



Winter 2017

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?

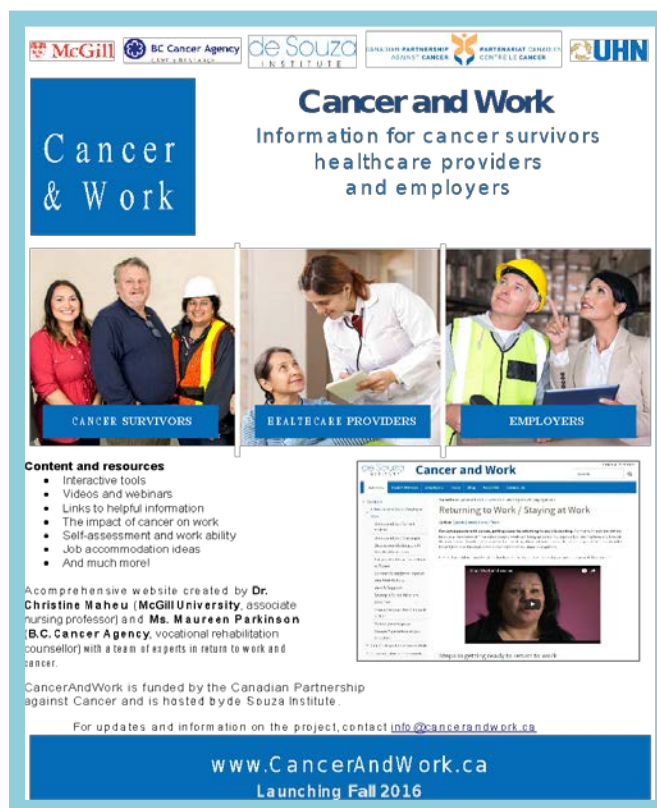
New Website - Cancerandwork.ca

- by Maureen Parkinson, Vocational Rehabilitation Counsellor, BC Cancer Agency

Returning to work for cancer survivors is a process that may present many challenges. Sixty percent will return 1–2 years following their cancer experience and 25%–53% will quit or lose their jobs. These high numbers speak to the need for clear, comprehensive information on the process of returning to work (RTW).

Canadians are among the heaviest Internet users in the world (comScore, 2015), and thus, one of the most effective mediums to reach cancer survivors is through a website — that's where *CancerandWork.ca* comes in. The Canadian Partnership Against Cancer (CPAC) recommended the creation of a centralized website to help all stakeholders involved in the RTW process—cancer survivors, employers and healthcare professionals—access timely and current information related to RTW.

CancerandWork.ca is a site created by Dr. Christine Maheu (McGill University) and Ms. Maureen Parkinson (BCCA) with an interdisciplinary team of experts that is funded by CPAC and hosted by the de Souza Institute. It is the first of its kind, specifically designed by experts in various domains, including the medical, rehabilitation, human resources, disability management, legal and insurance fields, to provide evidence-based research and best practices on resource needs and assessment tools. We're proud to announce that the website is now live!



The screenshot shows the homepage of the **Cancer and Work** website. At the top, there are logos for McGill, BC Cancer Agency, de Souza Institute, and UHN. The main heading is "Cancer & Work" with the subtitle "Information for cancer survivors healthcare providers and employers". Below this are three images: "CANCER SURVIVORS", "HEALTHCARE PROVIDERS", and "EMPLOYERS". A "Content and resources" list includes: Interactive tools, Videos and webinars, Links to helpful information, The impact of cancer on work, Self-assessment and work ability, Job accommodation ideas, and And much more! A small inset shows a video player with a woman speaking. At the bottom, it says "A comprehensive website created by Dr. Christine Maheu (McGill University, associate nursing professor) and Ms. Maureen Parkinson (B.C. Cancer Agency, vocational rehabilitation counsellor) with a team of experts in return to work and cancer." and "CancerAndWork is funded by the Canadian Partnership against Cancer and is hosted by de Souza Institute." The footer includes the website URL www.CancerAndWork.ca and "Launching Fall 2016".

