

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.

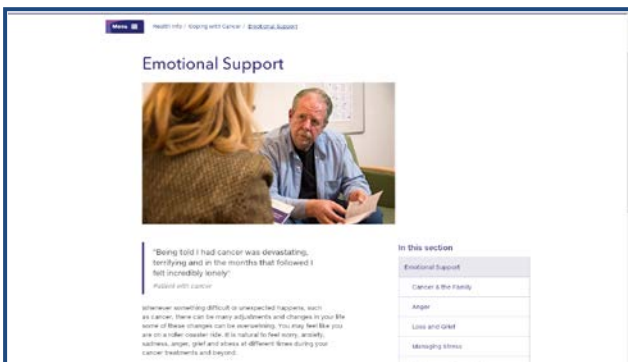
Launch of the new BC Cancer Agency Website

The BC Cancer Agency's new website was launched April 26, 2015. Please check out the new look and layout.

It will be best viewed on Google Chrome or Internet Explorer (version 8 or higher). More details are available here <http://www.bccancer.bc.ca/ABCCA/WebsiteUpgrade.htm>

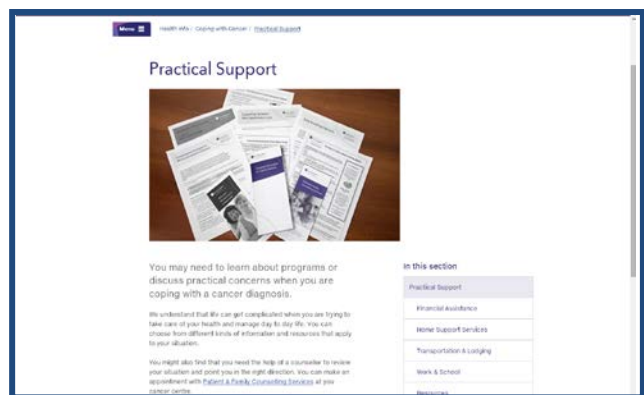
Psychosocial patient resources are located under: **Health info > Coping with Cancer**. We suggest that you bookmark the following web links. Useful information, handouts, guides, translated resources, CD's, videos and more can be found in the following sections.

For Emotional Support



<http://www.bccancer.bc.ca/health-info/coping-with-cancer/emotional-support/resources>

For Practical Support



<http://www.bccancer.bc.ca/health-info/coping-with-cancer/practical-support/resources>

Support for Psychosocial Oncology Professionals

Look under Health Professionals > **Professional Resources** > Psychosocial Oncology



<http://www.bccancer.bc.ca/health-professionals/professional-resources/psychosocial-oncology>

Look under Health Professionals > **Education & Development** > Psychosocial Oncology



<http://www.bccancer.bc.ca/health-professionals/education-development/psychosocial-oncology>

NEW activity booklets for children



This summer, the BC Cancer Agency will be publishing two books for children with cancer in the family. “My

Adventures with Fox and Owl: A Creative Journal for Kids with Cancer in the Family” was designed for children aged 5-9, and includes the created characters of Fox and Owl and their friends from the forest. Fox and Owl were designed to be playful characters who also ask some serious questions, and encourage kids to think about changes in their family, how to find resources, and express themselves using art. Fox and Owl also introduce readers to their nurse friend who offers information about cancer and its treatments.



“Scribble and Paste: A Creative Journal if Cancer Comes to Your Family” was designed for kids aged 10 and older. It encourages readers to express themselves and the changes in their family by drawing, scribbling, and gluing photos and other scraps of paper into the book. It also includes words of advice from teenagers who have experienced cancer in their families.

Both books are based on the “Time for Me” booklet, created by the BC Cancer Agency in 2001. This book has been well-loved over the years, but is now dated. The new books offer a fresh look, and are more geared to the needs of children at different ages and stages of development.

NEW webinar called: “Returning to Work for those with a Brain Tumour”

presented by Maureen Parkinson, Vocational and Rehabilitation Counsellor, BC Cancer Agency is available on line through the Brain Tumour Foundation.

- https://www.youtube.com/watch?t=10&v=SMg00Z4C_qo or
- <http://www.braintumour.ca/4589/webinar-presentations>

This presentation covers the steps that someone with a history of a brain tumour can take to help them prepare for returning to work in their former workplace. By watching this webinar patients will learn:

- Steps they can take to prepare for return to work
- Resources available to improve their work ability
- Adaptations and strategies to improve functioning at work

If you are a patient who is considering returning to work or has returned to work, we encourage you to view the webinar and give us feedback. We would also value your thoughts on other work-related topics you would like us to address. This feedback will help us improve our patient care. We would like to thank the BC Cancer Foundation, who helped fund this project. To provide your feedback, please go to <http://www.bccancer.bc.ca/health-info/coping-with-cancer/practical-support/work-school>.

