

This newsletter is published by the BC Cancer Supportive Care Program for health care professionals in communities throughout British Columbia and the Yukon.



Spring 2018

What's New?

Reducing Suicide Risk

A recent article entitled: [Early collaboration with psycho-oncologists can make 'meaningful difference' in reducing suicide risk](#), found in HemOnc Today (2019) explores ways to address the high rates of suicide rates among cancer patients (twice that of the general US population). William Breitbart, MD, Memorial Sloan Kettering Cancer Center, states that: *"When confronted with a cancer diagnosis, nearly one-third of patients consider suicide as an option to escape the possibility of death and anticipated suffering."*

This article explores how to identify those in greatest need of additional psychosocial support and potential interventions. Risk factors include patients with particular malignancies such as head and neck, lung and urological cancers. Research supports the need for early interventions. *There is a markedly elevated risk [for suicide] within the first week of a cancer diagnosis and it remains elevated for the first year,"* Kelly E. Irwin, MD, Massachusetts General Hospital Cancer Center. *"Clinically, I tend to focus more on concurrent risk factors for suicide – such as advanced disease, uncontrolled pain, lack of social support, clinical depression, and comorbid psychiatric disorders,"* Breitbart.

Screening for depression and suicidal ideation have become a standard for clinical practice based on research that shows that clinical depression is up to four times more common with cancer patients than the general public. Psychopharmacological treatment has been shown to resolve depression in the majority of patients and 95% of patients with adequately treated depression no longer had an increased desire for death. Research suggests that there

are factors other than depression at play in patients with suicidal ideation such as hopelessness, loss of meaning, anxiety and PTSD.

In conclusion, the article states that: *"Palliative care as well as psycho-oncology, should be introduced early on in the process of care and are vital to achieve the outcomes of prolonged survival and quality of life."* Breitbart *"Partnerships between the oncology team, mental health services, social work and palliative care are critical. By reducing both physical and emotional distress and by treating them both systematically, we can reduce the risk for suicide in these patients,"* Stephanie C. Tung, MD, Dan-Farber Cancer Institute.

To read the full article:

<https://www.healio.com/hematology-oncology/practice-management/news/print/hemonc-today/%7baf7c07ac-121a-411e-ac45-7e473d81ccf1%7d/early-collaboration-with-psycho-oncologists-can-make-meaningful-difference-in-reducing-suicide-risk>

RIDE FOR THE CURE

Event date: August 24-25, 2019

Go to: ride.conquercancer.ca/vancouver19/

You can donate to or join our team.



**BICYCLE
SOCIAL**

<u>To donate:</u> 	<u>To join team:</u> 
Click " Donate "	Click " Register "
Click " Search for Team "	Click " I am a new participant " - let's get registered Click " join a team "
Enter " bio-cycle-social ", click " find "	Enter " bio-cycle-social ", click " search ", click " join "

**Two events to mark
Advance Care Planning Day which is April 16th**

1. Public/Patient Event – April 18th, 3:00-5:00 pm
Advance Care Planning Hosted by BC Cancer and the BC Centre for Palliative Care held at the Fairmont boardroom, 6th floor, 750 West Broadway , Vancouver - Registration is limited to 20 people. Please encourage patients and families to register online at <https://www.surveymonkey.ca/r/ACP04182019> or call Pauline at (604) 877-6000 local 672193.

2. Staff Education Event - April 17th, 12:00 to 1:00 pm
Advance Care Planning Tools for You
 Presenter: Joanne Taylor, Executive Director of Nidus Personal Planning Resource Centre & Registry

This session will cover: why advance care planning is important for everyone, raising awareness and use of advance care planning tools and information on the Nidus registry. The session will be live in Vancouver at the BC Cancer Research Centre, Diamond Lecture Theatre and video linked to all centres.

Heath Ethics at BC Cancer: Support for you and your patients
 Lisa McCune, Provincial Director, Patient Experience

We work in a complex cancer care system to support people with life-limiting illnesses. We face ethical issues

almost every day. BC Cancer offers tools and resources to help you navigate these situations.

Check out BC Cancer’s updated Ethics framework on the POD. The framework presents a shared language about ethics to facilitate communication and build a common understanding of how to approach ethical challenges. Adhering to this framework can help ensure procedural justice (i.e. fair process in decision-making), which is essential in reaching socially acceptable, publicly accountable and ethically appropriate decisions.

