

SIMCOE MUSKOKA REGIONAL CANCER PROGRAM e-newsletter

The Team

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A Message from our Regional Vice President



As Regional Vice President for the Simcoe Muskoka Regional Cancer Program (SMRCP), I am responsible for the quality and performance of cancer services in our region. Quality cancer care is described as safe, effective, patient-centered, timely, efficient, equitable and coordinated. Our regional cancer plan will help to focus our work to ensure that we continually strive to improve the quality and decrease variation in our patients' experiences across the region.

Patients and their family/caregivers are the real experts about the quality of the cancer system. They know first-hand what works and what needs to be improved. We work with our Patient & Family Advisory Council (PFAC) towards integrating patients and families into our teams to help monitor our cancer system performance and target improvements for better outcomes. In this newsletter, the program infrastructure is highlighted with the development of cancer satellite clinics and the addition of key team members to ensure that our communities are well supported.

From a health system perspective, cancer patients often receive a combination of treatments which may include surgery, radiation and systemic treatment such as chemotherapy. Cancer Care Ontario and the Cancer Quality Council of Ontario are making it easier to learn how Ontario's cancer system is doing by providing 'at-a-glance' views of Ontario's performance on the Cancer System Quality Index (CSQI). The Index also presents cancer system performance for each of Ontario's 14 Local Health Integration Networks (LHIN) including the North Simcoe Muskoka LHIN. The tenth annual public release of the CSQI will be held on May 14th, 2014 between 9:00 – 10:30 am. An event will be held at the SMRCP with a webcast link available to any interested regional partners. The launch will provide an overview of the results of the 2014 CSQI release and a facilitated panel discussion. For more information on the CSQI, please visit www.csqi.on.ca.

Management Role Updates



Suman Dhanju has changed her role with the Simcoe Muskoka Regional Cancer Program. She has transitioned from being the Project Lead, Quality and Performance to Manager, Performance, Access to Care, and the Patient Experience. This is a result of program growth and re-alignment with key Cancer Care Ontario initiatives.

Suman joined the program in January 2011 as a Project Lead, prior to which she had completed her MBA DeGroote / McMaster with placements at William Osler Health System, London Health Sciences Centre and the South East Local Health Integration Network.



Matthew Lawson joined the Simcoe Muskoka Regional Cancer Program on March 10 as Manager, Outpatient Clinics. He joins the cancer program from the Decision Support team where he functioned as Team Lead, Financial Planning and Performance. He joined the Royal Victoria Regional Health Centre in 2010.

Prior to joining RVH, he worked in the private sector as a Regional Controller. With four years of acute care experience, Matthew sought a challenging position that would bring him closer to patient care.



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Cancer Rehabilitation Course Held at RVH

In October 2013, Therese Pedlow, Physiotherapist, Cancer and Palliative Inpatient Unit, organized and hosted a 2-day cancer rehabilitation course titled “Developing and Implementing Evidence-Based Cancer Rehabilitation Program” which was sponsored by the recently formed Oncology Division of the Canadian Physiotherapy Association. Topics included: cancer and cancer treatment, designing exercise programs and prescriptions for cancer patients and exercise modifications for specific conditions. The course attracted 40 Physiotherapists and Allied Health team members from across the country (Ontario, Quebec, Manitoba and Saskatchewan).

Therese was excited to hold the course in the newly built, state-of-the-art Simcoe Muskoka Regional Cancer Centre SMRCC) however the course was moved to the Community Engagement Room in Rotary Place due to reconstruction of the flooring in the lobby. It turned out to be a win-win location. Kris Amores-Hudson, Manager, Cancer and Palliative Inpatient Unit, began the day by welcoming the group and gave a brief history of our Phase 1 Expansion, SMRCC, Rotary House, and Gilda’s Club.

Course instructors were Oren Cheifetz-Physiotherapist, Hematology/Oncology Program, Hamilton Health Sciences: PhD Candidate, McMaster University and Jan Park Dorsay, Nurse Practitioner, Inpatient Oncology Rehabilitation Program, Hamilton Health Sciences. Oren is a Clinical Specialist in Oncology. He is the Principal Investigator, along with Jan as co-investigator, of the CanWell Program (www.canwellprogram.ca) which is a community based, supervised, exercise program for people with cancer. Together with Amanda Smart, Physiotherapist, they formed the Canadian Cancer Rehabilitation and Education Institute (CCREI) to enhance the opportunities for cancer survivors in accessing cancer rehabilitation.

Timing is Everything

The Simcoe Muskoka Regional Cancer Centre at Royal Victoria Regional Health Centre (RVH) will be celebrating its two year anniversary soon and beyond the fact that comprehensive cancer care is now much closer to home for area residents, another significant achievement has been the evolution of the cancer program regionally.

