

Linking the BC Psychosocial Community Oncology Network

This newsletter is published by the BCCA Provincial Psychosocial Oncology Program for health care professionals in communities throughout British Columbia and the Yukon



Fall 2018

What's New?

New Practice Leader in Victoria



As most of you already know, long-time clinician, Marita Poll is the new Clinical Coordinator for Patient & Family Counselling Services (PFCS) at BC Cancer's Victoria Centre. Marita Poll joined the counselling team at BC Cancer in 2004, first as a graduate counselling intern and then as a counsellor for PFCS in 2005.

Before joining BC Cancer, Marita had a range of support services work experience, from working with street-involved people with mental health and addictions, to people living with HIV/AIDS. She enjoyed providing both frontline support services and program coordination within these communities.

Marita recently presented at the Canadian Association of Psychosocial Oncology conference to a full audience on a new online group addressing 'fear of recurrence'. Marita has co-led this group using the CancerChatCanada platform. Marita also has expertise in Somatic and Self-Regulation therapies. Marita will be teaching an in-house educational series next year on working with trauma.

New (EPICC) Project Manager Early Palliative Integration into Cancer Care

BC Cancer has started a pilot project to integrate an early palliative approach to care for patients. This project is funded by the Canadian Partnership Against Cancer (CPAC)- an independent organization chartered by the federal government to accelerate action on cancer initiatives that benefit all Canadians.

EPICC pilot work is well underway - several working groups have been formed that include patient partners, and

staff from First Nations Health Authority and Metis Nation BC. The project manager, Antony Porcino, has also been hired.



Antony Porcino, PhD, started his career work in organic chemistry and biochemistry, but wanted to do more than bench research. He switched to hands-on health care, working in

therapeutic massage with a specialization in chronic pain. Wanting to get back to research, he entered studies at the University of Calgary, Department of Community Health Sciences, and focused on gaps in health research methods. While completing his PhD, he joined the Complementary Medicine Education and Outcomes (CAMEO) program here at BC Cancer as Project Director. This was one of his favourite work positions. CAMEO was followed by two years as a Post-doctoral Fellow working on reporting guidelines for a clinical trial.

He has worked on survey, interview, education, knowledge translation, and clinical trial research projects, taught courses on research, and served on national and international research boards and journals. He is pleased to be back at BC Cancer with the EPICC Project.

It is the 9th year anniversary of this newsletter



Thank you to everyone who has contributed stories, photos and articles. Our goal has been to keep you up to date about what's new in psychosocial oncology at BC Cancer and throughout BC and the Yukon.

We would like your feedback on how we are doing. Please take a few minutes to complete this [short survey](#).

New Acting Practice Leader in Abbotsford



Julie Pulis, MSW, is the successful applicant for the acting role of Clinical Coordinator with Patient and Family Counselling Services at the Abbotsford Cancer Centre.

Julie has 29 years of social work experience specializing in oncology, palliative and geriatric care. She has worked as a Social Worker and/or Counsellor at various communities and institutes in Ontario and BC and is an active member of the BC Association of Social Workers, Canadian Hospice Palliative Care Association and BC Hospice Palliative Care Association. Julie has a strong working relationship with the Pain and Symptom Management team and a wealth of experience upon which to draw in her new role. Congratulations Julie!

Heather Rennie Leaving



Heather has been with the agency for over 15 years, most recently in the role of Provincial Professional Practice Lead, Counselling, Psychosocial Oncology.

The Psychosocial Oncology program has benefited greatly from her dedication and hard work. Her clinical background with a specialty in family therapy, her exemplary problem solving and management skills along with her winning personality made her a valued team player. She has been a champion for making online services accessible and is recognized nationally for her work with CancerChatCanada.

Heather's career change in late September will make it possible for her to work closer to home and have more time with her family. We wish her all the best with her future plans.



2018 Early Career Achievement in Psychiatry Award

Dr. Alan Bates, Provincial Practice Leader, Psychiatry, has been awarded the 2018

Early Career Achievement in Psychiatry Award by the Canadian Psychiatric Association (CPA). This award honours exemplary dedication, commitment and leadership in one or more of the following domains: clinical practice, research, education and advocacy.

In his role with BC Cancer, Alan provides psychiatric care to patients at the Vancouver Centre, leads fifteen psychiatrists across all six regional centers, and has created a consultation liaison psychiatry service for the two inpatient units at BC Cancer. Alan is a Clinical Associate Professor at UBC, and loves to teach. He has also been recognized for his advocacy and involvement with the Vancouver Street Soccer League.

