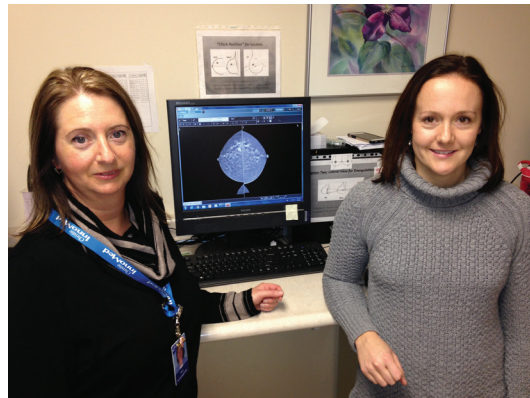




SUSTAINABILITY

GOAL Together we will develop a sustainable cancer system for future generations.

COMMUNITY PARTNER STORY



Breast Health Navigators (l to r) Tracy Mann at Ross Memorial Hospital in Lindsay and Lindsey Justynski at Peterborough Regional Health Centre

As breast health navigators for the Ontario Breast Screening Program, Tracy Mann and Lindsey Justynski work closely across both hospital sites to provide support and guidance to women in their communities through breast cancer screening to final diagnosis. They share resources for certain special procedures such as stereotactic core biopsies and MRI-guided biopsies, and facilitate the referral for these appointments for the physicians.

“We are here to help patients through all the steps involved, from an initial screening mammogram to a final diagnosis of benign or malignant. We know that this time, when there are many unknowns, can be quite stressful for our patients. We look to support them in any way we can which has meant working together to coordinate the most appropriate and quickest tests for the patient regardless of site.”



EFFECTIVENESS

GOAL Together we will improve the care of cancer patients and caregivers in all care settings across the region.

REGIONAL COLLABORATION STORY

Until last year, the Central East Regional Cancer Program was consistently performing below the provincial standard when it came to reporting its participation and involvement in MCCs – or Multidisciplinary Cancer Conferences. MCCs play a very important role in facilitating discussion among specialists regarding the appropriate diagnostic and treatment options for an individual cancer patient.

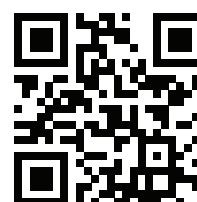
In this region, there were many challenges in finding the right time for everyone to attend and ensuring that the right providers were present. “Through regional collaboration, use of videoconferencing and accessing existing MCCs, the participation has been improving significantly,” says Sari Greenwood, Director of Regional Programs. “The region is now exceeding the provincial benchmark with the goal of full participation across all required hospital and disease sites in the time ahead”.



A Multidisciplinary Cancer Conference at the Durham Regional Cancer Centre at Lakeridge Health in Oshawa.

Read us online!

Scan this QR code with your mobile device to receive Team Cancer directly to your inbox!



Team Cancer



Central East
Regional Cancer Program
in partnership with Cancer Care Ontario

Your link to cancer care in your community.



ISSUE 6 WINTER 2016

The Central East Regional Cancer Program (CE RCP) is proud to present *Together we will - Together we can: 2016-2019 Cancer Plan*.

This multi-year strategic plan was created specifically to align with the goals and strategic objectives of Ontario's current cancer plan. In this edition we highlight these goals and objectives which were developed through multiple consultations with regional leaders, care providers, patients and their family members.

In addition to face-to-face meetings and ongoing correspondence with our key cancer care partners, we encouraged patients and families to complete a short survey (available both online and on paper) about their care experience. We received feedback from approximately 200 patients/family members and responses were incorporated into the key objectives outlined in the pages ahead.

The evolution of this plan was overseen by a group of regional leaders and supported by the active participation of patient and family advisors. Intended as a guide, this plan will continue to evolve with feedback from our partners and patients.

Pictured above (l to r) : Rick Gaboury and Tom McHugh



To read the full plan visit:
www.yourcancerexperts.ca

“Together we will and together we can create the best cancer care system.”

- Tom McHugh, CE RCP Regional Vice-President

“I know my health care professionals are looking out for my best interests - they're in my corner.”

- Rick Gaboury,
Patient and Family Advisor



QUALITY OF LIFE AND PATIENT EXPERIENCE

GOAL Together we will deliver responsive and respectful care that optimizes quality of life for each of our patients across the cancer care continuum by enhancing the patient and family experience.