The Simcoe Muskoka Regional Cancer Program (SMRCP) has grown leaps and bounds with the care team doubling in size and building infrastructure to support the region. The program has developed the capacity to support satellite clinics and the communities throughout the region more effectively. This capacity came at a pivotal time.

In November 2012, Orillia Soldiers’ Memorial Hospital (OSMH) temporarily halted adult chemotherapy services to restructure the program, yet through the Regional Cancer Program, those patients were able to receive the care they needed at the cancer centre in Barrie. The feedback received from OSMH patients about their experience in the SMRCC has been very positive, both with the care and the support they received.

Plans are now well underway to open a satellite cancer clinic at OSMH before the year’s end. The clinic, which will be managed and operated locally, will serve Orillia and the surrounding area. While the main focus is delivering chemotherapy, other medical procedures will be offered to cancer patients as well.

“Being a satellite of the Regional Cancer Program is just going to give us so much more access to expertise and knowledge and Cancer Care Ontario,” says Cheryl Harrison, Vice-President of Patient Care Services and Regional Programs at OSMH. “It is really going to enhance the satellite service that we can provide.”

A transition team consisting of not just clinical staff, but human resources, finance, information technology, communications have been meeting regularly to ensure the satellite clinic is ready for a late 2014 opening and that the quality of care is consistent with the care patients receive in Barrie.

“We are focusing on bringing the highest quality of care to Orillia,” says Lindsey Crawford, Regional Vice-President for the Simcoe Muskoka Regional Cancer Program. “It’s those standards that drive what the clinic will look like and how it has to flow and function.”

The timing is indeed right for cancer patients throughout the region to receive the care they need, closer to their homes.

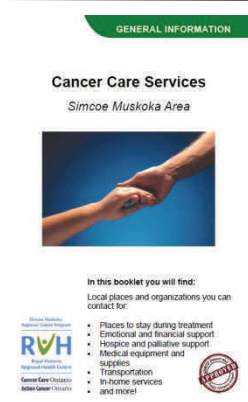


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Spotlight on Patient Education



What: Feeling Tired? A quick guide to help you with your fatigue.
Who: For cancer patients
What: A *brief* (emphasis on *brief*) guide to help them with their fatigue.
Where: Waiting area and next to the ESAS kiosks
When: Patients can help themselves to the brochure anytime
Why: Fatigue is the most common side effect of cancer. We wanted to create a resource to address the issue that was easy to understand



What: Cancer Care Services in Simcoe Muskoka
Who: For cancer patients and caregivers
What: A snapshot (but not designed to be comprehensive) of what's available to help cancer patients/families in Simcoe Muskoka
Where: All new patient folders, waiting areas within the SMRCP, supportive care counseling rooms
When: Patients receive them at their 1st visit, can help themselves in waiting areas, provided by Rotary House Cancer Lodge staff or our supportive care team.
Also Online: www.rvh.on.ca/SMRCP/patientmaterials.aspx
Why: Patients experience high anxiety, especially early in their cancer journey. This booklet may help lower their anxiety by showcasing supports and services available within our region.

Knitting for Sitting

Royal Victoria Regional Health Centre launched a new program in August 2013 called Knitting for Sitting. Baskets of wool and knitting needles are available in the Simcoe Muskoka Regional Cancer Centre waiting rooms. Those either waiting for treatment – or waiting for someone in treatment, are encouraged to knit a square – or even half a square to help the time pass. Once there are enough squares, the RVH volunteers create, and donate, afghans (as pictured on the right).



SMRCP Compassionate Care Fund



On Friday, March 14th, Susanna Wong, Regional Education Lead, Simcoe Muskoka Regional Cancer Program (SMRCP) donated 13” of her hair as a fundraiser. She successfully raised over \$1700 which went to the Compassionate Care Fund, a fund that assists patients of the SMRCP with day to day costs to ensure their financial situation is not a barrier in receiving care.

When asked about her reasons for donating to this particular fund, Susanna replied: “I have a deep appreciation for the difficulties that patients and families go through when dealing with cancer, but for some, it can be an especially challenging time financially. I wanted the donation to help this particular group of patients.”



For more information on donating to the SMRCP Compassionate Care Fund, please contact the RVH Foundation office at 705-739-5600.

Simcoe Muskoka
Regional Cancer Program



Royal Victoria
Regional Health Centre

Cancer Care Ontario

Action Cancer Ontario

PHYSICIAN SPOTLIGHT

Simcoe Muskoka Regional Cancer Program

Rouslan Kotchetkov, MD, PhD, FRCPC



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Our biggest accomplishments are always in the future. Whenever you reach your goals in the present, you always have to strive to do and achieve more. It is, however, important to be proud of what you have done when you look back.” This is the philosophy Dr. Rouslan Kotchetkov lives by.

