



# Sociobehavioural Oncology CONNECTIONS

The Newsletter of BCCA's Cancer Rehabilitation Network

May 2007 - Issue 7

## Research Grant in Access to Quality Cancer Care Awarded



*SRC team members celebrate the good news!*

### **The Canadian Institutes of Health Research (CIHR) fund a New Emerging Team (NET) in Supportive Cancer Care**

The Canadian Institutes of Health Research (CIHR) have announced funding for the successful grant application, a New Emerging Team (NET): Access to Quality Cancer Care submitted by the BC Cancer Agency's Sociobehavioural Research Centre and the University of British Columbia. The grant is led by Principal Investigators Richard Doll and Arminee Kazanjian with nine co-investigators forming a pan-Canadian team from British Columbia, Alberta, Manitoba, Ontario, Quebec, and Nova Scotia. The research program has four interdependent themes all related to increasing access to supportive cancer care and meeting similar objectives identified by our second funding partner the Canadian Strategy for Cancer Control (CSCC). We are mutually interested in: (1) improving patient/survivor access through patient navigation strategies, use of on-line technologies, and attention to groups with observed poorer outcomes; (2) enhancing health care decision-making by providing costing data related to the new strategies we propose to implement and evaluate; (3) developing new methods to support improved access including screening tools and robust measures of short- and long-term patient outcomes; and (4) integrating knowledge translation throughout the research cycle via ongoing partnerships with cancer care decision-makers, researchers, clinicians, and survivors. The anticipated start is summer 2007 and we look forward to this challenging and exciting research!

### 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. Introducing new staff and associates
2. NEW coping with cancer website
3. Current studies, and study outcomes
4. And More...

### **ANNOUNCEMENT** **CROSS CULTURAL CANCER & RESEARCH: A NATIONAL FORUM ON CANCER CARE FOR ALL CANADIANS: IMPROVING ACCESS AND MINIMIZING DISPARITIES.**

NOVEMBER 1-3, 2007 THE COAST PLAZA VANCOUVER, BC  
[WWW.INTERPROFESSIONAL.UBC.CA](http://WWW.INTERPROFESSIONAL.UBC.CA)

Deadline for abstract submission is June 30, 2007

## Supportive Program Initiative Emerges from Lower Mainland Study Cantonese-speaking support group for cancer patients and their families



Dr. Maria  
Barroetavena and  
Sandy Kwong

In September 2006 Patient & Family Counselling Services introduced a new psychosocial support program for Cantonese-speaking cancer patients and their families. This initiative is based on the findings from a research study led by Dr. Maria Barroetavena. Patients and family caregivers from Vancouver and the Lower Mainland were asked about their psychosocial needs across the cancer care continuum. Findings indicate that Chinese-speaking patients, the largest cultural minority in Vancouver, displayed general confusion on how to navigate the health care system and have lack awareness of supportive resources. As a result two initiatives were implemented based on the study recommendations. Sandy Kwong, a native of Hong Kong and coinvestigator in this research,

facilitates a drop-in peer support group, which consistently sees between 30-40 participants. Each group meeting offers supportive interaction, educational material, and hosts a speaker who shares his/her expertise on relevant topics such as communication, nutrition, and side effects management.

Additionally Ms. Kwong has compiled a BCCA Resource Guide for Chinese Cancer Patients in the Lower Mainland. The Resource Guide is available to local Chinese patients and has been posted on the BCCA web site. This Resource Guide is written in both English and Chinese, and includes the following topics: Understanding Diagnosis & Treatment; Getting Emotional Support; Taking Care of Yourself; Financial Assistance; Homecare & Continuing Care; Transportation Services; Nutrition Information & Meal Services; and Childcare.

The Chinese Cancer Support Group and Resource Guide for Chinese Cancer Patients is part of an ongoing strategy that offers therapeutic and empowering environments for underserved populations, responds to the specific cultural needs of Chinese cancer patients and their caregivers, and nurtures relationships between patients and caregivers in the BCCA and community organizations.

