as well as the teams within the Ambulatory Care area and LEAF with the aim to positively impact patient care and experience while enhancing the work environment for staff and physicians.

Mindfulness-Based Stress Reduction Program for Chinese-Speaking Patients

Sandy Kwong MSW RSW, Social Worker, BC Cancer will facilitate 2 classes.



1. Cantonese Class - Jun 24 – Aug 12, 2019 | Mon | 9:30 - 11:30 a.m. | 8 sessions and a Day Retreat Jul 31, 2019 | Wed | 1:30 - 7:30 p.m. - Location John Jambor Room, 1st Floor, BC Cancer Vancouver
2. Mandarin Class Dates to be announced.

Patients can register with Patient & Family Counselling Services by calling 604.877.6000 local 2375 (Chinese) or local 2194 (English)



Michelle Pan has been hired as a casual counsellor for the provincial Chinese program, based in Vancouver, primarily supporting Sandy Kwong in her role. Michelle is a registered nurse and clinical counsellor. She completed her bachelor of science in biology and

bachelor of nursing at UBC and masters of counselling at Adler University. She currently works as a community nurse case manager, providing support for adults with developmental disabilities and as a clinical counsellor in private practice. Her past experiences include providing care for individuals with acute, chronic, progressive, and terminal illnesses, as well as, providing education on palliative care and serious illness conversations to health care providers at VCH.

Update from EPICC



EPICC project coordinator, Beth Skuggedal hired in Prince George.

Beth Skuggedal is a Registered Nurse who was born and raised in Prince George. Beth worked in Public Health & Primary Care Nursing through Northern Health from 2013-2017. She started with BC Cancer in 2018 doing Infection Control, and began her new role as BC Cancer EPICC Coordinator in Feb 2019. She has worked with people across the entire life-span, from birth until end of life, and has a strong passion for patient-centered and autonomous health care. Beth feels privileged to be working alongside the BC Cancer team to implement this very momentous pilot project.

BC Cancer seeks to improve patient care by creating a new model of care, through the integration of palliative care earlier in the patient journey of those with non-curative cancer. Beth works closely with Antony Porcino, EPICC Project Manager to coordinate the planning, development, implementation, evaluation and overall success of the EPICC pilot at Vancouver and Prince George regional centers.

What is a palliative approach to care?

- Provides relief from pain and other distressing symptoms
- Integrates the psychological and spiritual aspects of patient care
- Intends neither to hasten nor postpone death
- Offers a support system to help patients live as actively as possible until death
- Affirms life and regards dying as a normal process



We are excited that the new model of care using an iPad Symptom Screen will be trialed with specific patient groups at the Prince George centre later in June 2019. Associated education will be provided to staff, and will include Serious Illness Conversation and LEAP Oncology training.

Update from Community Partners

[LivingOutLoud.Life](#) – New, free international digital health tool supports young adults living with advanced illness

“My friends don't want to talk about the fact that I'm scared that I'm going to die, they don't want to hear about it, it's not going to happen but it is going to happen and I want to talk about it.” – Jayda Kelsall

Young adults and teens with advanced illness have been virtually invisible in health care systems and online – until now with the launch of [LivingOutLoud.Life](#) - the world's first online platform dedicated to supporting and empowering young adults and teens living with advanced illness. Fourteen young adults share deeply personal stories about living day-to-day with advanced illness and with end of life. Their stories are unscripted, unfiltered and unforgettable, offering help when it is needed most. In addition, leading health experts from Canada and the US have also contributed content to the site.

The young people share their experiences of pursuing education and careers, navigating impacts on sexuality and fertility, managing relationships, decisions about their care or treatments, dealing with symptoms and confronting end of life. Families, friends and health providers can gain a better understanding by viewing their stories.

The site is also an excellent resource for families, friends and health providers seeking a better understanding of what it is like to be young and to navigate issues that arise when living with limited time.

