



Summer 2021 Edition

Simcoe Muskoka Regional Cancer Program Patient and Family Advisory Council Newsletter

Our Patient and Family Advisory Council (PFAC) represents the voice of the Simcoe Muskoka Regional Cancer Program (SMRCP) patients and families who have unique experiences, insights, expertise, and perspectives that are invaluable to improving care.



A Patient Family Advisor is someone who has had a recent experience (within two years) either as a patient or the family member of a patient being cared for at the Cancer Centre. They partner with the RVH staff and physicians to provide direct input into policies, programs, and practices which affect the patient experience.

Interested in being part of the Patient and Family Advisory Council? Visit www.rvh.on.ca (click on Careers and Volunteering), or contact 705-728-9090 Ext. 42319, or email patientfamilyadvisory@rvh.on.ca.

What's new for cancer supports in Simcoe Muskoka

Cancer support organizations during COVID-19 are providing virtual supports. These vary from group support sessions, to special interest groups such as exercise and crafting, to information webinars to keep you informed with credible information. There is something for both patients and caregivers! For more information, please visit each group's website for up-to-date support programs and COVID-19 restrictions.

Gilda's Club Simcoe Muskoka	https://gildasclubsimcoemuskoka.org	705-726-5199
Georgian Bay Cancer Support Centre	https://gbcancersupportcentre.ca	705-549-6444
Enliven Cancer Care	https://enlivenmuskoka.ca	705-787-5459
Canadian Cancer Society	https://www.cancer.ca	1-888-939-3333
EXCEL: Exercise for Cancer to Enhance Living Well	www.thriveforcancersurvivors.com	

For more information about the Cancer Program's Patient and Family Advisory Council, visit <https://www.rvh.on.ca/areas-of-care/cancer-program/>. Click on the "General Information" tab and scroll to the bottom.



Meet a Cancer Centre staff: Ashley Dobbin-Mohammed

Ashley is the Nurse Practitioner for the Toxicity Assessment Clinic (TAC), and she helps patients with side effects from their cancer treatment. A Nurse Practitioner is a Registered Nurse with advanced university education who can diagnose, order, and interpret diagnostic tests, prescribe medication, and refer to specialists.

When she is not seeing patients in clinics, Ashley loves working on quality improvement projects, from improving clinic flow to maintaining patient safety and developing patient education materials.



Some interesting facts about Ashley – she has a black belt in Taekwondo and competed nationally as a teenager and young adult. She has two dogs, a small Pomsky/Chihuahua mix named Arc and a big fluffy Samoyed named Mika. “I absolutely love them and am just as happy to see them when I get home from work as they are to see me.”

How and why did you end up in this role? I am originally from Nova Scotia and worked there for several years as a nurse before moving to Ontario to do my Nurse Practitioner/Master’s degree. After my Master’s, I enjoyed my time working in Toronto at Princess Margaret Cancer Centre and St. Michael’s Hospital but was looking for a place that felt a bit more like “home,” and have certainly found it here in Barrie. I enjoy working in cancer care as well as helping people who have acute issues, like infections, feel better, so the TAC Nurse Practitioner role is a perfect fit for me.

Why do you love working at the Cancer Centre? From treatments offered, to caring for each person as an individual, I am proud to work in an environment where the quality of care is so high.

You have the floor – what do you want to share with patients?

We are here to support you and your family throughout your cancer journey. If there is a way in which we could better help you, please do not hesitate to let us know. We want to ensure you have the best possible care.

We love to hear from you!

To provide feedback on your care, please visit www.rvh.on.ca/patients-visitors/send-us-feedback-on-your-experience/. You can also contact the RVH Patient and Family Experience Office at (705) 728-9090 ext. 44510, or email patientexperience@rvh.on.ca.

Ask an expert: PICC Line Care

We asked Ashley Dobbin-Mohammed to answer some common questions about PICC lines.

What is a PICC line?



Photo credit: Sunnybrook Hospital

A peripherally inserted central catheter (PICC) line is something that most patients have if they are getting systemic therapy that is delivered intravenously (IV for short) or injected. Your care team will let you know if this is something they suggest for you during your treatment. On the outside, a person with a PICC line has several tubes coming out of their upper arm. On the inside, it is a very long tube that goes from the arm all the way up to a vein near the heart.

The procedure to put in a PICC line is done at a hospital's Imaging department, using ultrasound and/or x-ray to check if the PICC line is put in the right place. The procedure takes about 1 hour.

