



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?

Smudge Ceremony

Culturally relevant practices such as smudging support the needs of all patients, especially Indigenous patients. Private smudging sessions are already available in the Center for the North in Prince George and now also in the Vancouver Center (Spring, 2016).

Research has shown many benefits of incorporating cultural and spiritual practices in a medical setting. For thousands of years, Indigenous traditional medicines such as sage, sweet grass, and cedar root have been considered as sacred, cleansing, purifying, and protective plants. Smudging is a ceremony for cleansing and purifying one's spirit from negativity, and also providing strength and focus. Research confirms that cleansing herbal smoke, such as that used in the ceremonial burning of smudge, rids the surrounding air of harmful bacteria, granting the practice clinical benefit (Nautiyal, Chauhan, & Nene, 2007).



Preston Guno, the Provincial Director for Indigenous Cancer Care (seen here) supports initiatives such as smudging that address cultural needs. Practices such as smudging will be expanded to the other cancer centers. This initiative fosters inclusion; a principle emphasized in Cultural

Competency course offered on the Provincial Health Services Authority (PHSA) Learning Hub.



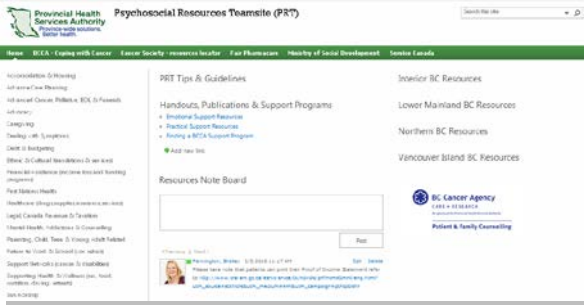
CON Social Workers now accessing PFCS Resources

by Shelley Pennington, Cancer Care Resource Social Worker

In 2011, the BC Cancer Agency's Psychosocial Oncology program created the Psychosocial Resources Teamsite (PRT), a tool to help organize and store the resources that are required by Patient and Family Services (PFCS) counsellors when supporting cancer patients. The objective was to: 1) ensure cancer patients receive consistent and accurate information and, 2) improve counsellors' timely access to current information. The PRT took one year to plan and develop, and has evolved over the last five years, recently transitioning to a new platform (Sharepoint 2013). This transition makes it possible to give PRT access to eligible Community Oncology Network (CON) social workers.

In January 2016, we began training and orienting CON social workers on how to access and use the site. To date, thirty-one Community Oncology Social Workers employed in various hospital and clinic settings within

Vancouver Coastal Health, Vancouver Island Health, Northern Health, Fraser Health, Providence Health and Interior Health now have access to the PRT and have received the mandatory orientation session.



PRT tracking and feedback from social workers has shown the response to be very positive. We are providing a collaborative means to bridge the information gap and in the process building good partnerships with the CON community.

The BC Cancer Agency Emotional Support Campaign

This campaign is successfully raising patients' and family members' awareness of the emotional support resources that are available to them! The campaign was evaluated by a survey in January 2016 and the results show an increase in awareness of resources such as CancerChatCanada, Cancer Connection, support groups and professional counselling.

The survey also indicates that patients and families are:

- Noticing the Emotional Support advertising in our centres
- Comfortable getting information from the BC Cancer Agency website
- Comfortable asking their care team about available resources

Background:

In 2013, a Provincial Out Patient Cancer Care Experience Survey was sent to 20,000 patients throughout British Columbia. 13,000 patients and their families responded

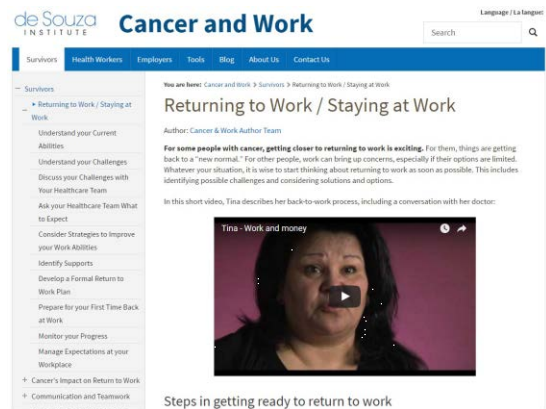
- In partnership, BCCA and BC Health Authorities created a Provincial Action Team to discuss the results, specifically responses regarding Emotional Care and Support.