Through the process of building this website, we have formed an extensive array of academic and community of practice (CoP) partnerships that can develop and promote the website. Some of our confirmed partners are the British Columbia Cancer Agency, the Canadian Cancer Society (BC, NS, PQ Divisions), Canadian Cancer Survivors Network, Benefits Canada, the Nova Scotia Ministry of Labour and NS Ministry of Health, the National Association of Disability Management and Research, and we are currently extending our reach to Alberta Cancer

Control, Saskatchewan and Manitoba. All collaborators and partners have agreed to use their established networks to promote the website, our workshops, webinars and live chat sessions to potential participants from all stakeholder groups, and to disseminate findings to knowledge users. We hope that this comprehensive website, with its wealth of up-to-date, evidence-based and professional information, will generate enough buzz around the topic of RTW from organizers and potential funders to support the CancerandWork.ca program in the future.

For those interested in becoming future partners or sponsors, please contact us at info@cancerandwork.ca.

New Service - LEAF Clinic Open at BCCA

- By Avril Ullett, Program Leader, Survivorship & Primary Care

The new BCCA Late Effects, Assessment and Follow-up (LEAF) Clinic is now open and accepting patients. The LEAF Clinic provides long-term follow-up care to adult childhood cancer survivors (ACCS) at risk for late effects, and serves as a resource for health care providers with ACCS in their practice.



LEAF Clinic staff photo (left to right): Medical Director Dr. Karen Goddard, Counsellor Beverley Biggs, and Nurse Practitioner Kimberley Anne Reid

The LEAF Clinic is part of the provincial Adult Childhood Cancer Survivors Program. Patients can be seen in person at the LEAF Clinic, by accessing Telehealth, or by phone.

The Clinic is located in Suite 1216 - 750 West Broadway, Vancouver. For more information about the program, please visit <http://www.bccancer.bc.ca/our-services/services/late-effects-assessment-follow-up>

Patients diagnosed with cancer age 17 and younger who are residents of BC, five years post-treatment, over age 17 and not currently followed by BC Children's Hospital are eligible to attend the LEAF Clinic.

Patients diagnosed with cancer age 17 and younger between 1970 and 2010 are currently being recalled and invited to attend the LEAF Clinic.

The clinic provides the following services to eligible patients:

Medical Appointment (Oncologist or Nurse Practitioner)

- Review of past cancer diagnosis and treatment
- Summary consultation note detailing:
 - Past, current and chronic health problems
 - Future health risks
 - Plan for ongoing surveillance and treatment
 - Recommended investigations as required
 - Summary consult note back to primary care provider and involved specialists

Psychosocial Appointment (Counsellor/Social Worker)

- Consultation and assessment
- Short-term counselling
- Case management
- Advocacy and referral to other BCCA and BCCH programs, community programs and health care providers

If you have any questions, please do not hesitate to contact avril.ullett@bccancer.bc.ca or at 604-877-6000 x 57312

New Journal - Scribble & Paste By Catherin

Dunlop, Art Therapist

Did you know that the BC Cancer Agency (BCCA) also provides support to the family members of cancer patients? In addition to providing diagnostic, treatment and supportive care to all



registered cancer patients, BCCA also helps families cope when a loved one has cancer.

We have also developed another book. **Scribble & Paste** is an arts-based activity book for children aged 10 and older. It includes information about cancer, as well as pages to creatively explore identity, family, changes, and support available. Readers are encouraged to write, draw, and paste pictures into the book to make it their own.

Both of these publications are available for BCCA patients and are distributed by Patient and Family Counseling staff during counseling sessions or in support groups.