The ethics committee at your regional centre is your first point of contact for ethics information and education. Contact a Regional Centre Ethics Committee for help with applying the Framework to an ethical issue, for answers to general ethical questions, and for multidisciplinary discussions about a policy, resource allocation, or patient care concern. The contact list is on the POD page: <http://2pod.phsa.ca/quality-safety/ethics/cancer-ethics/Pages/default.aspx> .

For your patientsPHSA Clinical Ethicists provide in-person and telephone support to staff, patients and families facing complex, difficult medical decisions. Common topics include:

- Uncertainty about what treatment option or care plan is best
- Questions about a person’s role in making health care decisions for themselves
- Concerns about continuing, stopping or refusing treatment
- Different opinions about treatment goals or the plan of care
- End of life decision making

You may refer patients to a clinical ethicist or they can refer themselves. For more information visit: <http://www.bccancer.bc.ca/our-services/services/clinical-ethics>.

Digital International Creative Arts Therapies Symposium (DICATS)



On February 23, Sara Hankinson, Art Therapist at BC Cancer, (seen in top left screen) co-hosted a conference for

using digital technology as part of a therapeutic practice. The first ever Digital International Creative Arts Therapies Symposium (DICATS) was a success, connecting people around the planet with these shared interests. The event was live for 24 hours, streaming over YouTube the whole time. It began with presentations in Singapore, then moved on to being broadcast from London, Philadelphia, Vancouver, and Los Angeles.

Around 150 people attended the event. Some attended in person at each of the different sites, while others attended online. There were attendees from around the world, including India, Asia, Russia, the UK, across the United States and Canada.

In Vancouver, Sara presented about her work for BC Cancer, hosting art therapy groups using the chat room on Cancer Chat (<https://cancerchat.desouzainstitute.com/>). She also moderated a panel of local presenters whose presentations included a history of Internet Art Therapy; how Zoom can be used as a virtual classroom for students; and how a drawing app can be used in art therapy.

The event was an incredible opportunity to connect people from around the world, showcasing the great opportunities and unique challenges that using technology has within our work. For more information visit www.dicats.org or contact Sara at shankinson@bccancer.bc.ca

Long-time Staff Member Retiring

Our beloved Diana Hass is retiring at the end of April 2019.

Diana started working at BC Cancer in August 1977, she has worked at BC Cancer for almost 42 years! Throughout her career she has spent 20 years working as a program



secretary for patient and family counselling at the Vancouver Centre. In Diana's role she has provided compassionate, efficient and steady care to patients and families. She is a tireless advocate for patients who struggle to navigate a complex system and always works magic to get patients in for an appointment as quickly as possible. Diana has supported administrative staff through assisting with payroll, budgets, program planning and many "other related duties" over her years. Diana is the kind of person who gets the job done faster and more efficiently than one can imagine! Diana knows who to call for any job that needs to be done. She has been a steady rock in the Vancouver Centre PFC team.

Diana we appreciate all of your years of service and you will be missed more than words can imagine!! With love and care, the PFC Vancouver Team.

BC Cancer Long-term Service Recognition

The following staff members are currently working in the BC Cancer Psychosocial Program.

10 years:

- **David Greenshields**, Practice Leader, Centre for the Southern Interior
- **Mia Milosevic**, Clerk, Vancouver Centre

5 years:

- **Irina Yakubovitz**, Practice Leader(Acting), Vancouver Centre
- **Kirk Austin**, Counsellor, Abbotsford Centre
- **Kathy Green**, Counsellor, Centre for the Southern Interior

The following staff members are currently working in the BC Cancer Oncology Nutrition Program.

