

Everything You Need... in One Place!

Introducing our new website – designed especially for you.



We are proud to launch our newly redesigned website with its fresh appearance and simple navigation. What makes the site unique is that it was specifically created for care providers like you, who provide cancer care for patients and their families.

The site was built as an extension of the public-facing website (southwestcancer.ca) and is structured to reflect the cancer journey – from prevention and screening to palliative and end-of-life-care.

Within each section, you will find best practice guidelines, referral forms, patient resources, contact information, plus much more. No matter where you are located, the site is responsive and accessible from your desktop, smartphone, or tablet.

Don't forget to bookmark www.southwestcancer.ca/providers today for the

Not sure where to begin? Watch this short tutorial about how to navigate the site: <https://www.youtube.com/watch?v=9bZcggdsWjQ>

Helping Our Patients Become Smoke-Free

Quitting smoking produces drastic and immediate outcomes. As a health care provider, you can act as a catalyst to help patients realize all the benefits that come along with being smoke-free. As part of our ongoing initiative to spread the word about the benefits of quitting smoking, the South West Regional Cancer Program has developed a short video to share with patients, families, and staff in the region. **You can view the video by clicking on the following link:** <http://bit.ly/1FxKsJH>

If you would like a closed captioned version of this video to play in your waiting rooms, please contact swrcpcommunications@lhsc.on.ca



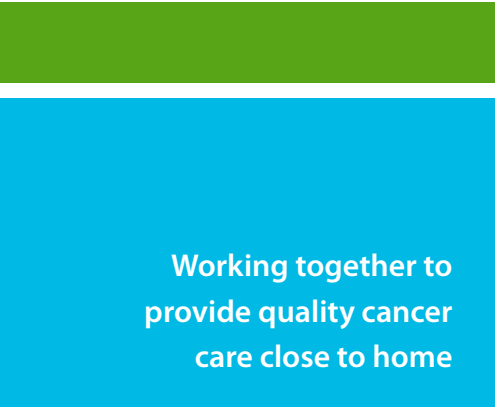
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Together, We Will.

Launch of New Renal and Cancer Plans



On March 30, Cancer Care Ontario launched the Ontario Cancer Plan (OCP) IV and Ontario Renal Plan (ORP) II.

These plans provide a comprehensive roadmap for the way Cancer Care Ontario, health care professionals and organizations, cancer and renal experts, and the provincial government will work together to develop and deliver cancer and renal services over the next four years.

The cancer and renal plans share several commonalities, including three key themes – patient centred care, integrated care, and improved patient access. Built on the foundation of past plans, the OCP IV and ORP II expand on progress achieved to date, incorporating lessons learned to further drive quality and accountability. This solid foundation has provided us with the chance to reflect on how we can continue to build on

our success, including how we engage with partners.

In the coming months, the South West Regional Cancer Program and the South West Regional Renal Program will be working to develop regional plans that reflect the OCP IV and ORP II priorities, and will in turn signal the work of our regional cancer and renal programs. Stay tuned for an update in our next edition!

Visit the websites below to learn more about the plans, and how we can use these plans to improve the quality of care for current and future patients across the South West region.

Ontario Cancer Plan IV:
<http://ocp.cancercare.on.ca/>

Ontario Renal Plan: http://www.renalnetwork.on.ca/ontario_renal_plan/

MESSAGE FROM THE DIRECTOR

Brenda Fleming, Director
South West Regional Cancer Program

The birds are chirping, the trees are flowering, and the temperatures are rising. Spring is definitely in the air!



The Ontario Cancer Plan (OCP) IV was released in March. Working together with health care providers - like you - across the region, we will use this plan to reduce the risk of Ontarians developing cancer, while improving the quality of care for current and future patients. The South West Regional Cancer Program will be working with stakeholders across the region over the next several months to develop our regional plan to reflect the priorities established in the OCP IV. This plan will, in turn, guide the work of our regional cancer program and will bring the goals, strategic objectives and initiatives of Ontario's cancer plan to life at the local level.

If you haven't yet checked out our new website designed especially for health care providers, I encourage you to do so. The site is an excellent resource to support the important role you play in caring for cancer patients and their families. Visit southwestcancer.ca/providers.

Three staff members from the South West region were nominated for Human Touch Awards. These awards are presented annually by Cancer Care Ontario to celebrate the unsung heroes who provide the true 'human touch' to patients across Ontario every day. Congratulations to Sue Stein (Nurse Navigator at the South West Regional Cancer Program), Julie Sans (Coordinator of Cancer Support Services at the London Regional Cancer Program), and Rosemary Davidson (Registered Nurse at the London Regional Cancer Program) on being nominated.

Cancer System Quality Index Shapes Ontario's World-class Cancer System



The CSQI wants to ensure that efficiency within the system can be measured and better understood. This will ultimately add value to the cancer system and improve the overall patient experience.

“Results from this year’s CSQI demonstrate that Ontarians can continue to be confident in

their cancer system.” said Michael Sherar, President and CEO, Cancer Care Ontario. “We will use the 2015 results to continue to drive excellence through the many initiatives already underway across the cancer journey.”

The CSQI 2015 includes a total of 34 indicators spanning the cancer journey from screening to survivorship as well as end-of-life care, along with several measures related to cancer prevention.

How are we doing in the South West? **Visit our website to review all the indicators:** <http://www.southwestcancer.ca/how-are-we-doing>

On May 20, the Cancer Quality Council of Ontario released the results of the 2015 Cancer System Quality Index (CSQI), an interactive tool used to measure the performance of the cancer system in Ontario.