In the past, Dr. Kotchetkov made a significant contribution in the field of pediatric hematology-oncology. He worked for three years as an RN in the Department of Pediatric Oncology in his home country, Belarus. He also tutored hematology medical students during his MD/PhD program, built a bone marrow transplant unit in Frankfurt, Germany, and developed new treatment strategies for

pediatric cancers. He also contributed to protocol implementations for acute leukemia in Belarus and developed new anticancer drugs which unravelled the role of chronic viral infections in cancer patients in Germany. He is an author of 47 peer-reviewed publications, including Nature Medicine, Cancer Research and the American Journal of Pathology.

Dr. Kotchetkov came to the Simcoe Muskoka Regional Cancer Program (SMRCP) in 2013 after completing his clinical fellowship in lymphoproliferative disorders at the Princess Margaret Cancer Center in Toronto. He had a great experience in Barrie in 2006 as a medical student during his Family Medicine rotation with Dr. A. Parbtani which facilitated his decision to join the SMRCP as a formally trained Hematologist-Oncologist, filling our regional need.

He believes that Hematology-Oncology is one of the most rapidly developing fields in medicine. “The landscape of malignant hematology is changing constantly. New therapies are coming monthly. Some diseases, like Myeloma and chronic Leukemias, which traditionally were considered incurable, are

now becoming chronic and manageable conditions, like diabetes. Moreover, we may change the concept of them being ‘incurable’ as more and more patients are free from their diseases for 15 to 30 years after treatments,” he says. He loves to help his patients and speaking four languages (English, German, Russian and Belarusian) aids him with getting deeper into their needs.

Medicine is not his only passion; he likes sports and music. Before entering medical school, he participated in professional wild water rafting, achieving one gold, two silver and two bronze medals in the national championships in Belarus. He also enjoys playing piano and guitar. Even during his busy schedule, he manages to write and perform his own songs (including performances at Nathan Philips Square and City Hall, Toronto).

With his expertise, Dr. Kotchetkov hopes to expand treatment options for patients of the SMRCP with hematologic malignancies. His vision is to build a system where patients with hematologic malignancies can receive a majority of their required therapies locally, instead of commuting to Toronto.

PHYSICIAN SPOTLIGHT

Simcoe Muskoka Regional Cancer Program

Tiffany Tam, MD, FRCPC, DABR

When Dr. Tiffany Tam says she has high aspirations, she's not kidding. One of her proudest accomplishments is making the climb to the top of Mount Kilimanjaro in Tanzania - Africa's highest peak at almost 20,000 feet above sea level.

Back on ground level, Dr. Tam, a Radiation Oncologist, joined the Simcoe Muskoka Regional Cancer Program (SMRCP) in March 2013. Growing up in Toronto, she wanted to work close to home and Barrie was the perfect fit. It not only gave her proximity to her family, but gave her the opportunity to work with colleagues she already knew and the hopes of starting a stereotactic radiotherapy program in the cancer centre.

For Dr. Tam, radiation oncology offers many technological advances. She finds it extremely rewarding to use these techniques and advancements to help our patients and families in their greatest time of need and to alleviate their pain and suffering.

She wants to develop a Stereotactic Body Radiation Therapy (SBRT) program at the SMRCP in order to provide greater treatment options to our community.



SBRT is a technique that treats cancers with high doses of pinpointed radiation. This can provide better local tumour control and potentially fewer side effects. Right now where we may treat early stage non-small cell lung cancer with 30 treatments over 6 weeks, SBRT would allow us to treat the same cancer in 3-5 treatments over 1-2 weeks, substantially minimizing the number of treatments for our patients

Dr. Tam received her Bachelor of Science in Human Biology at the University of Toronto and her Doctorate of Medicine at the University of Ottawa. She went on to complete her residency at McMaster University in Hamilton.

Another accomplishment she is proud of is her Fellowship in SBRT at Memorial Sloan-Kettering

Cancer Center in New York.

When she's not caring for the patients in the SMRCP, Dr. Tam loves to travel. She has travelled to many exotic places including New Zealand, Singapore, China, Australia, Thailand, Cambodia, Hong Kong, Malaysia, Tanzania, Brazil, and even a four-day hike to Machu Picchu in Peru.

Along with travelling, Dr. Tam enjoys extreme sports such as scuba diving, sky diving, and canyon jumping. When she's not climbing mountains or jumping out of planes, Dr. Tam is intently focused on delivering the very best care possible to her patients.

Through collaboration with colleagues, she is focused on the single goal of helping the patients entrusted to her care.

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