30 years:

- **Carol (Angie) Bowman**, Clinical Resource Dietitian- Vancouver Centre

25 years:

- **Cheri Van Patten**, Clinical and Research Practitioner, Provincial Nutrition and Rehabilitation Program

15 years:

- **Maria Neale**, Administrative Coordinator, Provincial Nutrition & Rehabilitation; Pain & Symptom Management/Palliative Care Programs

10 years:

- **Monique Desjarlais**, Clinical Dietitian-Surrey Centre

SPECIAL CONGRATULATIONS TO:



Cheri Van Patten on her 25 years of service to BC Cancer. She joined BC Cancer in 1994, and held both the Regional and Lower Mainland Professional Practice Leader positions in Nutrition for a decade before her current provincial role as a Research and Clinical Practitioner. Cheri’s research and clinical contributions have been central in ensuring that patients with breast and prostate cancers receive evidence-based nutrition guidance. Cheri has authored 17 publications in this area and has been a popular speaker within Canada and globally.



Angie Bowman on her milestone of service to BC Cancer. She is not only a leader in our Nutrition team but has also championed the nutritional care for Head and Neck cancer patients for the past 30 years. Angie is a productive member of the Provincial Head and Neck Tumour Group and has led the development of the nutrition module of the Outcomes and Surveillance Integration Systems which provided the impetus for practice changes in this patient population. Angie’s empathetic nature and patient-centered approach, along with her strong advocacy and patient navigator role has improved the quality of care of our patients.

Canada’s NEW food guide explained

Karina Austin, Registered Dietitian

Canada’s new food guide was released on January 22. It has a simpler look, focuses on a pattern of eating, and no longer includes food group servings. Below are common questions about the new food guide and how it fits into diet recommendations for cancer prevention and survivorship.

Is the food guide appropriate for cancer patients?

Yes! Canada’s new food guide meets the global diet and nutrition recommendations for cancer prevention and survivorship aligning with the American Institute for Cancer Research Model Plate for Cancer Preventive Diet.

Eating or digestion difficulties, however, may require a customized nutrition approach. Patients can speak with a registered dietitian at HealthLink BC by calling 8-1-1 or through their local BC Cancer centre.

What does the food guide recommend?

Eat a variety of healthy foods each day. Vegetables, fruit, whole grains, and protein foods should be consumed regularly. Among protein foods, consume plant-based more often.

Healthy eating is more than what you eat. The food guide provides these recommendations:

Be mindful of your eating habits.

Cook more often.

Enjoy your food.

Eat meals with others.

Use food labels.

Limit foods high in sodium, sugars or saturated fat.

Be aware of food marketing.



Government of Canada has additional tips, recipes and resources about the food guide.

What has changed in the food guide?

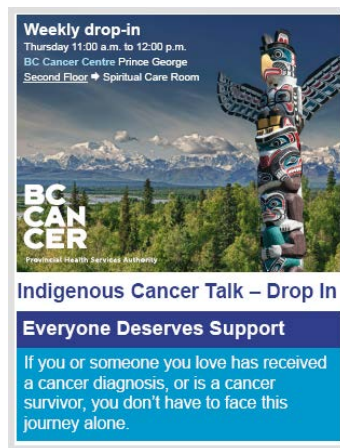
- Greater emphasis on plant-based proteins, whole grains, fruits and vegetables.
- Focuses on patterns of eating rather than number of servings.
- Protein foods replace the dairy and alternatives and meat and alternatives food groups.
- Limit juice (including 100 per cent fruit juice) and other sweetened beverages, rather than including juice as a serving of fruit and vegetables.
- New recommendations on food behaviours.

The following articles provide more information on these changes:

- The new Canada's Food Guide explained: Goodbye four food groups and serving sizes, hello hydration (The Globe and Mail)
- Canada's new food guide emphasizes eating plants, drinking water and cooking at home (Global News)

Update from Prince George

The Centre for the North has developed a weekly drop-in session for Indigenous patients facilitated by the Indigenous Cancer Care Counsellor, Laura Nordin, and Elder Pearl Lalonde, a volunteer at the center. It provides space and the opportunity for new, current and former patients to stop by to ask questions and gain support. Community resource information will also be available as requested.



The drop-in takes place in the Spiritual Care Room at Centre for the North, a welcoming and caring environment for all patients, family members and caregivers. It is a place to meet peers and develop relationships that strengthen the cancer patient's journey.

Update from Kelowna

Stacy Rodriguez, the new secretary for Nutrition, Patient and Family Counselling (PFC) and Psychiatry, is no stranger to BC Cancer. Stacy started working at the Vancouver Cancer Centre in 1997, moving to the Fraser Valley Centre in 2007, opening the Abbotsford Centre in 2008/2009, returning to the Fraser Valley in 2011 and finally coming to Kelowna in September 2017. She brings a very rich background of experience with the organization, having



worked in almost every department e.g., Health Records, Radiation Therapy, Radiation Oncology, Medical Oncology, PFC, Nursing, Genome Science.

