

Spring 2016

## Linking the BC Psychosocial Community Oncology Network

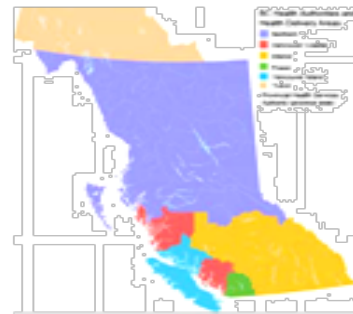
*This newsletter is published by the BCCA Provincial Psychosocial Oncology Program for health care professionals in communities throughout British Columbia and the Yukon.*

### What's New ?

#### BC Community Oncology Network Planning Day

In collaboration with Brenda Lynn, Provincial Director for Community Oncology Network, the BCCA Psychosocial Oncology Program held a planning day on February 2, 2016. The purpose of the Community Oncology Network (CON) Planning Day was to bring together social workers, practice leaders and administrators across the province to map out a model for psychosocial care in community oncology and to make recommendations on how to move forward. The day included lively, interactive small and large group discussions. A professional facilitator led the group through a process of appreciative inquiry which resulted in several recommendations for the future of psychosocial care across all regions of British Columbia. Recommendations were focused on: scope of

for community-based psychosocial oncology, the relationship between community oncology Health Authority social workers and the BC Cancer Agency, and regional considerations. The next step will be to forward these recommendations to the Agency Executive, and to continue to build on the positive momentum of the day.



## BC Cancer Agency Psychosocial Oncology Program Long-Term Service Recognition

**25 years**



Gregory Huebner  
Practice Leader,  
Abbotsford



Wendy MacKinnon  
Secretary, Prince  
George



Vickie Mattimoe  
Administrative  
Coordinator,  
Provincial Program,  
Vancouver



Emily Oxley  
Secretary, Surrey

**15 years**



Elsa Borean  
Secretary,  
Abbotsford

**10 years**



Vikki Baker  
Counsellor, Surrey



Marita Poll  
Counsellor,  
Victoria



Paula Myers-  
Counsellor,  
Vancouver



Cynthia Williams  
Secretary, Victoria

**5 years**



Valerie Colquhoun  
Counsellor,  
Kelowna



Sara Prins  
Hankinson Art  
Therapist,  
Provincial Program,  
Vancouver



Josie Hessel  
Counsellor,  
Victoria



Congratulations to two BC Cancer Agency Staff Members who will receive awards at the 2016 Canadian Association of Psychosocial Oncology (CAPO) conference in Halifax, Nova Scotia.



### CAPO Award for Lifetime Achievement:

#### Gina MacKenzie

This annual award honours a CAPO/ACOP member who, in the opinion of the Awards Committee

and the Board of Directors of the association, has made exceptional and enduring career contributions to Psychosocial Oncology.



### CAPO Award for Clinical Excellence: Sarah Sample

The recipient of this award is someone who demonstrates outstanding clinical contributions to psychosocial oncology. The award focuses on the distinctive

contribution made in providing or developing services to patients and families; and/or in clinical supervision of others. Innovation and sustained successful clinical service are what distinguishes the recipient of this award.

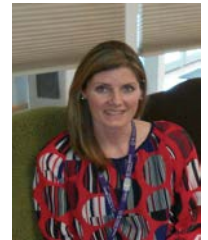
These National awards reflect the outstanding contributions of Gina and Sarah to psychosocial oncology.

## Art Therapy Article Published Online

An article entitled: 'Online art therapy groups for young adults with cancer' was published in Arts & Health: An International Journal for Research, Policy and Practice on February 24<sup>th</sup>, 2016. Contributors included two Art Therapists from the BC Cancer Agency - Sara Prins Hankinson and Catherine Dunlop, along with Kate Collie, Mary Norton, Mady Mooney, Gretchen Miller and Janine Giese-Davis. To read the full articles go to: <http://www.tandfonline.com/eprint/UUiCT5buXG62TtClKQrG/full>

## Update from the Southern Interior PFC

Kristen Renwick Johnson joined the Patient and Family Counselling (PFC) team at the Sindi Ahluwalia Hawkins Centre for the Southern Interior (CSI). Kristen comes to BCCA with her Masters in Social Work from UBC and most recently was employed at the Women's and Children's Hospital in Vancouver, where she worked with the child and adolescent psychiatry team. Prior to that, she held a position, also in the mental health field, at Kelowna General Hospital.



