

# Cancer Survivorship Conference

The Horizon Cancer Survivorship Conference is a clinical professional development/education event that will bring cancer care professionals, health care providers, survivorship advocates and Patient Experience Advisors together to share ideas and knowledge on cancer survivorship with a focus on transforming lives through cancer survivorship. We have invited an esteemed panel of speakers who will share with us innovative, evidence-based ways to deliver survivorship programs and resources. Throughout the conference you will hear of experiences from their day-to-day work in cancer care, suggestions on helping to bridge the knowledge gap in understanding survivorship and how to best support patients and families beyond their diagnosis.

## Our Mission

Transforming lives through Cancer Survivorship.

## Our Vision

Empowered and supported cancer survivors, living their best through access to quality, evidence-based programming embedded within the health care system and in their communities.

## Conference Objectives

- Heightened awareness to the importance of cancer survivorship programs in their community
- Feel empowered in understanding of cancer survivorship and their role in educating patients, loved ones and caregivers in the community
- Increased confidence in the application and mobilizing of acquired knowledge to the patient care setting
- Opportunity to collaborate and build partnerships with participants (health care professionals, topic experts, survivors and others) to gain new perspectives in the area of cancer survivorship

## Location

Delta Hotels by Marriott Saint John, New Brunswick

## Interpretation Services

The conference will have audio French interpretation services available. Please request upon registration.

## Topics include:

- Evidence-based strategies for coping with psychosocial symptoms and side-effects of cancer
- Developing survivorship programs
- How research enriches knowledge and understanding around managing needs and concerns of patients and loved ones
- Needs assessment of community resources and services for people with cancer and their families in New Brunswick
- Atlantic Initiatives based on Patient Reported Outcomes (PROs)
- Cancer support programs at Horizon ... and more!

# Conference Speakers

Meet the Speakers at Horizon's Cancer Survivorship Conference

## **Elizabeth Rioux**

has a Bachelor of Business Administration and a Bachelor of Nursing from the University of New Brunswick, along with a Master of Nursing from the University of Victoria (Class of June 2023). She has worked at Horizon Health Network since February 2013 and accepted the role of Regional Director Cancer Support Programs at Horizon in October 2023. Her work at Horizon has been largely dedicated to oncology nursing extending to her active membership with the Canadian Association of Nurses in Oncology (CANO), where she contributed to the development of an orientation manual for Oncology Nurse Navigators in Canada. Community cancer support programs have existed in some communities across the health authority in different forms, but Elizabeth is collaborating with staff at Horizon, physicians, hospital foundations, and community partners to unify stakeholders with the common goal of providing programs for all Horizon cancer survivors regardless of their geographical location.

## **Dr. Margot Burnell**

is a Medical Oncologist at the Saint John Regional Hospital. She graduated from the University of Western Ontario in 1980 with her MD and did her residency in internal medicine, medical oncology at the University of Toronto, followed by a fellowship at the Royal Marsden Hospital in London UK. She returned in 1986 to establish her practice in Saint John where she continues to practice in the Saint John Cancer Center. She is an associate professor at Dalhousie University. She is currently a co-chair of the CCTG Supportive Care Committee. She is a strong advocate for patients and their families and especially passionate for survivorship care for patients and their loved ones.

## **Dr. Doris Howell**

is an Emeritus Scientist in the Division of Supportive Care, Princess Margaret Cancer Centre Research Institute, & Affiliate Scientist, ELLICSR Health Wellness & Cancer Survivorship Centre, Princess Margaret Cancer Center. Toronto, ON. Former Chair, Oncology Nursing Research and the Ontario Symptom Management & Toxicity Research Unit. Dr. Howell is an invited member of the Quality-of-Life End-Point Committee and QOL representative to the Supportive Care and Symptom Control Committee, Clinical Trials Group of Canada. Currently, the President of the Canadian Association of Psychosocial Oncology and Chair, Canada-PRO International Society of Quality of Life (ISOQUAL).

