

# ***SCPs in BC: Do They Reflect The Research Evidence?\****

**Arminee Kazanjian, DrSoc  
Professor, School of Population & Public Health  
Faculty of Medicine  
The University of British Columbia**

**\*Using research evidence to improve supportive care**



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# STUDY TEAM:

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**Arminee Kazanjian, Presenter**

**Helena Daudt**

**Violet D'Souza**

**Frances Wong**

Provincial Survivorship Program



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# PURPOSE OF THIS OVERVIEW

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- To highlight the complexity of effort needed to provide evidence-informed practice
- To underscore the strategic research/practice collaboration needed for provision of survivorship care
- To explore feasibility of a provincial approach for developing SCPs specific to colorectal and breast cancers



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# METHODOLOGY

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## **Conducted an Umbrella Review (UR), a systematic review of systematic reviews**

- Our focus was the specific psychosocial aspects of CRC & BC survivorship identified by the existing SCP initiatives: quality of life (QoL), sexual function, fatigue, and selected lifestyle behaviors.
- We aimed to be as inclusive as possible in order to address all the psychosocial topics previously identified as relevant to survivorship for these 2 groups by the local SCPs.



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# FINDINGS:

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- **Study combines data across high quality scientific reviews and summarizes the best evidence available with an intent to inform clinicians delivering SCPs.**

Two streams of studies were delineated:

- a) Studies conducted with survivors investigating their cancer/treatment related psychosocial challenges and the interventions used to lessen them; *very few review studies were found in this stream, and,*
- b) Studies conducted with general populations investigating cancer risk associated with lifestyle and other behavioural factors, *the majority of reviews we identified.*



# EXAMPLE

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- **From CRC Umbrella Review we found: 37 high quality systematic reviews or meta-analyses**
  - Only 2 reviews, of the 8 identified pertaining to CRC survivors, examined physical activity as an intervention that showed clinically important benefits; rest of studies examined challenges of dysfunction, factors associated
  - Remaining 29 reviews included in our study pertained to primary prevention of CRC in general populations, factors increasing/decreasing risk



## NEXT STEPS

### **Consultation with Clinicians to get their input on research findings**

- Two sessions each in Victoria and in Vancouver in October
- Video-linked across regions
- Noon-hour sessions by topic: CRC, BC
- Announcements sent out, registration open



# IMPLICATIONS AND SUGGESTIONS

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- Available evidence on SCPs is not sufficiently robust to determine effectiveness of specific interventions for healthy living after CRC treatment, and to develop a comprehensive care plan for living with and beyond cancer.

## **To consider:**

- Hierarchy of evidence and strength of recommendations in synthesis research
- Examine primary research, number of studies, outcomes, and and apply critical appraisal



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# IMPLICATIONS AND SUGGESTIONS – cont'd

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- Our review points to the need for more studies related to the role of physical activity, diet, calcium supplementations in CRC survivors (and in those with second primary cancers among survivors).

## To consider:

- Participating in or leading studies in lifestyle and other behavioral factors that improve survivorship for specific cancer groups
- Evaluating often the SCPs you are providing in your practice



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# THANK YOU!

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## Funding:

The Canadian Cancer Society Research Institute through a grant to the Canadian Centre for Applied Research in Cancer Control (ARCC), as part of a program of research on “Patients and Families”.



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# Survivorship Care Plan Workshops



Please join us on **October 15<sup>th</sup> or October 23<sup>rd</sup>, 2014\*** to review Care Plans for Breast Cancer Patients and **October 16<sup>th</sup> or October 22<sup>nd</sup>, 2014\*** to review Care Plans for Colorectal Cancer Patients. The workshops will run from **12:00-1:00pm** and be video linked to all BCCA Centres.

**Research lead by:** Provincial Survivorship Program

**Research team:** Frances Wong, Helena Daudt, Devon Poznanski, Sally Hodgson, Arminee Kazanjian

**Presenter:** Dr. Arminee Kazanjian, DrSoc, Co-Director, Cancer Survivorship Research Centre, BCCA; Professor, School of Population and Public Health, UBC

## Video linked Cancer Centres:

AC - Clinical Conference Room  
CSI - Skaha Room  
CN - Parsnip Seminar Room  
FVC - North Clinic Conference Room  
VC - Fairmont Conference Room 6th Floor  
VIC - Patient Education Room 3124

To register for one or more workshops please follow the link below. Registration closes October 10th, 2014:

<http://surveys.vch.ca/Survey.aspx?s=e57ddf6ae02c4320a14470d28ec5f0e8>

For questions please contact:

