

Funding Awarded to Enhance Quality of Life for Canadians Affected by Breast Cancer

Congratulations are in order to Dr. Joanne Stephen who received \$582,995 from the Canadian Breast Cancer Research Alliance/Canadian Breast Cancer Foundation Special Research Competition on Psychosocial Aspects of Breast Cancer.

Young women who have finished treatment for breast cancer regularly report a lack of psychological and social support in their lives. They often continue to struggle with survivorship issues such as ongoing distress and the challenge of how to rebuild their lives after treatment. This experiment will compare two online support group (OSG) options to determine if both forms of support help young breast cancer survivors adjust, by reducing treatment-related intrusions and helping women re-engage in valued activities and commitments. It will also test if these 2 types of OSG's help womens' mood, feelings of loneliness, confidence, and overall life satisfaction. It will explore the

processes within support groups that help to create positive change for young women after cancer treatment.

Previous work by this team in a smaller study has shown that online support groups led by professional counselors can be carried out over the Internet, and that they produce helpful benefits for young women survivors of breast cancer. The online groups were comprised of 10 sessions of real time chats, with each session focused on a specific topic. The women enjoyed the experience and 3 months after completing the groups, they reported improved quality of life, lower emotional distress, and enhanced coping. However, a large study to determine the strength and reliability of these early promising findings is needed. The questions to be examined are whether trained peers (other young breast cancer survivors) might be able to facilitate the online groups and provide similar

positive benefits for young breast cancer survivors, and what facilitators can do to maximize positive benefits in online support groups.

This is a multi-provincial, 3-arm study that will compare a professionally-led OSG (with an educational manual) and a peer-led OSG (with an education manual) with a group that just receives the educational manual. Psychological assessment measures given immediately following the 12 week group, and at 6 months and 12 months follow-up, will determine if one or both of the study groups effectively improve quality of life, reduce distress, and enhance self-efficacy and life satisfaction for young breast cancer survivors. Additionally, tests will be performed to investigate whether discussing emotional matters predicts greater improvements.

For more information, please contact Kate MacGregor
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Cancer in my Family Website Award



The Cancer in my Family website has been awarded a 2009 Applied Arts Interactive Award for the educational category. The winners were based on creative merit, technical excellence and suitability for end use.

The BC Cancer Agency created the new website to help families cope with cancer. The interactive website is aimed at children aged 8 to 12.

www.cancerinmyfamily.ca

Cancer Transitions Facilitator Training

Led by Amanda Ward from the Sociobehavioural Research Centre at the BC Cancer Agency - Vancouver Centre, Nancy Payeur from the BC Cancer Agency - Vancouver Island Centre, and Tasha Ahlstrom from Northern Health; the objective of this workshop is to inform and train facilitators from across Canada to be able to deliver the program.

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. 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.

Many of the participants across Canada have implemented the program at their organization including: BC Cancer Agency, Kootney Boundary Regional Hospital, Saskatchewan Cancer Agency, CancerCare Manitoba, Ottawa Regional Cancer Foundation, Sudbury Regional Hospital, and Cancer Care Nova Scotia.

Evaluation of this program and other survivorship programs

will continue in Canada in order to provide evidence-based research that can be translated into clinical action and the delivery of sustainable survivorship programs.

We would like to thank our funding partner, the Canadian Partnership Against Cancer, for supporting these workshops, and also the facilitators and participants who made the training a success!

For more information, please contact Joanne Magtoto
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www.bccancer.bc.ca/RES/ResearchPrograms/SBR/cancertransitions.htm



East Canada Participants, Ottawa, October 2009



West Canada Participants, Vancouver, November 2009

Focus on Colorectal Cancer at Vancouver Island Centre

By Nancy Payeur

During the past 18 months, a multi-disciplinary team (nutrition, nursing, psychosocial, radiation therapy, library, research) has collaborated on several research projects specifically related to colorectal cancer.

Currently, our projects are focused on examining the supportive care needs, lifestyle behaviors, and survivorship care planning for people with colorectal cancer. The group has received financial support through three Catalyst grants (VIRAD/BCCF) and recently learned that a scoping

review will be funded by the CIHR.

The group is passionate about improving care through research initiatives for this often understudied population.

