



Sociobehavioural Oncology CONNECTIONS

The Newsletter of BCCA's Cancer Rehabilitation Network

Fall 2004

BCCA Psychosocial Screening Tool Streamlines Care

Over 30% of cancer patients will develop psychosocial distress throughout their illness journey. To ensure every patient receives comprehensive treatment, BCCA cancer centres are piloting a new screening tool to streamline service according to individual patient needs.

The P-SCAN (Psychological Screening for Cancer) is a 21 item questionnaire developed by BCCA researchers and clinicians to screen all new patients for depression, anxiety, social support and quality of life. The questionnaire is completed by new patients with the Health Assessment Form and only takes clinicians a few minutes to complete and score.

The P-SCAN demonstrated good psychometric results in its first phase of testing for validity and reliability. In the next phase of testing, researchers will characterize psychosocial needs in relation to treatment, remission, recurrence, palliative and survivorship stages, explained Dr. Wolfgang Linden, Professor of Psychology at the University of British Columbia and Sociobehavioural Research Centre Associate.

Implementation of the P-SCAN assists in triage, allowing for efficient use of resources and identification of patients in need of psychosocial care.

There are also plans to translate the P-SCAN into Chinese and Punjabi. The P-Scan will be available to researchers and clinicians in cancer hospitals for free.

“By using the screening tool, we are helping more elderly and male patients, and in general more patients with higher levels of distress,” reported Gina MacKenzie, Provincial Practice Leader, PFCS, Vancouver Centre and Fraser Valley.

For more information contact Dr. Maria Cristina Barroetavena mbarroet@bccancer.bc.ca or Dr. Wolfgang Linden wlinden@psych.ubc.ca

Connections Newsletter

Focus

Research in Practice

Share information and resources on research and clinical innovations.

Connect researchers, clinicians and administrators from around the province.

Build understanding about the sociobehavioural dimension of cancer.

Inside This Issue

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2. Using the Potential of Technology in Clinical Practice
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CIHR Awards \$1.4 Million for Culture and Palliative Care Research

Researchers from Cancer Rehabilitation's Sociobehavioural Research Centre are partnering with investigators from the University of British Columbia, the University of Saskatchewan and Dalhousie University to lead a national research and training program on cultural issues in palliative care.

Researchers will receive \$1.4 million from the Canadian Institutes of Health Research (CIHR) over five years. Details of the grant were originally announced in September of this year in Montreal as part of a \$16.5 million infusion for palliative care research.

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SRC Researchers meet to discuss 5 year program plan. Dr. Maria Cristina Barroetavena (front left), Dr. Ariminee Kazanjian (right), Ms. Merissa Myles (back left) Mr. Richard Doll, Dr. Anne Leis and Ms. Patricia Nelson. Missing Dr. Gillian Fyles and Dr. Grace Johnston.

Continued from Cover

“Canada is one of the most culturally, ethnically and linguistically diverse countries in the world,” explains NET investigator Dr. Maria Cristina Barroetavena.

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diverse countries in the world***

“Overall cancer incidence is increasing and the palliative stage of disease is prolonged, yet there is little information available about how cultural factors affect our patients’ cancer experience and care at end of life.”

Funded by CIHR’s Strategic Initiative for New and Emerging Team’s (NET) in Palliative Care, six national researchers with expertise in medicine, epidemiology, sociology, social work, and psychology will explore psychological, social and spiritual issues of patients from different cultural backgrounds.

“When we look at culture and its relationship to palliative cancer care, we want to know how culture affects access, how it relates to the role of caregivers and how it impacts patient choice and use of remedies outside the public health care system,” says Dr. Arminée Kazanjian, NET Co-Principal Investigator and Professor of Health Care and Epidemiology, University of British Columbia.

The goal of the Agency’s NET team is to transfer new knowledge quickly into education and training programs and into the clinical setting to improve the quality of life of patients and their caregivers.

Agency clinicians interested in the work of the NET team are encouraged to contact Dr. Maria Cristina Barroetavena for more information at mbarroet@bccancer.bc.ca (604) 877-6000 ex. 2185

Canadian Oncology Nutrition Standards of Practice

Following a comprehensive review of current practices and research literature, the *Canadian Oncology Nutrition Standards of Practice* are now available.

