

Connections

Sociobehavioural Oncology

BCCA Cancer Rehabilitation Network Newsletter



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

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Issue 10

Newsletter Focus

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.

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Identifying Priorities for Cancer Survivorship Research

Funders and researchers are beginning to recognize the importance of cancer survivorship as a leading priority. The number of cancer survivors is growing annually and is expected to continue to do so in the future; it is, therefore, critical to understand the unique needs of this population.

A recently-held national cancer survivorship workshop, sponsored by the Canadian Partnership Against Cancer, identified research as one of seven key priorities for a pan-Canadian survivorship agenda.

In November 2008, the Sociobehavioural Research Centre hosted the first Pan-Canadian Invitational Workshop: Identifying

Priorities for Cancer Survivorship Research. Its purpose was to identify priorities for cancer survivorship research for the Canadian context and integrate various ongoing initiatives and efforts at both the national and international levels.

The top five research priorities identified for cancer survivorship in Canada were effective care models, effective interventions, measurement and tool development, mechanisms underlying long-term effects, and needs and characteristics of unique populations.

Potential strategies to carry out these priorities included the need for

immediate action, a coordinated approach and the need for efforts by all stakeholders – funders, researchers, survivors – to move the research agenda forward.

The proceedings for the workshop will be available on the Sociobehavioural Research Centre website <http://www.bccancer.bc.ca/RES/ResearchPrograms/SBR/default.htm> or contact Joanne Magtoto for a paper copy
jmagtoto@bccancer.bc.ca

Cancer Transitions: Moving Beyond Treatment

Dr. Amanda Ward is a new Research Scientist with the Cancer Rehabilitation and Sociobehavioural Research Centre. She has training in both quantitative and qualitative cancer research methodology; with a background that ranges from research at the cellular level and drug delivery, to the whole person needs of people affected by cancer.



Amanda is leading a study to investigate the impact of psycho-educational intervention programming on the quality of life of cancer survivors. A pilot program, Cancer Transitions, is currently being offered at four sites across Canada. The intention is to evaluate and develop the program for future nationwide implementation.

Cancer Transitions is a program developed by The Wellness Community and the Lance Armstrong Foundation for cancer survivors. The program is designed to help cancer survivors make the transition from active treatment to post-treatment care. It has been successfully established at 15 US locations and initial findings indicate a promising model for the provision of services to survivors.

The BC Cancer Agency has created The Canadian Survivorship–Cancer Transitions Action Group which is pilot testing and evaluating the Cancer Transitions program at four sites across Canada: Northern Health Authority; Prince George, Hope & Cope; Montreal, Wellspring; Toronto, and the BC Cancer Agency; Victoria. A fifth site, the Breast

Cancer Supportive Care Foundation, Calgary, will be running their own program in concurrence and will use the same evaluation criteria. The overall objective of the study is to assess the feasibility of a future nationwide launch of a cancer survivor intervention program.

All stages of the program are being overseen and coordinated by the BC Cancer Agency. The program commenced in late January 2009 and is being delivered by expert facilitators who are using the Cancer Transitions guide and workbook. The program provides in-depth information and the opportunity to practice skills that can help cancer survivors manage their life after treatment. The key areas of focus are: emotional well-being, exercise, nutrition, medical management, and

survivorship care planning. The participants have been asked to complete a series of validated self-reporting questionnaires at the beginning of the first and last session. Descriptive and inferential statistics will be used to evaluate changes that may occur during the course of participation in the program in relation to self-efficacy, physical and mental health status, and overall quality of life. The Canadian Survivorship–Cancer Transitions Action Group will be recommending future initiatives regarding the launch of survivorship programming in Canada by May of 2009.

Look in future Connections newsletters and the Sociobehavioural Research Centre website <http://www.bccancer.bc.ca/RES/ResearchPrograms/SBR> for Cancer Transitions project updates.

Feedback From Online Support Groups

“There is really nothing like talking to people that truly know what you are going through.”