## Update from Psychiatry

Thanks to everyone who attended the first joint Patient and Family Counseling and Psychiatry case rounds on February 5th. Thanks especially to Sandy Kwong for presenting a great learning case and to Elaine Shearer for organizing the logistics of the event. We're going to aim to have these rounds quarterly and if the first one was any indication, they're going to lead to a lot of knowledge sharing and useful discussion. For now, we're only able to include PFC and Psychiatry staff at the six main BCCA sites, but there may be potential for evolution beyond that. Please contact me, Alan Bates ([alan.bates@bccancer.bc.ca](mailto:alan.bates@bccancer.bc.ca)) if you have any ideas on how to make the provincial case rounds as helpful as possible.



## Update from Vancouver PFC

**Two Nutrition Education sessions** for Chinese speaking patients are upcoming. Topic for both sessions: Is dietary restriction necessary during cancer treatment?

### (治療期間在飲食上要「戒口」嗎?)

- Cantonese session: March 3, 2016 (Thursday) 1:30 – 3:30 p.m. John Jambor Room
- Mandarin session: March 23, 2016 (Wednesday) 10 a.m. – 12 noon John Jambor Room

## Update from Vancouver Island PFC



### Lilly Oncology On Canvas Canada

Lilly Oncology On Canvas artwork is displayed on the 3rd floor at the Vancouver Island Centre (VIC) for all of March and April. The Lilly Oncology On Canvas program was launched last year in Canada and is an art contest for Canadians living with cancer, their caregivers and family members. Art therapy has helped thousands of cancer patients across the country. The winners were announced earlier this year and there is a local connection as the first prize winner of the Lilly Oncology on Canvas contest, for her painting “In the Dance” lives on Vancouver Island in Courtenay B.C.

<http://lillyocc.com/artwork/in-the-dance/>



Pictured here is pharmacist, Sanna Pellatt looking at the contest winner.

In total, nine framed pieces of art from the contest with short artists' narratives for each have been touring across Canada being displayed in various hospitals including in Winnipeg, Toronto, and now here in Victoria at BCCA Vancouver Island Centre (VIC).

## Health benefits for being engaged in the arts

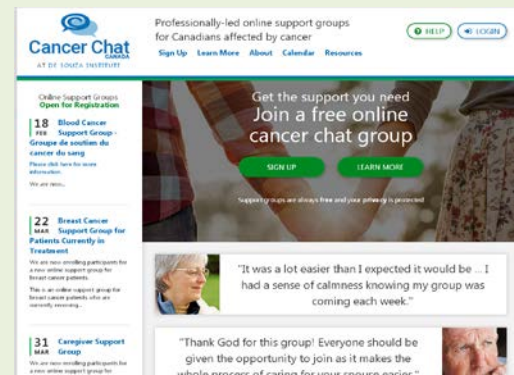
Researchers say:

### Two hours a week is all you need!

<http://www.artshub.com.au/news-article/news/public-policy/deborah-stone/landmark-study-measures-healthy-dose-of-the-arts-250260>

## Cancer Chat takes on a new look

In October, 2015 the BC Cancer Agency transferred Cancer Chat Canada to a new hosting partner, namely the de Souza Institute (University Health Network). There were several advantages to this transition including in house technical support to rebuild the site, and the ability to achieve long-term financial sustainability for the program.



For more details about upcoming support groups, you can check out the online schedule here:

<https://cancerchat.desouzainstitute.com/>

Patients and family members can register directly on the site for upcoming groups.