Alan will receive his award on Saturday, September 29, 2018 during the CPA's President's Gala, which will be held at The Westin Harbour Castle in Toronto, Ontario. Congratulations Alan!

Cancer and Work Website Designated as Leading Practice by Accreditation Canada

On July 11, The Health Standards Organization (HSO) designated the Cancer and Work website www.cancerandwork.ca as a Leading Practice. HSO defines this as a practice carried out by a health and/or social service organization that has demonstrated a positive change, is people centered, safe and efficient.

Health Standards Organization (HSO) and its affiliate, Accreditation Canada, have been identifying and publishing Leading Practices for over 15 years.

Maureen Parkinson, Vocational Rehabilitation Counsellor with Patient and Family Counselling Services, Vancouver Centre, has been instrumental in getting this internet-based education and research website up and running. The certification from HSO acknowledges this resource as "an innovation in care". Congratulations Maureen and team!

Video Screening Premier: Managing Stress while living with cancer

This free public screening on September 20th noon-1pm will be hosted from the 2nd Floor Conference room, Vancouver Centre and video linked to all regional centers. This new patient education video was created by Patient and Family Counselling and funded by the BC Cancer Foundation. Everyone welcome! You can attend this event in person at a cancer center near you. If you want to arrange to video link to this session you will need to contact telehealth@phsa.ca. After the viewing, the video will be posted on the BC Cancer website. Stay tuned for details.

Virtual Health Pilot using Skype for Business(SfB) Job Search group



BC Cancer is offering a job search seminar for cancer survivors in BC via Virtual Health. This is a pilot program to determine if virtual health (using Skype for Business) is an effective way to provide support and education to cancer survivors. The job search seminar is designed for those who are looking for a new job and have specific concerns related to having a history of cancer. The seminar addresses concerns about disclosing information about health history, explaining gaps in work history in a job interview and addressing gaps on a resume and asking for job accommodation due to illness and/or disability. The seminar also teaches how to use informational interviews to aid in career exploration, find a job and help determine if the job is good fit. Cancer survivors can call their nearest BC Cancer Centre, Patient and Family Counselling Department to register.

Update from the Pain & Symptom Management and Palliative Care Team (PSMPC)

Dr. Hawley has been working with the Canadian Cancer Trials Group (CCTG) to plan a study on the effects of medical cannabis oil extracts on five cancer-related symptoms.

Symptoms included in the study are: pain, nausea, anxiety, loss of appetite, and sleep disturbance. Three different oil extracts and a placebo oil will be tested. Participants will be able to participate from remote and rural areas as well as those living in the major urban centres. The CCTG's Supportive Care Committee is working closely with Dr. Hawley as Principal Investigator, and the goal is for the CCTG's central office in Kingston to run the study, with Vancouver being one of 4 or 5 participating Canadian Centres.

In preparation for this study, Dr. Hawley and Monica Gobbo (Research Assistant) have planned a mail-out survey about medicinal cannabis to be sent to all BC Cancer patients that attend an appointment on a designated day. The survey has been reviewed by a number of groups, including patients, and we hope that it will be approved to be distributed before legalization of access to cannabis for recreational purposes. The survey will then be re-distributed 3 and 6 months after recreational legalization to see if there has been any change in patients' knowledge of, use of, access to, or attitudes towards cannabis for medical purposes.

This research, and other studies in palliative and supportive care, are supported by generous donors through the BC Cancer Foundation.

Update from Kelowna Counselling Team

This Spring/Summer the BC Cancer- Kelowna Patient and Family Counselling Services piloted a new initiative – a series of Interactive Education Sessions. The four sessions were titled: “Dealing with the Emotional Experience of Cancer”, “Reimagining Life Beyond Cancer”, “Eating Well and Being Active”, and “Brain Strength and Sleep Strategies”. The PFCS facilitators were Kathy Green and Amanda Kerr who worked collaboratively with BC Cancer

Kelowna dietician Kristy Hodgins, Inspire Health exercise therapist Terry Heidt, and BC Cancer Kelowna volunteer Judi Wallace. The groups were well attended and were positively received.

The goal of all four sessions was to provide patients and their support persons with education, tools, and strategies that they can implement on their own to improve their functioning and enhance their quality of life after cancer diagnosis.