The national project, led by BCCA nutritionists, defines 29 Standards of Practice designed to guide clinicians in the development and maintenance of Oncology Nutrition Services across Canada.

The standards are divided into six sections, which provide information on organizational structure, professional attributes, provision of oncology nutrition services, research, education and training, and evaluation.

Further information is available at <http://www.bccancer.bc.ca/HPI/NutritionalCare/Res/Standards+of+Practice.htm>



Proceedings Now Available

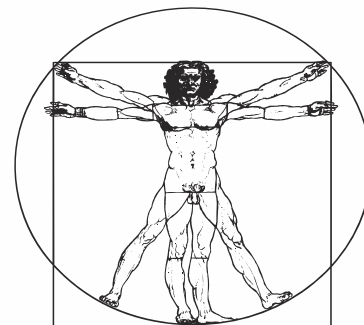
**Building Collaborative Communities
for Cross Cultural Cancer Research and Care**
First national workshop Vancouver, BC. February 2004

<http://www.bccancer.bc.ca/RES/SBR/News/Communities/Participants>

Cost Benefits of Psychosocial Care

Carlson and Bultz conducted a comprehensive study and found that a whole person approach to cancer care not only helps treat the emotional and social aspects of illness, but also provides considerable long-term cost savings.

Carlson, L. & Bultz, B. (2002). Efficacy VS Cost of Psychosocial: An evidence-based call for action. *Oncology Exchange*. 1(2), 34-51.



Resources For Patients and Practitioners

Circlework: A manual for relaxation and support group facilitators. Joanne Stephen and Liz Smith. BCCA. 2003. Order: vmattimo@bccancer.bc.ca

Time for Me: An activity book for kids when someone in the family has cancer. By June Slakov, Sandra Rotholc, & Karen Janes. BCCA. 1999. Order: vmattimo@bccancer.bc.ca

The Emotional Facts of Life with Cancer: A guide to counselling and support for patients, families and friends. Beth Kapusta. CAPO. 2003. Free: www.capo.ca

Nutrition and Cancer Prevention. Fact Sheet. BCCA. 2002. Free: <http://www.bccancer.bc.ca/HPI/NutritionalCare/PtEd/>

High Energy High Protein Ideas. Facts and Recipes. BCCA. 2004. Free: <http://www.bccancer.bc.ca/HPI/NutritionalCare/PtEd/>

Exploring Technology's Potential for Clinical Practice

Communication technology is changing the way we work, but can it improve access to psychosocial care for cancer patients? Clinicians and researchers with the BCCA Rehabilitation Network say 'YES' and are involved in several initiatives to maximize technology's potential.

In spring 2004, BCCA SRC researchers conducted a Canadian environmental scan on communication technology in psychosocial care. They found that the telephone, video conferencing and computer internet access all have the potential to connect under-served patients with their peers and with clinicians. Communication technology can also improve patient access to education, information and support resources.

Telehealth infrastructure exists in Canada, but cancer care organizations are not using its full potential for psychosocial care

"It's a shame that telephone and videolink are not used more in clinical practice because many patients want to use them and do receive benefit," reported Dr. Joanne Stephen, SRC research investigator.

Richard Doll, Provincial Leader of Cancer Rehabilitation, explained that "To move forward, we must think constructively and build on the experience of other initiatives in Canada and the United States that have proven utility."

In June 2004, BCCA hosted a national workshop with 18 senior researchers and clinicians from across Canada. Dr. Mitch Golant from the Wellness Centre in California and Dr. Janine Giese-Davis from Stanford University presented their work on synchronous (real-time) on-line support groups.

Research on the Wellness Centre model demonstrates that professionally-led on-line support groups provide many of the same benefits as face to face support groups while providing greater accessibility for those unable or unwilling to attend groups. Work is underway to adapt the Wellness model in the Canadian context.



Dr. Golant, the Wellness Community and Dr. Giese-Davis from Stanford University talk to Canadian researchers and clinicians about the benefits of on-line support groups.

BCCA's Patient Family Counselling Services are in the process of identifying educational and practical resources that can be web-based. These resources will be available to both patients and health practitioners.

