

THE QUARTERLY

NEW YEAR
NEW LOOK

REDUCE WAIT TIME>

ABNORMAL MAMMOGRAPHY SCREEN

An abnormal screen result can induce morbidity given the negative psychological impact it can have on a client even when the follow up testing is ultimately negative. The wait time to diagnosis with a tissue biopsy can be a challenge for various reasons. One of the primary directives of the regional prevention and screening program is to monitor wait times and partner with health care professionals to improve them when necessary. You may receive a consent form to expedite patients who require further breast assessment procedures to an OBSP breast assessment site which will decrease the wait time for your patient. This is part of the ongoing quality management and improvement process. If you have any questions, please do not hesitate to contact us at ICSregional@southlakeregional.org

NEW LOOK>

NEWSLETTER

We've updated the design of The Quarterly, and we want your feedback. Love it? Hate it? What would you change? Let us know: icsregional@southlakeregional.org

THE TEAM>

INTERIM MANAGER

By Christine Gordon

I'm thrilled to be joining the Prevention and Screening team at the Central Regional Cancer Program for the next year. I most recently worked as the Executive Director of the Bridgepoint Family Health Team and can clearly see many opportunities for partnership between the Prevention and Screening team and primary care providers across York Region, North York and South Simcoe.



The Prevention and Screening team is responsible for implementing organized and sustainable cancer screening programs for breast, cervical, and colorectal cancer to support population-based screening and increase the cancer screening rates of eligible Ontarians. This goal aligns well with the preventative care mandate of primary care and primary care physicians have a significant ability to influence their patients' participation in cancer screening.

Our partnerships will become increasingly important as the Ministry of Health and Long-Term Care continues to move towards a population-based primary health care system.

Our current focus is on working with areas that have high numbers of under or never screened patients who would benefit from cancer screening. We have been engaging with primary care providers to better understand barriers to cancer screening and to develop quality improvement projects to increase screening rates. We continue to support primary care providers with cancer screening and prevention resources for patients, by working on EMR optimization projects, and by supporting the patient enrollment model (PEM) physicians' use of the Screening Activity Report. I look forward to working with you, our primary care partners, over the next year.

PHYSICIAN-LINKED CORRESPONDENCE

A proven way to get more of your patients screened for cancer. Physicians play a crucial role in cancer care and can greatly influence patients' participation in cancer screening. To enroll or for more information, visit:

www.cancercare.on.ca/pcs/primcare/physician_linked_correspondence/



KIDNEY AND MELANOMA ADDED TO MY CANCERIQ>

PATIENTS ASSESSING THEIR OWN RISK

By Dr. Marla Ash, MD,CCFP

Regional Primary Care Lead, Central Regional Cancer Program

When patients present to the office with a concern in general about their overall health, they may not be clear or specifically aware how various aspects of their own health and well-being may be contributing to their risk of developing certain cancers. These occasions provide great opportunities to advocate for your patients to actively participate in the online Ontario developed tool MyCancerIQ. This tool created by the province provides a personalized risk-assessment and action plan to help reduce the risk of breast, cervical, colon, lung, melanoma and kidney cancers. It may also help reduce the risk of other chronic conditions diseases such as diabetes and heart and lung disease.



By completing the online assessment themselves and identifying their individual risks and protective factors for developing cancer, there are self-managed opportunities for health behavior change. This web based intervention may help lead our patients to smoking cessation, dietary alteration, and participation in an organized cancer screening program for breast, cervical or colorectal cancer. Beyond what we may be able to encourage patients in the office setting, MyCancerIQ may help change their way of looking at health and well-being. This could be extremely useful for patients who tell you they are reluctant to screen for breast, cervical or colorectal cancer due to various reasons which may include a lack of time, the belief it is not helpful, or fear or worry about the safety of the screening test. Invite your patients to visit www.MyCancerIQ.ca.

my CANCERiq

**Assess your cancer risk.
Then learn how to reduce it.**

Visit MyCancerIQ.ca today

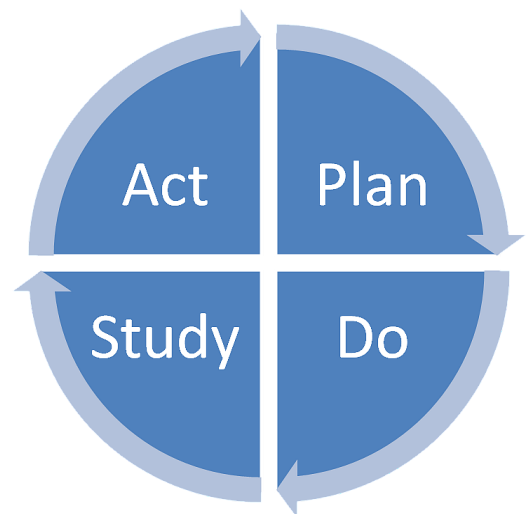
The image shows the MyCancerIQ logo on the left, which consists of the word 'my' in a blue circle followed by 'CANCERiq'. To the right of the logo is a screenshot of the MyCancerIQ website interface, showing a dashboard with various charts and data points. Below the logo and screenshot is the text 'Assess your cancer risk. Then learn how to reduce it.' and 'Visit MyCancerIQ.ca today'.

