



## Reasons to Hope, Knowledge to Cope: Innovations in Cancer Patient Education

Cancer Patient Education Network (CPEN)-Canada - 5<sup>th</sup> Annual Conference

May 31 - June 2, 2007  
Marriott Château Champlain Hotel  
Montreal, Quebec



Hope & Cope provides innovative and comprehensive support services free of charge to cancer patients and their families. As a non-profit organization that relies entirely on the support of individual philanthropists, foundations, the corporate sector and the general public, we are proud to be hosting this exciting conference and wish everyone a warm Montreal welcome.

## Program Schedule

### Wednesday May 30, 2007

4:30-6:00 pm Steering Committee Meeting CPEN

### Thursday May 31, 2007

8:00-8:45 am Registration

8:45-9:00 am Welcoming Remarks – Ms. Hinda Goodman, Conference Chair  
Ms. Joan Ungar, President of Hope & Cope  
Ms. Gale Turnbull, Interim Chair of CPEN-Canada

9:00-10:00 am Keynote Speaker - Mr. Robert Sawyer

10:00-10:30 am Refreshment Break & Exhibits/Posters

10:30 am-12:00 pm Concurrent Sessions

#### **Session A: Issues in Educating a Multicultural and Ethnically Diverse Population**

1. Farrah Schwartz: *Putting the Pieces Together: Implementing a Quality Improvement Framework for Patient Education in an Inner-City Tertiary Hospital*
2. Susan Boyko: *In My Own Words-The Aboriginal Cancer Care Video Project*
3. Taravat Ostovar: *Rural, Underserved and Northern Women: Living With Cancer in Nunavut*

#### **Session B: Cancer Patient Education**

1. Jami Van Haaften: *Health Literacy and Patient Education: Best Practices*
2. Anne-Marie Stacey: *Power to the Patient: Developing Skills and Knowledge to Support Decision-Making*
3. Julien Carretier: *Evidence-Based Patient Information and Education Materials: The French Approach*

#### **Session C: Potpourri**

1. Sara Urowitz: *Caring Voices: An Online Community Support for Breast Cancer Survivors*
2. Loring Gimbel: *C.A.R.E. Communication Techniques for Effective Patient Education Part I*
3. Loring Gimbel: *C.A.R.E. Communication Techniques for Effective Patient Education Part II*

12:00-1:00 pm Lunch & CPEN-Canada General Business Meeting

1:00-1:30 pm Dr. Carmen Loiselle: *The Impact of an IT Informational Intervention on Psychosocial Adjustment to Cancer and Health Care Service Use: Are Women and Men With Cancer Reacting Differently?*

- 1:30-3:00 pm                      Concurrent Sessions
- Session A: Research in Cancer Patient Education**
1. Denise Gauthier-Frohlick & Susan Boyko: *Cancer Patient Education Material Peer Review Process Development*
  2. Linda Edgar: *Creating a Learning Environment within a Wellness Centre*
  3. Antonietta Valiante: *Cancer Prevention Education: Insights from Genetics and Lifestyle Changes*
- Session B: Volunteerism in Cancer Care**
1. Pat Antonick: *Giving Back, Moving Forward*
  2. Jessica Weisel: *Hope & Cope's Lung Cancer Group: An Empowering Psychoeducational Model*
  3. Grace Wright: *Clearing Up the Confusion and Improving Patient Compliance: The Thy'vors Low Iodine Diet-A Patient-Led Initiative to Develop a Nationally-Recognized Protocol for Thyroid Cancer Treatment and Follow-Up*
- Session C: Program Evaluation**
1. Maja Regehr: *Development and Evaluation of an Innovative Personal Management Tool for Cancer Patients: Supporting a More Proactive Journey*
  2. Sara Urowitz: *How Are We Doing in Patient Education? An Evaluation of a Patient and Family Education Program*
  3. Marilyn Sapsford: *Picking Up the Pieces: Moving Forward After Surviving Cancer*
- 3:00-3:15 pm                      Dr. Gerald Batist - Segal Cancer Centre
- 3:15-4:15 pm                      Leisure Time & Exhibits/Posters
- 4:15 pm                              Buses leave for Tour of Segal Cancer Centre (SMBD-Jewish General Hospital)  
Welcome – Ms. Lynne McVey, Director of Nursing
- FOLLOWED BY**
- Reception at the Hope & Cope Wellness Centre  
Welcome – Mrs. Sheila Kussner, Founder and Chairman of Hope & Cope  
Ms. Suzanne O'Brien, Executive Director of Hope & Cope
- 8:00 pm                              Buses return to hotel

