

Linking the BC Psychosocial Community Oncology Network

This newsletter is published by the BCCA Provincial Psychosocial Oncology Program for health care professionals in communities throughout British Columbia and the Yukon.

What's New?

Two New Positions at BCCA



Provincial Practice Leader for Psychiatry

Dr. Alan Bates is the new Provincial Practice Leader for Psychiatry. Dr. Bates brings experience in research, teaching, clinical work, and psycho-oncology to this newly created role. He received his PhD from the University of Nottingham, and he completed his medical degree and Psychiatry residency at UBC. He then completed a fellowship in Psychosomatic Medicine and Psycho-oncology at Memorial Sloan Kettering Cancer Centre and Weill Cornell Medical College in New York. Dr. Bates has published peer-reviewed articles on topics ranging from brain imaging to delirium to palliative care and has a special interest in incorporating physical fitness and teamwork into treatment for psychiatric illness. His volunteer work has been honoured with a Queen Elizabeth II Diamond Jubilee medal and he participated in the Vancouver 2010 Olympic Torch Relay. He's a Clinical Assistant Professor in the Department of Psychiatry at UBC, and in addition to his work at the BCCA, he's also a Consultant

Psychiatrist at St. Paul's Hospital and the Mood Disorders Association of BC.

Related to his interest in using teamwork as a therapeutic intervention, he's also keen to involve others in envisioning the future for the BC Cancer Agency Psychiatry Program. One of his goals is to better integrate Psychiatry and Patient and Family Counseling Services. He plans to create practice guidelines and offer clinical rounds to share knowledge and skill in caring for our patients. He would also like to more clearly define referral and discharge criteria for Psychiatry Services to help manage the increasing number of patients.

Another goal is educating the interdisciplinary health care team on the importance of whole-patient care. Dr Bates plans to offer rounds presentations to our medical colleagues to help increase awareness of the importance of psychosocial care to our patients.

Another important goal is building relationships with other hospitals, universities and cancer centres. To encourage such relationships, the Vancouver Cancer Centre psychiatrists have created a resident elective in psych-oncology, and hope to expand this program in the future.

Dr. Bates' office is located on the 6th Floor of the Fairmont building on Mondays and Tuesdays and in the Patient and Family Counseling area of the Vancouver Centre Wednesdays through Fridays. He has begun to travel to each Regional Cancer Centre to meet psychiatrists and other interdisciplinary team members. He can be reached at: alan.bates@bccancer.bc.ca or at 604-877-6000 x672488.



Adult Childhood Cancer Survivorship Program (ACCS) Counsellor

This role was developed in collaboration with the Adult Childhood Cancer

Survivorship Program. Beverley Biggs (MSW) is the successful candidate for this newly created position. She started her new job on November 30, 2015 and is part of the Patient and Family Counseling (PFC) team at the Vancouver Centre. Part of Beverley's role will be to determine the psychosocial needs of adult childhood cancer survivors, and the best way to meet those needs.

Beverley obtained her MSW from the University of Toronto in 1995. She has a wide range of clinical experience in health settings in Ontario. She also has years of experience in the Leukemia/Bone Marrow Transplant (BMT) Program of BC. Recently, Beverley has worked with the Clinical and System Transformation Project (CST) as a Clinical Associate: Clinical Documentation Team. Beverley has had extensive experience in working with interdisciplinary teams both in British Columbia and Ontario. She brings a strong patient/family-centered and advocacy approach to her work.

Cancer Chat Canada- Quick Update

Cancer Chat Canada has now transferred to a new National Leader – namely, the de Souza Institute, University Health Network. Patients and family members can now register on the site to find out about upcoming groups. Health care professionals are also invited to register to receive future newsletters and program updates.

If you would like to receive newsletters, program updates and information about upcoming support groups, please register using this link: <http://links.desouzainstitute.com/cancerchat-newsletter>.

New Knitting and Textile Arts Group

A recent article highlights the positive effects of knitting and textile arts on improving mood.

<https://www.yahoo.com/makers/happiness-is-a-needle-and-thread-away-the-mental-113527012940.html>

Dr. Ann Futterman-Collier, a psychologist, says that people who knit take a “vacation” from their problems, focusing instead on something that energizes them.

The findings of this study sparked the idea to host a “Knitting and Textile Arts Group” for BC Cancer Agency patients and family members. The Jean C Barber Lodge in Vancouver graciously offered their beautiful “Listening Room” for us to use. The group takes place every Thursday afternoon, from 1:30-3:30 pm. The group was originally facilitated by Catherine Dunlop and Sara Prins Hankinson, art therapists at the BC Cancer Agency. This group is currently being facilitated by Stephanie Lipsit, a student art therapist at the BC Cancer Agency (see photo).



