



# Sociobehavioural Oncology CONNECTIONS

The Newsletter of BCCA's Cancer Rehabilitation Network

Summer 2006 - Issue 5

## Helping Younger Women Move Forward After Breast Cancer

Getting back into the routine of daily life after diagnosis and treatment of breast cancer can be challenging and stressful. This is especially true for women under 50 who may have to deal with physical and psychological problems, insurance issues, returning to work and family responsibilities, as well as concerns about sexuality and fertility.

Dr. Joanne Stephen, Research & Clinical Practitioner at the BC Cancer Agency's Patient & Family Counselling Services, is reaching out to this group of younger women in her new research study *Moving Forward After Breast Cancer: A pilot study of an online skills and support intervention for post-treatment younger women*.

The study is funded by the Canadian Breast Cancer Foundation, BC Yukon Chapter, and together with co-investigators Dr. Lori Brotto (Assistant Professor Department of Obstetrics & Gynaecology, UBC) Dr. Wolfgang Linden (Professor of Psychology, UBC), Gina MacKenzie (BCCA Patient & Family Counselling Services' Regional Practice Leader Lower Mainland) and Dr. Arminée Kazanjian (Professor of Health Care & Epidemiology, UBC), she will develop and test the effectiveness of an internet based skills and support group for women 50 years old and under who are post cancer treatment in BC & the Yukon called "Moving Forward after Breast Cancer".



*Dr. Joanne Stephen*

and that is where the use of an internet web site as a resource tool comes in. Dr. Stephen and her research team look forward to having participants online receiving helpful information, setting goals to 'move forward', sharing experiences with other women, and learning and applying new coping skills, regardless of where they live, and with little or no cost. For more information contact Dr. Joanne Stephen at [jstephen@bccancer.bc.ca](mailto:jstephen@bccancer.bc.ca)

While some support groups and educational resources already exist for young women, these are often limited to women living in major cities or those that can afford it,

### Newsletter Focus

#### Research in Practice

**Share** information and resources on research and clinical innovations.

**Connect** researchers, clinicians and administrators from across the country.

**Build** understanding about the sociobehavioural dimension of cancer.

#### Inside This Issue

1. New 2006 Grant Funded Research Studies
2. Managing Life with Cancer: Skills to live by
3. Introducing new Cancer Rehabilitation Network staff
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### Learning on your lunch break: Dr. Joan Anderson teaches BCCA staff about culturally responsive health care

The BC Cancer Agency's Sociobehavioural Research Centre (SRC) and Provincial Nursing were pleased to present health and social scientist Dr. Joan Anderson from UBC Nursing as a guest lecturer for a BCCA lunch and learn back in May. The video-linked presentation on cross cultural health care was based on 20 years of Dr. Anderson's extensive research and experience with different ethnocultural groups in Canada.

As professional development for BC Cancer Agency staff, the main focus of the presentation looked at what health care providers need to know about providing culturally responsive health care, and how they can learn from patients and their families in order to make competent, safe and equitable health care available for all patients. Dr. Anderson's knowledge and expertise in cross cultural health care were greatly appreciated by clinical practitioners and researchers alike who attended.

Provincial Nursing and the SRC hope to continue their collaboration in organizing more cross cultural lunch and learn presentations in the future, so keep an eye out for event ads! For more information about this lunch and learn presentation and to contact Dr. Anderson go to: [www.bccancer.ca/RES/ResearchPrograms/SBR/Capacity.htm](http://www.bccancer.ca/RES/ResearchPrograms/SBR/Capacity.htm)

## Job Posting



**New Investigator or Post Doctoral Fellow.** Cross Cultural Palliative Care NET Project. Sociobehavioural Research Centre, BCCA, Vancouver. For a detailed job description & application deadline go to [www.bccancer.bc.ca/RES/ResearchPrograms/SBR/](http://www.bccancer.bc.ca/RES/ResearchPrograms/SBR/)

### Managing Life With Cancer: Skills to Live by

Patient & Family Counselling Services, at the BC Cancer Agency (BCCA) centre in Kelowna, will be offering the 'Managing Life with Cancer: Skills to Live By' program, designed for people living with cancer. It offers information, support and a number of techniques and tips to help people better manage the challenges of living with cancer. Program topics include mind-body connection and its role in health, managing anxiety & concerns, communication, ways of thinking & mindfulness, setting goals and healthy lifestyles. The program is facilitated by an experienced team including a clinical counselor from BCCA, a long term cancer survivor, and BCCA volunteers.

