

Facilitator's Guide to: Living Your Best Life With and Beyond Cancer Videos and Events

Background

The Living Your Best Life (LYBL) videos are an empowering education resource for cancer survivors. These videos provide expert advice on topics that many cancer patients struggle with after they have completed cancer treatments. The topics included in these videos are based on evaluation feedback from LYBL education outreach events held in Alberta from 2012 - 2016. The videos can be viewed from start to finish, or separately by topic. The **Patient User Guide**, when used as a handout, can help the patients retain key points and offers space to make personal notes on meaningful topic areas and ideas.

Digital Videos – 60 minute total with 3 topics provided by expert speakers

- **The Science and Practice of Living Well** - Dr. Kevin Wallace, Clinical Psychologist, www.wallacepsychology.com
- **Physical Activity for Cancer Thrivers** - Dr. Nicole Culos Reed, Exercise and Cancer Researcher, wellnesslab@ucalgary.ca, www.thriveforcancersurvivors.com
- **Long-Term Effects of Cancer and What You Can Do About it** – Dr. Dean Reuther, Medical Oncologist

Patient User Guide (printable PDF) provides key points from each topic and space for taking notes.

How to use these videos as a facilitator:

1. Small Group, 1 - 2 hours

These videos can be used for individual or small groups of patients and their family members. Allow participants to watch all videos and facilitate discussion. You may want to break for questions and discussion between video segments.

2. Larger Group Event, 3 - 4 hours

These videos can be used as part of a larger event for cancer survivors and their family members. Evaluations have shown that a three part event including **Digital Videos** (Core Content), **Resource Fair with Refreshments**, and **Local speakers** is a highly effective structure for these larger events. Below is a detailed description of how to organize a larger group event.

Format and Timeline

- a. Local Host** - Find someone to host the event, including introductions with an icebreaker, provide venue details (washrooms, exits, etc), introduce videos, facilitate group discussion, introduce local speakers, and wrap up the event.
 - i. Event Planner or Local Host Tasks:**
 1. Select date and book venue with video viewing abilities (screens, internet access)
 2. Recruit local speakers and or survivor panel participants
 3. Decide on recruitment strategy and initiate process
 4. Invite local community agencies for resource fair
 5. Promote event with posters, staff awareness, and other advertising strategies including registration requirements
 6. Prepare speakers (and obtain copy of presentation) or survivor panel participants (questions you will ask)
 7. For Alberta Health Services hosts, submit a Working Session Pre-Approval request for catering and any other planned expenses
 8. Order catering (if you have a budget)

- b. Digital Video** – 3 videos with different expert speakers (60 minutes in total) followed by group discussion.
- c. Resource Fair & Refreshment Break** – 30 minute break with table top displays from local community agencies that support wellness and cancer patients. This segment allows:
- Increased awareness of local wellness and cancer resources
 - Strengthen partnerships between care providers, cancer survivors and community agencies
 - Encourages people to move around and socialize with each other and develop the “you are not alone” part of the event.
 - Food and drink have shown to help increase discussion and positive feelings about the event.
- Resource fair participants could include:**
- | | |
|--|----------------------------|
| -Canadian Cancer Society | -Social Workers |
| -Look Good Feel Better | -Rehab / Physiotherapist |
| -Alberta Healthy Living / Better Choices Better Health | -Dietitian / Nutritionist |
| -Wellspring (Edmonton / Calgary) | -Other local opportunities |
| -Psychosocial Oncology | |
- d. Local Speakers** – Participants have consistently indicated they enjoy having live speakers. This allows you to tailor your event to your local community strengths and needs. We recommend 20-30 minute session per speaker. A survivor panel is also an option to engage local speakers, but requires a strong facilitator and prep work to ensure success (see lessons learned below #10).
- e. Wrap up, evaluation and Farewell** – Local host closes the event. Evaluating your event provides valuable insight into the experience of participants and areas where future local events should focus.

For more information please email Cancer.PatientEd@ahs.ca, Subject Line: Living Your Best Life

Lessons Learned and Large Event Tips

1. Staff awareness and engagement in planning the event promotes success.
2. Utilizing a formal method of inviting patients to participate (via mail or by clinic staff) improves attendance at the event.
3. Using local free radio, cable, and or newspaper advertisement of the event also boosts attendance.
4. Posters in the local care agency have proved an effective strategy to increase awareness of the event.
5. Have an engaging host who is prepared to handle participant questions and possible emotions.
6. Placing the drinks and snacks amongst the Resource Fair table tops encourages conversations and helps prevent bottlenecks around the snack table.
7. Engaging speakers recommended.
 - a. Use plain language in their talks
 - b. Provide actual tips for people to use in their daily life
 - c. Engage with the audience
8. Pre-registration of participants allows for better planning.
9. Provide summary handouts for presentations (Patient User Guides).

10. Survivor Panels can be an excellent part of this event.
 - a. Need 3 - 4 diverse survivors who are willing to share their stories
 - b. Need an event host who can ask pre-approved questions, manage audience questions and responses, and manage possible emotions
 - c. Need to prepare panel speakers about what to expect, and what they are okay to discuss and what is not open for discussion, and provide debrief after session is over
11. Local event speaker topics may or may not be suitable for 'larger groups'. Below are topics that were given at LYBL past events. Speaker or approach to topic will influence topic success.
 - a. Most Successful Topics
 - i. Nutrition
 - ii. Sleep Hygiene
 - iii. Brain Fog
 - iv. How to Deal with Difficult Emotions
 - b. Least Successful Topics
 - i. Sexuality or Sexual Health
 - c. Other Possible Topics
 - i. Complementary & Alternative Medicines
 - ii. Financial Information
 - iii. Returning to Work
 - iv. Storytelling
 - v. Rehabilitation (general)