For all others, the publications are for sale for a nominal price of \$10 each (plus shipping and handling fees). They can be ordered through:

- PHSA Bookstore (Cancer)
<https://libraries.phsa.ca/bookstore/>
- Odin Books <http://odinbooks.com/>

3 New Psychiatrists Join Center Teams



Dr. Margaret Wong has joined the Psychiatry team in Abbotsford one day a week. She completed her residency training at UBC where she was also recognized for excellence through the 2014 Undergraduate Teaching Award. Prior to her medical training, Dr. Wong

completed a Master's degree in Neuroscience at UBC. In addition, she brings much-needed language skills in Cantonese and Mandarin to our Psychiatry service.



Dr. Namrta Sinha has joined the Psychiatry team and will be working at both Abbotsford Centre and the Fraser Valley Centre on Tuesdays.

Dr. Sinha achieved honours standings at one of the top medical colleges in India (Kasturba Medical College) before completing training in Psychiatry in the English West Midlands (near Birmingham) and a fellowship in Geriatric Psychiatry in Newcastle. While in the UK, she also completed additional training in

Palliative Care. She has since successfully completed Canadian Royal College exams in both Psychiatry and Geriatric Psychiatry and is currently an Attending Geriatric Psychiatrist at Mt. St. Joseph's Hospital in Vancouver. In addition to her advanced clinical training, Dr. Sinha also has excellent language skills as she is fluent in Hindi and can also speak Punjabi and Urdu.

Dr. Jeff Douziech has joined Dr. Lidia Schuster on the Psychiatry team at the Centre for the Southern Interior.



Dr. Douziech completed medical school at the University of Alberta and, more recently, his Psychiatry residency at the University of Ottawa. While in Ottawa, he won awards for teaching, academic presentations, professionalism, Child Psychiatry, and

Geriatric Psychiatry, and was a prolific speaker on a number of interesting topics including the use of nature in treating mental illness. He has also completed additional training in Emotionally Focused Therapy, Attachment Focused Therapy, and the management of patients with borderline personality disorder.

Update from the provincial program



Sara Prins Hankinson, Art Therapist, (center front row) and her new baby Amelia are honored at a baby shower offered by her colleagues including: Karen Janes, Practice Leader (Nursing) holding Amelia. Also seen here (clockwise), Elaine Shearer, Community Education Coordinator, Pauline Lee, Administrative Coordinator, Cathie Dunlop, Art Therapist (temporary), Emma Rowlands (high school student on a 'bring your child to school' day), Gina MacKenzie, Program Lead, Jane Rowlands, Graphic Artist, Vickie Mattimoe, former Administrative Coordinator.

CALM Training in Toronto

Several BCCA Psychosocial Oncology staff members participated in another Managing Cancer and Living Meaningfully (CALM) workshop in Toronto from Oct. 30 to 31. Provincial Psychiatry Leader Dr. Alan Bates, Vancouver Island Cancer Center PFC Practice Leader Nancy Payeur, Vancouver Centre PFC Counselors Sandy Kwong and Tracy Stonehouse, and Centre for the North PFC Counselor Leslie Warner were all in attendance. In addition to teaching



CALM basics, workshop topics included working with couples and accessing CALM supervision.

Dr Gary Rodin, one the lead trainers of the CALM workshop, and the Joint University of Toronto/University Health Network Harold and Shirley Lederman Chair in Psychosocial Oncology and Palliative Care visited Vancouver on November 18, 2016. During his visit he followed up on his 2012 review of the BCCA Psychiatry program and facilitated a CALM group supervision session with BCCA Psychosocial Oncology team members. Dr. Rodin also met with BCCA President Malcolm Moore and BCCA VP of Patient Experience and Interprofessional Practice Brenda Canitz in addition to provincial leads from Psychiatry (Dr. Alan Bates), Counselling (Gina MacKenzie), and Palliative Care (Dr. Pippa Hawley). Dr. Rodin also provided a video-linked Rounds about the benefits of strong supportive cancer care. As the relationship between the Psychosocial Oncology teams at BCCA and Princess Margaret Cancer Centre grows closer, it seems clear that both teams, and their patients, will see tangible benefits.