### Next Groups:

**Group 1** - Breast Cancer Support Group – starting March 22nd

**Group 2** - Caregiver Support Group – (for care givers of a loved one with any cancer diagnosis or stage) - starting March 31<sup>st</sup>



## What You Might Not Know About Smoking Cessation and Cancer Treatment

While it is well known that tobacco use is a significant risk factor for cancer and other chronic diseases, the fact that cancer patients who continue to smoke post diagnosis may have worse outcomes than those who don't smoke is less commonly known. Surprisingly, many cancer patients in Canada continue to smoke after their diagnosis, which is very worrisome. Encouraging and supporting smoking cessation is essential to quality patient care- it is in fact, a standard of care issue.

While a significant number of patients are still using tobacco products, they may not know of the benefits of smoking cessation with regards to their cancer treatment. The influence of smoking on cancer treatment is not to be taken lightly. It is of such significance that the following was noted in the 2014 US Surgeon General's report on smoking:

*"The risk of dying could be lowered by 30-40% by quitting smoking at the time of diagnosis. For some cancer diagnoses, the benefit of smoking cessation may be equal to, or even exceed, the value of state-of-the-art cancer therapies..."*

- *The Health Consequences of Smoking – 50 Years of Progress: A Report of the Surgeon General (2014), p. 291.*

There is a considerable amount of new information on the health benefits of smoking cessation for cancer patients. For instance:

- American Association for Cancer Research's 2013 policy statement on assessing tobacco use by cancer patients and facilitating cessation
- Institute of Medicine's National Cancer Policy Forum 2014 workshop summary on reducing tobacco-related cancer incidence and mortality

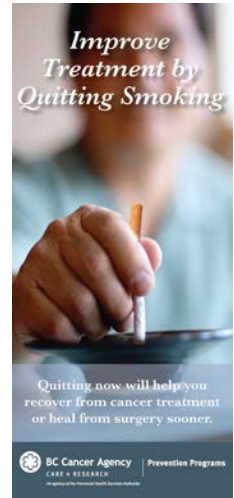
There is substantial evidence showing that smoking around time of diagnosis is associated with poor

outcomes in cancer patients. For example, it can increase:

- cancer-related and non-cancer related mortality
- treatment toxicity
- cancer reoccurrence
- risk of developing a second primary cancer

Quitting smoking however can:

- improve outcomes of surgery, radiation and systemic therapy
- reduce risk of reoccurrence and second primary cancers
- provide general health benefits such as improved oxygen transport and circulation, and heightened immune response



Smoking cessation is a key component of providing quality cancer care. The best treatment outcomes will only be achieved if we incorporate smoking cessation into the care of patients. Research shows that support by health care professionals can have a significant impact on successful cessation attempts. Most often it can be as straight forward as clinicians and health care staff asking patients if they smoke, advising them of the impact of smoking on their cancer treatment, and then assisting them by providing the referral information. To assist with this, "Improve Treatment by Quitting Smoking" patient education materials have recently been created for Agency patients, families and staff. These materials will be rolled out over the next few months. Materials include:

- rack cards containing information on QuitNow's free support services and the provincial free Nicotine Replacement Therapy program (3 months of cessation aides are available on an annual basis as well as subsidized pharmacology)
- informational posters
- FAQs for staff to assist when interacting with patients and families
- information in BCCA's Patient Orientation Booklet
- for those wanting cessation training or a refresher course- free access to the Clinical Tobacco Intervention Program (CTIP) on-line modules [www.tobaccoed.org](http://www.tobaccoed.org)

If you would like more information, or to order materials, please contact: Sonia Lamont, Provincial Director, Prevention Programs: [slamont2@bccancer.bc.ca](mailto:slamont2@bccancer.bc.ca)

## Educational Opportunities:

### Psychosocial Rounds

3<sup>rd</sup> Thursday of the month - noon-1

Attend:

- In person at any one of the BC Cancer Centres
- Call 604-707-4540 Pass code 423515#
- Or arrange a video link with your location

Reminder: Please remember to mute your mics even when you are listening by phone.