PATIENT STORY

When Ketelie Phaeton's care team met her more than a year ago, she was in so much pain she couldn't move and required admission to Rouge Valley Health System Ajax Hospital. Her Stage 4 breast cancer was so advanced it had metastasized to her bones, liver and abdomen. Typically, patients admitted to hospital with poor liver function are not eligible for chemotherapy as chances of benefit are small, but her Medical Oncologist Dr. Rama Koneru felt compelled to try.

"I had hoped to give Ketelie more time with her four children," explains Dr. Koneru, who led a multidisciplinary team to have Ketelie's care transferred to Lakeridge Health where she could begin systemic treatment and radiation therapy right away at the Durham Regional Cancer Centre (DRCC).

Within six weeks, Ketelie was at home with community supports. This year, Ketelie witnessed her son begin his second year of university and with her care team's help, she may see him graduate. Late last year, she invited her care team to her 50th birthday party, which Dr. Koneru attended.

"I'm excited and happy with each day – it is a gift," says Ketelie, a woman of strong faith. "The doctors, the nurses, they took care of me as a person and I appreciate everything."



Ketelie Phaeton (centre) with her care team (l to r) Primary Nurse Sue Murphy, Social Worker Wendy O'Dell and Medical Oncologist Dr. Rama Koneru.



INTEGRATED CARE

GOAL Together we will deliver integrated care across the cancer care continuum.

STAFF STORY

As a new regional lead for the program, Dr Edward Osborne works to improve local palliative care and champion both provincial and regional strategies. He is a strong supporter of the newly developing Palliative Care Community Teams, working closely with primary care and palliative care teams in the community. The goals of providing patients with choice as to where they spend their final days is very important and ensuring that the supports are accessible and available to meet the needs of the patients and families is what we continually are striving to achieve. "We have come a long way but know that we still have a ways to go to ensure that we support optimal symptom management and quality of life in the home wherever possible".



Regional Palliative Care Physician Lead
Dr. Edward Osborne



SAFETY

GOAL Together we will improve the care of cancer patients and caregivers in all care settings across the region.

COMMUNITY PARTNER STORY



NHH Chemotherapy Nurse
Janna Cudmore

Cancer and supportive care services have grown over the years at the Cobourg Lions and Lioness Cancer and Supportive Care Clinic due in large part to the partnership between Northumberland Hills Hospital (NHH) and the Durham Regional Cancer Centre (DRCC) at Lakeridge Health in Oshawa.

Last February, a temporary shortage of clinical resources and a need for preventative maintenance of some pharmacy equipment meant patients receiving intravenous chemotherapy treatments at NHH had to be temporarily transferred for treatment at the DRCC in February and March 2015.

This transition was made easier for NHH patients with the help of additional transportation services provided by Community Care Northumberland, and the creation of a NHH "pod" in the DRCC where patients could be treated together and cared for by NHH staff.

"Our patients were very pleased we went with them and I think that's what made all the difference," says Janna Cudmore, one of the first chemotherapy nurses to volunteer to make the trip. "When they saw us in the waiting room, you could just see the relief on their faces."



EQUITY

GOAL Together we will promote health equity among all patients receiving services across the cancer care continuum in the Central East Region.

COMMUNITY PARTNER STORY

Motivated by a growing body of international evidence demonstrating that Black and other immigrant women are under-screened and disproportionately affected by cancer, a group of researchers in the CE Region decided to take action. The Health Equity Research Collaborative (HERC) created Ko-Pamoja, an educational pilot program designed to teach women about the importance of breast and cervical cancer screening. Aimed at Black women aged 40 to 69, the pilot took place in the Malvern neighbourhood in Scarborough from October to December 2015.

"Our goal was to increase awareness of cancer susceptibility, the benefits of screening and availability of screening services in our region with a program taught by women in the Black community for women in the Black community," explains Dr. Onye Nnorom, a member of HERC and the Regional Primary Care and Screening Lead for the CE RCP. "Among women who were not planning on getting a Mammogram or Pap test before this session, 86% of them changed their mind and decided to get tested."



Regional Primary Care and Screening
Physician Lead Dr. Onye Nnorom