Another new initiative, also this past Spring/Summer was Group Cognitive Behavioral Therapy (CBT) For Anxiety. A PFCS counsellor and psychiatrist co-led this group. Seven cancer patients, with a range of anxiety disorders, enrolled in this group. All participants completed the group, and all noticed a reduction in their anxiety and an improvement in their ability to cope with both anxiety and other negative emotional states. Furthermore, every participant demonstrated a reduction in symptoms as measured by standardized tests administered each week to track progress. The overall feedback from participants was very positive. We will be offering another group in September, 2018. We are still accepting referrals and would gladly welcome additional participants. Thank you all for your support in getting this group up and running!

Suzanne Thompson has joined the Patient and Family Counselling team on a casual basis. She has a background in both public health research and social work. In Toronto she worked primarily in epidemiological research in the areas of HIV and breast cancer. She has most recently been working at the Vernon Family Resource Centre and at the Central Okanagan Hospice Association as a counsellor focusing on individual and couples counselling, trauma and bereavement counselling.

Update from Vancouver Counselling Team

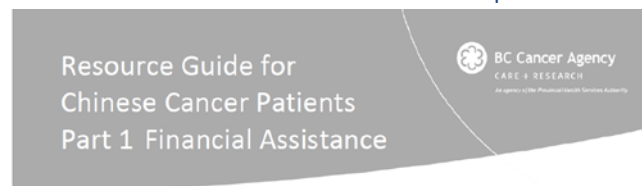
Support for Chinese-speaking Patients and their Families

A drop-in support group for Chinese-speaking patients and family members is being offered this Fall. The group will be co-facilitated by a PFCS staff member and a nurse. Groups will be on the following Thursday afternoons: September 13, October 11, and December 13. The groups run from

1:30-3:30pm. This group provides a safe place for patients and family members to share their thoughts and feelings as they cope with cancer.

In addition, there will be Art Therapy Groups for Chinese-speaking Patients co-led by Dr. Cathie Dunlop, Mandarin-speaking Art Therapist, and Sandy Kwong, PFCS staff member on 4 Mondays starting October 15 until November 5, 2018. The Cantonese Group will run from 10 a.m. - 12 noon and the Mandarin Group from 1 - 3 p.m. Contact Sandy Kwong at 604-877-6000 x 672375 to find out more information.

Please note that there is the bilingual Resource Guide for Chinese Cancer Patients, available at <http://www.bccancer.bc.ca/coping-and-support-site/Documents/2017%20Aug%201%20Resource%20Guide%20for%20Chinese%20Cancer%20Patients.pdf>



卑詩癌症局
華語癌症病人資源手冊
第一冊 經濟援助



A support group program with art activities to help school aged children 5 - 12 years old who have a parent or family member living with cancer. Concurrent session for parents.

Saturday Session
1:00 – 4:00pm
October 13, 2018

BC Cancer – Vancouver
600 W 10th Ave, Vancouver, BC
Call 604.877.6000 x 672194
To register or for more information

Update from Prince George Counselling Team



Savita Jaswal has joined the the Patient and Family Counselling Team at the Centre for the North. She has a Bachelor's degree in Psychology from Simon Fraser University, and has recently graduated with her MSW from UNBC. Savita has spent the past 10 years working with high risk youth, people with mental health and addictions, and most recently doing Family Mediation through Northern Health.

Adult Childhood Cancer Survivors (ACCS) Patient & Family Education Day!

Saturday, October 27th, 2018, 10 a.m.– 3 p.m.
BC Cancer Research Centre, 675 West 10th Avenue, Vancouver, BC

This education day is geared for adults (18 and over) with a history of childhood cancer and their family/close supporters.

This is an opportunity for participants to come together with a community of peers and to learn about issues relevant to their health care. Topics include:

- Cancer and current treatments
- Late-effects and health impacts of childhood cancer
- Accessing community medical care and jump starting a healthy lifestyle
- Community Resources- including housing, nutrition, exercise, and mental health

If you know adults who are childhood cancer survivors, please have them call the **Late Effects Assessment and Follow-up (LEAF) Clinic at 604.877.6070**

or email one of the LEAF Counsellors:

Bronwyn: bronwyn.barrett@bccancer.bc.ca or Sharon:
sharon.paulse2@bccancer.bc.ca

RSVP by October 15

Ride to Conquer Cancer



Sara Camano, Provincial Director of Supportive Cancer Care, and Alan Bates, Provincial Lead for Psychiatry, led the Bio-Cycle-Social team in raising \$10,160 for Supportive Cancer Care services at this year's Ride to Conquer Cancer. The Ride raised a grand total of 10.6 million dollars for cancer research and enhancements to patient care at BC Cancer. Psychiatry fellow Saleh Aldahash was also part of fundraising efforts, but was unable to participate in the Ride due to circumstances related to international diplomacy (seriously!). Plans for the 2019 Ride are already in the works and anyone who would like to join the team should contact Sara or Alan. All funds raised go directly to our program! Donations to Supportive Cancer Care can also now be made anytime here:

<http://www.bccancerfoundation.com/supportivecare>

Update from CancerChatCanada

<https://cancerchat.desouzainstitute.com>

A new online support group is being piloted to address issues around body image and sexuality for breast and gynecological cancer survivors who live in Ontario (Initially). National groups will also be offered shortly – please let your patients know they can register on the CancerChatCanada website for upcoming groups.

