

Linking the BC Psychosocial Community Oncology Network

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



Winter 2019

What's New?

ACTING Provincial Lead, Counselling

Melanie McDonald has accepted a 6 month interim role as the Provincial Lead, Counselling starting in early 2019.



Melanie has worked as the professional practice leader, patient and family counselling at BC Cancer at Vancouver Centre for the last 11 months. Over the past 10 years she has worked as a social worker in oncology, hospice care and a variety of community and research settings. She enjoys learning how to apply clinical skills into leadership; she is engaged in coursework through the BCIT Health Leadership program. She teaches and practices mindfulness at BC Cancer and previously through Langara College and Mindful Living.

View job posting for the permanent position of Provincial Lead, Counselling here:
<https://jobs.phsa.ca/job/vancouver/provincial-lead-professional-practice-and-patient-experience-psycho-social-oncology/909/9208203>

NEW Psychiatrist at Vancouver Centre

Dr. Pulkit Singh recently completed her Psychiatry residency at UBC where she was awarded with the Psychotherapy and the Undergraduate Teaching Award (only one person is selected for



each out of 120-or-so residents). During her residency, she served as Chief Resident at Royal Jubilee Hospital

in Victoria. She is now also working as a psychiatrist at Reproductive Mental Health at St. Paul's. She has published on topics including Indigenous

Health and depression and anxiety in a student health setting. Recently, her work on collaborative care was published in BCMJ. She is also fluent in Punjabi.

NEW Spiritual Care Practitioner



We are happy to announce that Alison Cumming, a former practicum student with the Patient and Family Counselling team in Vancouver will be filling the role of Spiritual Care Practitioner.

Alison's MA in Theological Studies include a thesis on the work of Danish existential philosopher Søren Kierkegaard. Her clinical Pastoral Education training is with Dr. Philip Crowell who will continue to work with Alison in her current role. During Alison's practicum at BC Cancer Vancouver she quickly engaged with the women's metastatic support group and also a diverse range of patients in both inpatient and outpatient settings.

This position is funded through the BC Cancer Foundation Innovations in Clinical Care Fund with the goal to begin developing a spiritual health model of care at BC Cancer. Alison will be providing clinical support to patients at Vancouver Center 3 days a week, and working out of the provincial office 2 days a week to work on the project goals.

UPDATE - An EPICC Project

By Antony Porcino



Earlier this year, BCC received funding from the Canadian Partnership Against Cancer for a 4-year project: Early Palliative Integration into Cancer Care (EPICC). The project focuses on integrating an early palliative approach to care into the standard delivery of care. An early palliative approach focuses on pain and distressing symptoms, including psychological and spiritual aspects of care, early in the care process to maximize quality of life.

The EPICC Project has two coordinated aspects:

1) Staff education throughout BCC in serious illness conversations (SICs) and for specialized palliative skills through the national Learning Essential Approaches to Palliative care (LEAP) program. We have nurses, oncologists and PFC staff in all centres who will be trained to provide ongoing education in SICs. We are exploring how to support “in-house” LEAP educators.

2) Pilot of repeat patient outcome measures, focuses on metastatic breast and GI cancer patients, in Prince George Centre and Vancouver Centre. We are focusing, like other cancer centres across Canada, on the ESAS-r and Canadian Problem Checklist: pages 5 & 7 in PRISM. We will be using tablets to screen patients at the beginning of every visit. We have several working groups and an advisory group with representatives from PFC, nursing, oncology, management, FPON, analytics, patient partners, First Nations Health Authority, Métis Nation BC, the BC Centre for Palliative Care, and more.

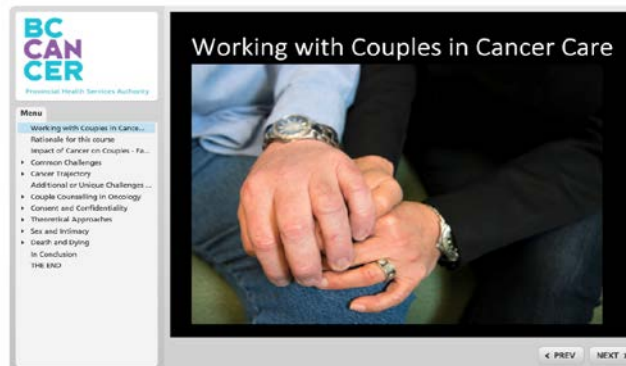
Repeat screening and an early palliative approach have been shown to increase patient quality of life, sometimes length of life, and reduce burden and costs for the health care system. Our goal is to implement a model of care that works for our teams. The education

has started with SIC trainings at the Cancer Summit and in Abbotsford; more to come, along with LEAP next year! Education for those involved in the repeat screening pilots is being developed. The dates for starting the repeat measures screening are not yet set, respecting accreditation in April and moving CST rollout dates. EPICC will wrap up in 2022, with plans for further integration of repeat screening into our model of patient care.

