

## Cancer Associated Lymphedema Management Workshop is Coming to Grande Prairie

Cancer Associated Lymphedema Management (CALM) is a workshop and resource developed for Alberta healthcare practitioners providing lymphedema management for the cancer patient. The Workshop is being held in Grande Prairie on June 6th & 7th, 2009.

Please see the following link for more details

[http://www.cancerboard.ab.ca/News/UpcomingEvents/Events/Event\\_CALM09.htm](http://www.cancerboard.ab.ca/News/UpcomingEvents/Events/Event_CALM09.htm)

Contact Glenda Armstrong at [glendar@cancerboard.ab.ca](mailto:glendar@cancerboard.ab.ca) to register.

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

Comments from past participants:

*"Very good, practical workshop. I have lots of ideas to integrate into my practice."*

*"I would recommend this workshop to any practitioner working with patients who have cancer associated lymphedema."*

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## Psychosocial & Spiritual Resource Department Welcomes Oceanna Hall

**Oceanna Hall.** B.Sc., M.Div., M.Ed., C.L.L.

Oceanna is a new member of the Psychosocial and Spiritual Resource Department at the Cross Cancer Institute. As the Spiritual Care & Counseling Provider, Oceanna will assist patients and their families as they explore the beliefs, values, spiritual practices that give meaning to their lives and how these might offer support after a diagnosis of cancer.

Oceanna comes from a diverse career path. Originally with a B.Sc. in Accounting, she spent many years as a Corporate Controller for a variety of large international corporations in the United States and Great Britain. After 'walking along side' and spiritually supporting numerous friends with chronic and terminal illness, Oceanna decided to pursue formal training in Spiritual Counseling and the use of Narrative/Story as one way people might find support when dealing with a chronic or terminal diagnosis. After completing a Masters Degree in Story Arts and a Masters Degree in Divinity, Oceanna began her formal training to become certified in Spiritual Care and Counseling. Before coming to join the Psychosocial and Spiritual Resource team at the Cross, Oceanna spent many years as a member of the Spiritual Care teams at the Royal Alexandra and the University of Alberta/Stollery Children's Hospital.

In her spare time Oceanna's alter-ego a blue-haired sassy clown named "Sugar Magnolia" is busy bringing laughter to both children and adults within the Edmonton community as a therapeutic hospital clown. Oceanna shares her home with her adult twin daughters and two rambunctious puppies.

## Patient Representative Services

Patient Representatives, act on behalf of patients and their family members to ensure their rights are honored. In collaboration with all staff, and following the patient concerns resolution process, they coordinate, investigate and seek to resolve issues of concern or complaint when raised. Their focus is on communication and support, information, and service excellence in reducing the burden of cancer for patients who access our services.



### Northern Alberta Representatives

(Left) **Linda Tyre**, Deputy Patient Concerns Officer  
(Standing) **Dina McMahon**, Coordinates Interpreter and Hard of Hearing Programs  
(Right) **Tammy Hennessy**, Patient Representative

### Southern Alberta Representative



**Barbara Cameron**, Deputy Patient Concerns Officer.

In 1995, hired out of 'active retirement' as the Patient Representative at Tom Baker Cancer Centre after volunteering for 7 years in patient clinics

Barbara is a two time breast cancer survivor and an ordained minister, which she believes enhances her ability to focus on patients' issues with respect to emotional and spiritual needs.

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# How was your care today?

If we didn't meet your expectations call Patient Representative Services

Patient Representative Services

**For services in Northern Alberta contact:**

(780) 432-8585

[Patient.representative@cancerboard.ab.ca](mailto:Patient.representative@cancerboard.ab.ca)

Out-of-town patients call Toll Free 1-866-702-7677

**For services in Southern Alberta contact:**

(403) 521-3168

[barbarac@cancerboard.ab.ca](mailto:barbarac@cancerboard.ab.ca)