Any patient or family member staying at the Jean C Barber Lodge or receiving cancer treatment is welcome to drop by the “Listening Room” on Thursday afternoon. Since our program began in May, we have been teaching people

how to knit and crochet. Patients have also had the opportunity to talk with each other as they learn. They leave with yarn, instructions, and knitting needles or a crochet hook to continue to use in their own time. Participants report that they enjoy learning a new skill, making new connections, and discovering a hobby to occupy them during treatment.

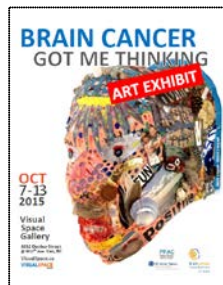
This program will continue to run on Thursday afternoons at the Jean C Barber Lodge until further notice. We plan to expand this program to other centres by teaching volunteers how to offer the program.

Brain Tumour Awareness Month

Art Show

Report by Amy Rapport, Counsellor, Vancouver Centre

In honour of Brain Tumour Awareness Month, this year we chose to celebrate the talents, creativity, and resiliency of the brain tumour community through an art show. The name of the show – *Brain Cancer Got Me Thinking* – was inspired by a work of art created by a past participant of our art therapy program.



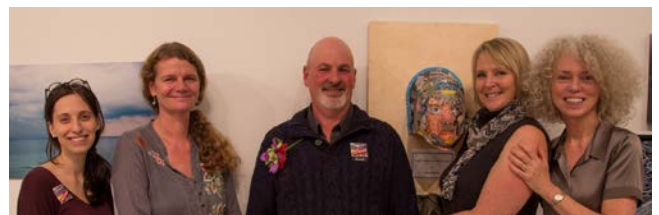
The Patient & Family Advisory Council, including Yaron Butterfield (pictured here), is composed of a group of

dedicated brain tumour patients and family members who volunteer their time to improve care for the brain tumour population. This Council played in a significant role in the planning for this event.

We asked anyone affected by a brain tumour diagnosis – patients, family members, friends, health care providers, adults, and children – to submit a work of art using any medium, and including an artist’s statement outlining how they have been affected by a brain tumour. The response was overwhelming. Twenty-two artists submitted works of art in a range of media. A jury selected 30 works for public exhibition which was held at the Visual Space Gallery from October 7-13 on Dunbar Street in Vancouver. The stories, in combination with the art, provide a remarkable glimpse into the resiliency of the individuals who make up the brain tumour community.

The works are showcased on the Brain Tumour Foundation of Canada’s website via slideshow: Articles were also published in:

- <http://vacay.ca/2015/10/art-show-supports-brain-cancer-patients/>
- <http://www.straight.com/arts/549341/art-exhibit-highlights-brain-tumour-awareness-month>
- <http://www.asianpost.com/article/7200-cancer-survivor-advocates-healing-art.html>
- http://www.huffingtonpost.ca/adrian-brijbassi/art-show-brain-cancer_b_8255084.html?utm_hp_ref=vancouver



Attendees included (left to right) : Amy Rappaport , Counselor, BCCA, Cathie Dunlop, Art Therapist, BCCA, Brad Elphick, patient with his wife, Shelley ,and Rosie Cashman, Nurse Practitioner at BCCA.

Prospective Outcomes and Support Initiative (POSI)

An exciting new project called the Prospective Outcomes and Support Initiative (POSI) has launched at the BC Cancer Agency. POSI began in 2013 as a way to support patient-centered care across the province through the collection, analysis and innovative clinical use of patient reported outcomes. The POSI team, in collaboration with relevant BCCA staff members, develops tumour-specific questionnaires that patients complete. They report on various symptoms that they may be experiencing. These questionnaires are designed to capture the most relevant symptoms for that particular patient group (e.g., headaches in brain mets vs. coughing in chest/lung). This data is then used by clinical staff to increase the responsiveness of care and referral. To date, POSI has begun collecting data from the following patient groups: patients with bone mets and/or brain mets, and patients diagnosed with chest/lung cancer and gynecological cancers. POSI has the potential to help drive improvements in clinical practice more broadly by documenting the impact of various cancer treatments on patients' subjective experiences. For the past two years, Douglas Ozier (PhD.) has served as the Patient and Family Counselling representative to the POSI planning team. His role has been to include standardized and validated measurement of psychosocial distress in the questionnaire development. POSI aims to improve cancer care at BCCA by including patients' perspectives.

Staff Achievements

Parvind Kaur Grewal P.Eng., Ph.D., former Research Project Manager- Cancer Chat Canada was recently nominated as one of SFU's School of Mechatronic Systems Engineering 's most inspiring graduate student over the past 50 years.