Why does a patient need a PICC line?

Patients who are getting systemic therapy via an IV or an injection will need to have a needle inserted in their arm every time they come for treatment. To reduce the number of needle pokes, we put in a PICC line so that we can re-use that same site each time you receive

treatment, or need to have blood drawn, or fluids if you are a bit dehydrated. It's really helpful when we give treatment and more comfortable for the patient. The PICC line helps the care team to give your treatment even if you have had trouble accessing your veins (for example, getting blood work).

What do I need to know to care for my PICC line?

We suggest you check your PICC line once a day and as needed if you feel or see something different. See the next section for signs and symptoms to look out for.

Helpful lifestyle tips:

- PICC line covers are very helpful to keep the PICC line in place while you go about your daily activities. Search "PICC line covers" online or call 211 if you need help finding a store that sells PICC line covers.
- Keep your PICC line dry.
- Clean your hands before and after touching your PICC line.
- Be gentle with your arm that has the PICC line. Don't lift anything heavier than 10 pounds (for example, a sack of potatoes).

What are signs and symptoms I need to look out for that signals I need help?

Call the Cancer Centre's Symptom Support Telephone Service (triage) if you are having: a fever, redness or swelling near your PICC line site, swelling of only the arm that has the PICC line, pain or tenderness near your PICC line site, the PICC line is loose or coming out or the home care nurse tells you it is blocked, and any lumps near the PICC line or above it

How do I get help?

Our Cancer Centre's Symptom Support Telephone Service (triage) is available 7 days a week.
During the day: 705-728-9090 x79565.
After hours, evenings and weekends:
Bayshore CAREChart 1-877-681-6057.
You can also ask your nurse at the Cancer Centre any non-urgent questions you have about PICC line care at your next appointment.

BANANA BREAD MUFFINS

Enjoy the moist goodness of fresh banana bread in the convenient shape of a muffin. If you like your muffins sweeter, try adding chocolate chips

Prep time - 10 minutes Cook Time - 25 minutes Yield 12 – Muffins

Ingredients:

8 tablespoons (1 stick) butter, softened.

$\frac{3}{4}$ cup brown sugar

$\frac{1}{2}$ cup plain Greek yogurt

2 eggs

1 teaspoon vanilla

2 cups flour

1 teaspoon baking powder

$\frac{1}{4}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon ground ginger

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup mashed overripe banana



Instructions:

Preheat oven to 350 degrees. Line a 12-cup muffin tin with muffin cups or parchment paper.

-In a large bowl, cream butter with brown sugar, yogurt, eggs, and vanilla. Whisk in banana.

-In a separate bowl, whisk flour, baking powder, baking soda, cinnamon, ginger, and salt.

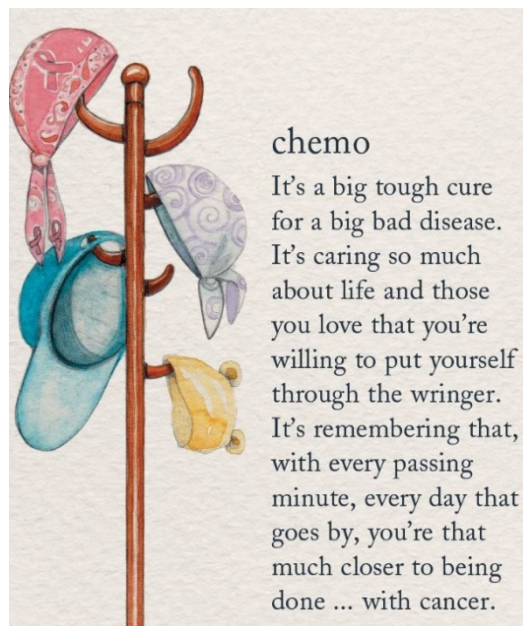
-Mix the wet and dry ingredients in a large bowl until combined.

-Divide batter evenly into prepared muffin tin.

-Bake until golden and a toothpick inserted in the centre of a muffin comes out clean, 20 to 25 minutes.



Need to get up to date on your cancer screening? Call the Simcoe Muskoka Cancer Screening Hotline 1-866-608-6910.



chemo

It's a big tough cure for a big bad disease. It's caring so much about life and those you love that you're willing to put yourself through the wringer. It's remembering that, with every passing minute, every day that goes by, you're that much closer to being done ... with cancer.