March 17

#### Highlights from IPODE online course entitled “Introduction to psychosocial oncology theory & practice”

*Presented by Claire Pereira MSW, and Kathy Green MSW, both counsellors with the Central Southern Interior team, BCCA*

April 21

#### Existential Suffering

*Presented by Dr. Alan Bates, Provincial Leader for Psychiatry, BCCA*

Psychological distress or pain associated with chronic illness can be just as disabling as physical pain, and the two are almost always intertwined. Patients are often dissatisfied that, even though their physical pain might be being addressed, comprehensive care is not being applied to address their psychological distress. This can become particularly acute in terminal illness when patients may have existential suffering or distress related to nearing the end of life in addition to psychological distress associated with physical symptoms or disabilities. This presentation aims to provide some practical tips for addressing existential suffering and psychological distress associated with chronic illness. Ways to provide support and care to particular kinds of patients such as parents or children with serious illness will be explored.

May 19

#### Somatic Therapy Research Study: Tools for Living

*Presented by Catherine Traer-Martinez, MEd, RCC, Counselor, PFC Vancouver Island Centre, BCCA*

The group called, **Tools for Living Well**, is part of a study to evaluate the suitability and effectiveness of this group format to teach the principles of Somatic Therapy. Somatic Therapy involves developing awareness of body sensations, and learning gentle ways to release emotional shock, anxiety and distress. This approach teaches patients skills to help them develop emotional self-regulation and how to be able to deal with overwhelming distress, and increase an internal sense of resiliency. It is based on leading-edge neuroscience research which informs us how the brain and nervous system respond to life-threatening situations like a cancer diagnosis.

June 16

#### Introducing New Arts-Based Resources for Children and Teens with Cancer in the Family

*Presented by Sara Prins Hankinson, Art Therapist, BCCA*

My Adventures with Fox and Owl: A Creative Journal for Kids with Cancer in the Family is an arts-based activity book for children aged 5-9. It features Fox and



Owl who ask the reader questions, encourage them to express themselves creatively, and take them into the forest to meet Nurse Bunny, who teaches them about cancer and its treatments.

Scribble and Paste: A Creative Journal for if Cancer Comes to Your Family is an arts-based activity book for kids aged 10 and older.

It includes information about cancer, as well as space to explore identity, family, changes, and support available. Readers are encouraged to write, draw, and paste pictures in the book to make it their own.



Over the past year, Art Therapist Sara Prins Hankinson and Karen Janes RN MSN have been writing these books, with the

assistance from Jane Rowlands, and Patient and Counseling staff. We are excited to introduce these new resources, and hope that they will be well-used.

## July 21

### Highlights from CAPO 2016

*Presented by BCCA staff members who presented and/or attended this year's Canadian Association for Psychosocial Oncology annual conference in Halifax*

The annual conference for the Canadian Association for Psychosocial Oncology is on May 11-13 in Halifax. The following representatives of the BC Cancer Agency Psychosocial Oncology and Psychiatry program (names in bold below) will be presenting at the conference.

- **Alan Bates** (Presenter) "Existential Suffering Across the Lifespan"
- **John Christopherson** (Moderator), "Bad Therapy! Masters in Psycho Oncology Discuss Difficult Sessions"
- **Maureen Parkinson** (Presenter), Christine Maheu, Margaret Oldfield, Lori Bernstein, Mary Stergiou-Kita, Claudia Hernandez, Mary Jane Esplen, Alyshia Savji, Mina Singh, "Returning to Work with Cancer: Informational Needs of Survivors, Healthcare Providers, and Employers"
- **Heather Rennie** (Presenter), Mary Jane Esplen, Jiahui Wong, "Cancer Chat Canada: Moving Beyond Survival to a Sustainable Future"
- **Heather Rennie** (Presenter), "Tracking and Trending "FIT" (Feedback Informed Treatment): Early Results of Patient Reported Outcomes at the BC Cancer Agency"

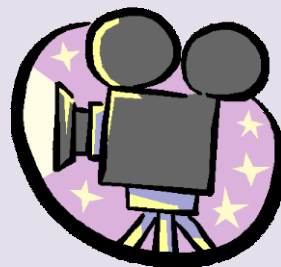
- **Sarah Sample** (Presenter), "Cancer in Adolescents and Young Adults: Reflecting on the BC Cancer Agency's Experience of Providing Psychosocial Care and Support to this Unique Population"

### IPODE Continuing Education Courses

Register for courses online at [www.ipode.ca](http://www.ipode.ca).