Sandy Kwong MSW, Counsellor, Patient and Family Counselling Services, Vancouver Centre and Angela Bedard had an article, **"BE ACTIVE: an Education Program for Chinese Cancer Survivors in Canada"**, published in the Journal of Cancer Education.

This article features the program that Sandy developed here at BCCA and has been offering for the past 5 years in Cantonese and in Mandarin.

From the Central Southern Interior

This has been a year of many transitions for the Patient and Family Counseling team at the Centre for the Southern Interior. Three clinical staff members retired in 2015, including the practice leader Myrna Tracy. Also, the secretary took a new position in the agency. Our latest retiree is Arlene Elliot, RCC who has been with us for almost 7 years and who has provided both her patients and colleagues with the highest level of support over the years. Her quiet and steady presence has been a tremendous asset to the team and will be greatly missed. We wish Arlene well-earned rest and fun in the future.

Arlene's replacement will be Amanda Morrison, MSW. Amanda brings with her considerable oncology experience, as she has been working as the Kelowna General Hospital oncology social worker. She will be taking a maternity leave before joining our team. Her position will be filled on a temporary basis to cover her leave.



CSI PFC team (pictured above) wishes all our psychosocial colleagues across the province a very

happy Christmas and as we say back in Scotland at this time of year – Lang may yer lums reek!(translation - Live long and happily!)

Professional Education

Psychosocial Oncology Rounds

These are held the third Thursday of the month. These presentations are video linked to all 6 centers. If you would like to arrange a telehealth link to your site contact mmedia@bccancer.bc.ca. You can also call in **604.707.4540** Passcode: **423515#**.

To view presentation materials create an account or login into the PHSA Learning Hub and search for Psychosocial Rounds.

January 21, noon-1pm

Lost in e-Space: Finding journals, articles, books and patient resources online

Are you confused about how and when to use the new FullText Finder to find journals.... and when NOT to use it? Would you like to help patients and their families find useful online resources about cancer, sleep, anxiety, mindfulness etc? This is the session for you. (Other topics may be addressed if time allows.)

Presenters - members of the BCCA library team:

- **Cathy Rayment** BSc (Hons), MLS - BCCA Provincial Library Leader
- **Beth Morrison**, BA, MLS - Reference Librarian, Vancouver Centre
- **Diana Hall**, BA, MLS - Reference Librarian, Vancouver Centre
- **Lorraine Leitz**, BA (Hons), MLS - Reference Librarian, Vancouver Island Centre,
- **Krista Clement**, BA, MLS - Reference Librarian, Centre for the Southern Interior
- **Pamela Dent**, BA, MLIS - Reference Librarian, Abbotsford and Fraser Valley Centres

February 18, noon-1pm

“Program Changes and Enhancements with the Canadian Cancer Society’s Support Programs”

Presenter - **Leanne Morgan**, Director of Support Programs for the Canadian Cancer Society with colleagues

In this session, we will update you on the latest and greatest when it comes to Society Support Programs including:

- A refreshed Financial Support Program (*with a new name yet to be revealed*)
- NewNormal, a program for people with breast and colorectal cancer after treatment
- New online referral options for CancerConnection and Cancer Information Service
- And more!

Questions are welcome during or before this presentation.

March 17, noon-1pm

“**Highlights from IPODE 2015**”: An informal overview of the Inter-professional Psychosocial Oncology Education (IPODE) course entitled “Introduction to Psychosocial Oncology Theory and Practice,”

Presenters:

- **Claire Pereira, MSW, RSW**: Claire is a social worker with Patient and Family Counseling at the Centre for the Southern Interior. She is a recent graduate of the MSW program at UBCO. Claire has worked in the areas of child development, community health, acute care and most recently oncology.
- **Kathy Green, MSW, RSW**: Kathy is also a social worker with Patient and Family Counseling at the Centre for the Southern Interior. She has an extensive knowledge of child development, having worked in the area of child abuse for the majority of her career. Kathy joined the PFC team in

November 2013 and is enjoying working with this new client population.

April 21, noon-1pm

Understanding “Existential Suffering”

Presenters- **Dr. Alan Bates**, Provincial Practice Leader for Psychiatry, BC Cancer Agency (see page 1 of this newsletter for bio)

Psychological distress or pain associated with chronic illness can be just as disabling as physical pain, and the two are almost always intertwined. Patients are often dissatisfied that, even though their physical pain might be being addressed, comprehensive care is not being applied to address

their psychological distress. This can become particularly acute in terminal illness when patients may have existential suffering or distress related to nearing the end of life in addition to psychological distress associated with physical symptoms or disabilities. This presentation aims to provide some practical tips for addressing existential suffering and psychological distress associated with chronic illness. Ways to provide support and care to particular kinds of patients such as parents or children with serious illness will be explored.