QUALITY IMPROVEMENT>

CANCER SCREENING QUALITY IMPROVEMENT TOOLKIT

System-wide quality improvement is the vision that the Ministry of Health and Long-Term Care provides for all healthcare sectors, including primary care. Quality Improvement Plans (QIPs) are enablers to support this goal. The QIP is about improving the patient/client and provider experience, care effectiveness, and value through system improvement. Cancer Care Ontario has developed a Cancer Screening Quality Improvement Toolkit to support primary care providers in developing QIPs related to cancer screening in their own practice.

Stay tuned for QIP funding opportunities...



Access the toolkit here:

www.cancercare.on.ca/primarycare

On the left-hand menu select Primary Care Quality Improvement Toolkits

OFFICE VISITS>

YOU ASKED WE LISTENED:

The Prevention and Screening team has been meeting with Primary Care teams across the region. Our Primary Care team meetings provide Mainpro 1 education credits and are a collaborative brainstorming session with the goal of supporting your practice to increase cancer screening rates. Common themes have emerged from our visits including lack of time to discuss cancer screening, identification of patients due for screening or follow up, and communication to under/never screened patients. While we can't create more time in your day, we can assist you with the identification of patients who are under screened, patients who have been screened and require follow up, as well as physician linked correspondence offering personalized colon cancer screening letters from you for your patients.

Please contact ICSregional@southlakeregional.org for more information regarding SAR registration and to book your office education session today

HELPING PATIENTS COPE WITH SYMPTOMS>

NEW SYMPTOM MANAGEMENT GUIDES

Cancer Care Ontario has released new symptom guides. The most recently updated guides are designed to help cancer patients learn how to manage their fatigue, nausea and vomiting. You and your patients can access these guides using this link: <https://www.cancercare.on.ca/toolbox/symptools> Other symptom management guides include: Pain, Depression, Lack of Appetite, Anxiety, Shortness of Breath, Diarrhea, Constipation, Mouth Care, Fever.

How to Manage Your Fatigue



How to Manage Your Nausea and Vomiting



NEW>

BREAST CANCER WELL FOLLOW-UP PATHWAY MAP

Cancer Care Ontario has developed a new breast cancer well follow-up map targeting breast cancer patients who have completed primary treatment for breast cancer and are without evidence of disease, but would potentially be candidates for further treatment if recurrence or new breast cancer were detected. Get the map here: <http://bit.ly/1Mzztzv>



EMR OPTIMIZATION TOOLKITS

COMING SOON: Toolkits for PS Suite and Accuro. Sign up by contacting icsregional@southlakeregional.org to get your name on the list for when they become available. You will be able to gain access to data standardization, EMR searches and cancer screening workflows.

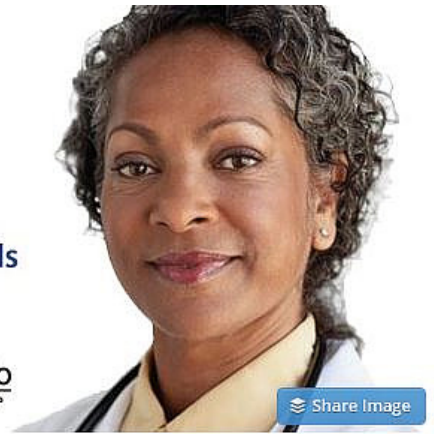
PROFESSIONAL DEVELOPMENT>

ONLINE MAINPRO CREDITS AVAILABLE

Cancer Screening Courses (Mainpro-M1) - benefits and limitations to cancer screening
Aboriginal Relationship and Cultural Competency Courses (Mainpro-M1) - enhances your knowledge of First Nations, Inuit and Metis history, culture and health landscape to improve health outcomes and person-centred care



New, free and accredited
E-learning courses for healthcare professionals are now available



RESOURCES FOR REFUGEES>

ARABIC CANCER SCREENING RESOURCE PACKAGES AVAILABLE

Contact us: icsregional@southlakeregional.org to receive breast, cervical and colorectal cancer screening information in Arabic for your patients.

MOHLTC TOOLKIT

The Syrian Refugee Early Assessment Toolkit is designed to support the primary care provider in their early assessments and care of Syrian refugees of all ages. Find the toolkit here: <http://bit.ly/1MzRMot>
Developed by the MOHLTC with Public Health Ontario.

AWARENESS MONTHS AND IMPORTANT DATES>

MARCH- COLON CANCER



March was colon cancer awareness month. The provincial campaign featured a sports theme and Daryl Sittler was the spokesperson. It encouraged men to #calltheshots on colon cancer and speak to their doctors about the FOBT. You may experience more patients asking about colorectal cancer screening as a result.

APRIL- CERVICAL CANCER



You may have higher than normal requests for Pap tests throughout April due to provincial campaign efforts targeted to women throughout the month.

MAY 4, 2016- MAMMOTHON



On May 4, 2016, the Central Regional Cancer Program is hosting Mammothon, a one-day breast screening marathon in the Central LHIN. 18 OBSP sites in our region and 49 across the province are participating. Visit WWW.MAMMOTHON.CA for more information

OBSP CORRESPONDENCE

We are aware of an issue with patients not receiving OBSP correspondence letters. We've developed tools and partnered with our OBSP sites in an effort to encourage patients to work with Cancer Care Ontario to resolve the issue.



Central Regional Cancer Program
in partnership with Cancer Care Ontario

QUESTIONS? CONCERNS? NEWSLETTER IDEAS, DISTRIBUTION INFORMATION, OR TOPICS YOU'D LIKE TO SEE COVERED? CONTACT US:

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