Administrators, clinicians and researchers interested in improving access to psychosocial care are encouraged to contact Dr. Joanne Stephen, SRC Researcher at (604) 877-6000 ex. 2187. jstephen@bccancer.bc.ca

Advances in Mind-Body Research

A randomized control trial, conducted at Ohio State University, found significant biological, psychological and health behaviour effects for cancer patients receiving a psychosocial intervention. Patient immune response paralleled their psychological and behavioural improvements.

Andersen, B., Farrar, W., Golden-Kreutz, D., Glaser, R., Emery, C., Crespin, T., Shapiro, C., Carlson III, W. (2004). Psychological, Behavioural, and Immune Changes After a Psychological Intervention: A clinical trial. *Journal of Clinical Oncology*. 22(17), 3570-3580.



Joanne Stephen, PhD is a researcher at Cancer Rehabilitation's Sociobehavioural Research Centre (SRC).

Team Work A quarterly column connecting clinicians with the SRC research team.

Why is research important to clinical practice?

Research and clinical work are often "two solitudes" -- with researchers situated in universities and clinicians in health care settings. Thankfully in psychosocial oncology this is changing. Research and clinical practice enrich each other. For clinicians, research is a method that enables us to reflect on current knowledge and continuously improve clinical practice.

As a researcher with doctoral training in clinical psychology, my passionate interest is identifying innovative methods to increase patient access to psychosocial care. My upcoming projects include collaboration with BCCA clinicians to test the effectiveness of a self-administered stress management treatment for cancer patients who live in rural and semi-rural regions, and the development of web-based psychosocial and psycho-educational interventions.

Upcoming Events

Aboriginal Spirituality and

Cancer Care. Special presentation by Old Hands, a member of the Cwenegitl Aboriginal Society. Videolink to 4 BCCA centres. Jambor (VCC), RM#3 (FVCC), RM#3 (VIC), Kootenay RM (CSI). Everyone welcome. January 15th 2005. 12:00-1:00pm. mmyles@bccancer.bc.ca

Psychosocial Oncology Rounds

Join us from 12:00-1:00pm every 2nd Wednesday for lunchtime learning. Videolink to all 4 cancer centre. Location (TBA) gmacken@bccancer.bc.ca

Nutrition Oncology Lunch & Learn

Join us from 12:00-1:00pm on the third Wednesday of every month for lunch time learning by teleconference. afinrite@bccancer.bc.ca

Conferences

Mind/Body Medicine and Spirituality: New Horizons in

Cancer Care. Canadian Association of Psychosocial Oncology Annual Conference April 14 to 16 2005. Victoria, BC. www.capo.ca

British Columbia Multicultural

Health Fair. The Affiliation of Multicultural Societies and Service Agencies of British Columbia (AMSSA) February 17th 2005. Vancouver, BC. www.amssa.org

Patient Navigation Update

Following an investigation on navigation practice in British Columbia, SRC researchers are leading a collaborative effort for Patient Navigation in Canada.

In the new year, a national to meeting will be held with researchers, administrators and navigators to identify common model characteristics, share navigation tools and materials, and identify national opportunities navigation practice in cancer care.

For more information contact jstephen@bccancer.bc.ca or mbarroet@bccancer.bc.ca

Did you Know?

British Columbia has two patient navigators: Dorothy. Brown@interiorhealth.ca in the Kootenay Boundary Region and Cathy. Parker@caphealth.org in Victoria.

Cancer Rehabilitation Network

BCCA's Cancer Rehabilitation Network coordinates regional cancer centre activities for patient and family counselling, psychiatry, and nutrition services. The Rehabilitation Network also works with host hospitals to provide speech pathology and physiotherapy services. Community activities with practitioners are provided through the psychosocial oncology and nutrition oncology networks. Translational research is conducted by the Sociobehavioural Research Centre.

Sociobehavioural Research Centre

Working within the Cancer Rehabilitation Network and with community partners, BCCA's Sociobehavioural Research Centre's (SRC) mission is to provide leadership on quality of life issues by generating, disseminating, and facilitating uptake of an evidence-based understanding of cancer patients' physical, psychological, social, cultural, nutritional, informational, spiritual and practical needs.

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Sign up to receive Connections Quarterly Newsletter in print or PDF format. Send your name, address and subscription request to mmyles@bccancer.bc.ca

More Information

This newsletter is published quarterly. To submit a story idea or to learn more about Cancer Rehabilitation Network's activities please contact:

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