Mark your calendar for the Canadian Association of Psychosocial Oncology (CAPO) Annual Conference
May 11-13, 2016



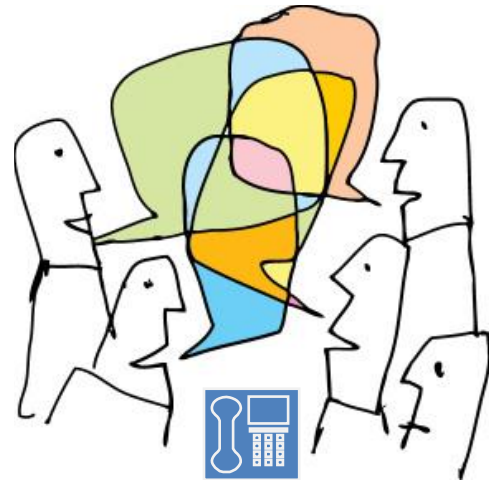
Conference Abstracts are due January 10th
Questions regarding the abstract submission process to be sent to capo@funnel.ca

THE WESTERN CANADIAN SUPPORTIVE CARE FORUM

presents
Part 1 of a 4 part series of
inter-professional educational events called:

CANCER TALKS 2016

The Role of Emotions in Healing for Patient and Families and Ourselves



- by Katherine Gottzman, MSW, RSW, Psychosocial Oncology Clinician, Patient and Family Support Services, CancerCare Manitoba

February 25, 2016, 10-11 am in BC

Registration is required for this one hour session which will be offered by teleconference. To register email: cancertalks@bccancer.bc.ca.

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.

MyHealthConnect-Oncology

– a new online tool for cancer survivors

MyHealthConnect-Oncology is a free online goal-setting tool that can help people focus on the things most important to them after cancer. This CPAC-funded project is an initiative of the BCCA Survivorship & Primary Care Program to support patient transition after active treatment.


The easy-to-use website helps people set specific, measurable goals and track progress in five key topic areas: managing fatigue, stress/emotions, social support, nutrition and physical activity.

Patient referrals are welcome. MyHealthConnect-Oncology is currently open to breast or colorectal cancer survivors.

To access MyHealthConnect-Oncology, patients need to register at: Toll-free: 1-855-444-1265 ext. 2

oncology@myhealthconnect.ca

www.myhealthconnect.ca



Not sure where to begin after treatment for breast or colorectal cancer?

MyHealthConnect-Oncology is a free online goal-setting tool. It can help you set and track goals about the things most important to you after cancer. Get started today.

To get set up for an account or for more information, contact us at:
Toll-free: 1-855-444-1265 ext. 2
oncology@myhealthconnect.ca

www.myhealthconnect.ca

Introducing New Normal: Support for people who have finished treatment for breast or colorectal cancer



Canadian Cancer Society / Société canadienne du cancer

The Canadian Cancer Society has recently introduced *New*

Normal, a service for patients adjusting to life after cancer. This free and confidential telephone based peer support program is available to people living in BC and the Yukon.

Trained volunteers provide emotional support based on shared experience and are able to share appropriate resources.

With patient consent **healthcare providers can refer directly**. To refer, order materials to share with patients, or to receive more information, **call 1-800-822-8664 or email** Self-referrals are also accepted.

The Hearing Awareness Project offers a program for refurbished hearing aids for people with no source of funding.



Coloring as a Creative and Calming Technique

Coloring is a creative act, which is easy for someone to engage in on their own. Although making art, or engaging in art therapy, provides the most opportunity for creative expression, this may be less available or accessible than coloring is for a person.

Starting with a picture or pattern may be more inviting to begin with than a blank piece of paper. It is important to note that colouring is not art therapy, but a tool used for relaxation and promoting creativity.



Coloring is an activity that can be done almost anywhere, with many different tools. Most people will have materials already on hand, or will be able to access them easily. Crayons and pencil crayons are recommended to begin with, though markers will work as well.

Coloring books for adults have recently become popular—and for good reason. Coloring is a practice which can be calming, so many people are taking up this practice to de-stress and ease anxiety. It works because it provides a positive distraction for people to focus on, which can take them away from their worries. It can bring back positive memories of childhood, a period in one's life when coloring is generally common and worrying is not.

Check out more information about this trend: http://www.huffingtonpost.com/2014/10/13/coloring-for-stress_n_5975832.html

And Johanna Basford, and her best-selling coloring books: <http://www.johannabasford.com/>



This newsletter is published in September, December, March and June. If you would like to contribute to this newsletter contact - Elaine Shearer, Community Education Coordinator at eshearer@bccancer.bc.ca