## **Dr. Eden Brauer**

is an Assistant Professor at the UCLA School of Nursing and a member of the Cancer Control and Survivorship Program of the UCLA Jonsson Comprehensive Cancer Center (JCCC). As a nurse-scientist, Dr. Brauer's research focuses on cancer care delivery, with specific emphasis on integrating patient-reported outcomes, supportive / palliative care, and long-term survivorship care in various clinical models and contexts. She also serves on UCLA Health - JCCC Cancer Services Committee.

# Conference Speakers

Meet the Speakers at Horizon's Cancer Survivorship Conference

## **Dr. Linda Carlson**

has held the Enbridge Research Chair in Psychosocial Oncology since 2007, is Full Professor in Psychosocial Oncology in the Department of Oncology, Cumming School of Medicine at the University of Calgary, and Adjunct Professor in the Department of Psychology. She is the Director of the Alberta Complementary Therapy and Integrative Oncology (ACTION) Centre, and is Director of Research and continues to work as a Clinical Psychologist at the Department of Psychosocial Resources at Cancer Care Alberta, where she has provided clinical service since 1997.

## **Dr. Harriet Richardson**

is an Epidemiologist and Associate Professor in the Department of Public Health Sciences. Dr. Richardson, who bridges the Canadian Cancer Trials Group (CCTG) and the Division of Cancer Care and Epidemiology, is the senior investigator for the CCTG's Supportive Care Committee and focusses her independent research on cancer aetiology and prevention trial methodology. She has a PhD in Epidemiology and Biostatistics from McGill University and a MSc in Immuno-Virology from the University of Quebec (L'Institut Armand-Frappier).

## **Dr. James Downar**

is a Critical Care and Palliative Care physician in Ottawa. He graduated from McGill Medical School and completed residency training in Internal Medicine, Critical Care and Palliative Care at the University of Toronto. He has a master's degree in Bioethics from the Joint Centre for Bioethics at the University of Toronto. He is Professor and Head of the Division of Palliative Care at the University of Ottawa, where he holds a Clinical Research Chair in Palliative and End of Life Care. He is an adjunct professor at the Australian Centre for Health Law Research at the Queensland University of Technology.

## **Dr. Amanda Caissie**

is Associate Professor and Head of Dalhousie University's Department of Radiation Oncology (DRO). Dr. Caissie's current academic interests focus on Patient Reported Outcomes and Big Data in the context of research and value-based healthcare. She is co-founder/co-lead of the recently formed Canadian Artificial intelligence and big Data in Radiotherapy Alliance (CADRA). Her other contributions to national and international radiotherapy QI initiatives include Chair of the Canadian Association of Radiation Oncology (CARO) Quality and Standards Committee as well as committee member of the American Association of Physicists in Medicine (AAPM)'s Big Data Subcommittee and Canadian Partnership for Quality Radiotherapy (CPQR).

# Conference Speakers

Meet the Speakers at Horizon's Cancer Survivorship Conference

## **Buhle Dlamini**

is a top global speaker helping organizations navigate the future of people and work. He brings expertise in Cultural Intelligence in the field of diversity and inclusion gained from years of experience working with companies around the globe. He helps teams and leaders to create the right inclusive culture to unleash their full potential for greatness. He met and worked with iconic leaders like Nelson Mandela and received an award from Desmond Tutu. He has been faculty for executive leadership programs by Cornell University and Duke Corporate Education, as well as the United Nations Global Executive Leadership Initiative (GELI). He holds a Fundamentals of Strategy Certificate from Harvard University in Massachusetts and is a fellow with the Cultural Intelligence Center in Michigan, USA.