Another Expressive Art Support Group (for cancer patients and survivors with any diagnosis and stage) is being offered this Fall. Group members are given the opportunity to express themselves using different art techniques, including digital painting and photography. No art experience is necessary. This group will start Wednesday, September 26. The group will run for 8 weeks.

Educational Opportunities:

NEW! Supportive Care Rounds

4th Wednesday of the month

We have made a change! We are starting a new educational series called Supportive Care Rounds. These Rounds will replace our Psychosocial Oncology Rounds. This new series of rounds will be open to all BC Cancer staff members and interested community partners. We are starting off with a panel presentation about Supportive Care Services at BC Cancer - on Wednesday, September 26th, Noon until 1pm.

To attend in person go one of these locations:

- Abbotsford – Clinical Conference Room
- Prince George – Willow Seminar Room
- Kelowna – Kalamalka Room
- Surrey – Conference Room #3 (3011)
- Vancouver – John Jambor
- Victoria – Conference Room #3 (3208)

There will be a call in number if you just want to listen to the presentation. That number will be on the flyer.

Presentation materials are, for the most part, posted online, on the Provincial Health Services Agency (PHSA) Learning Hub, <http://learninghub.phsa.ca> under

If you are a PHSA employee, to gain access to the rounds you can access your Learning Hub account with your Employee ID number, then log in and search for 'Psychosocial Oncology Rounds' to see a list of presentations.

If you do not have an employee number, follow the steps below to create an Affiliate Account which will give you limited access to the Learning Hub.

1. Go to <https://learninghub.phsa.ca/>
2. Click Sign Up for an Account
3. Read agreement and click I Agree
4. Select appropriate account type
- Affiliate account
5. Follow the step by step account creation process.
6. Contact eshearer@bccancer.bc.ca to request to be enrolled into the Psychosocial Rounds section of the Learning Hub.

Psychosocial Oncology Rounds where you can view PowerPoints and/or handouts during (if you are calling in) or after the presentation. Please note you may not see all presentations on this site because some presenters do not give us permission to share their slides. All presentation materials that are posted, are NOT TO BE COPIED WITHOUT PERMISSION of author/s.

You must have a Learning Hub account to access rounds presentation materials. Once you have an account you can search for Psychosocial Oncology Rounds or follow this link:

<http://learninghub.phsa.ca/moodle/course/view.php?id=247>

SEPTEMBER 26th noon -1pm



Everything you ever want to know about Supportive Care Services: Who we Are, What We Do and How to Refer?

Presenters include:

Sara Camano- Supportive Care

Ryna Levy-Milne - Oncology Nutrition, Speech and Language Pathology

Dr. Corey Metcalf - Pain and Symptom Management/ Palliative Care

Melanie McDonald - Psychosocial Oncology-Patient and Family Counselling Services

Carole Richford - Psychosocial Oncology-Psychiatry

Supportive Care is a newly created team at BC Cancer – uniting Pain and Symptom Management/ Palliative Care, Oncology Nutrition, Speech and Language Pathology, Psychosocial Oncology-Psychiatry, and Psychosocial Oncology-Patient and Family Counselling Services. Sara Camano is the Director of this team, and has recently led a Supportive Care study. This study included staff surveys, patient focus groups, a scoping literature review, and an organizational scan. One recommendation from the staff survey was to provide more information about our services, who we are, what we do and how to refer. This presentation will feature an interdisciplinary panel that will catch you up on all the

new and exciting with Supportive Care and answer your questions.

OCTOBER 24th, noon -1pm



Exercise and Cancer

Presenter: Kristin Campbell, BSc, PT, PhD is an Associate Professor in the Department of Physical Therapy at the University of

British Columbia

More details to follow.



NOVEMBER 23 & 24th BC CANCER SUMMIT at the Sheraton Wall Centre <https://bccancersummit.ca/>

This event provides critical education, professional development and unique relationship-building opportunities for oncology professionals from all specialties and disciplines.