"We know there is much to do but our passion and commitment to this work will lead us to results that will be relevant...and will ultimately guide future practice. We feel honoured to be a part of it!"

- Cheri Cosby

(on behalf of the Colorectal team)



Team members (from left to right):
Dr. Maxine Alford, PPPL
Heather Watson, RN, Research Coordinator
Lorraine Leitz, Librarian
Dr. Helena Daudt, Clinical Research Manager
Catherine Van Mossel, UVIC
Cheri Cosby, MSc, RD, RPPL, VIC
Nancy Payeur, MSW, RPPL, VIC

Team members missing in photo:
Dr. Ryna Levy-Milne, PPPL Oncology Nutrition
Dr. Mary Ellen Purkis, Dean of the Faculty of Human & Social Development, UVIC
Alison Mitchell, RT Educator

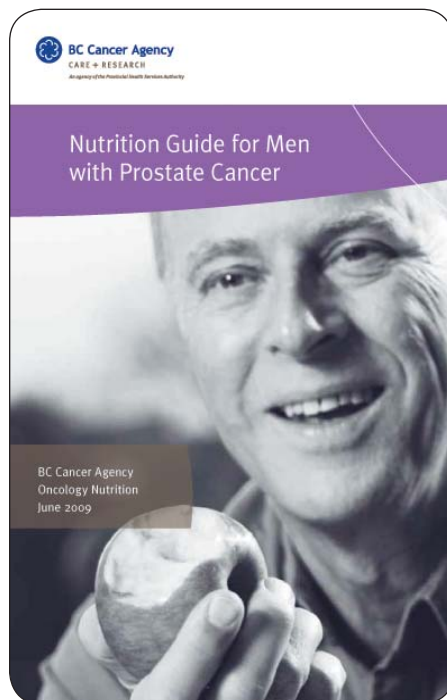
Development and implementation of a Nutrition Guidebook for Men with Prostate Cancer: Translating Knowledge and Building Community Partnerships

By Cheri Van Patten, RD, MSc

Men with prostate cancer represent a large population of cancer survivors with unique nutritional needs. Despite this, there are few credible educational resources available. Men experience a number of nutrition-related treatment side effects, and it has been reported that there are poorer outcomes after surgery and radiation therapy in men who are overweight or obese. In emerging research lifestyle interventions have been shown to improve quality of life, and prevent and/or reduce treatment side effects (including weight gain, and loss of muscle mass and bone resulting from long-term hormone therapy); and common co-morbidities. Overall dietary interventions are also attractive in that they are low in cost and toxicity and have the potential to prevent or reduce the risk of prostate cancer recurrence.

Given the potential for significant benefits in this patient population, a cost effective nutrition education resource was designed to assist men in making healthy lifestyle choices after diagnosis. The first of many tasks was to conduct a comprehensive review of literature. This was undertaken by a multidisciplinary group as part of an Oncology Nutrition Team Building Grant from the Michael Smith Foundation for Health Research. The review uniquely prioritized evidence from randomized controlled trials and was published in *The Journal of Urology*¹. Secondly the scientific evidence was translated into lay language and practical recommendations, forming the basis of the guidebook content. The information was later pilot-tested in men with prostate cancer and reviewed by content experts, oncologists and clinicians. Various revisions and enhancements were made to the booklet and a second shorter "newsletter-style" resource was developed based on feedback from men who sought a quick-reference guide.

The final result was a full colour, illustrated 62-page guidebook and 12-page summary version. To the credit of the key stakeholders and partnerships 5000 copies of the guidebook were printed from donated funds. A major achievement is the distribution of the guidebook to every newly diagnosed man with prostate cancer in BC, within an 'Prostate Cancer Kit' (funded and supported by Prostate Cancer Foundation BC (www.prostatecancerbc.ca), and provision to patients within the five provincial



cancer centres of the BC Cancer Agency and some community oncology clinics. Patients and professionals can also access the resources as a free download from the BC Cancer Agency www.bccancer.bc.ca and Pro Can Support (www.procansupport.com) websites.

In conclusion, this project was a tremendous and rewarding opportunity and I am grateful to individuals and organizations listed below who literally made it possible. By early accounts the educational resources have been well received by men with prostate cancer, support groups, allied professionals and clinicians. A scientific poster² has also been presented along with a presentation to the local Prostate Support and Awareness Group.

