Cancer Care 2009
Maintaining Focus in Changing Times: Pre-Conference Workshops
May 6th & 7th
Hyatt Regency, Calgary, Alberta

The Community Cancer Support Networks are pleased to announce that they will be offering pre-conference workshops held in conjunction with the Cancer Care 2009 Conference. These workshops are oriented toward rural professionals who provide psychosocial, palliative, rehabilitative and nutritional support to individuals living with cancer and their families throughout the province.

The pre-conference workshops will have three different streams on the afternoon of Wednesday, May 6th: Leadership, Survivorship, and Wellness.

The workshops continue Thursday morning with discipline specific meetings targeting: Nutrition / Speech Language Pathologists, Rehabilitation, and Psychosocial / Palliative Professionals.

We will be sure to keep you posted with further information.

To register please visit www.buksa.com

Cancer Associated Lymphedema Management Workshop

The CALM workshop was held for the second time November 29th & 30th, this time in Lethbridge, Alberta. The workshop was sold out with 21 participants. A BIG thanks to the rehabilitation department in Lethbridge for hosting the workshop.

A goal of the CCSN is to ensure that such educational opportunities are available to health care providers across the province. The next workshop is being planned for June 6 & 7 in Grande Prairie, Alberta.

Please see the following link for more details
http://www.cancerboard.ab.ca/News/UpcomingEvents/Events/Event_CALM08.htm

Contact Glenda Armstrong at glendaar@cancerboard.ab.ca to register.

Availability is very limited. Please register as soon as possible.
Interface Projects

The Alberta Health Services - Alberta Cancer Board Community Cancer Support Networks work collaboratively with the Alberta Health Services regional health authorities (RHAs) to ensure accessibility of supportive cancer care throughout the province. In August 2003, the Alberta Cancer Board, Division of Medical Affairs and Community Oncology initiated an innovation named Interface Projects. The overall goal of the Interface Projects is to enhance access to supportive cancer (psychosocial, rehabilitation and nutrition) and/or hospice palliative care for individuals and families living with a cancer diagnosis in Alberta. Through Interface Projects, it is envisioned that:

All cancer patients and their family members, who could benefit from supportive cancer care and/or hospice palliative care, have timely access to coordinated services that are culturally appropriate.

This has been achieved through funding projects that aim for collaboration between key stakeholders and strengthen links between hospice palliative care and/or supportive oncology services, cancer centres, health centres, family physicians, community resources, and other providers.

This innovation builds on a pilot Interface Project initiated in East Central Health in the fall of 2003. The East Central Interface Project had one overarching goal: To develop a collaborative approach between the Alberta Cancer Board’s Hospice Palliative Care Network and the East Central Health region to enhance accessibility to hospice palliative care for cancer patients and their family members attending the Camrose and Lloydminster Community Cancer Centres (CCC). In March 2004, through funding from the Alberta Cancer Board and the Canadian Cancer Society (Alberta / N.W.T. Division), it was decided to pursue the Interface Projects as an on-going initiative. Therefore, a Funding Committee was established. The Committee is composed of representatives from the Alberta Cancer Board, the Canadian Cancer Society, Alberta / N.W.T. Division, and Alberta Health Services regional health authorities. In 2007 the Interface Projects were formally evaluated. Results of the evaluation strongly support the continuation of the projects as well as the expansion of the projects to include all aspects of supportive cancer care in addition to hospice palliative care.

A total of eight projects have been funded to date and have all contributed to the enhancement of hospice palliative care and supportive cancer care in Alberta. A call for proposals has been released (please see attached) and applications are due February 17, 2009. Further information about these projects is available by contacting Susanne Lesniak at slesniak@cancerboard.ab.ca.

CCSN Welcomes Wayne Enders and Janet Bates

We are pleased to welcome Wayne Enders and Janet Bates to the Community Cancer Support Networks. Wayne is currently the interim Provincial Clinical Manager for Community Oncology and Janet is the Provincial Cancer Patient Navigation Manager.

Wayne graduated from the Misericordia School of Nursing Edmonton in 1982. He spent 25 years practicing in his home community hospital, Barrhead, primarily in the ER. In the mid 90’s Wayne was recruited to manage and operate a Community Cancer Centre new to the Barrhead hospital. He continued to practice in Barrhead until taking his present position as the Community Cancer Centre Nurse Educator for Northern Alberta in 2006. Currently, Wayne is also the interim Provincial Clinical Manager for Community Oncology until the position is filled.

In 2002 he was awarded the CARNA Nurse of the Year for Clinical Nursing Excellence. Wayne is married (his wife also a nurse) has 3 grown children. As well as nursing he farmed raising cattle until 2005.