The theme #80YearsOfCare will reflect on our history and achievements over the past eight decades while providing an overview of the future of cancer care in British Columbia and beyond. The conference program encompasses international, national, provincial and regional developments in research, clinical programs, medical and radiation oncology, technological innovations in services, telemedicine and telehealth, patient and societal engagement, functional imaging, economics of cancer, predictive oncology and personalized treatments, to name a few.

Supportive Care Presentations:

Friday November 23

10:15 – 12:00

- **Track A - Resiliency and Self-Care for People Working with Cancer Patients and Their Families** – David Greenshields, Elaine Shearer, Melanie McDonald
- **Track B - Cannabis and Cancer** – Pippa Hawley

1:30-2:10pm

- **Track A - Interdisciplinary Approaches to Early Palliative Care and the Serious Illness Conversation** – Sara Camano, Michael McKenzie, Laura Mercer
- **Track B - Navigating www.cancerworks.ca** – Maureen Parkinson & Dr. Christine Maheu

2:15-3:00 pm

- **Track A - Vulnerable Patients and Cancer Mortality: Focusing on the Financial Impact of Cancer** – Dr. Alan Bates & Shelley Pennington
- **Track B - LEAF Clinic: Coping with late effects of childhood cancer treatment from a psychosocial perspective** – Bronwyn Barrett & Sharon Paule

3:15-5:00

- **Track A - Hot topics in Nutrition, Speech and Exercise** – Cheri Van Patten, Kristen Campbell, Sarah Weller, Dinusha Peiris
- **Track B - Survivorship Care for Adolescents and Young Adults** – Dr. Karen Goddard

Saturday November 24th

1:15 -2:45pm

Panel:

Synergistic Effects of an Interdisciplinary Approach to Anxiety

Panelists: Ryna Levy Milne, Pippa Hawley, Alan Bates

3:00-4:30pm

Serious Illness Conversations Workshop – More, Earlier, Better Conversations presented by Dr. Gillian Fyles

IPODE

Continuing Education Courses

Register for courses online at www.ipode.ca.
For more information contact Natasha Boutilier:
Natasha.Boutilier@cdha.nshealth.ca
or 902-473-6618.

Information & Resources:

Financial Support for Patients

Life-Threatening Health Needs:

Ministry of Social Development & Poverty Reduction

<https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/life-threatening-health-needs-new>

The ministry may provide access to medical equipment, medical supplies, or medical transportation to persons who are not otherwise eligible but who face a direct and imminent life-threatening health need and have no other resources to meet that need. Health supplements for persons who face a direct and imminent life-threatening health need may be provided to:

- BC Employment and Assistance recipients who are not otherwise eligible to access medical equipment, medical supplies, or medical transportation
- individuals not eligible for income assistance, disability assistance, or hardship assistance

My Life Journal



<https://yourlifetalks.com/your-life-story/>

Tools to support patient in sharing their life story encourages families to have conversations about life and what matters most. It is a wonderful way for us to reaffirm to our loved ones how much they have impacted our lives, and how much they have meant to us.

September is
Prostate Cancer Awareness Month
Blood Cancer Awareness Month
Ovarian Cancer Awareness Month
Childhood Cancer Awareness Month

October is
Brain Tumour Awareness Month
Breast Cancer Awareness Month

November is
Lung Cancer Awareness Month
MOVEMBER Canada

Communicating with insurance providers

Authors: Faith Hayman, Trial and Appellate Lawyer, Cancer and Work Development Team

Physician's guide to navigating insurance forms and the insurance process from a legal perspective

By Faith Hayman, Trial and Appellate Lawyer

This video was filmed at the BC Cancer Agency as part of combined Provincial Radiation Oncology Patient and Family Counselling rounds and for the purposes of www.cancerandwork.ca. Ms. Hayman discusses legal principles that guide long-term disability claims, different medical and insurance perspectives, how physicians can address invisible disabilities with insurance providers, as well as tips on how to communicate with insurance providers about disability claims.



Learn how assessment tools can be very helpful to health care providers when communicating with long term disability representatives about cancer survivors work ability. <https://www.cancerandwork.ca/healthcare-providers/returning-to-work-is-communication-and-teamwork/communicating-with-insurance-providers/>

If you would like to submit an article, or ask a question, please contact the Community Education Coordinator eshearer@bccancer.bca.ca. Final decisions about the content of this newsletter are made by the Editorial Board. Content of articles in this newsletter represent the views of the named authors and do not necessarily represent the position of BCCA, PHSA or any other organization.

Deadline for submission for the winter newsletter is December 1st, 2018. Send information to eshearer@bccancer.bc.ca.