[LivingOutLoud.Life](#) is the result of a collaboration between The Canadian Virtual Hospice, young Canadians living with advanced illness, The Canadian Partnership Against Cancer, The Thomas Sill Foundation, Young Adult Cancer Canada and Team Shan Breast Cancer Awareness for Young Women. A French version of the site will launch in May 2019. For more information, email: Marissa@virtualhospice.ca

Join us for our eleventh year of the **Ride to Conquer Cancer** AUGUST 24-25, 2019

Join us for what will be an epic celebration! It's your chance to experience firsthand the dynamic energy of riding with thousands of other passionate participants, each driving towards a common goal: to conquer cancer.

Two Days. Over 200 Kilometers. The Ride route for 2019 will travel through the beautiful Fraser Valley, beginning in Cloverdale and finishing in Hope with an overnight in Chilliwack. Read more...

<https://ride.conquercancer.ca/vancouver19/about/>



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Educational Opportunities:

Supportive Care Rounds

Information that all health care providers working in oncology should know!

These rounds are open to all BC Cancer Staff and Community Oncology Network partners throughout BC. They are video linked and are generally offered on the 4th Wednesday of the month (with the exceptions of July and August, November and December) between noon and 1pm. To video link to these sessions contact PHSA Telehealth services. WebEx or calling in are other options and this information will be on flyers for each event.

With the presenters permission we do record these sessions. The recordings are found on the POD under Employee Essentials > Learning and Development > Rounds > Supportive Care.

JUNE 26, noon -1pm

Exploring Gender Diversity

Presenter: Gwen Haworth



Gwen is a trans-identified, health educator who has previously worked for Langara College and Vancouver Coastal Health. She is currently the Education Project Manager with Trans Care BC,

leading their initiative to release a series of resources and online training modules for care providers and support staff, over the next two years. This will include four CME accredited primary care modules in collaboration with UBC – Continuing Professional Development.

This presentation will give a fast-paced introduction to some foundational competencies to working with trans and gender-diverse people. These include:

- Key terms and concepts
- Strategies for creating accessible and affirming care
- Resources and support tools for staff and care providers.

SEPTEMBER 25th, noon -1pm

Highlights of the Third Expert Global Report on Cancer Prevention: More than an Apple a Day

Presenter: Cheri Van Patten, RD, MSc, Research and Clinical Practitioner



Cheri is a registered dietitian at BC Cancer in Vancouver. She holds a Master of Science in Nutrition and over 25 years of experience in cancer care. Her current position is Research and Clinical Practitioner and past roles have

included leadership roles as regional and lower mainland Practice Leader for Oncology Nutrition. Her areas of specialization are breast and prostate cancer where she has authored 17 publications relating to diet, dietary supplements, exercise, energy balance and body composition. She had been a principle and co-investigator on grant-funded collaborative projects and the co-lead for the Next Study (Nutrition and Exercise during Adjuvant Treatment) to help establish nutrition and exercise interventions as standard care. Cheri has played a strong role in translating knowledge in diet and cancer for various patient education programs and resources including, 'A Nutrition Guide for Breast Cancer', 'A Nutrition Guide for Prostate Cancer', 'The Intelligent Patient Guide for Breast Cancer', and 'Nourish'.

OCTOBER 23rd, noon-1pm

Working with Marginalized Cancer Patients

Presenter: Barbara Eddy, MN, NP(F), CHPCN®, Adjunct UVIC School of Nursing, Associate Member UBC Department of Medicine, Division of Palliative Care

This presentation will discuss how to reach these patient and help them navigate their care. Ms. Eddy has a background in palliative care and has worked and advocated for the people living in the Downtown

Eastside since 2007 and brings a wealth of experience about how to make health care accessible for people who may face multiple barriers such as homelessness, addiction and mental health issues.

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.

IPOS/CAPO WORLD CONGRESS



The Canadian Association of Psychosocial Oncology (CAPO) in partnership with the International Psycho-oncology Society (IPOS) is pleased to host the 21st World Congress of Psycho-Oncology. Scheduled for September 23 – 26, 2019 in Banff Alberta, Canada.