### NEW RESOURCES FOR PATIENTS, CAREGIVERS AND FAMILIES!

Patient and Family Counselling Services is pleased to announce a wealth of information now available for Patients, Caregivers, and Families on the BC Cancer Agency web site. Take a look for yourself at:  
[www.bccancer.bc.ca/PPI/copingwithcancer](http://www.bccancer.bc.ca/PPI/copingwithcancer)

Here you will find useful information to pass on to patients, caregivers, and family members. Topics include emotional, practical, and palliative supports. Much of the information has been formatted for easy reading on the web. We have also included fact sheets on specific topics that you can pass on to those you work with. We continue to add useful information and we plan to further showcase this site at the Annual Cancer Care Conference.

*Feedback is always appreciated. Please forward to  
Gina Mackenzie, Lower Mainland Practice Leader,  
[gmackenzie@bccancer.bc.ca](mailto:gmackenzie@bccancer.bc.ca)*

### Introducing

Heather Bowden, BA, Research Project Assistant  
Heather has assumed the role of Sonia Susin, and everyone here at SRC wish Sonia the best in her new endeavors!

Andrea Con, PhD, Research Consultant  
Andrea is responsible for cross-cultural research considerations in advance care planning and access to quality supportive cancer care projects.

Shona Lam, MLSc, NET Research Assistant for the Cross Cultural Palliative Care NET Project. She worked formally as a librarian at the Rix Family Discovery Centre.

Heather Rennie, MA, Lower Mainland Cancer Centres  
Heather has just returned to work after a four month maternity leave. Heather specialises in Community Psychology and Couple & Family therapy.

Also, a warm welcome to new SRC Associates, Dr. Michael Chung, Kathy Scalzo, and Dr. Carole Robinson. Additionally, we are happy to announce new palliative NET members Dr. Kirsten Bell and Dr. Suzanne Slocum.

## Program Development for Survivors

### Comparing Post-Treatment Support for Women After Breast Cancer

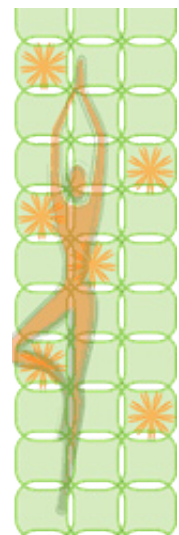
Sponsored by the Canadian Breast Cancer Research Alliance and headed by Linda Carlson of the Tom Baker Cancer Centre and Richard Doll of BCCA the MINDSET study is underway in both Calgary and Vancouver. MINDSET will compare Mindfulness-Based Stress Reduction (MBSR) to Supportive-Expressive Group Therapy (SET). A half-day seminar on Stress Management will be used as a delayed treatment baseline. Women who have completed their medical protocol for breast cancer will be randomly assigned to one of the three intervention groups. Psychological and physiological measures will be taken throughout the interventions. At key times standard psychological assessments will administered, and cortisol will be measured using saliva samples. The study will run through August 2009 with an objective to involve 120 participants per centre. Further information on MINDSET is online at [www.bccancer.bc.ca/RES/ResearchPrograms/SBR](http://www.bccancer.bc.ca/RES/ResearchPrograms/SBR) or contact Heather Bowden at (604)707-5926 or email [hbowden@bccancer.bc.ca](mailto:hbowden@bccancer.bc.ca)



## Increasing Access to Health Technology

### Online Skills and Support Two Year Pilot Study

In a program development initiative through Patient and Family Counselling, Dr. Joanne Stephen has received funding from the Canadian Breast Cancer Foundation for a two year pilot. The project is part of a national initiative to increase access to health technology for Canadian cancer patients. This study will assess the feasibility and effectiveness of online support groups for breast cancer survivors. The study is open to women 45 and under living in BC and the Yukon. Groups of 8 to 9 women will log in from their home computer and take part in a real time chat group led by a BCCA counsellor. The intervention is expected to enhance participants' coping skills, reduce the intrusive effects of cancer, and increase their social support. The study launches in April 2007 and groups are offered over the next 2 years. For more information please go to the study web site [canada.thewellnesscommunity.org](http://canada.thewellnesscommunity.org) or contact the study coordinator Jennifer Macdonald at (604) 930-4055 ex 4588 or email [jmacdonald3@bccancer.bc.ca](mailto:jmacdonald3@bccancer.bc.ca)