For more information contact Natasha Boutilier:  
[Natasha.Boutilier@cdha.nshealth.ca](mailto:Natasha.Boutilier@cdha.nshealth.ca)  
 or 902-473-6618.

Mark your calendar – JUNE 1<sup>st</sup> at noon



Film showing of a recently released documentary by Mike Laing, PhD Candidate

### "How to Win a Tickle Fight"

(45mins duration)

This film is about a young adult father with a palliative cancer diagnosis. You can view the trailer here:

<http://bit.ly/tickle-fight-2016>

The film will be broadcast from the Diamond Lecture Theatre at the BC Cancer Research Centre in Vancouver and will be available via video link to all the BC Cancer Agency Centers. Stay tuned for more details. Please note that: **\*this showing is for health care staff only.** There will be other public showings arranged by the Canadian Cancer Society.

## Information & Resources:

### Canadian Cancer Society - Travel Treatment Fund Assessment Model



Canadian Cancer Society  
Société canadienne du cancer

As of February 1, 2016 the Financial Support Program was updated and renamed the Travel Treatment Fund. Applicants are now based on 2 criteria: active cancer treatment and the low income cut-off established by the Government of Canada.

Clients are no longer required to submit receipts for reimbursement. Once approved in the refreshed program, clients receive a lump sum grant to be used for travel and accommodation expenses during cancer treatment, eliminating the need for out-of-pocket expenses and complicated paperwork.

Eligibility for the Travel Treatment Fund is in determined in part by the low income cut off based on household size, developed by the Government of Canada. Applicants are asked to provide a Notice of Assessment with their application to confirm eligibility.

Number of People in Household	Low Income Cut Off Amount
1 person	\$20,065
2 persons	\$24,978
3 persons	\$30,707
4 persons	\$37,283
5 persons	\$42,285
6 persons	\$47,692
7 or more persons	\$53,097

### Canadian Cancer Society - Resource for the Chinese Community

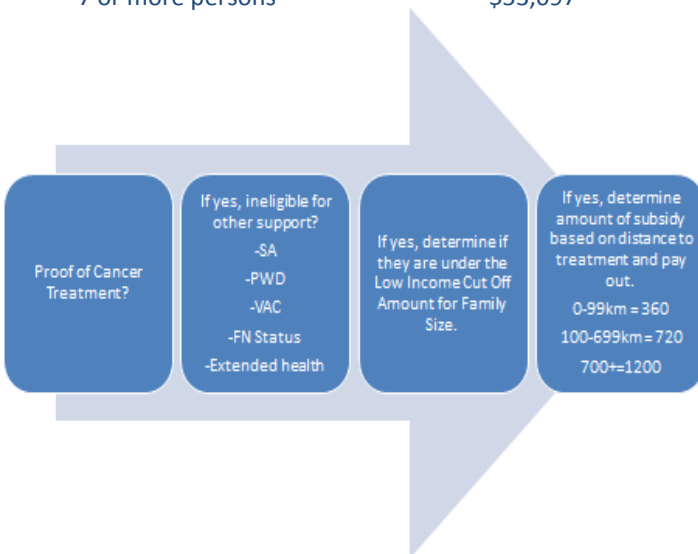
If you or someone you care about has been diagnosed with cancer, you may have many questions or concerns. Navigating the healthcare system when coping with a diagnosis of cancer can be challenging. For Chinese and other non-English speaking clients, language and cultural barriers can add further uncertainty to the process.

The Canadian Cancer Society is dedicated to working with the Chinese community to eradicate cancer and enhance the quality of life of people living with cancer. The Society's Chinese Programs work with the community to ensure the following programs are accessible to Chinese-speaking patients, their friends and families.