Questions? Contact: antony.porcino@bccancer.bc.ca

NEW eLearning Course: Working with Couples in Cancer care

The course was developed for psychosocial oncology professionals and explores many complex factors that impact couples who are dealing with a cancer diagnosis.



It reviews how to conduct an assessment with couples who come for counselling and gives an overview of key couples therapy approaches in cancer care.

The course also focuses on interventions for some of the most challenging issues that couples face e.g. cancer's impact on sex and intimacy facing death and dying.

There is no cost for this course. To register search on the PHSA Learning Hub Search title or course # 18752.

LAUNCH New Patient Education Video

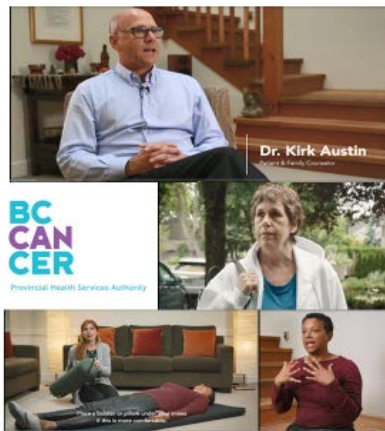
BC Cancer, Patient and Family Counselling Services is pleased to announce a newly developed patient education video dedicated to cancer patients and

their families who are learning to find their "breath" after a cancer diagnosis. This 12 minute video is called "[Managing Stress While Living with Cancer](http://www.bccancer.bc.ca/managingstressvideo)" and was premiered on September 20th. The BC Cancer Foundation provided the funding from a generous donor. The video focuses on understanding how stress impacts the body, a guided mindfulness practice and patient experiences of using stress reduction techniques. Two of our counsellors in Abbotsford (Dr Kirk Austin) and Vancouver (Melanie McDonald) showcase their knowledge and experience. This video can be found on the BC Cancer website under **Coping with Cancer – Emotional Support – Managing Stress** as a part of our Managing Stress Toolbox. <http://www.bccancer.bc.ca/managingstressvideo>
URL link

Patient & Family
Counselling
Services presents
the new video ...

Managing Stress While Living with Cancer

Search online:
www.bccancer.bc.ca
"Managing Stress"



CHANGE Streamlining how patients can find our support programs

by Shelley Pennington, Cancer Care Resource Social Worker

We are listening to patients and families who have told us about their troubles finding Support Programs on the BC Cancer Website. Psychosocial oncology staff members, patient partners, and our website specialist Keith Quon, have embarked upon a project to provide better accessibility and enhanced information about Support Programs. Here are some improvements that you can expect in the New Year.

- A main page for all regional and provincial Support Programs will be found under Coping with Cancer – Emotional Support section of the BC Cancer website and linked to the individual regional Support Programs pages.

- Some centers may provide online registration and a waitlist process for Support Programs.
- Enhanced descriptions of BC Cancer Support programs which will make choosing a program more intuitive.

UPCOMING

Psychosocial Support for Chinese-Speaking Patients and Their Caregivers at Vancouver Centre

by Sandy Kwong

Chinese Support Group

This drop-in group is for Cantonese-speaking patients and their family and friends. It is facilitated by a social worker and a nurse and meets on the second Thursday of the month (no meeting in March and June 2019).

Art therapy Groups



There will be a group offered in Cantonese coming up February 11-March 11, 2019 facilitated by Sandy Kwong, Social Worker and Dr. Cathie Dunlop, Art Therapist, BC Cancer. There will also be a group in Mandarin dates TBA.

On average past groups have had more than 30 participants attending each session. The support patient receive has been highly appreciated as demonstrated by this patient feedback:

I learned that there were no fixed rules to live by, Sometimes your life is not following the path that you planned, but it is OK. You can make a many changes in your life as you want. Just like when we were painting our picture. If you don't like it, you can always cover with another colour or image.

For the last year and a half, both my mother and my wife were diagnosed with cancer. I feel I am more in control of my own life now after attending tis Art Therapy class.

By talking to an animal or image in my portrait, I communicate to my inner self and find out what I really want. This is a great exercise to do.

It was an amazing experience joining this Art therapy group. I had so much fun and learned some valuable lessons for myself. I just wish it can be offered more often.