**Friday June 1, 2007**

- 8:00-8:45 am Registration/Breakfast
- 8:45-9:00 am Introductory Remarks – Dr. Lucy Fazio, Vice President of Hope & Cope
- 9:00-10:00 am Keynote Speaker - Dr. Richard Beliveau
- 10:00-10:30 am Refreshment Break & Exhibits/Posters
- 10:30 am-12:00 pm Concurrent Sessions

**Session A: Educating the Community**

1. Monique Levesque King: *Sun Awareness Education for Elementary School Aged Children*
2. Donna M. Smith: *Responding to the Needs of Diverse Communities Through Patient Navigation Community Liaison*
3. Lyse Ratelle: *How May We Help You? Canadian Cancer Society's Cancer Information Service: Your Valued Partner in Patient Education*

**Session B: Developing Psychosocial Programs**

1. Margaret Eades: *Does Participating in Educational-Support Sessions Make a Difference to Patients and Family Caregivers?*
2. Scott Secord: *The Online Moderator: An Innovative Approach to Supporting Breast Cancer Survivors Across Canada*
3. Sharon Wexler: *Communication Strategies and Complexities of The Development of an Older Adolescent and Young Adult (AYA) Support Program Model*

**Session C: Potpourri**

1. Gurit Lotan: *Physician-Patient Communication: What Have We Learned?*
2. Marilyn Sapsford: *Survivors Teaching Students*
3. Todie Winter: *The Perfect Storm: Librarians Negotiating the Patient Education Tidal Wave*

12:00-1:30 pm Lunch and Speaker **sponsored by Ortho Biotech**

Pamela West: Promoting Patients' Autonomy by Sharing "The Whole Truth"

1:30-3:00 pm Concurrent Sessions

**Session A: Exploring Complementary Therapies**

1. Mona Rutenberg: *Casting the Spirit: A Hand-Made Legacy*
2. Linda Edgar: *Teaching Patients About the Unique Benefits of Exercise: The Importance of Volunteers*
3. Dee Miller: *Renewed Strength: Exercise at Home After Cancer Treatment*

**Session B: Innovations for the Future**

**PANEL**

David Wiljer, Claudette DeLenardo, Tamara Harth, Eugenia Piliotis, Sara Urowitz, and Robert Luke: *Practical Considerations for Using the Internet for Patient Education: Making the Case for Patient Portals*

3:00-3:15 pm Refreshment Break & Exhibits/Posters

3:15-3:45 pm Dr. Michael Dworkind: *Advanced Directives - The Living Will Project*

3:45-5:15 pm Plenary Session: Clinical Trials and Ethics

1. Heather A. Sampson: *Research Ethics and The Ethics of Research: Should We Offer Clinical Trial Participation or Clinical Research Partnership to Oncology Patients in The New Millennium*
2. Stan Shapiro: *The ABCs of DMCs (Data Monitoring Committees)*
3. Gurit Lotan: *Informed Consent: Beyond Regulations*

**Saturday June 2, 2007**

8:00-9:00 am Breakfast

9:00-9:15 am Introductory Remarks – Ms. Suzanne O'Brien, Executive Director of Hope & Cope

