

April 2018

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## Upcoming Events

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**April 3:** [Oncology Nursing Day](#)

**April 2 – 6:** [Ethics week](#)

**April 9/10:** [Screening of a documentary](#) based on the life of a Nobel prize nominee Dr. Rajagopal

**April 17:** RadOnc rounds: Early palliative integration in cancer care

**April 24:** ACP for you and your family

**May 7-11:** [National Nurses Week](#)

**May 4-5:** [RONOC Prince George](#)

**May 30- June 1:** [Canadian Association of Psychosocial Oncology \(CAPO\) Conference](#)

**June 1-Sept 10:** [CNA exam application for](#)

## IT'S BACK!

The Nursing Matters newsletter is being re-launched to help oncology nurses in BC stay informed of upcoming changes, opportunities, resources and research. This newsletter will be published every two months, circulated via email and will be available on our [BC Cancer website](#). We very much look forward to receiving feedback, story ideas, and articles from our readers - email us at [nursinged@bccancer.bc.ca](mailto:nursinged@bccancer.bc.ca). Happy Oncology Nursing Day and enjoy this issue focused on the theme of OND 2018, *Excellence in Oncology: Our Patients, Our Passion*.

### Excellence in oncology: our patients, our passion

My name is Naureen Mukhi and I work as a Systemic Therapy Nurse at BC Cancer Vancouver. My passion for nursing began as a teenager, while volunteering in 2006 for the rehabilitation and reconstruction in the communities of the Azad Kashmir and North of Pakistan, after a devastating earthquake of 7.6 magnitude in 2005, where 80,000 casualties occurred, 130,000 were injured and 3.5 million people were displaced.

After immigrating to Canada with my family in 2013 and getting admission to the University of British Columbia (UBC), I made up my mind to pursue nursing as a profession and accomplished my dream when I graduated as a BSN from UBC in May 2016. For six months I worked as a staff nurse in Burnaby hospital. Afterwards, I joined BC Cancer in January 2017. Shortly after, I was able to complete the chemotherapy certification and build skills to work in the Support Centre, on the phone lines, in ACU and ACCU.

People ask me: why do I love being an oncology nurse? My answer is very simple. At BC Cancer each day is a new beginning. I learn something new not only professionally but also from the people of all ages and backgrounds who visit here. I learn from their life experience and wisdom. They make me realize the value of my precious life and to cherish every moment. They teach me how to be thankful for whatever little I have.



My big inspiration came when I was given an opportunity to attend the Canadian Association of Nursing in Oncology (CANO) conference in Ottawa in October 2017 and consequently, being a part of the CANO BC executive team and offering a role as systemic therapy nurse in our new Genitourinary (GU) clinic. These prospects have certainly provided me a superb platform to share my ideas and thoughts as a new graduate in oncology field.

[November 1-15 exam window](#)

**June 18-20:** [CNA biennial convention](#)

**Sep 23-26:** [International Conference on Cancer Nursing](#)

**Oct 26-29:** [CANO/ACIO conference](#)

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## Funding

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**March 1-Sept 15:** [RNFBBC Bursary Program](#)

**April 2-May 10:** John Jambor Fund [H:EVERYONE Education](#)

**April 15:** [BCNU Member Education Bursary](#)

**May 14:** [CANO Research Grant](#)

**Date TBD:** [Stephen Berg Fund](#)

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## Nursing Practice Committee Updates

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Nursing Practice Committee (NPC) meetings take place monthly. Each centre has a NPC representative who will be able to provide you with updates and minutes are available to read on the [H:EVERYONE nursing COMMUNICATION Nursing Practice Committee \(NPC\)](#).

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## Communication Updates

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[CST update](#)

[ST update](#)

Moving forward, I am planning to get myself CNA Oncology certified and build my capacity in oncology nursing research and practice.

On this Oncology Nursing Day, I want to express my gratitude to my mentors, my colleagues and our amazing patients and families who have impacted our lives positively and given us the passion and strength to work hard and give our best.