Janet is a graduate of the University of Western Ontario, Janet started her nursing career over thirty years ago on pediatrics in Grande Prairie, Alberta. After working in ICU, Surgery and Emergency, Janet moved to Edmonton and the Cross Cancer Institute and has been with the Alberta Cancer Board for the last 25 years. It was her intention to leave oncology when she got bored and stopped learning new things. That has not yet happened and consequently they have been unable to get rid of her.

She has had a number of rolls with the ACB over the years, including staff nurse, unit manager, shift supervisor, fatigue nurse, staff educator and nurse navigator. Most recently she has assumed the position of Manager of the Cancer Patient Navigation Program. She is married with 1 husband, 2 children and 3 dogs.
Palliative Care Rehabilitation Survey

Mary Anne Schleinich, the primary author of the palliative care rehabilitation survey, is an occupational therapist who has worked on the tertiary palliative care unit, at the Grey Nuns Hospital for more than 10 years. She also worked for more than five years at the Cross Cancer Institute with inpatients and in the head and neck clinic. The part of her work that impels her to keep on learning is trying to understand what matters most to patients so that her work is meaningful to them.

The study was published in October 2008 in Palliative Medicine and the results can be helpful to other therapists working in palliative care. Co-authors include: Sharon Warren, Director of the Rehabilitation Research Centre, Faculty of Rehabilitation Medicine, University of Alberta, Edmonton; Cheryl Nekolaichuk, Division of Palliative Care Medicine, Department of Oncology, University of Alberta, Edmonton; Terry Kaasa, Cross Cancer Institute, Edmonton.; and Sharon Watanabe, Division of Palliative Care Medicine, Department of Oncology, University of Alberta, Edmonton.

Palliative Care Rehabilitation Survey: a pilot study of patients’ priorities for rehabilitation goals

Abstract:

Rehabilitation in palliative care is often overlooked. Settings that do consider occupational or physical therapy for palliative care patients often consult to therapists with competing caseloads. Few therapists specialize in palliative care, but nearly all ask, ‘What needs doing?’ and ‘How well am I doing that?’ No existing instruments address their questions. The objective is to develop and test a questionnaire for identifying patient goals and priorities for rehabilitation in palliative care. A questionnaire representing 11 domains of the Canadian Model of Occupational Performance was designed and pilot tested at four palliative care sites. Each question reflected a typical rehabilitation intervention in palliative care. Patients were asked to rate how important each of these interventions was on a numerical rating scale (0-not important. 10-extremely important). Open-ended questions captured verbatim comments regarding thoughts of rehabilitation. The questionnaire was tested for test-retest reliability with two interviews approximately 1 week apart. Forty patients participated in the first interview and 32 in the second. Eight of eleven domain sub-scores achieved an intra-class correlation coefficient of 0.6 or higher. The highest means were for the physical (8.2), institutional (7.8) and self-care (7.8) domains on the first interview and for the spiritual domain (7.9) on the second interview. Suggestions are provided to shorten the questionnaire and strengthen validity. This work furthers the understanding of the role of rehabilitation in palliative care. It also illustrates the feasibility of involving palliative care patients in research that contributes to setting standards and measuring quality of service. Palliative Medicine (2008); 22: 822-830

Brain Tumour Foundation of Canada

Brain Tumour Foundation of Canada is a national not-for-profit organization dedicated to reaching every Canadian affected by a brain tumour through support, education, information and research. We are currently conducting a very short survey with health care professionals across Canada to get feedback on a Health Care Newsletter we would like to offer. We greatly appreciate your feedback and want to provide you with the most up-to-date information on research, conferences, resources etc. that will help you as a member of the brain tumour community and those affected with a brain tumour. Please visit our website at www.brain tumour.ca. Please scroll half-way down the page and you will see a Survey for Health Care Professionals.

Points of Interest

- Visit the following link to view presentations from Cancer Care ‘08, Positively Pink 2008 and more. http://cancerboard.mediasite.com/cancerboard/Catalog/

- The Alberta Putting Progress Into Action (PPIA) provincial workshop flip chart notes are now available online http://www.pallium.ca/index.php?s=phase2&p=22
Yoga for Cancer Survivors
Submitted by: Dr. Nicole Culos-Reed

Yoga for Cancer Survivors is a 7-session therapeutic yoga program for all survivors and their support persons. This gentle, progressive program is based on hatha yoga, but has been modified for cancer survivors. No previous yoga experience is required, and classes are kept small to ensure individual safety and attention. Ongoing research on this program has shown significant improvements in mood, perceived stress, and overall quality of life. As well, participants have reported improvements in physical strength and function through general increased physical activity levels. A unique goal of Dr. Nicole Culos-Reed’s research is to translate successful research programs to the cancer community at large. As a first step, the Yoga for Cancer program expanded this past year and is now offered at various times and locations within the city of Calgary. To date these locations have included the Holy Cross Hospital, Cardel Place, University of Calgary, and WellSpring Calgary. Please call the Culos-Reed Health & Wellness Lab for program information and registration at 403-210-8482 or see information at the website (www.kin.ucalgary.ca/healthandwellnesslab).