UPDATE Adult Survivors of Childhood

Cancer by Sharon Paulse and Bronwyn Barrett, Counsellors, Late Effects, Assessment and Follow Up Clinic (LEAF)

Patient and Family Education Day

On Saturday, October 27th, The Late Effects, Assessment and Follow Up Clinic (LEAF) staff hosted our first Adult Survivors of Childhood Cancer Patient and Family Education Day at the BC Cancer Research Centre. The day was a great success, and we had nearly 100 people at the event: over 40 patients and 25+ family members attended with staff, volunteers, speakers and community resource people.

Presentations included “An overview of childhood cancer treatments and chronic health conditions” by Dr. Goddard, “What is Anxiety?” by Dr. Katherine Martinez (Anxiety Canada) and “Nutrition and Physical Education Information” by Andrea Holmes and Normand Richard (HealthLinkBC.)

The following community organizations introduced their services and hosted resource tables to answer questions from the participants; Anxiety Canada, HealthLinkBC, Disability Alliance BC, Plan Institute, Power to Be, Family Support Institute of BC, Nidus Personal Planning Resource Centre & Registry, WorkBC, and Open Door Group. Thank you also to Lisa McCune and Cathy Rayment for informing people about BC Cancer services.



Holiday Craft Fair

We hope that some of you from Vancouver Centre were able to attend the Holiday Craft Fair on November 30th! There were 17 artists and craftspeople who participated, all of whom have received service at BC Cancer.

This event was initially proposed by Maureen Parkinson, Vocational Rehabilitation Counsellor. Bronwyn Barrett and Sharon Paulse, counsellors from the Late Effects, Assessment and Follow Up Clinic

(LEAF), worked with Maureen and Sara Hankinson, Art Therapist, to organize the event.

It was a wonderful day to purchase art, craft and bath products and to enjoy the comradery and interaction of the artists/survivors with one another. All proceeds of the sales went directly back to the artists themselves.

MUSIC THERAPY PILOT at Vancouver Centre

The relaxation program at Vancouver Centre is piloting music therapy. We are excited to announce that Carolyn Neapole was hired in the fall of 2018 as a casual music therapist to support this work. Carolyn has extensive experience working as a music therapist at the Doctor Peter Center working with people living with HIV/AIDS, hospital settings and teaching music therapy at Capilano College. She also has an interest and experience in somatic work.

Carolyn is working alongside PFC counsellors Renee Wishart and Sydney Foran to deliver this drop-in weekly relaxation and music therapy group.

EXERCISE AND CANCER

By Dr Ryna Levy Milne, Provincial Practice Lead, Nutrition and Rehabilitation

Regular exercise is recommended before, during and after cancer treatments. To help support patients 3 new handouts have been posted to the Exercise webpage of the BC Cancer's website:



<http://www.bccancer.bc.ca/health-info/coping-with-cancer/exercise-support#More--Resources>

The 3 handouts include:

- Exercise: During and After Cancer Treatments
- Exercise: During and After Breast Cancer
- Exercise: Maximizing Energy & Reducing Fatigue

Evidence has shown that exercise and healthy eating can improve cancer-related fatigue and ease treatment side effects.

With this in mind, preparations are being made to launch the pilot project [NEXT](#), a cancer exercise facility and training centre aimed at providing lifestyle programming for cancer patients. [NEXT](#) was developed from a research study in a group of breast cancer patients from the Greater Vancouver area. Further expansion plans are currently in development.

To help enhance research and supportive care needs similar to [NEXT](#), please visit the BC Cancer Foundation [website](#).

Donate to the BC Cancer Foundation >

Educational Opportunities:

Supportive Care Rounds

Occur on the 4TH Wednesday of the month

To call in and listen refer to the rounds flyer for the number and passcode. You can also attend using Webex. At the time of the presentation join by clicking on this link:

<https://phsa.webex.com/phsa/j.php?MTID=m5c13c61322aefb8af793cd2269db2e9d>

If it doesn't open, copy and paste the address in to your browser. NOTE: Make sure your volume is turned on. We will be recording these rounds and they are posted on the POD under Supportive Care Rounds.

Each handout provides exercise guidelines, recommendations on how to get started, strategies to incorporate exercise into one's lifestyle, and where to find more information.