- As a result, patient, family and staff focus groups were held in all 6 BCCA Centres across the province. These focus groups were held, in collaboration with Health Authorities and a number of Cancer Oncology Network clinics (CON), to validate the Provincial Survey responses and to brainstorm solutions.
- 19 recommendations came from the Patient/Family Focus Groups.
- The Provincial Action Team reviewed the 2013 Provincial Outpatient Cancer Care Survey results, along with the Patient and Family Focus Groups' recommendations

The following **Top 3 priorities** from the Patient Experience Focus groups were endorsed by the Provincial Action Team and the BC Cancer Agency Executive:

1. To help patients connect with others who are experiencing the same type of cancer
2. To offer professional support services throughout the cancer journey
3. To provide information about support groups throughout BC

New Cancer and Work Website Launched



The Canadian Partnership Against Cancer (CPAC) is funding the creation of an interactive website that will provide information and resources about return to work for Canadian cancer survivors, health care providers and employers.

An interdisciplinary team of experts led by Dr. Christine Maheu (McGill University) and Ms. Maureen Parkinson (BC Cancer Agency) is working with the de Souza Institute to

create tool kits and resources on topics such as: support for leaving work, managing challenges after return to work, and supports for staying at work. In Fall, 2016, we will be launching the website.

Contact us at info@cancerandwork.ca for more information.

Update from Prince George

Goodbye Glenda!

Sadly, Glenda Kerr, the Professional Practice Leader for the last 3 years is leaving the Patient and Family Counseling Program at the Centre for the North in June. She is recognized for her warm, outgoing leadership, strong clinical as well as administrative skills.



We wish her all the best as she moves to live closer to her extended family.

Welcome Leslie Werner

Leslie Werner joined the CN team as a Counsellor in May. Leslie comes with excellent skills in individual, couple and family counselling having worked with Northern Health and in the private practice counselling community.

Leslie also has strong ties to UNBC research activities, and currently works with John Sherry in the Masters of Counselling program.



Update from Vancouver

Media Article on Near Death Experiences

Dr. Elaine Drysdale, a Psychiatrist at the Vancouver Centre, was recently featured in a Vancouver Sun article by Douglas Todd about near-death experiences: <http://vancouversun.com/opinion/columnists/health-officials-need-to-understand-ndes>

Goodbye Vickie!

We are sad to say good bye to Vickie Mattimoe who is retiring in late June after more than 20 years with the agency. Vickie has been the Administrative Coordinator for the Provincial Psychosocial program as well as Nutrition and Speech and Language departments. She is well known for her strong interpersonal, administrative and budgeting skills. Vickie will be sorely missed. We wish her well as she moves on to pursue new adventures with her (also newly retired) husband Derek.



Chinese Support Group celebrates Group's 10th Anniversary

On June 9th, cancer patients, family members, survivors, volunteers and BC Cancer staff who have been involved with the Chinese Support Group gathered to celebrate how this program has supported so many people in their cancer journey over the past decade. Patients and family members had an opportunity to reflect upon their own strength and insights gained as they marked this momentous occasion. This group has met more than 100 times, and more than 1000 people have attended over the years. Much thanks to Sandy Kwong for her dedication and care in leading this group for so many years.

Update from Kelowna



It is with heavy hearts that we convey the news of Tina Pernosky's death. Tina worked as a Clinical Counsellor in the Patient and Family Department at the Cancer Centre in Kelowna. She was hired in 2010 and worked until 2014 covering various leaves and working as a casual staff member.

An excerpt from Tina’s obituary reads: “ Tina touched many lives through her professional and volunteer efforts. She was caring, compassionate, and always put the needs of others before her own. Tina naturally fostered personal growth in every person she connected with. Her beautiful soul will be deeply missed....”

Update from our community partners

MAAT Research in the News

Dr. Robert Ferguson, psychologist from Eastern Maine Medical Center and Lafayette Family Cancer Center in Bangor, Maine was recently quoted in an American Cancer Society journal article (May 2, 2016) entitled: Could Talk Therapy Ease Chemo-Related Memory Issues?

He and his research colleagues suggest their approach (described below) could improve survivors' quality of life. He states that: “Participants reported reduced anxiety and high satisfaction with this cognitive-behavioral, non-drug approach”. Also, because treatment was delivered via videoconference device, he said the study demonstrates it's possible "to improve access to survivorship care."

Dr. Ferguson collaborated with us to initiate the Memory and Attention Adaptation Training (MAAT) program at the BC Cancer Agency. The MAAT program aims to help cancer survivors prevent or manage their memory problems.