However, the current program can only service a limited number of survivors in the Calgary community. Considerations for those who are unable or uninterested in attending a class-based program have been overlooked. For cancer survivors, issues of poor health during treatment, geographical location (i.e., rural settings), scheduling conflicts, or preference for exercising at home have not been addressed. As a result, Dr. Culos-Reed has developed the first ever Yoga for Cancer Survivors DVD (exactly the same as our current class-based program) to reach a larger portion of the cancer community. Now cancer survivors have the option of participating in an evidence-based therapeutic yoga program in the convenience of their own home. The DVD set is available for purchase through FitterFirst International. Please visit www.fitter1.com or call 1-800-348-8371 (800-fitter1) to order your copy, and note that this is a non-profit product. Any proceeds will go directly back into the research program.

Finally, to further expand the Yoga for Cancer Survivors class-based program, instructor training will be offered in late winter 2009 to begin building the program in rural areas within Alberta. Details about training and rural programs will be advertised once finalized.

Yoga teacher training is facilitated by Susi Hately-Aldous of Functional Synergy Inc. Research colleagues include Dr. Linda Carlson, Lynette Stephenson (MSc), and Jill Norris (MSc).
CANCER CARE 2009 promises to be a premier event for health care professionals and program planners in Alberta and Western Canada. Speakers will focus on innovation in patient care, current trends in cancer treatments, research and supportive care. Strategies for creating supportive environments to enhance the wellness of care providers will also be discussed. Delegates will have many opportunities for networking and information exchange.

Building on the many successes of our past events, we are excited to present a program that includes pre-conference workshops for ancillary community support service providers, including some interdisciplinary and some discipline-specific sessions; a day and a half of interdisciplinary plenary and concurrent sessions for community health professionals; and an evening and full day of learning for family physicians and oncologists.

After participating in this conference, delegates will be able to:

- Use networks developed to share learning and exchange information
- Identify current trends in cancer treatments, research, and supportive care
- Learn strategies to enhance care providers’ wellness
- Develop strategies to support patient-focused care during times of change

Watch for the
Advance Program
available online
January 2009

Call for Abstracts
is now available online.
Submission deadline:
January 30, 2009

www.buksa.com

For more information:
Cancer Care 2009
Conference Secretariat
BUKSA Associates Inc.
780.436.0993 x 235
acb@buksa.com
**Upcoming Telehealth Presentations**

- **January 28, 2009** - “Evolving Challenges to Maturity” 12:00 pm - 1:00 pm
  
  **Presented By:** Deb Deeter: MSc., R.Psych., RMFT  
  Grief Care Manager,  
  Regional Palliative Care Program, Edmonton

  **Objectives:**
  - To understand the psychosocial challenges that occur in the maturity process  
  - To identify issues that impact the older adult

- **February 11, 2009** - “Innovations in Supportive Cancer Care in Western Canada” 2:00 pm - 4:15 pm MST

  **Objectives:**
  - To provide a unique forum for cancer care providers in Western Canada to share expertise, resources, initiatives, and programs  
  - To initiate and further develop interdisciplinary collaborations and partnerships in both care and research  
  - To share contact information with all partners

- **2009 Dates for Energize**

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All classes run from 10:30 – 11:30, although patients are asked to check in at their site at 10:15. For the majority of the bookings we were able to continue with “our” room by RT unit 9. However, to the presenters and volunteer, please note the three exceptions above.

**Patient registration for CCI onsite Energize Classes:**

Please call Rehabilitation Medicine, CCI at (780) 432-8716

**Patient registration for Tele-health Energize:**

Please call Adrienne, Tele-health at (780) 577-8126

**To register for any Telehealth sessions please contact your local Telehealth Coordinator. Thank you!**

**Upcoming Events**

- **May 6 - 9, 2009** - “Cancer Care 2009: Maintaining Focus in Changing Times”
  
  To register please visit [www.buksa.com](http://www.buksa.com) or phone (780) 436-0983 x229.


  The conference aims to provide a diverse, multi-disciplinary, multi-faith forum in order to address spirituality from a broad health focus.

  The keynote speakers for the 2009 Conference include:

  Arthur Frank PhD, Erminia Guarneri MD FACC, and Lewis E. Mehl-Madrona, MD, PhD,

**FOR FURTHER INFORMATION CONTACT:** spirit@ucalgary.ca
Articles of Interest


We encourage your feedback, questions and suggestions for future newsletters! Please contact Glenda Armstrong concerning this newsletter at glendaar@cancerboard.ab.ca or 780-643-4494

**BEST WISHES IN THE NEW YEAR!**