Update from the Canadian Cancer Society



Regarding eligibility criteria for travel treatment fund and lodges

- by Leanne Morgan

People diagnosed with cancer face many challenges. Travelling to a distant location for treatment away from family and friends can be particularly overwhelming. With more than 30 years of experience offering lodging to people diagnosed with cancer, the Canadian Cancer Society has found that a welcoming, caring environment helps meet the practical and emotional needs of those in treatment for cancer away from home.

Similar to our other lodges operating elsewhere in Canada, the Canadian Cancer Society BC lodges are not intended to be medical facilities and are not licensed as such. They are fully aligned with a non-nursing and non-medical model, which means staff do not do medical tasks such as taking blood pressure, monitoring side effects of treatment or dispensing medications.

We believe this model has a minimal impact on eligibility to stay at our lodges as we are serving medically stable, outpatient clients. Our staff and volunteer teams use a robust checklist to determine if a client is suitable to stay at the lodge. In rare circumstances, where there are questions around a client's suitability, we require the client have their health professional complete a brief medical status form.

Our clients are aware of the eligibility criteria and continue to be appreciative that the lodges provide them with a "home away from home" during this challenging time.

At our lodges we continue to do what we do best: empower our guests to be independent and to support them through their cancer experience by creating a comfortable lodging environment that is welcoming, caring and supportive.

For more information on our support programs please visit cancer.ca or call our Cancer Information Service at 1-888-939-3333.

Educational Opportunities:

Psychosocial Oncology Rounds

These rounds occur the 3RD Thursday of the month

To call in and listen refer to the rounds flyer for the number and passcode.

We recognize that the demands of your work may make it difficult for you to attend these rounds in person or by video link. Unfortunately, we don't have the resources to create and post videos of our monthly Psychosocial Oncology Rounds, at this time.

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

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.

JANUARY 19, noon -1pm

MAID: Beyond current legislations – a critical discussion of future challenges

Presenters:

Alan Bates, MD, PhD, FRCPC, Provincial Practice Leader for Psychiatry & Nancy Payeur, MSW, RSW, Professional Practice Leader, Patient and Family Counselling, Vancouver Island Centre, BCCA



Medical Assistance in Dying (MAID) has been legal in Canada since June, 2016. In anticipation of the evolutions of Canada's MAID-related legislation, this session will provide a background for discussion and a forum to share some ideas and opinions.



FEBRUARY 16, noon -1pm

Difficult Decisions in the Face of Hereditary Cancer Genetic Test Results: Beyond Angelina Jolie

Presenter: Jennifer Nuk MSc, CGC, CCGC, Clinical Coordinator/Genetic Counsellor, Hereditary Cancer Program, BC Cancer Agency



Experience through case examples the myriad decisions individuals and families living with hereditary cancer risk face.

1. Understand the role of genetic counselling in supporting informed decision making.
2. Identify opportunities for on-going support and resource development.

MARCH 16, noon -1pm

Patient with Personality Disorders

Presenter: TBA

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.

Palliative Approach to Care Education Series

Upcoming noon hour presentations brought to you by the newly renamed Patient Experience and Interprofessional Practice Services.

Fatigue Panel - January 4, 2017

This panel discussion will offer practical tools and concrete tips for providing effective care to alleviate fatigue in persons with life limiting conditions.

Panel on Culturally Sensitive Care - February 1, 2017

This panel discussion will focus on how to assist persons with life-limiting conditions and their families to: maintain cultural traditions despite illness; discuss death and dying and to identify and encourage expression of cultural and religious traditions during the last hours of life in order to facilitate human dignity and quality of death.



Coming to Vancouver May 2017

Canadian Association of Psychosocial Oncology Conference

Don't miss this opportunity to meet with leaders in the field of psychosocial oncology and colleagues from across Canada.