BC Cancer Agency
CARE + RESEARCH
An Agency of the Provincial Health Services Authority

You are invited to join one of our new Online Information & Support Groups

- Participate from the comfort of your own home
- Free for cancer patients & family members throughout BC & the Yukon
- These private online chat groups are counsellor-led & easy to use

Our Program Coordinator Sophie, will find a group that is right for you.
Call 1.800.523.2885 Ext. 4955 or google.ca/canada.thewellnesscommunity

Are you seeing patients and family members who are visibly distressed, or “keeping the lid on too tight?” A professionally facilitated online support group may be what’s needed.

Dr. Joanne Stephen and her team (Patient and Family Counselling, Vancouver, Abbotsford & Fraser Valley Centres) are involved in clinically-informed research on online support groups.

Patients and family members have an innovative, convenient way to share their experiences, get support and learn new information and resources. These safe, real-time chats are expertly facilitated by a BCCA counsellor.

Feedback from previous pilot groups has been overwhelmingly positive.

Patients and caregivers reported that the groups were extremely supportive, and an excellent venue for information exchange with others in similar situations. One patient stated:

“This group help[s] because it does feel like we are not alone, there are other women stumbling right alongside....no matter how supportive [my family and friends] are they can’t really understand what I’m going through in the way you all can. And that comforts me.”

We are now enrolling people for the following

groups: young women (~ <50) with advanced/metastatic disease, young women (<45) with breast cancer, and caregivers (men and women of all ages). However, we’re open to all who come forward.

For more information or to send your referrals, please contact *Sophie Bartek*, Research Project Coordinator, at (604) 707-5900, extension 4955 or sbartek@bccancer.bc.ca

<http://canada.thewellnesscommunity.org>

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Upcoming Events

Centre for Health Services and Policy Research Annual Conference: "Health Innovation for Patients and Populations."

24-25 February 2009, Vancouver BC. <http://www.chspr.ubc.ca/hpc>.

Canadian Association of Psychosocial Oncology (CAPO): Survivorship: Transitions and Transformations.

Vancouver, British Columbia. April 1-4th, 2008.

http://www.capo.ca/eng/CAPO_conference.asp

Cancer Care 2009: Maintaining Focus in Changing Times (Alberta Health Services)

Calgary, Alberta. May 6-7, 2009. <http://www.buksa.com>

Community Cancer Control 7th National Summit, "Innovative Solutions for Rural and Remote Cancer Control Issues: Today and Tomorrow."

June 11-13th, 2009. Prince George BC. <http://www.cancersummit.ca/>

IPOS 11th World Congress of Psycho-Oncology (IPOS): Multi-disciplinary Perspectives in Psycho-oncology: Interaction and Integration.

Vienna, Austria June 21 -25th, 2009. <http://www.ipos-society.org/ipos2009/>

Multi National Association of Supportive Care in Cancer (MASCC): International Symposium.

June 25 - 27th, 2009 Rome, Italy. <http://www.mascc.org/content/4.html>

UICC Global Cancer Congress 2008

Geneva, Switzerland. August 27-31, 2009.

<http://www.controlcancer.ca/en/news/uicc-world-cancer-congress-2008>

Introducing

Kimberly Burrus, BA, is the new Research Coordinator for the MINDSET Study at the BC Cancer Agency Sociobehavioural Research Centre.

Joanne Magtoto, BA, is the new Research Project Assistant at the BC Cancer Agency Sociobehavioural Research Centre.

Kirsten Smillie, MA, is a Research Assistant for the Chinese Patient Navigation project headed by Maria Cristina Barroetavena.

Shirley Tsang, BSW, is a Research Coordinator for the Chinese Patient Navigation project headed by Maria Cristina Barroetavena.

Dr. Amanda Ward, PhD, Amanda is our new research scientist for the Sociobehavioural Research Centre at the BC Cancer Agency.

Find us on the Web

Connections Newsletter www.bccancer.bc.ca/RES/ResearchPrograms/SBR/News

Cross Cultural Palliative Care, NET www.bccancer.bc.ca/RES/ResearchPrograms/NET

Oncology Nutrition www.bccancer.bc.ca/HPI/NutritionalCare

Psychosocial Oncology www.bccancer.bc.ca/PPI/copingwithcancer

Sociobehavioural Research Centre 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.

SRC

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 Newsletter in print or PDF format. Send your name, address and subscription request to Joanne Magtoto
jmagtoto@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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