Read more oncology nursing stories, including one from Tish Palfrey an LPN from the Kelowna centre at <http://oncologynursingday.com/our-stories-2/>

## WHAT'S NEW

### New exercise resources for cancer patients



People with cancer can now get recommendations and guidance from qualified exercise professionals with cancer specific training for free by dialing 8-1-1 and asking for physical activity services for cancer <http://www.bccancer.bc.ca/about/news-stories/stories/moving-on-up-%E2%80%93-new-exercise-resources-for-cancer-patients>

### Health literacy module

A learning module for health care staff that focuses on **Health Literacy and Care of Older Adults** in Oncology has been launched on to the Learning Hub. At the completion of the module the learner will: understand why health literacy is important when caring for older adults in cancer care; learn about the unique challenges faced by older adults in cancer care; and learn strategies to help older adults during cancer care. <https://learninghub.phsa.ca>

### National Nurses Week – May 7-11

National Nurses Week this year is May 7-11, 2018. The theme, **#YesThisIsNursing** will be highlighted throughout the week across all six sites at BC Cancer. There will be keynote presentations, small group meetings, evening dinner presentations, as well as regional games, crossword puzzles and quizzes! Importantly, across every cancer centre, oncology nurses will be honored with gifts to acknowledge the significant contributions and commitment to optimize patient care and high quality outcomes.



The lunchtime keynote presentations through Nurse's Week this year are outstanding. We have key presenters from provincial, national, and international leadership positions. Beginning provincially, at lunch time on May 8, Dr. David Byers, BC Ministry of Health's Chief Nurse Executive will present on key aspects of shaping the future of Nursing in BC. As the new Assistant Deputy Minister, Clinical Integration, Regulation and Education for BC's Ministry of Health, Dr. Byers will have key provincial nursing strategies that will shape the future of nursing regulation, practice and education.

Our national presenter is Dr. Denise Bryant-Lukosius, an Associate Professor, Faculty of Health Sciences at McMaster University, and the founding co-Director for The Canadian Centre for Advanced Practice Nursing Research (CCAPNR) at McMaster University. She is a Clinician Scientist and Director of the Canadian Centre of Excellence in Oncology Advanced Practice Nursing (OAPN) – providing a unique program of research, education, mentorship, and knowledge translation activities to support the development of generalist, specialized, and advanced nursing roles in cancer control. During Nurses



Week, Dr. Bryant-Lukosius will participate in a variety of meetings, presentations and Think Tanks across BC Cancer and Children's and Women's Hospital. For example, she will present at BC Cancer during lunch time on May 9, 2018, where she will present, "*Specialized and Advanced Oncology Nurses Leading the Way to Transform Cancer Care*". Also, that evening she will engage with Nurse Practitioners (NP) across both BC Cancer and Children's and Women's Hospital to explore and strategize effective NP roles, impacts and outcomes for patients, families, and the health care system.



Dr. Raymond Chan is the Professor in Cancer Nursing at the Metro South Health and Queensland University of Technology in Brisbane, Australia, and will join us at BC Cancer May 9-11, 2018. Dr. Chan is the past-president of the Cancer Nurses Society of Australia (CNSA) and holds over 6 million (AUD) in research grants addressing supportive care of cancer patients and families. Dr. Chan's participation at BC Cancer Nurse's Week will include small and large group meetings and lectures on areas of research

he is currently leading, nationally and internationally. For example, on May 10th at noon, he will present on current evidence in cancer survivorship and the role for oncology nurses and cancer treatment centres to optimize patient and family survivorship outcomes. On May 11<sup>th</sup> at noon, he will talk with us on financial toxicity, an important and growing area of cancer care that is underdeveloped and can impact inequities in cancer care. Dr. Chan also will engage oncology nurses in other small group sessions to build capacity in evidence based practice, and to explore local ideas and plans to build research capacity and projects that will improve cancer patient experiences and outcomes.

## EDUCATION & RESOURCES

CANO resources



Canadian Association of Nurses in Oncology (CANO) is a national organization that aims to advance oncology nursing excellence through practice, education, research, and leadership. Members have access to upcoming and archived webinars, Sosido (an online platform to connect with oncology nurses throughout the country), awards and educational grants. Undergraduate students can become a member for **FREE**. For more

information, [http://www.cano-acio.ca/page/member\\_benefits](http://www.cano-acio.ca/page/member_benefits)



## Prostate Cancer Supportive Care Program

The Prostate Cancer Supportive Care (PSCS) Program developed at the Vancouver Prostate Centre is a comprehensive survivorship program designed to support patients and their families from time of initial diagnosis onwards. In 2018, the Vancouver Prostate Centre is partnering with BC Cancer to make the program available in the Victoria, Kelowna and Prince George cancer centres. The program will also be available at Surrey Memorial Hospital. It consists of seven educational and supportive care modules covering the following topic areas:

- Primary treatment decision-making
- Sexual Rehabilitation
- Lifestyle Management
- Androgen Deprivation Therapy
- Pelvic Floor Physiotherapy
- Clinical Counselling & Group Workshops
- Advanced Disease Management

Several modules are recorded and available online for those that are unable to attend in person.