Acknowledgement to:

Funders: Prostate Cancer Foundation BC, BC Cancer Agency
Co-authors/Reviewers/Collaborators: Dr. Emma Tomlinson Guns, Dr. Johan de Boer, Andrea Corwin, Rhonda Brockman, Sandra Gentleman, Andrea Holmes, Ryna Levy-Milne, Len Gross and Drs. Tom Pickles, David Palma and Scott Tyldesley

1 Van Patten, CL, de Boer JG, Tomlinson Guns ES. Dietary and dietary supplement intervention trials for the prevention of prostate cancer recurrence: A review of the randomized controlled trial evidence. *Journal of Urology* 2008; 180: 2314-2322.

2 Van Patten CL, Levy-Milne R. Development of a nutrition guidebook for men with prostate cancer to reduce treatment morbidity and comorbidity and lower the risk of cancer progression. Transdisciplinary Research on Energetics and Cancer (TREC) and Fred Hutchinson Cancer Research Centre (FHCR) Conference on Energy Balance, Cancer Prognosis and Survivorship, Poster Presentation, Seattle, Washington, October 6-8, 2009.

Catalyst Award

Catherine Traer-Martinez, a Registered Clinical Counsellor at the Patient and Family Counselling Services Vancouver Island Cancer Centre, has been awarded funding for her qualitative study "Patient's Perspectives on Somatic Therapy: Does Somatic Therapy help decrease the shock, anxiety, distress, and/or depression related to cancer diagnosis and treatment for cancer patients?". The proposed study aims to illustrate the benefits of Somatic Therapy for cancer patients.

For more information, please contact ctraer@bccancer.bc.ca

Upcoming Events

International Psycho-Oncology Society (IPOS). IPOS 12th World Congress of Psycho-Oncology and Psychosocial Academy.

May 25-29, 2010. Quebec City, Canada.

www.ipos-society.org

National Healthcare Leadership Conference. Transforming Health: From Silos to Systems.

June 7-8, 2010. Winnipeg, Canada.

www.healthcareleadershipconference.ca

Multinational Association of Supportive Care in Cancer (MASCC). 2010 International Symposium on Supportive Care in Cancer.

June 24-26, 2010. Vancouver, Canada.

www.mascc.org

International Union for Health Promotion and Education (IUHPE). 20th IUHPE World Conference on Health Promotion. Health, Equity and Sustainable Development

July 11-15, 2010. Geneva, Switzerland.

www.iuhpeconference.net

International Union against Cancer (UICC). 2010 World Cancer Congress.

August 18-21, 2010. Shenzhen, China.

<http://2010.worldcancercongress.org>

Palliative Care Division, McGill University. 18th International Congress on Palliative Care.

October 5-8, 2010. Montreal, Canada.

www.pal2010.com

Psychosocial Oncology Rounds

Join us from 12:00 p.m. to 1:00 p.m. every second Wednesday of the month for lunch time learning. Videolink to all 5 cancer centres. Location TBA. For more information on upcoming speakers and topics, contact Diana Hass:

dhass@bccancer.bc.ca

Oncology Nutrition Lunch & Learn

Join us on the third Wednesday of every month for lunch time learning from 12:00 p.m. to 1:00 p.m. by teleconference. For information on upcoming speakers and topics, contact Angela Bowman: abowman@bccancer.bc.ca

Staff Updates

Norma Hoepfner, MSW, Patient and Family Counselling is now working in the Abbotsford Cancer Centre (moved from Fraser Valley Cancer Centre).

Irina Petrova Kelbert is a new Research Assistant for the Online group Counselling Research at the Fraser Valley Centre.

Heather Rennie, MA, MSc, is the Professional Practice Leader for the Abbotsford Cancer Center's Patient and Family Counselling department. She is also the interim leader for the Fraser Valley Patient and Family Counselling department.

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.

Subscribe

To submit a story idea or to sign up to receive the Connections Newsletter in print or PDF format, please contact:

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More Information

To learn more about the Cancer Rehabilitation Network's activities, please contact:

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On the Web

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Psychosocial Oncology
www.bccancer.bc.ca/PPI/coping-withcancer

Sociobehavioural Research Centre
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