## **Dr. Alison Luke**

is a Research Associate with the Department of Nursing and Health Sciences and Associate Director at the Centre for Research in Integrated Care (CRIC) at the University of New Brunswick Saint John. She completed her PhD in Sociology at the University of Waterloo and was the Crawford/Jarislowsky Post Doctoral Fellow in Health Policy from 2015-2018. She has worked and taught in the areas of research methods, sociology of health, the social determinants of health, interpersonal relations, the history and structure of the Canadian healthcare system, and models of care to improve care integration. She also has expertise in patient-oriented research and qualitative methods. Dr. Luke works closely with Dr. Shelley Doucet (Director of CRIC) on research which focuses on the development, implementation, and evaluation of models of care that seek to improve integration and care coordination in the healthcare system. Specifically, she has extensive experience with employing patient navigation and case management to improve access to health and social care services for individuals with complex care needs.

## **Charlotte Schwarz**

is a Research Coordinator with the Centre for Research in Integrated Care (CRIC) at the University of New Brunswick, Saint John working with Dr. Shelley Doucet and Dr. Alison Luke. She completed her Master's in political science from Queen's University in 2019 and has been working with CRIC for almost 4 years. She works on a variety of research projects in primary care, with a particular focus on projects regarding case management and care transitions for individuals with complex care needs.

# Schedule of Events

**June 14, 2024**

**8:00 a.m. Registration**

**8:30 a.m. Opening Remarks and Welcome Address to Education Day**

*Dr. Margot Burnell*

**8:45 a.m. Education Day Speaker: *Dr. Doris Howell***

**Presentation Title: Unlocking our patients' potential as active partners in optimizing health**

*Interactive presentation with working groups and discussion throughout day*

## **Objectives**

1. Know the mindset shifts needed towards better patient activation in every encounter.
2. Define self-management (SM), self-management support and SM tasks by cancer phase.
3. Understand benefits of SM support (SMS) and a coaching approach on health outcomes.
4. Demonstrate collaborative, person-centered and action-oriented communication skills.
5. Apply a coaching approach and core skills/techniques to enable effective patient self-management and health behavior change. Core SMS skills you will learn include: 5As process, engagement, agenda setting, brief action planning, readiness to change, ask-tell-ask, teach-back, decision-making, problem-solving, self-monitoring, mastery learning.
6. Discuss how/when these techniques can be integrated into clinical practice and care.

**3:45 p.m. Closing Remarks and Thanks**

*Dr. Farah Naz*

# Schedule of Events

## June 14, 2024

**5:30 p.m. Registration**

**6:30 p.m. Opening Remarks**  
*Lisa Byrne*

**6:45 p.m. Conference Opening: Welcome**  
*Dr. Margot Burnell*

**7:15 p.m. The Value of Survivorship Programs**  
*Dr. Eden Brauer*

### Objectives

1. Describe trends and key priorities in the field of cancer survivorship.
2. Describe innovative models of survivorship care delivery and considerations for implementation.
3. Summarize proactive, team-based strategies to prevent, identify and manage common long-term and late effects, cancer-related symptoms, and survivorship issues.

**7:45 p.m. Comments and Questions to Presenters**

**8:00 p.m. Closing Remarks and Thanks**  
*Lisa Byrne*

**8:15 p.m. Networking Social**

**9:30 p.m. Event Closing**

# Schedule of Events

## June 15, 2024

- 8:00 a.m. Registration**
- 8:30 a.m. Opening Remarks and Welcome Address to Speaker Series**  
*Dr. Margot Burnell*
- 8:45 a.m. Unleashing your Greatness**  
*Buhle Dlamini*  
*\*Unaccredited session*
- 9:25 a.m. Discussion and Questions**
- 9:30 a.m. Growing a Survivorship Program, lessons learned and advice to share**  
*Dr. Eden Brauer*

### Objectives

1. Describe methods for conducting a survivorship care-focused needs assessment, with a focus on implementation science efforts to enhance reach and impact.
2. Understand common barriers and challenges in developing survivorship care programs.
3. Translate knowledge of updated evidence and tools to enhance the quality and coordination of care for cancer survivors.