KEY NOTE SPEAKERS:

Indigenous Cultural Resurgence: The System Finally Recognizing the Critical Role of Culture in Health Care/ Patient Care

Preston Guno, BC Cancer Agency



Preston is a member of the Nisga'a Nation and comes to us with an extensive background in working with First

Nations communities along with working for the provincial and federal government with a focus on youth justice, child welfare and healthcare. Preston most recently has been the Executive Director with the Northern First Nations Child and Family Services Council where he was involved extensively in mobilizing the Northern Chiefs to become actively and strategically involved in child welfare and health matters with a focus on the inclusion of Indigenous culture as a foundation to move forward in addressing these issues. Prior to that Preston has worked with the BC Representative for Children and Youth Office.

Meaning Centered Psychotherapy

Bill Breitbart, MD, PhD



Dr. William Breitbart is the Chief of Psychiatry Service at Memorial Sloan Kettering Cancer Center and Chair of Department of Psychiatry and Behavioral Sciences in the United States of America. He is the leader of the Memorial Sloan Kettering Cancer Center Psychotherapy Laboratory and of the development of Meaning Centered Psychotherapy. He helped establish the American Psycho-Oncology Society and has served as President of both the International Psycho-Oncology Society and the American Academy of Psychosomatic Medicine. He was awarded the Arthur Sutherland Award for Lifetime Achievement in the field of psycho-oncology by the International Psycho-Oncology Society. He is a Distinguished Fellow of the American Psychiatric Association, and Editor-In-Chief of Palliative and Supportive Care.

Making the case for physical activity and physical rehabilitation to improve the psychosocial impacts of cancer treatments

Kristin Campbell, BSc, PT, PhD



Kristin is an Associate Professor in the Department of Physical Therapy at the University of British Columbia. She also holds appointments at the Centre of Excellence in Cancer Prevention and the BC Cancer Agency. She completed her PhD in exercise physiology at the

University of Alberta and a Fellowship in Public Health at the Fred Hutchinson Cancer Research Centre. Her research focus is on the role of exercise and energy balance in cancer prevention, rehabilitation and survivorship. Recent honours received include the Visiting Scholar Award from the American College of Sports Medicine in 2014 and the Killam Faculty Research Fellowship in 2015.

The following preconference workshops will be offered on May 3, 2017 (in the morning)

1. **Meaning Centred Therapy** – a workshop led by Dr. Bill Breitbart, Chief of Psychiatry Service at Memorial Sloan Kettering Cancer Center, New York.
2. **Art Therapy with Cancer Patients** – an interactive session led by Sara Prins Hankinson and Catherine Dunlop, Art therapists with the Provincial Psychosocial Oncology program, BC Cancer Agency
3. **Resting While Working – Integrating Mindfulness Practice With Your Work Life** facilitated by David Greenshields, MA, RSW, Practice Leader, Patient and Family Counselling, Sindi Ahluwalia Hawkins Centre for the Southern Interior, BC Cancer Agency
4. **Research Grant Writing**- details forthcoming.

Go to www.capo.ca to register.



Information & Resources:

New handouts on coping with cancer

posted on: <http://www.bccancer.bc.ca/health-info/coping-with-cancer/practical-support/resources>

For example:

Fertility Preservation Resources for Cancer Patients

This handout provides brief information about contacts, referral process, cost savings and support related to fertility preservation for cancer patients in BC. All Fertility Centres require a physician's referral for consultations and tests to be covered by the Medical Services Plan of BC (MSP). Patients who self-refer may be charged a fee. Information is subject to change without notice. Please contact the Fertility Centre directly to inquire about services and treatment costs

February:

February is Psychology Month
Word Caner Day - Feb. 4

March:

2nd week of March is Social Work Week
March is National
Colorectal Awareness month

If you would like to contribute to this newsletter please contact Elaine Shearer at eshearer@bccancer.bc.ca
Deadlines for submission are:
March 1st, June 1st, September 1st and December 1st.