The Congress Theme is A Global Call for Action: Implementing Psychosocial Oncology Research for Optimal Cancer Care. This World Congress creates an opportunity to bring together an international body of health care professionals. This forum encourages new global partnerships and allows for the dissemination of ground-breaking research to professionals and the general public about psycho-oncology, that is, the psychosocial (psychiatric, psychological, social, behavioural, ethical) and psychobiological aspects of oncology. Finally, this forum allows us to recognize exceptional contributions from around the world to the field of psycho-oncology through our awards of excellence.



Person-Centred Care

Following a successful 2018 event, the [BC Cancer Summit](#) returns November 21-23, 2019, at the Sheraton Wall Centre in downtown Vancouver. This three-day event that combines teaching, idea-sharing, and

celebrating the amazing work done all over the province at BC Cancer.

This year, the conference will include an additional day to celebrate the **20th Anniversary of Canada's Michael Smith Genome Sciences Centre (GSC)**. The GSC is helping BC Cancer change outcomes for people affected by cancer. Over the past two decades, its ground-breaking research has contributed to furthering the understanding of the fundamental role of genetics in cancer and other diseases. It has helped BC Cancer apply this knowledge to improving person-centred care through crucial scientific and technical support, for example, within the Personalized OncoGenomics and Hereditary Cancer programs as well as through cancer gene panel testing.

Information & Resources:

Changes to Canada Pension Plan

Are you aware there is a recent change for individuals who are receiving CPP (and not yet age 65) and wanting to change to CPP-Disability?

Post Disability Benefit

Previous legislation required a CPP retirement pensioner to have become disabled prior to the effective date of the retirement pension to be eligible for a disability benefit.

It was just announced as of January 1, 2019, they will provide disability protection for CPP retirement pensioners who become disabled on or after their retirement pension start date but who have not reached age 65.

How much could they receive?

The amount of the Post-Retirement Disability Benefit is the flat rate component of the disability pension. It is \$496.36 for 2019. This amount will be paid until age 65, at which point the PRDB payment stops and the person continues to receive the retirement pension.

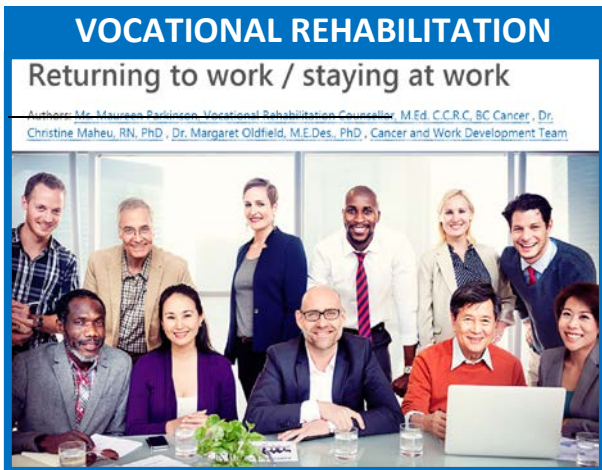
How does the Post-Retirement Disability Benefit interact with your other benefits?

The Post-Retirement Disability Benefit is paid in addition to the CPP retirement pension you are receiving, until the age of 65.

As of January 1, 2019, the amount of the death benefit for all eligible contributors is a flat rate of \$2,500.



Tell us what you think about this newsletter.



See the newly revised 11 steps health care providers can follow to support a cancer survivor with return to work: <https://www.cancerandwork.ca/healthcare-providers/returning-to-work-staying-at-work/return-to-work-steps-for-health-care-providers/>

- 1 Understand current work abilities
- 2 Assess functioning
- 3 Understand and address return to work challenges
- 4 Understand the demands of the job
- 5 Communicate about return to work
- 6 Encourage survivors to take control of their rehabilitation
- 7 Identify supports that will enable survivors to work
- 8 Develop a formal return to work plan
- 9 Encourage patients to prepare for going back to work
- 10 Monitor progress after returning to work
- 11 Help manage expectations at the workplace

**If you would like to contribute to this quarterly newsletter contact Elaine Shearer, Community Education Coordinator, Psychosocial Oncology Program - eshearer@bccancer.bca.ca
Deadline for submissions to the fall newsletter is September 1st.**