## Learning Interests for Cancer Care Providers

### Setting Continuing Education Priorities

[www.bccancer.bc.ca/HPI/psychosocial](http://www.bccancer.bc.ca/HPI/psychosocial)

#### **SEVEN LEARNING NEEDS IDENTIFIED for CANCER CARE**

1. Cultural aspects
2. Symptom management
3. Treating the anxious patient
4. Self-care of the professional
5. Care of elderly patients
6. Basic medical issues
7. Ethical issues

The Psychosocial Oncology Learning Needs Assessment, was offered on-line to a broad range of community and agency cancer care providers with the guiding question: "What are cancer care providers interested in learning more about to better meet the psychosocial needs of their patients?" Two-hundred and sixty-seven cancer care providers throughout British Columbia completed this survey (Summer, 2006). The survey found that local in-service was the most endorsed learning format and time constraints were the biggest barrier to learning. The Psychosocial Oncology Learning Needs Assessment is a first step in setting continuing education priorities for a wide range of cancer care providers, both in the agency and in the community throughout British Columbia. The results of this survey are now available on the BC Cancer web site. For more information, please contact Heather Rennie at (604) 930-4055 at [hrennie@bccancer.bc.ca](mailto:hrennie@bccancer.bc.ca)

#### **Recommended Reading**

Schofield, P., Carey, M., Bonevski, B., Sanson-Fisher, R. (2006). Barriers to the provision of evidence-based psychosocial care in oncology. *Psycho-Oncology*, 15, 10, 863-872. This paper provides a discussion of the reasons for this gap using the precede-proceed model as a theoretical framework. The model is a useful way of classifying potential barriers to the application of recommended best practice into three categories: predisposing, enabling, and reinforcing factors, which increase the likelihood that barrier behaviours will be maintained over time.

# 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 [abowman@bccancer.bc.ca](mailto:abowman@bccancer.bc.ca)

## Annual CAPO Conference.

May 9-11, 2007. Fort Garry Hotel, Winnipeg, MB [www.capo.ca](http://www.capo.ca)

**The 19th IUHPE World Conference** Health Promotion & Health Education  
June 10-15, 2007. Vancouver, BC [www.iuhpeconference.org](http://www.iuhpeconference.org)

## National Healthcare Leadership Conference.

June 11 & 12, 2007. Toronto, ON [www.healthcareleadershipconference.nexx.com](http://www.healthcareleadershipconference.nexx.com)

## 9th World Congress of Psycho-Oncology & Psychosocial Academy

September 16 - 20, 2007. Imperial College, London, UK [www.ipos-society.org](http://www.ipos-society.org)

## A National Forum on Cancer Care for ALL Canadians

November 1-3, 2007. Coast Plaza Vancouver, BC [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)  
Deadline for abstract submission is June 30, 2007.

## 4th Annual IN-CAM Research Symposium:

November 2 & 3, 2007. Four Seasons Vancouver, BC [www.incamresearch.ca](http://www.incamresearch.ca)  
Deadline for abstract submission is July 31, 2007.

## Find Us on the Web



### Connections Newsletter

[www.bccancer.bc.ca/RES/ResearchPrograms/SBR/News](http://www.bccancer.bc.ca/RES/ResearchPrograms/SBR/News)

### Cross Cultural Palliative Care, NET

[www.bccancer.bc.ca/RES/ResearchPrograms/NET](http://www.bccancer.bc.ca/RES/ResearchPrograms/NET)

### Oncology Nutrition

[www.bccancer.bc.ca/HPI/NutritionalCare](http://www.bccancer.bc.ca/HPI/NutritionalCare)

### Psychosocial Oncology

[www.bccancer.bc.ca/PPI/copingwithcancer](http://www.bccancer.bc.ca/PPI/copingwithcancer)

### Sociobehavioural Research Centre

[www.bccancer.bc.ca/RES/ResearchPrograms/SBR](http://www.bccancer.bc.ca/RES/ResearchPrograms/SBR)

## 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. Knowledge Translation 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. Send your name, address and subscription request to [hbowden@bccancer.bc.ca](mailto:hbowden@bccancer.bc.ca)

## More Information

To submit a story idea or to learn more about the Cancer Rehabilitation Network's activities please contact:

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