9:15-10:15 am Keynote Speaker – Ms. Kathy Scalzo

10:15-11:15 am Keynote Speaker – Dr. James Gavin

11:15-11:30 am Closing Remarks and Wrap-Up

11:30 am -12:30 pm CPEN Committee Meetings

## Keynote Speakers

### **Richard Béliveau, PhD: *Preventing Cancer Through Nutrition***

Dr. Béliveau, a renowned cancer researcher, holds the Chair in Prevention and Treatment of Cancer at the Université du Québec à Montréal and is the Director of the Molecular Medicine Laboratory at the Charles-Bruneau Cancer Research Centre at Sainte-Justine hospital, affiliated with Université de Montréal. He has published and lectured extensively on the cancer-fighting elements of various foods such as green tea, soy and blueberries. Dr. Béliveau and his colleague, Dr. Denis Gingras, wrote a best selling book, *Foods That Fight Cancer: Preventing Cancer Through Diet*, which has helped educate the public on the benefits of consuming or avoiding certain foods to help protect against cancer.

### **James Gavin, PhD: *Life is a Fortune Cookie***

Dr. Gavin is a professor in the Department of Applied Human Sciences, Concordia University. His work focuses on the application of psychological theories and principles to change, human development, and group and organizational dynamics, with the objective of improving quality of life and promoting psychological well-being. Dr. Gavin has developed methodologies for survey-based interventions in organizations in order to enhance both organizational effectiveness and individual well-being. He has published several books and monographs as well as many journal articles, and has practiced counseling psychology for over 30 years. Dr. Gavin is an inspirational forward thinker interested in promoting the well-being of the whole person and the connection between the mind, body and spirit. His presentation will center on how to teach these important concepts to cancer patients and their families.

### **Robert J. Sawyer, BAA: *Facing Technology Together***

Mr. Sawyer is a best selling science fiction author and winner of several prestigious awards. He has also written articles for newspapers and magazines worldwide and has been a keynote or guest speaker at many conferences and events. In his presentation, Mr. Sawyer will delve into the future of patient education and will discuss state-of-the-art technologies such as voice recognition, face recognition, ubiquitous computing and artificial intelligence, and where these technologies will be in just a few years.

### **Kathy Scalzo, M.S.O.D.: *A Four Phase Recovery Process for Survivors***

Ms. Scalzo, co-author (with Dr. Sherri Magee) of the book *Picking up the Pieces: Moving Forward After Surviving Cancer*, is a change and transition consultant who has worked with a wide variety of organizations including health care organizations, professional associations and non-profit agencies. She is on the board of directors of the BC Rehabilitation Society and is a faculty member of the Canadian Medical Association's Physician Management Institute. Her talk will include such topics as teaching patients how to navigate the course between their old and new lives, how to manage change overload and different ways to map the cancer journey.