Referrals are made by a health care professional or patients directly through <http://pcscprogram.ca/>.

Interested in learning more? Oncology nurses can contact Monita Sundar ([monita.sundar@vch.ca](mailto:monita.sundar@vch.ca)) PCSC Program Manager to attend sessions.

## Palliative care guidelines

The BC Center for Palliative Care has recently launched palliative symptom management guidelines for inter-professional clinicians working with adults with advanced life-limiting illness <http://www.bc-cpc.ca/cpc/symptom-management-guidelines/>

## HIGHLIGHTS

### Getting to know your nursing colleagues

**Cecilia Li**, joined BC Cancer in August 2017 as the provincial director, professional practice nursing. She has a breadth of experience in the areas of research, quality and utilization management and leadership roles in operations and various provincial programs such as renal, emergency, transfusion medicine and now oncology. So what motivated her to join the BC Cancer nursing team? Cecilia nostalgically reflects of an experience during her undergrad study when she first encountered oncology patients and BC Cancer nurses.



This eye opening experience reminded her, “It was not about me, it’s about helping someone find peace or be more comfortable. It’s about being in the moment with someone. It’s the feeling of spirituality and grace associated with oncology nursing practice. It stuck with me all these times. This role allows me to use my skill sets to focus on the scope of nursing, to harness nurse’s passion and talent and together we can elevate BC Cancer nursing to the next level.

## Patient Experience Program

At BC Cancer, we strive to build our services around our patients and families and ensure they are at the forefront of their health and care. We aim to help patients retain control over their choices, make informed decisions, and support partnerships between individuals, families and health professionals. The provincial patient experience program supports BC Cancer to put these values into action. Our three core areas of work are:

- **Patient and Family Engagement:** The BC Cancer Network of Patient and Family Partners includes over 40 volunteers who have had experience with cancer care. These Partners share their experiences, participate on committees and working groups to review cancer care services, and help to create patient education materials. Our goal is to embed Patient and Family Partners in decision-making groups across the organization.
- **Patient and Family Education:** Led by Devon Poznanski, this committee supports the integration of health literacy into all patient care and operational activities and supports the development of resources that facilitate efficient and effective patient education. This area also coordinates patient education events such as the colorectal cancer forum, gynecological cancer forum and lymphoid cancers forum.
- **Patient and Family Experience:** In this area we seek to understand and improve how patients experience cancer care in BC. Our framework is the “picker 8 dimensions of patient centered care.” We oversee implementation of the Ambulatory Oncology Patient Satisfaction Survey and support programs to develop rigorous, standardized and efficient approaches to measuring patient experience at the point of care.

**For more information about BC Cancer’s approach to patient experience visit:** <http://www.bccancer.bc.ca/about/accountability/patient-family-experience>

## FEATURE ARTICLE

### Investing to Make a Difference

April 3<sup>rd</sup> marks the 15<sup>th</sup> anniversary of Oncology Nursing Day, and what better way to celebrate the occasion than with a focus on ourselves and our patients? Oncology nurses are passionate about providing quality, supportive, compassionate care, and spend more time with patients than any other health care provider. In addition to achieving excellence in patient care, nurses strive to continually improve upon their own education and professional development. The following article by Davis, Fothergill-Bourbonnais, & McPherson (2017) describes ways in which oncology nurses invest in their patients through relationship-building, as well as invest in themselves through development of knowledge and skill.

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*“Oncology nurses invest in their personal and professional lives in order to make a difference in the lives of patients and families who face cancer.”*

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Davis, L. A., Fothergill-Bourbonnais, F., & McPherson, C. (2017). The meaning of being an oncology nurse: Investing to make a difference. *Canadian Oncology Nursing Journal*, 27 (1), pp. 9-14. Retrieved from <http://www.canadianoncologynursingjournal.com/index.php/conj/article/view/752>

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