**Cancer Information Service** is a toll-free, confidential service available in Cantonese and Mandarin. It provides credible information about all aspects of cancer and resources in the community. Informed specialists will take all the time you need to answer your questions.

**Print materials** are available in Chinese about specific cancers and a wide range of other topics, including risk reduction, cancer treatments, living with cancer, and questions to ask your doctor. Call the *Cancer Information Service* to order free copies or visit [www.cancer.ca](http://www.cancer.ca) to download a PDF copy.

**CancerConnection** matches patients or caregivers with trained volunteers who have experienced similar cancer journeys. Volunteers listen, provide hope, offer encouragement, and share ideas for coping all based on their personal experiences with cancer. Language support is available to initiate the program, and connections are made with Chinese-speaking volunteers or through an interpreter service.





## Tools from Canadian Virtual Hospice

**Lodges** provide accommodation at a minimal fee for those facing cancer that may live far away from treatment centres.

**Financial help** are available to cover a portion of clients' cancer-related transportation and accommodation expenses.

**Wig Lending Program & Breast Prosthesis Bank** offers a wide range of donated wigs, headwear and prostheses to individuals who cannot afford the cost of a wig or prosthesis.

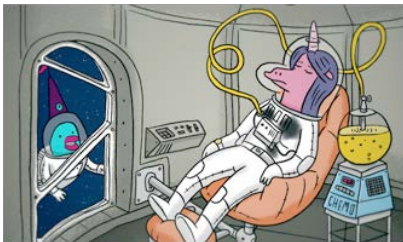
**Transportation** is available for patients and caregivers in some regions through the partnership with Freemason's Cancer Car Program.

For more information about useful resources for Chinese-speaking patients, their friends and family, please contact the Canadian Cancer Society:

Tel: 1 888 939-3333 (Cancer Information Service)  
 Email: [cancerinfo@bc.cancer.ca](mailto:cancerinfo@bc.cancer.ca)  
 Web (English): [www.cancer.ca](http://www.cancer.ca)  
 Web (Chinese): [www.cancer-asian.com](http://www.cancer-asian.com)

The image shows two screenshots of websites from Canadian Virtual Hospice. The top screenshot is for **MyGrief.ca**, featuring a green sprout growing from a seed. A blue starburst with the word "NEW!" is overlaid on the left. The website text includes: "Because losing someone is hard...", "Canadian Virtual Hospice has created an online workbook to help anyone trying to understand and work through grief", and a list of bullet points about the workbook's features. A sign-up form for a launch date is also visible. The bottom screenshot is for **LivingMyCulture.ca**, also featuring a "NEW!" callout. It has a navigation bar with "Culture", "Topic", and "People" tabs. The main text reads: "Quality palliative care helps you honour your culture, spirituality and traditions. At LivingMyCulture.ca, people from various cultures share their stories and wisdom about living with serious illness, end of life and grief to support others." Below this are three small images representing different cultures: First Nations, Inuit, and Métis.

## MISSION: Recovery – a new resource for children from RETHINK Breast Cancer Society



This unique animated series, called **MISSION: Recovery** is illustrated by Clayton Hanmer and uses

an imaginary world combined with the thoughts and voices of real kids who have had a parent with breast cancer to offer helpful strategies and tips to help children understand the disease, what their parent is going through, the feelings they may be experiencing themselves, and the importance of asking for help when they need it.

- **The Discovery:**  
<https://youtu.be/WXMKRuUnviw>
- **Operation Rescue:**  
<https://youtu.be/fLuCUeGadxg>
- **H.E.L.P. Squad:**  
<https://youtu.be/hjskUnK--aA>
- **The Black Dot Returns:**  
<https://youtu.be/nvo1gFijjZI>
- **Transmission Feelings:**  
<https://youtu.be/8cXH0LB08c4>

If you would like to contribute to this quarterly newsletter contact Elaine Shearer, Community Education Coordinator, Psychosocial Oncology Program - [eshearer@bccancer.bca.ca](mailto:eshearer@bccancer.bca.ca). Deadline for submissions to the summer newsletter is June 1<sup>st</sup>.