A new program begins Tuesday September 19th from 9am - 11am and runs for 8 consecutive Tuesdays until November 7th in the Okanagan room at the BCCA Cancer Centre for the Southern Interior in Kelowna. The program is made possible through the generous donations provided by the BC Cancer Foundation, and is offered at no charge to participants who are invited to attend any or all sessions. For more information contact Patient & Family Counselling Services at (250) 712 - 3963.

### MAKING A MOVE...

The Sociobehavioural Research Centre has moved to a new location. Our new home is located on the 6th floor at:

**Fairmont Medical Building  
#600 - 750 West Broadway  
(@ Willow Street)  
Vancouver, BC V5Z 1H5**

An open house soon  
to follow!!



### Introducing...

*Ann-Louise Ellwood, Research & Clinical Practitioner, PFCS, CSI*

Ann-Louise is joining Patient & Family Counselling Services in Kelowna starting this September as a Research & Clinical Practitioner. She has completed pre-doctoral internships at Tom Baker Cancer Centre, and Psychiatric Assessment Service and Health & Rehabilitation Psychology at Foothills Medical Centre. She is currently completing her PhD in Clinical Psychology at the University of Calgary, with her dissertation addressing palliative care and the concept of hopefulness. Ann-Louise looks forward to working on collaborative research studies at BCCA.

*Cheri Van Patten, Research & Clinical Practitioner, Oncology Nutrition, VCC*

In early 2006 Cheri accepted the position of Research & Clinical Practitioner with Oncology Nutrition under the Cancer Rehabilitation Network in Vancouver. Her research focuses on the complex role that diet plays across the trajectory of cancer from prevention to care, including symptom management, impact on quality of life, treatment outcomes, cancer recurrence and survival. Cheri is a registered dietitian, the former Practice Leader of Oncology Nutrition for the Lower Mainland, and has been working for the BC Cancer Agency since 1996.

*Myrna Tracy, Professional Practice Leader, PFCS, CSI*

In March of this year Myrna was appointed to the position of Professional Practice Leader with Patient & Family Counselling Services at the Cancer Centre of the Southern Interior in Kelowna. To her new role Myrna brings work experience from Saanich Peninsula Hospital in Victoria and the BC Cancer Agency in Kelowna, as well as volunteer experience from the BC Association of Social Workers.

*Dr. Ryna Levy-Milne, Chief of Oncology Nutrition, BCCA*

Ryna was appointed to the new position of Chief of Oncology Nutrition in January of this year, a position created to coordinate the Oncology Nutrition program on a provincial basis. Ryna holds a PhD from Memorial University of Newfoundland, and is an Adjunct Professor in the Faculty of Land and Food Systems at UBC.



## New 2006 Grant Funded Research Studies

SRC researchers and research associates have been off to a great start this year securing research funding for a number of new grants in the area of sociobehavioural cancer research. Congratulations go out for their successes! The following research studies are a few of the recent grants held for 2006:

### **The Role of Acculturation in the Interaction Between Barriers to Cancer Screening and Sexuality-related Beliefs and Behaviours**

*Investigators:* Dr. Lori Brotto (PI), Dr. Maria Cristina Barroetavena & Dr. Boris Gorzalka  
*Funder:* Hampton Fund Research Grant in the Humanities and Social Sciences

### **A Methodology to Understand Cancer Screening Behaviour of Culturally Diverse Populations**

*Investigators:* Dr. Arminée Kazanjian, Dr. Greg Hislop, Dr. Susan Cadell, Alice Chen, Dr. Maria Cristina Barroetavena & Marie Desmeules  
*Funder:* CIHR

### **Moving Forward After Breast Cancer: A Pilot Study of an Online Skills and Support Intervention for Post-treatment Younger Women**

*Investigators:* Dr. Joanne Stephen (PI), Dr. Lori Brotto, Dr. Wolfgang Linden, Dr. Arminée Kazanjian & Gina MacKenzie.  
*Funder:* Canadian Breast Cancer Foundation, BC /Yukon

### **Can Telehealth Offer Practical Alternatives for the Delivery of Health Care Service?**

*Investigators:* Dr. Brian Weirnerman (Co-PI), Dr. Arminée Kazanjian (Co -PI), Dr. Francis Lau, Johanna den Duyf, Richard Doll, Dr. Nicole Macpherson, Dr. Joanne Stephen, Dr. Mary Lyn Fyfe & Valerie Ashworth  
*Funder:* Michael Smith Foundation for Health Research

### **Advanced Ovarian Cancer and Sexuality**

*Investigators:* Dr. Lori Brotto (PI) et al.  
*Funder:* CIHR

### **Comparison Between Mindfulness-Based Stress Reduction and Supportive-Expressive Therapy on Psychological and Biological Parameters in Breast Cancer Patients**