Update on website information

NEW Translated Handouts in Punjabi

On the BC Cancer website under Coping with Cancer:

- [Anxiety](#)
- [Deep Breathing Exercises](#)
- [Symptoms of Depression](#)

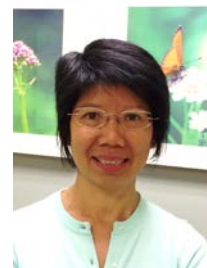
NEW VIDEO: Managing Stress While Living with Cancer - Part II Body Scan



Watch "Managing Stress While Living with Cancer"; a video series dedicated to cancer patients and their families who are learning to find their "breath" after a cancer diagnosis. <http://www.bccancer.bc.ca/health-info/coping-with-cancer/emotional-support/managing-stress#Managing--Stress--Toolbox>

Update from Vancouver

FIRST Mindfulness-Based Stress Reduction Program for Chinese-speaking patients in BC



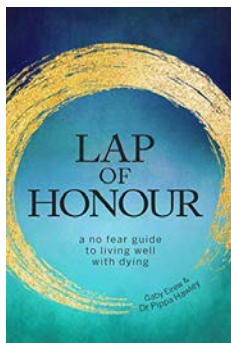
Sandy Kwong, Social Worker with the Patient and Family Counselling Services team, will offer a class for Cantonese speakers offered Monday mornings 9:30-11:30am June 24th for 8 session and also a day retreat on July 31st, 1:30-7:30 pm. Dates for Mandarin speakers to be announced

later.

Patients registered with the BC Cancer Agency as well as in the community are welcome.

For more information and to register, patients need to call 604-877-6000 local 2375(Cantonese) or 2194(English).

NEW Book co-authored by Dr Pippa Hawley, Palliative Medicine Specialist, Pain and Symptom Management/ Palliative Care, BC Cancer



The book - **Lap of Honour: a no fear guide to living well with dying** – is a good resource for anyone with cancer, or indeed any other illness that might raise awareness of our mortality. It is designed to be a practical handbook to guide all who have a serious chronic illness, or know someone who has, including caregivers, families, friends and health care professionals.

It covers things like travelling, prognostication, how to talk to children, what actually happens when we die, funerals and many more practical issues that can be easily overcome with a little information.

- one (1) person \$25,338.
- two (2) people \$31,544.
- three (3) people \$38,780.
- four (4) people \$47,084.
- five (5) people \$53,402
- six (6) people \$60,228.
- seven (7) or more people \$67,055.

The updated Travel Treatment Fund Application Form 2019 and the new low-income criteria are available online at <http://www.cancer.ca/en/support-and-services/support-services/financial-help-bc/?region=bc>

<p style="text-align: center;">March</p> <p style="text-align: center;">National Social Work Month March 10-16th is Social Work Week in BC National nutrition month National Colorectal Awareness Month</p>
<p style="text-align: center;">April</p> <p style="text-align: center;">Daffodil Days – Cancer Awareness Month</p>
<p style="text-align: center;">May</p> <p style="text-align: center;">Melanoma Awareness Month</p>
<p style="text-align: center;">June</p> <p style="text-align: center;">Sunday June 2 - National Survivorship Day</p>

NEW
\$\$\$\$ HSA Professional Education Fund \$\$\$\$

If you are a member of the Health Services Association Union and work under the Health Science Professionals Bargaining Association collective agreement there is special funding that can help you develop your skills and advance your career.

The fund is aimed at supporting members of the health care team to undertake professional development to increase specialization, improve health care service to rural and remote areas of BC, and meet ongoing requirements for professional development.

To learn more and access the application form go to: <https://hsabc.org/member-benefits/professional-development-and-member-education>

Update from Community Partners

CHANGES to the Travel Treatment Fund



Please take note that effective February 1, 2019, The Canadian Cancer Society Travel Treatment Fund has adjusted the low-income criteria:

Considered low income if family unit consists of:	whose gross annual income is less than
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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.