Sally Hodgson  
[Sally.Hodgson@bccancer.bc.ca](mailto:Sally.Hodgson@bccancer.bc.ca)  
250.519.5423

Using your feedback from this workshop, the goal is to provide consistency in the provincial approach to survivorship care planning, with a focus on psychosocial aspects and based on an examination of evidence on effective interventions

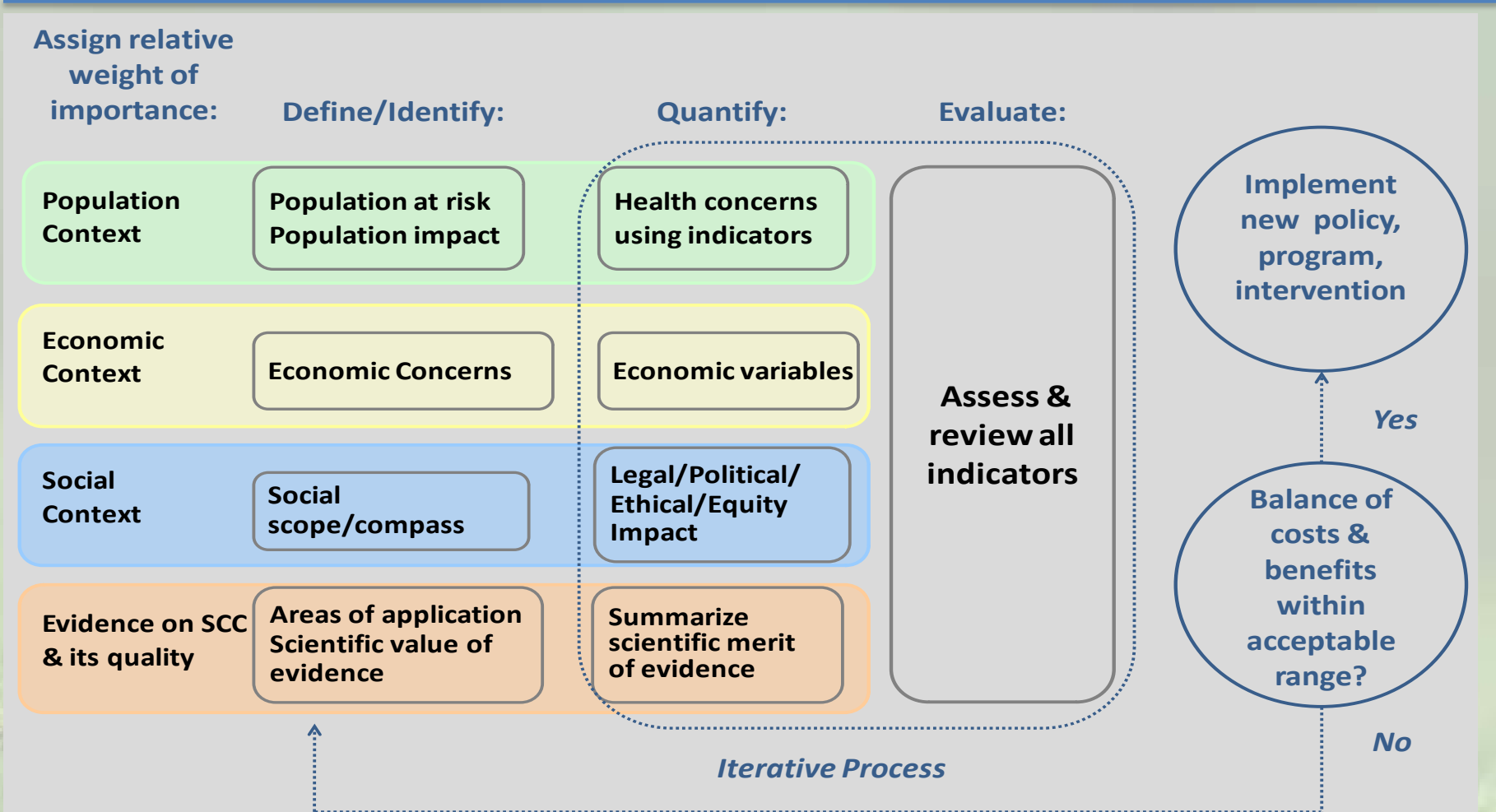
**\*please note:** Please attend only *ONE* date per tumour site as the same material will be presented at each workshop



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# The Knowledge Exchange – Decision Support Model



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# Survivorship Care



From diagnosis until end of life