Out-of-town patients call Toll Free 1-866-238-3735

## Upcoming Telehealth Presentations

- **Community Cancer Support Networks Telehealth Rounds - 12:00 pm - 1:00 pm**

**April 22, 2009** - “Welcome to the Canadian Virtual Hospice” - Lisa Streeter, RN (Manitoba), BN

Clinical Nurse Specialist, Canadian Virtual Hospice

**June 24, 2009** - “Comprehensive Breast Care Program” - Janice Chobanuk, BScN, MN, CON(C), CHPCN(C)

Comprehensive Breast Care Program Manager, Alberta Health Services

**September 23, 2009** - “Spirituality in Cancer Care” - Oceanna Hall, B.Sc., M.Div., M.Ed., C.L.L

Psychosocial & Spiritual Resource Department, Cross Cancer Institute, Edmonton, AB

**October 7, 2009** - “Yoga Thrive: A Yoga Program for Cancer Survivors” - Nicole Culos-Reed, PhD, Associate Professor,

Faculty of Kinesiology, University of Calgary, Adjunct Associate Professor, Department of Oncology,  
University of Calgary

**December 2, 2009** - “Home Hospice Program” - Ana Meger, Home Hospice Manager, Pilgrims Hospice Society

**To register for any telehealth sessions please contact your local telehealth coordinator. Thank you!**

- **2009 Dates for Energize**

April 9 - Room 1504

May 14

June 11 - Room 1504

July 9

August 13

September 10

October 8

November 12

December 10

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

## Upcoming Events

- **May 6 - 9, 2009 - “Cancer Care 2009: Maintaining Focus in Changing Times”**

\*Early bird deadline has been extended to April 6, 2009\*

To register please visit [www.buksa.com](http://www.buksa.com) or phone (780) 436-0983 x229.

## Articles of Interest

- Ahern, M., Pereira, J. (2008) Learning and development dimensions of a pan-Canadian primary health care capacity-building project. *Leadership in Health Services*. 21: 229-266
- Ahmed, R., Prizment, A., Lazovich, D., Schmitz, K., Folsom, A. (2008) Lymphedema and Quality of Life in Breast Cancer Survivors: The Iowa Women's Health Study. *Journal of Clinical Oncology*. 26: 5689-5696
- Dubois, S., Loiselle, C. (2008) Understanding the role of cancer informational support in relation to health care service use among newly diagnosed individuals. *CONJ*. 193-198
- Hacker, E. (2009) Exercise and Quality of Life: Strengthening the Connections. *Clinical Journal of Oncology Nursing*. 13: 31-39
- Hutchison, S., Steginga, S., Dunn, J. (2006) The Tiered Model of Psychosocial Intervention in Cancer: A Community Based Approach. *Psycho-Oncology*. 15: 541-546
- Norman, A., et. al. (2009) Lymphedema in Breast Cancer Survivors: Incidence, Degree, Time Course, Treatment, and Symptoms. *Journal of Clinical Oncology*. 27: 390-397.
- Paskett, E. (2008) Breast Cancer-Related Lymphedema: Attention to a Significant Problem Resulting from Cancer Diagnosis. *Journal of Clinical Oncology*. 26: 5666-5667
- Waller, A., Girgis, A. (2008) Development of the Palliative Care Needs Assessment Tool (PC-NAT) for use by multi-disciplinary health professionals. *Palliative Medicine*. 22: 956—964
- Washington, K., Demiris, G., Parker Oliver, D., Day, M. (2009) Telehospice Acceptance Among Providers: A Multidisciplinary Comparison. *American Journal of Hospice & Palliative Medicine*. 25: 452-457

## Available Resources

The following presentations are available on CD for your use. Please note that we have a limited number of copies and they will be distributed on a first come first serve basis.

- "Healing Connections" presented by Sally Turco, RN, CON(C), and Debbie Blais, RN, MN.

Healing connections is an innovative program of the Misericordia Hospital in Edmonton. Its goal is to assess, support, monitor, and educate those who are dealing with the surgical step in treatment of breast cancer. This presentation will highlight the 3 week program, describing the role of each discipline and the challenges and successes faced.

- "Communicating About Sexuality in Cancer Care" presented by Dr. John Robinson, Ph.D., R. Psych

Learning Objectives:

- Learn strategies for effective communication with cancer patients and their partners
- Learn strategies for intervening to improve sexual health of cancer patients and their partners
- Learn about new treatments for the sexual concerns of cancer patients and their partners

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