Educational Opportunities:

Supportive Care Rounds

If you are unable to attend in person, see flyers for details about how to connect using phone or WebEx



Past recorded presentations can be viewed on the POD <http://2pod.phsa.ca/employee-essentials/learning-development/rounds/Pages/default.aspx>

MARCH 15, noon -1pm



Psychosocial variables and cancer mortality

Presenter: Dr. Alan Bates, Provincial Lead, Psychiatry, BC Cancer

In this presentation Dr. Bates will report on a recent study of patients who completed screening for anxiety, depression and social isolation between 2011 and 2016. Conclusions show that social isolation, depression and anxiety are predictor of worse survival in cancer patients. Possible interventions to improve quality of life as well as cancer survival in patients with high psychosocial distress and low resources will be explored.

APRIL 24th, noon -1pm



EPICC & SICs: What are they and where are they now?

Presenters: Antony Porcino, EPICC Project Manager will be joined by

Laura Mercer, RN, BSN, Clinical Nurse Leader, Oncology Clinics

EPICC, the Early Palliative Integration into Cancer Care project is coordinating education in Serious Illness Conversations (SICs) and Learning Essential Approaches to Palliative care (LEAP) program; and piloting repeat patient outcome measure screening in select clinics. This presentation will introduce and update EPICC status and provide introductory training in SIC. Your questions and discussion welcome.

MAY 22, noon -1pm

Best-practices in addressing overdose deaths in cancer patients

Presenters: Sebastien Payan, Nurse Educator, Overdose Emergency Response, Vancouver Coastal Health

This presentation will provide an overview of the current state of overdose deaths in the region along with what is being done to address the high overdose death rate. Specifically it will explore how overdose deaths may be impacting clients (personal substance use or a loved one at risk) and best-practices and how to talk to clients about harm reduction, treatment and grief support.

JUNE 26, noon -1pm

Speech and Language Pathology Scope of Practice

More details to follow.

MARK YOUR CALENDAR - TWO EXCITING CONFERENCES COMING UP THIS FALL

IPOS (International Psycho-Oncology Society)

Deadline for **Abstract submission is March 31st, 2019!**
<https://ipos2019.com/abstracts/>

BC Cancer Summit - November 21-23, 2019

Once again at Vancouver's Sheraton Wall Centre. Details to follow soon.

Information & Resources:

Other **NEW** Titles At BC Cancer Libraries

Breaking the silence on cancer and sexuality: a handbook for healthcare providers / Katz, Anne. 2nd ed.

Connecting through compassion: guidance for family and friends of a brain cancer patient / Aldridge, Joni James; Peterson, Neysa M.

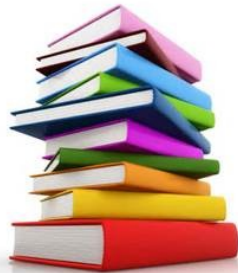
Finding the words: how to talk with children and teens about death, suicide, funerals, homicide, and cremation and other end-of-life matters / Wolfelt, Alan

Gay and bisexual men living with prostate cancer: from diagnosis to recovery / Ussher, Jane M.; Perz, Janette; Rosser, B.R. Simon

Dancing with cancer: using transformational art, meditation and a joyous mindset to face the challenge / Erel, Judy.

Oncology nutrition for clinical practice / Leser, Maureen; Ledesma, Natalie; Bergerson, Sara

Restorative yoga for breast cancer recovery: gentle "flowing" restorative yoga for breast health, breast cancer related fatigue and lymphedema management / Ross, Diana



Sharks get cancer, mole rats don't: how animals could hold the key to unlocking cancer immunity in humans / Welsh, James S.

Understanding and using health experiences: improving patient care / Ziebland, Sue; Coulter, Angela; Calabrese, Joseph D.

What to eat during cancer treatment: more than 130 recipes to help you cope / Besser, Jeanne; Grant, Barbara L. 2nd ed.

Wolf spirit: a story of healing, wolves and wonder / Pfluger, Gudrun.

Long live the queen: help for children who have a loved one with cancer / Gage, Patricia; Gage Christopher J

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 BC Cancer, PHSA or any other organization.

Deadline for submission for the spring newsletter is June 1st, 2019. Send information to eshearer@bccancer.bc.ca.