Ovarian Cancer Canada – new resources for those diagnosed and living with ovarian cancer



Ovarian Cancer Canada has two new resources to support those newly diagnosed with ovarian cancer and those who have had a recurrence of the disease. Both guides highlight personal contributions from survivors, combining their firsthand

insights with expert knowledge from healthcare providers, to present the best available information on ovarian cancer. Both guides include places to write notes or keep track of contacts and other important information.

By Your Side is a resource to support and inform people newly diagnosed with ovarian cancer.

By Your Side features information on:

- Understanding the diagnosis
- Role of genetics
- Treatment and side effects
- Caring for oneself and getting support
- Moving forward after treatment
- Resources

Still By Your Side is a resource to support and inform people who have a recurrence of ovarian cancer. At least three quarters of all those diagnosed with ovarian cancer will have a recurrence.

Still By Your Side features information on:

- Understanding recurrence
- Treatment for recurrence
- Caring for yourself
- Dealing with advanced disease
- Support for family and friends
- Other resources

If you know someone who has recently received their first ovarian cancer diagnosis or if they have had a recurrence let them know that help available. “By Your Side” and “Still By Your Side” is available in English and French and is free of charge. Copies can be ordered online at ovariancanada.org or by calling 1-877-413-7970.

New Tools from Virtual Hospice

MyGrief.ca - Because losing someone is hard...

This interactive web-based support tool was developed to help those who are bereaved understand and work through their grief. MyGrief.ca was developed by Canadian Virtual Hospice in collaboration with national

and international grief experts and people who share their experiences.

LivingMyCulture.ca - A video series that shares the lived experience and wisdom of respected leaders, patients and family members from 10 of Canada's ethno-cultural communities about "living with dying" in Canada.

Featured cultures include: Chinese, East Indian, Ethiopian, Filipino, First Nations, Inuit, Iranian, Italian, Pakistani, and Somali. Videos are available in English, Amharic, Chinese, Farsi, Hindi, Italian, Tagalog, Urdu and Somali.

Indigenous Voices: Stories of Serious Illness and Grief -A video series featuring stories told by First Nations, Inuit and Métis people living with advanced illness and bereavement, their family members and health providers. A series of print materials are also available.

Highlights from CAPO 2016

The Canadian Association of Psychosocial Oncology (CAPO) annual conference was held in Halifax this past May.

CAPO Awards

Gina MacKenzie, Provincial Director, Clinical Operations, Psychosocial Oncology & Practice Leader, Counselling & Psychiatry Services, Operations at the BC Cancer Agency (2nd from the right) received a **Life Time Achievement Award** and Sarah Sample, Regional Practice Leader; Vancouver Centre (2nd from the left) received a **Clinical Excellence Award**.



They are joined by colleagues (left to right): Maureen Parkinson, John Christopherson, and Dr. Alan Bates.

Reflections from CAPO 2016

Following are comments from BC Cancer Agency staff members who attended this conference:

The caliber of the presentations was very good

- Current information on Medical Assistance in Dying (MAID) was particularly relevant and informative. There were excellent keynote speakers and concurrent speakers on this issue. The need for psychosocial professionals to have a voice in this issue was highlighted in that many of the reasons that patients choose MAID is not for physical pain but issues of loss of control, fear of disease progression, loss of dignity. These are psychosocial issues. CAPO will be drafting up a position statement on MAID.
- Dr. Christine Maheu and Maureen Parkinson discussed soon to be launched website, cancerandwork.ca. This website will provide information and interactive material to educate cancer survivors, health care provider and employers on return to work for cancer survivors. Watch for this website to be available in the Fall, 2016.
- John Oliffe's (UBC Faculty of Nursing) keynote presentation on gendering men's cancer prevention and psychosocial oncology care showed examples of the value of interactive videodrama, eg. POWERPLAY and the use of web based support - www.headsupguys.ca
- Dr. Mark Katz and others presented on Cancer Care Ontario guideline for management of depression in patients and described a stepped care model as well as general management principles and collaborative care interventions for treating depression. The guideline is on the CCO website.
- Norma D'Agostino, PMH (Princess Margaret Hospital), described research to validate the Australian AYA (Adult Young Adult) distress thermometer and problem checklist for use in Canada. We will be participating in the next phase of the research to test these measures.