*Investigators:* Dr. Linda Carlson, Dr. Michael Specca, Richard Doll & Dr. Joanne Stephen  
*Funder:* Canadian Breast Cancer Research Alliance



(From top left) Members of the SRC research team Susan Liu, Sonia Susin, Pat Nelson, Michael Regier, Dr. Lori Brotto, Lian Chiu, Vickie Mattimoe, Richard Doll, & Dr. Maria Cristina Barroetavena

## A SKILLS & SUPPORT GROUP FOR YOUNGER WOMEN\* LIVING WITH CANCER

Cancer challenges people's ability to cope, and the problems surrounding cancer can be especially tough when you're a younger woman.

This group is for younger women with any kind of cancer who are interested in learning a variety of skills in a facilitated, small-group environment. It also provides an opportunity to interact with other women sharing similar challenges while focusing on what you can do to enhance your personal strength.

Sessions cover instruction, discussion and practice in good coping, goal setting, mindfulness, communication & sexuality.

Groups will be held 8 Tuesday evenings from 6 - 8pm beginning September 26, 2006 at the BC Cancer Agency Fraser Valley Cancer Centre in Surrey.

For more information & to register call 604.930.4000 & ask to speak with Dr. Joanne Stephen of Patient & Family Counselling Services.

\*50ish and younger

## Keeping you posted.....

The SRC will be putting on a **Cross Cultural Cancer Care & Research Conference** in the fall of 2007. For more information or to join the conference mailing list contact Sonia at [ssusin@bccancer.bc.ca](mailto:ssusin@bccancer.bc.ca)

## The NET on the Web

Check out the new Cross Cultural Palliative Care NET web section on the BC Cancer Agency web site @ [www.bccancer.bc.ca/RES/ResearchPrograms/NET/](http://www.bccancer.bc.ca/RES/ResearchPrograms/NET/)



# Upcoming Events

### Psychosocial Oncology Rounds

Join us from 12pm to 1pm every 2nd Wednesday of the month for lunch time learning. Videolink to all 4 cancer centres. Location TBA. For information on upcoming speakers and topics, contact Diana Hass [dhass@bccancer.bc.ca](mailto:dhass@bccancer.bc.ca)

### Oncology Nutrition Lunch & Learn

Join us on the 3rd Wednesday of every month for lunch time learning from 12pm to 1pm by teleconference. For information on upcoming speakers and topics contact Angela Bowman at [abowman@bccancer.bc.ca](mailto:abowman@bccancer.bc.ca)

### 16th Annual Provincial Hospice Palliative Care Conference.

*Advancing Leadership in Palliative Care.* September 14 & 15, 2006. Winnipeg Convention Centre, Winnipeg, MB. [www.chpca.net/](http://www.chpca.net/)

### 16th International Congress on Care of the Terminally Ill

September 26 - 29, 2006. Palais des Congrès, Montréal, QB. [www.pal2006.com/](http://www.pal2006.com/)

**8th World Congress of Psycho-Oncology.** *Multidisciplinary Psychosocial Oncology: Dialogue & Interaction.* October 18 - 21, 2006. Russot Congress Centre. Venice, Italy. [www.ipos2006.it](http://www.ipos2006.it)

**Magnifying Hope Shrinking Hopelessness.** Presented by Wendy Edey & generously supported by the Jambor Fund & CSI Knowledge Fund. October 23, 2006. Okanagan Room, Cancer Centre of the Southern Interior, Kelowna, BC.

**4th International Multidisciplinary Conference on Spirituality and Health:** *Interweaving Science, Wisdom, and Compassion.* November 9 - 11, 2006. Westin Bayshore Resort and Marina, Vancouver, BC.

**BC Cancer Agency Annual Cancer Conference 2006.** Partners in Research and Care: BC and the World. November 23 - 25, 2006. Vancouver, BC. [www.bccancer.bc.ca/HPI/ACC2006/default.htm](http://www.bccancer.bc.ca/HPI/ACC2006/default.htm)

## 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.

## Subscribe !

Sign up to receive Connections Newsletter in print or PDF format 3 times a year. Send your name, address and subscription request to [ssusin@bccancer.bc.ca](mailto:ssusin@bccancer.bc.ca)

## More Information

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

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

## Find Us on the Web



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<http://www.bccancer.bc.ca/RES/ResearchPrograms/>

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### Oncology Nutrition

<http://www.bccancer.bc.ca/HPI/NutritionalCare>

### Psychosocial Oncology

<http://www.bccancer.bc.ca/PPI/CancerTreatment/SupportCopingwithCancerIntroduction/>