The CSQI is a quality improvement tool that identifies gaps in the cancer system and drives improvement through regional, provincial, national and international benchmarking. This is the sixth year that the tool has showcased benchmarks for Ontario’s performance. The CSQI evolves year over year and informs Cancer Care Ontario’s overall action plan, helping to determine priorities and allocation of resources.

SOUTH WEST CANCER NEWS LINK

Tools for the Journey

Palliative care is not a common term for First Nations, Inuit and Métis (FNIM) communities. As a health care provider, a culturally competent approach to palliative care means supporting the spiritual and cultural beliefs of your patients. When interacting with First Nations, Inuit and Métis communities, the ability to understand, appreciate, and respond to their needs can have a substantial impact on the patient experience.

To help support caregivers when interacting with FNIM communities, the Aboriginal Cancer Control Unit of Cancer Care Ontario produced a resource toolkit called “Tools for the Journey: Palliative Care in First Nations, Inuit and Metis Communities.” The toolkit contains a series of brochures on palliative care along with a reference binder of materials. The information and resources in this toolkit were developed in collaboration with FNIM communities and organizations.

The series of brochures includes six topics:

- Understanding the Diagnosis for Patients and Caregivers
- Teachings to Support Grief and Loss
- What to Expect: Making Decisions and Plans
- Taking Care of Your Loved One
- Working Together
- Who to Talk to for Support

The reference binder contains materials, definitions, and additional information relating to brochure topics to help support health care providers as they accompany someone through their cancer journey. To help with this process, the binder is organized to mirror the brochure so that the caregivers can easily find additional resources and reference when needed.

Palliative care is one of the priorities identified in Ontario’s Aboriginal Cancer Strategy II. The strategy commits to directly engage with First Nations, Inuit and Métis leaders and health networks in a community-based and holistic way to reduce cancer in First Nations, Inuit and Métis people, and to ensure those with cancer live longer and better lives. **To learn more about the binder and how to access the resources visit:** <http://bit.ly/1P6qyX9>

The South West Regional Cancer Program has developed an animated video to help care providers understand the aboriginal perspective on palliative care.

Watch the video here:
<http://bit.ly/1bDtgX4>

Making the Healthy Choice the Easy Choice

Individual efforts to lead healthier lives only take us so far in our goal of reducing the impact of cancer and chronic disease. There is strong evidence that system-level initiatives such as healthy public policy and community-wide programs are more effective in reducing the prevalence of modifiable risk factors.

Cancer Care Ontario has launched the inaugural 2015 Prevention System Quality Index (PSQI), a report that measures the effect of system-level initiatives in cancer prevention and early detection in Ontario by analyzing 15 indicators spanning seven domains: tobacco, alcohol, healthy eating, physical activity, environment, ultraviolet radiation and cancer screening. The 2015 PSQI report discusses current programs and policies of significance in these areas and highlights gaps that exist.

The findings of this report indicate that while progress is being made in some areas, a significant need remains for improved cancer prevention efforts across



the province at a public policy and system level. Over the past decade, the prevalence of risk factors and exposures in Ontario have shown little or no improvement. The PSQI report supports the development of broad-scale programs that will help with cancer and chronic disease prevention.

The PSQI report, based on the latest evidence, will evolve in the coming years to provide a comprehensive annual report on Ontario’s efforts in cancer prevention.

The full report is available on Cancer Care Ontario’s website at cancercare.on.ca/PSQI.

PROFILE: Manager, South West Regional Cancer Program

Millie Litt: Millie began her career in health care over twenty five years ago as a registered dietitian. Although Millie’s resume has expanded over the years, she remains a relationship builder. In her current role as Manager of Regional Cancer Services at the South West Regional Cancer Program, she oversees system-wide improvements relating to the prevention of cancer and the delivery of cancer services.

Millie works directly with Cancer Care Ontario, Public Health, the Canadian Cancer Society, as well as multiple regional partners to ensure care delivery is consistent and coordinated across the South West. “What I especially enjoy about administrative leadership is being able to foster an empowering environment that promotes the personal and professional growth of all members of the team,” says Millie.

When she’s not developing strategic directives at work, Millie enjoys spending time with her family, completing home renovation projects, and baking.



Contact Millie Litt at:
Millie.Litt@lhsc.on.ca

Latest Updates

New OBSP Policy: Screening Women over 75 - The Ontario Breast Screening Program (OBSP) recommends screening with mammography for women at average risk who are between the ages of 50 and 74.

Women aged 75 years and older who wish to be screened through the OBSP must be referred by their primary care provider. Women over the age of 75 are encouraged to speak to their primary care provider in order to make a risk-appropriate decision about whether or not to screen. This approach aligns with the recommendations made by the Canadian Task Force on Preventive Health Care. If a woman chooses to be screened and is referred by her family physician, she will receive result letters from the OBSP. She will not receive recall letters or invitation letters.

The New Interactive Screening Activity Report- The Screening Activity Report (SAR), developed by Cancer Care Ontario (CCO), is a tool to support physicians in improving their cancer screening rates for breast, cervical and colorectal cancer screening.

CCO has recently enhanced the SAR to provide a more interactive experience. A physician (or delegated office staff member) can now quickly drill-down to the specific cancer screening information she/he is looking for. The modifications make the SAR reports more user-friendly and efficient. To learn how easy it is to navigate the SAR watch the quick support videos at www.cancercare.on.ca/SAR.

To access the SAR, physicians and their delegate(s) must be registered with an E-health Ontario ONEID account. **Visit <https://www.cancercare.on.ca/pcs/primcare/sar/>** to register, or access your SAR.