WHAT'S NEW AROUND THE PROVINCE

LEADING THE WAY: CN RESEARCHERS

published in the *Centre for the North Research News*, April 17, 2015
Written by Alice Muirhead, Research Facilitator

As Professional Practice Leader for Patient and Family Counselling at Centre for the North, **Glenda Kerr** leads a team dedicated to supporting the psychosocial health of our patients. Not content to simply maintain standards of care, Glenda questioned **how PFC could do a better job reaching out to patients along their cancer journey**. Glenda's answer? Rather than just assessing for psychosocial distress once – at the new patient appointment – patients should be assessed on a regular basis. The **Early Identification of Psychosocial Distress among Cancer Patients during Radiation and/or Systemic Treatment and Post Treatment follow-up** project is testing Glenda's idea by administering the Psychosocial Screening Instrument (PSSCAN-R) at key points throughout the patient's cancer treatment, and at the post treatment follow-up appointment. Glenda suggests that monitoring distress at regular intervals will provide opportunities for early detection and treatment of distress.

ABBOTSFORD CENTRE

Shandel Riedlinger began working with the BC Cancer Agency in May 2014 as the Enrollment Coordinator for CancerChatCanada's online

support groups. Prior to this, she worked as a research assistant in the Department of Orthopaedics at St. Paul's Hospital, and at BC Children's Hospital Rheumatology clinic. Shandel has studied abroad *in* both Peru and Ecuador, and volunteers with the Canadian Cancer Society as a camp counsellor for Camp Goodtimes. She holds a Bachelor of Science in Biology and Psychology from the University of British Columbia.



Shandel is excited to announce that she has been accepted into the University of British Columbia's (UBC) medical school. She will begin classes in August. She has been interested in pursuing a career in medicine

since she can first remember, and her recent experiences in healthcare have solidified this passion. She is looking forward to this challenging new experience and is hoping to specialize in Oncology, Psychiatry or Pediatrics.

Grant received for research study on practical strategies for improving physical activity among women with cancer

Heather Rennie, Practice Leader for Provincial Psychosocial Oncology Program at BC Cancer Agency is one of the co-investigators on a CBCF (Canadian Breast Cancer Foundation) grant focused on developing practical strategies for improving the physical activity of women with breast cancer.

Title: Improving physical activity and reducing sedentary behaviour among breast cancer survivors: MOVING research into practice
Granting Agency: Canadian Breast Cancer Foundation

HIGHLIGHTS FROM THE CAPO 2015 CONFERENCE IN MONTREAL

Term: 5 years (July 2015 to June 2020)

Amount Requested: \$378,859.

Co-investigators: Sabiston, C. M., Vallance, J., Ahmed, R., Brunet, J., Campbell, K., Courneya, K., Culos-Reed, S. N., Faulkner, G., Friedenreich, C., Gauvin, L., Jones, J., Karvinen, K., Keats, M., McGowan, E., **Rennie, H**, Santa Mina, D.

Additional Authors: Fong, A. J., Tomasone, J., Trinh, L.

FROM THE CENTRE FOR THE SOUTHERN INTERIOR (CSI)

Feasibility of a Sexual Health Clinic
within Cancer Care: A pilot study using
qualitative methods



This paper written by Myrna Tracy, former Professional Practice Leader with the CSI Patient and Family Counseling Services, has been accepted for publication in *CANCER NURSING: An International Journal for Cancer Care*.

Staffing Changes



Brigitte Wagner has now retired and Claire Pereira (seen here) has joined the CSI Patient and Family Counseling team.

Claire comes to us with a background at Alberta Health Services. More recently she gained invaluable experience with Home and Community Care here in Kelowna while completing her Masters in Social Work.



Reflections from Glenda Kerr, Practice Leader, Centre for the North, BCCA

Matthew Loscalzo was a brilliant choice to kick-off the Conference. Matthew immediately captivated my attention with his well-articulated, sometimes controversial and 'out of the box' discourse on the current trends and needs in Psychosocial oncology. Matthew's reference to 'biopsychosocial screening' particularly resonated with me. When we screen with the PSSCAN-R we are conducting a biopsychosocial screen, not just a 'distress screen'.