JANUARY 23, noon -1pm

Pain and Symptom Management and Palliative Care (PSMPC) presents an interdisciplinary case

Panel of Presenters: Dr. Pippa Hawley, Dr. Alan Bates, and Dr. Corey Metcalf

Case Example: A young woman with metastatic cancer is having episodes of very severe right-sided chest pain. Her doses of opioid analgesics have escalated 400% over a 3-week period and she calls in a tearful and agitated state. She is a full code and declines to go to the ER for assessment or admission.

FEBRUARY 27, noon -1pm

Fact or fiction? Help patients avoid misinformation and evaluate information quality on the internet

Presenters: Mark Goodwin Reference Librarian and Devon Poznanski Provincial Lead, Patient Education

How can we educate and support our patients and families to find reliable health information and to avoid misinformation? How can we help them evaluate the quality of the information they find? How can we most effectively debunk misinformation? What are some reliable websites to recommend to patients?

The internet has made it very easy for patients and their families to find and share health information, but a lot of the information they find is inaccurate and potentially even dangerous. Health care professionals can play an important role in guiding them toward reliable sources of information and away from the myths and pseudoscience so commonly found on the internet. A BC Cancer Librarian and the BC Cancer Provincial Lead for Patient Education, will talk about e-health literacy and how you can help your patients and their families find accurate information about their health on the internet.

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.

MARCH 27, noon -1pm

Psychosocial Variables and Mortality

Presenter: Dr. Alan Bates, Provincial Lead, Psychiatry

In this presentation Dr Bates will report on patients who completed screening for anxiety, depression and social isolation between 2011 and 2016. Conclusions show that social isolation, depression and anxiety are predictors of worse survival in cancer patients. Possible interventions to improve quality of life and cancer survival in patients with high psychosocial distress and low resources will be explored.

APRIL 24th, noon -1pm

EPICC & SICs: what are they and where are they now?

Presenters: Antony Porcino, EPICC Project Manager
Laura Mercer, RN, BSN, Clinical Nurse Leader,
Oncology Clinics

EPICC, the Early Palliative Integration into Cancer Care project is coordinating: Education in serious illness conversations (SICs) and Learning Essential Approaches to Palliative care (LEAP) program; and piloting repeat patient outcome measure screening in select clinics. This presentation will introduce and update EPICC status—your questions and discussion welcome—and provide introductory training in SIC.

COMING UP LATER IN THE YEAR

MARK YOUR CALENDAR - 4RD Wednesday of the month

- May 22nd – **Long-term Financial Impact of Cancer**
- June 26th - **Ketogenic Diet**



Information & Resources:

Mindfulness Applications



If you have a smart phone or tablet? Try these free apps and online resources:

Stop, Breath, & Think - This app offers a solid sampling of the basics of meditation, featuring a range of exercises at varying lengths, ideal for short practices at work and longer sessions at home.

Mindfulness Training App - Created by Sounds True, a major publisher of meditation books, audio and other media, this app gives you a taste of teachings from key mindfulness instructors, including Jon Kabat-Zinn, the pioneer of Mindfulness-Based Stress Reduction (MBSR), Jack Kornfield, Tara Brach, and others. If you're new to meditation, this app is a great opportunity to get a more intimate understanding of what it's all about.

Insight Timer - A meditation timer that doubles as a mindfulness guide. Users can share their meditation times with their friends and check in on others users meditating in the area.

Meditation Timer Pro – Easy to use. Pick a length of time to meditate, set reminder noises for starting and ending your session (perhaps a chime to begin and galloping hoof beats to end), and you're ready to meditate.

Omvana - Easy to use, just click through to the guided meditation of your choice.

Headspace - Beginners start with the Take10 program to learn meditation basics in 10 minutes a day for 10 days. You can subscribe to broader programs to work on specific issues like sleep or relationships.

Calm - Beginners can learn the basics of mindfulness meditation with the app's 7 Days of Calm program.

Aura - Get a new, personalized, three-minute meditation every day. The app also has relaxing sounds and a "mindful breather" feature.

Web Information for patients about anxiety and depression, grief etc.

- Website
- Books and Pamphlets
- Apps
- Multimedia/courses

<http://www.bccancer.bc.ca/our-services/services/library/recommended-websites/living-with-cancer-websites/anxiety-and-depression-websites>

Return to Work

An introduction to how human rights legislation can support a cancer survivor with their return to work. <https://www.cancerandwork.ca/healthcare-providers/law-policy-and-practice-information/human-rights-information/>

Resources for Indigenous Patients

Find out information on what medical supplies are covered and what is not through First Nations Health Authority <http://www.fnha.ca/benefits/medical-supplies-and-equipment>

Note that resources NOT covered include:

- End of life care – Hospice
- Wigs for breast cancer patients



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