- Josee Savard, Doris Howell and our own Heather Rennie presented on Sleep Disturbances in Adults with Cancer. Our stepped care approach is in alignment with the research presented by Josee and the clinical practice guidelines presented by Doris. One suggestion from Josee's research to consider is that ESAS (Edmonton Symptom Assessment Screening tool) on its own isn't sensitive to insomnia and the Canadian Problem Checklist is 60%. She suggests adding two focused assessment questions.
- What is so confirming when we attend this National conference is the amazing work that BCCA is already doing... that in many ways we are leading the way. Some provinces are just now implementing distress screening and tracking and trending data to inform practice. This is something that we have done for years. We are also implementing FIT (Feedback Informed Treatment)... and tracking outcomes. The CAPO conference is really an opportunity for us to shine on a National stage!
- Halifax is beautiful, and rich in history. They are so many reminders of war, and the Halifax explosion. The people are friendly and down to earth.

- The conference was also fun – we travelled on buses and enjoyed a lobster dinner as the sun set over the water near Lunenburg. Nova Scotia.
- Mark your calendar and start planning for you can attend CAPO next year when it is in Vancouver.



Educational Opportunities:

Coming up this fall THE WESTERN CANADIAN SUPPORTIVE CARE FORUM



Presents Part 2 of a 2 part series of inter-professional educational events called:



CANCER TALKS 2016

Part 2: Sexual Health Research Project Thursday September 22, 2016

10-11am in British Columbia

- by **Myrna Tracy**, MSW, RSW Former Practice Leader for Patient and Family Counseling Services, BC Cancer Agency, Centre for the Southern Interior

Myrna will present information about the Sexual Health Clinic Pilot Research project that was conducted over a one year period at the Cancer Centre in Kelowna. The

results show the importance of offering sexual health services to cancer patients. The project was funded by the BC Cancer Foundation, Southern Interior.

Registration is required for this one hour session which will be offered by teleconference. To register email: cancertalks@bccancer.bc.ca.

Since space is limited to 60 phone lines, we encourage you to book a room and join with colleagues to listen using a speaker phone. Once you have registered, you will receive an email the week before the presentation with the phone number and presenter's PowerPoint presentation and handouts. There will be opportunities to ask questions.

Psychosocial Oncology Rounds

3RD Thursday of the month

JUNE 16, noon -1pm

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.

JULY 21, noon -1pm

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 (CAPO) was held on May 11-13 in Halifax.

SEPTEMBER 15, noon- 1pm

Resources and Support for People after Active Treatment

Presenters: Lisa McCune, Avril Ulett and Andrea McIntosh, Survivorship Program; and Nancy Payeur, Patient & Family Counselling Services

The presenters will talk about resources and support for people after active treatment, including updates from the VIC (Vancouver Island Centre) Cancer Transitions Program, the provincial program for adult survivors of childhood cancers and survivorship nurse practitioner roles.

IPODE Continuing Education Courses

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

Information & Resources:

Cancer & the Family

Check out this information for patients and their families that has recently been reorganised on the BC Cancer website.

- The section is called **Cancer and the Family** and has information and resources for parents, children, teens and family caregivers.
- The information for teens is called **Facts4Teens**. This section helps teens deal with the facts and some of the feelings that can accompany a family member's cancer diagnosis and treatment.
- **Talking with Children & Teens** section gives parents tips and tools for talking about cancer with their children. In addition, there is a link to our children's website called CancerinmyFamily.

- The **Family Caregivers** section provides helpful resources including self-care when caring for others.

www.bccancer.bc.ca >health-info >coping with cancer > cancer-and-the-family

Everyone in the family is affected when someone is diagnosed with cancer

When I found out I had cancer the first thing that I thought about was ... how do I tell my kids

A cancer diagnosis can affect everyone in the family whether you are a parent, child, caring family member or friend. In this section you can find information about:

- resources for caregivers, parents, children and teens
- tips for talking to children and teens about a cancer diagnosis and treatment
- web resources especially designed to help teens understand facts and feelings when someone has cancer

In this section

Cancer & the Family

Facts 4 Teens	+
Family Caregivers	
Talking with Children & Teens	

Cancerinmyfamily children's website

Canada Revenue has an option for patients to print their **Proof of Income statement** if needed. Please see the website address below. This link will be added to the **Financial Assistance** section of the BC Cancer Agency website.

http://www.cra-arc.gc.ca/esrvce-srvce/tx/ndvdl/prffncmsttmnt-eng.html?utm_source=stkhldrs&utm_medium=eml&utm_campaign=ptncpblshr

Next issue:

- Mindfulness toolkits for children
- Launch of the new eLearning course – Stress Reduction Techniques in Oncology Practice
- Information on how you can purchase the two new books for children affected by cancer
- and much more...

If you would like to contribute to this quarterly newsletter contact Elaine Shearer, Community Education Coordinator, Psychosocial Oncology Program - eshearer@bccancer.bca.ca
Deadline for submissions to the fall newsletter is September 1st.