Loscalzo's use of the term "biopsychosocial" normalizes the reactions/symptoms of people who have cancer. The use of 'distress screening' can sometimes pathologize normal reactions to an abnormal situation. Matthew, a true advocate for social work in the oncology setting, wants social workers to be respected for the unique skills they bring to the team. In previous work settings, Matthew worked towards clarifying job responsibilities among the team, and he believed this contributed to optimal program functioning. The mantra he developed for social workers was: "We provide for the psychological and emotional needs of cancer patients and their families".

With a disarming and respectful approach, Matthew was skillfully convincing in imparting radical twists to current practices. He challenged the audience to give the best care to patients in spite of organizational and political barriers. His presentation compelled me to seek out his publications.

Another highlight for me, was our own Melanie Macdonald, who with courage and grace, engaged a room full of colleagues in an experiential "breath therapy" workshop. Well done!

Reflections from Heather Rennie, Practice Leader, Provincial Psychosocial Programs, BCCA

I really enjoyed the opportunity to meet people who I have been in email contact, but have never met in person. It was also nice to meet BCCA staff that I have only "met" via video link.

There were a couple of posters on the HPV vaccination. This vaccination is protective for boys as well as girls. As a mother of two sons, this was personally relevant.

I was actively engaged in this conference. I gave three oral presentations, and participated in a symposium. The symposium generated good discussion and normalized some of the challenges that exist when moving from a pilot project to a National program. I had the chance to talk with potential partners who may help further the goal of sustainability for Cancer Chat Canada.

Montreal is beautiful, a mix of the old architecture and the new. The hotel was beautiful. It was also hockey crazy! The conference took place during the Montreal- Ottawa Stanley Cup hockey series. And finally, it snowed one morning of the conference! Overall, it was a wonderful experience!



Reflections from Shelley Pennington, Resource Social Worker, BCCA

Dr. Tom Hutchinson's lecture called "**Whole Person Care: ourselves, our patients and each other**" was one of the highlights of my CAPO experience

because of my interest in inter-professional practice and supporting the bio-psychosocial model of care. Dr. Hutchinson spoke about the medical professional's dual mandate symbolized in the medical symbol of black and white intertwining snakes. This symbol reflects both elements of whole person care.

Dr. Hutchinson explained the two roles of curing and healing in clinical practice. He defined "curing" as separating the patient from the problem and fixing it (science) and "healing" (art) as being a process that occurs within the patient and is facilitated by the clinician. He encouraged the clinician to embrace both practices.

He explained that communication is the means in which relationship is developed and how that relationship develops is based on how, not just what information is communicated. Dr. Hutchinson explained that the physician accompanies the patient on a journey and they need to communicate in a way that supports healing. An authentic caring relationship is the “art” of medicine. And only the patient can tell if it is working. An interesting point Dr. Hutchinson made was about the “placebo effect” and the unsuccessful attempt by scientific minds to disprove it. He also explained that it is very important to acknowledge how the patient sees themselves because it does effect the expression of disease.

Reflections from John Christopherson, Counselor, Vancouver Centre, BCCA

I liked Dr. Tom Hutchinson’s comparison of Hippocratic versus Aesclepiion approaches to medicine, and need to integrate curing and healing. I found it Interesting that he is a medical doctor - a nephrologist - and yet talked so movingly about deeper levels of learning. I especially liked his quote:

“You’ll never master this; you’ll only get better & better.”

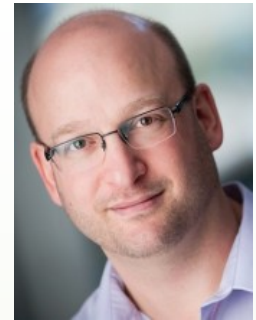
Some other interesting presentations included one on cross-cultural counseling by Bejoy Thomas who spoke about patients and families not being informed, and not always understanding what we are saying. His challenge was: how do we serve patients equitably, not equally?

Another good presentation was by Katherine Gottzmann reflecting upon clinical practice with couples and families.

My presentation entitled - **Off Track!** featured four experienced counselors talking about sessions that didn’t go well. My hope was to get into the hearts

and minds of four master therapists, and to also engage my heart and mind in the process. Thanks to some great participants, I believe that we were successful in having an open conversation about some of the challenges of our work, and our personal experiences of those challenges.

2015 winner of the Brain Tumour Foundation of Canada Award in Support of Psychosocial Oncology Excellence



Dr. Douglas Ozier, Researcher and Clinical Practitioner with BC Cancer Agency’s Provincial Psychosocial Oncology Program, is the 2015 winner of the Brain Tumour Foundation of Canada Award in Support of Psychosocial Oncology Excellence. He received this award for a poster describing an Intervention to improve emotional well-being and cognitive functioning in brain tumour survivors.