- 10:05 a.m. Discussion and Questions**
- 10:15 a.m. Break**
- 10:30 a.m. Cancer Survivorship: What to expect and evidence-based strategies for coping with psychosocial symptoms and side effects**  
*Dr. Linda Carlson*

### Objectives

1. Understand the most common psychosocial symptoms and treatment side effects cancer survivors experience, their prevalence and trajectories over time.
2. Familiarize with current clinical practice guidelines for treating major symptoms such as pain, anxiety, depression, and fatigue.
3. Learn about evidence-based integrative therapies for treating common symptoms such as mindfulness meditation, yoga, and acupuncture.

- 11:05 a.m. Discussion and Questions**

# Schedule of Events

## June 15, 2024

**11:15 a.m.      Developing Clinical Trials regarding survivorship and symptom management in response to the patient voice**

*Dr. Harriet Richardson*

### **Objectives**

1. Gain heightened awareness of patient engagement models in health research including at the Canadian Cancer Trials Group (CCTG).
2. Describe how patient engagement helps inform CCTG trial development and selection of priority endpoints.
3. Discuss research priorities of the CCTG Supportive Care / Symptom Control Committee.

**11:50 a.m.      Discussion and Questions**

**12:00 p.m.      Lunch**

**1:00 p.m.      New ideas and novel approaches for psychological distress in people with serious illness**

*Dr. James Downar*

### **Objectives**

1. Define and understand the neurobiology behind existential and psychological distress.
2. Understand how existential and psychological distress affects the patient experience near the end of life in a jurisdiction where Medical Aid in Dying is legal.
3. Describe some promising new therapies for patients experiencing existential and psychological distress near the end of life.

**1:35 p.m.      Discussion and Questions**

**1:45 p.m.      The Importance of PROs along the Cancer Continuum: Experience from Nova Scotia Health's Oncology Transformation Project**

*Dr. Amanda Caissie*

### **Objectives**

1. Understand current national/international data standardization efforts and how digital health solutions can facilitate data-driven health learning systems supporting value-based clinical care, operational planning and research.
2. Describe the current digital transformation of the Nova Scotia Cancer Care Program under its Oncology Transformation Project (OTP).
3. Gain heightened awareness on how cancer care initiatives such as patient reported outcomes (PRO) and survivorship can be facilitated through digital health solutions (and the health care teams supported to implement them).

**2:15 p.m.      Discussion and Questions**

**2:30 p.m.      Break**



# Schedule of Events

## June 15, 2024

### **2:45 p.m. Supporting Survivors with Fear of Cancer Recurrence**

*Dr. Naomi Giberson*

#### **Objectives**

1. Familiarize vocabulary that validates patients' experiences and mitigates pathological fear of cancer recurrence.
2. Gain a general understanding of how Acceptance and Commitment Therapy can help patients manage their fear of cancer recurrence.
3. Understand and know the importance of informing their patients of warning signs to act on to promote the demagnification of irrelevant symptoms that exacerbate fear of recurrence.

### **3:10 p.m. Discussion and Questions**

### **3:15 p.m. A needs assessment of community resources and service for people with cancer and their families in New Brunswick**

*Dr. Alison Luke & Charlotte Schwarz*

#### **Objectives**

1. Discuss the results of a needs assessment of the availability of supportive care services for cancer survivors and their families in New Brunswick.
2. Learn more about the availability of supportive care services for individuals with cancer and their families in New Brunswick.
3. Learn more about the experiences of cancer survivors and caregivers of cancer survivors in New Brunswick.
4. Gain insight on whether there is a need for a supportive care centre in New Brunswick.

### **3:40 p.m. Discussion and Questions**

### **3:45 p.m. Cancer Support Programs – Horizon Health Network**

*Elizabeth Rioux*

#### **Objectives**

1. Gain awareness around Horizon's Cancer Support Program and initiatives.
2. Explain the Cancer Support Program at Horizon, how they were formed, and the structure used to roll out the programs.
3. Discuss the guidance and opportunity for other health authorities to implement cancer support programs in their communities.

### **4:10 p.m. Discussion and Questions**

### **4:15 p.m. Conference Closing and Final Acknowledgements**

*Dr. Margot Burnell*

# Thank you to our event sponsors



*Transforming lives through Cancer Survivorship*