**CPEN-Canada 5<sup>th</sup> Annual Conference: At A Glance**

| Time                    | Wed. May 30             | Thurs. May 31   | Fri. June 1  | Sat. June 2   |
|-------------------------|-------------------------|---|--|---|
| <i><b>Morning</b></i>   | <i><b>Morning</b></i>   | <i><b>Morning</b></i>   | <i><b>Morning</b></i>  | <i><b>Morning</b></i>   |
| 8:00-8:45               |                         | Registration  | Registration/Breakfast   | Breakfast   |
| 8:45-9:00               |                         | Welcoming Remarks   | Welcoming Remarks  |   |
| 9:00-10:00              |                         | Keynote Speaker<br>Mr. Robert Sawyer  | Keynote Speaker<br>Dr. Richard Beliveau  | <b>9:00-9:15</b><br>Introductory<br>Remarks   |
| 10:00-10:30             |                         | Refreshment Break<br>Posters and Exhibits   | Refreshment Break<br>Posters and Exhibits  | <b>9:15-10:15</b><br>Keynote Speaker<br>Ms. Kathy Scalzo  |
| 10:30-12:00             |                         | Concurrent Sessions<br><b>Session A</b><br>Issues in Educating a<br>Multicultural and Ethnically<br>Diverse Population<br><b>Session B</b><br>Cancer Patient Education<br><b>Session C</b><br>Potpourri | Concurrent Sessions<br><b>Session A</b><br>Educating the Community<br><b>Session B</b><br>Developing Psychosocial<br>Programs<br><b>Session C</b><br>Potpourri | <b>10:15-11:15</b><br>Keynote Speaker<br>Dr. James Gavin<br><b>11:15-11:30</b><br>Closing Remarks<br><b>11:30-12:30</b><br>CPEN Committee<br>Meetings |
| <i><b>Afternoon</b></i> | <i><b>Afternoon</b></i> | <i><b>Afternoon</b></i>   | <i><b>Afternoon</b></i>  | <i><b>Afternoon</b></i>   |
| 12:00-1:00              |                         | Lunch<br>CPEN-Canada general<br>business meeting  | Lunch and Speaker<br><b>Sponsored by</b><br><b>Ortho Biotech</b><br>Ms. Pamela West  |   |
| 1:00-1:30               |                         | Invited Speaker<br>Dr. Carmen Loiselle  |  |   |
| 1:30-3:00               |                         | Concurrent Sessions<br><b>Session A</b><br>Research in Cancer Patient<br>Education<br><b>Session B</b><br>Volunteerism in Cancer Care<br><b>Session C</b><br>Program Evaluation                         | Concurrent Sessions<br><b>Session A</b><br>Exploring Complementary<br>Therapies<br><b>Session B (Panel)</b><br>Innovations for the Future                      |   |
| 3:00-3:15               |                         | Dr. Gerald Batist<br>Introducing the Segal Cancer<br>Centre   | Refreshment Break<br>Posters and Exhibits  |   |
| 3:15-3:45               |                         | Leisure Time<br>Posters and Exhibits  | Invited Speaker<br>Dr. Michael Dworkind  |   |
| 3:45-4:15               |                         |   | Plenary Session<br>Clinical Trials & Ethics  |   |
| 4:15-5:15<br>5:15-6:00  |                         | <b>4:30-6:00</b><br>CPEN Steering<br>Committee<br>Meeting   | Buses Leave For<br>Tour of Segal Cancer<br>Centre<br>And Reception   |   |
| 6:00-8:00               |                         | At Hope & Cope Wellness<br>Centre   |  |   |

**The organizers would like to thank the following corporate sponsors**

AstraZeneca  
Eli Lilly and Company  
F. Hoffmann LaRoche Ltd.  
Ortho Biotech

## REGISTRATION

Ms.  Mrs.  Mr.  Dr.  Other \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Title/Profession \_\_\_\_\_

Affiliation: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

The registration fee for the full program includes conference materials, refreshment breaks, lunch (Thursday, Friday), Tour of Segal Cancer Centre & Reception at Wellness Centre (Thursday). The one-day registration fee for Thursday includes conference materials, refreshment break, lunch and Tour of Segal Cancer Centre & Reception at Wellness Centre. The one-day registration fee for Friday includes conference materials, refreshment breaks and lunch. The registration fee for Saturday includes conference materials.

### Full Program

- CPEN Member \$350 (includes one year membership)  
 Non Member \$400  
 Student \$250 (with valid ID)

### One-Day Registration

- Thursday  Member/Non Member \$200  Student \$100  
Friday  Member/Non Member \$200  Student \$100  
Saturday  Member/Non Member \$150  Student \$75

**Optional Event** (For planning purposes please check the box if you plan to attend)

- Tour of Segal Cancer Centre & Reception at Wellness Centre (Thursday)

Refunds will be made (minus a \$50.00 processing fee) if notified in writing before May 1, 2007. No refunds will be granted after that date. Receipts will be available at the conference.

**Payment:** Please make your cheque payable to **Hope & Cope**

**Mail To:** Ms. Marcelle Kecman  
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Segal Cancer Centre, E-730.1  
Sir Mortimer B. Davis-Jewish General Hospital  
3755 Côte Ste. Catherine Road  
Montreal, Quebec  
Canada H3T 1E2

Tel: 514-340-8222 x5534 Fax: 514-340-8605  
email: mkecman@onco.jgh.mcgill.ca

**Hotel Information:**  
A block of rooms has been reserved at the  
**Marriott Château Champlain**  
1050 de la Gauchetière West  
Montreal, Quebec

Tel: 1-800-200-5909  
514-878-9000