Maureen Parkinson, Counselor at the BC Cancer Vancouver Centre’s Patient and Family Counseling program, and Dr. Matias Mariani, Sudbury Cancer Centre, are also working on this research initiative. This project will be testing the use of technology in delivering a clinical service to neuro-oncology patients in remote areas.

This poster was presented at the Canadian Association of Psychosocial Oncology (CAPO) Conference (April, 2015) and was also presented at the 2nd Annual BC eHealth Innovation and Technology Showcase held in Vancouver on May 9th.

Memory Adaption Attention Training

(MAAT) is a cognitive-behavioral therapy (CBT) approach designed specifically for cancer survivors who have persistent cognitive complaints after cancer treatment.



This program was recently featured at the CAPO 2015 conference in a symposium entitled - **An overview of research, program evaluation and patient experience of Memory and Attention Adaptation Training (MAAT): A cognitive behavioral treatment of cancer-related cognitive dysfunction.** Dr. Ferguson, (pictured above), creator of the program, discussed the development of MAAT, the theoretical underpinnings, research on efficacy, and future directions for use in comprehensive cancer care.

Maureen Parkinson (seated at the left in the photo above) spoke of the BC Cancer Agency's experience of adopting MAAT including: the reason for selecting this program, staff training and mentoring, quantitative patient evaluations of the program, and the aspects of the program that are most helpful to patients.

Helen Wong (right) spoke about patient and clinician experiences of the program, and the challenges of implementing this program, and how she and others have adapted the program. She also highlighted some possible improvements to the program.

The conclusion? The BC Cancer Agency has been successfully able to implement the program, and patients have found the MAAT program to be very helpful.

Educational Opportunities:

Psychosocial
Oncology Rounds
3RD Thursday of the
month

JUNE 18, noon -1pm

Using CancerChatCanada to host Art Therapy Groups Online

- Sara Prins Hankinson, RCAT, Art Therapist, BC Cancer Agency

JULY 16, noon -1pm

Highlights from CAPO

- Several BC Cancer Agency staff who attended

AUGUST 20, noon-1pm

Yoga for Health-Related Quality of Life in Adult Cancer: A randomized controlled feasibility study.

- Marcy McCall McBain, University of Oxford & Melanie MacDonald, Counselor VC

SEPT 17, noon -1pm

Early Identification of Psychosocial Distress: Repeat Psychosocial Screening 'A Pilot Study'

- Glenda Kerr, MSW, RSW ,Professional Practice Leader ,Patient and Family Counselling, Centre for the North

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

Information & Resources:

In Vancouver - a new FREE walking program for breast cancer survivors

The walking group meets every Tuesday evening at 6:00pm and every Thursday morning at 10:00am at the Starbucks at Home Depot (Cambie and 8th) and walks a 60 minute looped route (ending and beginning at the same location). The first walk was March 26th and the plan is to continue the program throughout the summer, and hopefully into the fall. The walking group is led by volunteers, primarily Kinesiology students and graduates who have a special interest in promoting physical activity.



Health care professionals are encouraged to refer women who have been diagnosed with breast cancer and would like to meet other women, and are looking for ways to stay active both during and after cancer treatment. Exercise has important physical benefits during and after treatment including:

- Managing existing health conditions
- Reducing treatment side effects
- Easing recovery

Women can join the walking group at any point, and are free to attend as many or as few sessions as they would like. To sign up, they can contact Catherine at catherine.landells@ubc.ca or simply arrive a few minutes early to the session to sign a consent waiver. For more information and updates regarding walking routes and times, please visit: <https://ceplwalkinggroup.wordpress.com/abo>

Wish Granting Resources for young patients

cancer.net - national resources -
<http://www.cancer.net/coping-and-emotions/managing-emotions/finding-support-and-information/wish-fulfillment-organizations-people-cancer>

<https://makeawish.ca/>

Retreat Yourself - Young Adult Canada -
<http://www.youngadulcancer.ca/our-programs/retreat-yourself/>

Thrive Alive - alternative treatments including retreats for low income
<http://thrivealive.ca/>

Mindfulness for pain resources: (courtesy of Laura Daly, Practicum student VIC)

For patients:

www.painACTION.com - Articles, educations, self checks, lessons, tools, etc.. Specific for cancer or neuropathic pain

www.audiodharma.org - hundreds of guided meditations, including some specifically for pain

www.dhammatalks.org - audio files, written guides, multiple languages

For health care providers:

www.painedu.org - downloadable publications, tools, articles, resources

<https://goamra.org> - American Mindfulness Research Association

www.fammed.wisc.edu/mindfulness - Department of family medicine, University of Wisconsin – “Mindfulness in Medicine”

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 4.