

March 2023 | ISSUE #18

Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

Welcome

Our teams have submitted two projects to the latest round of the CIHR Project Grant competition. The first project, “CRC-Tai Chi: Colorectal Cancer survivors participating in Tai Chi to manage long-term changes to bowel function”, led by Dr. Colleen Cuthbert, will allow us to build on some of our pilot data if successful. The second, project, “Sex Concordant versus Discordant Patient-Physician Dyads and Associations with Cancer Outcomes”, led by Dr. Winson Cheung, is a re-submission that we are hopeful will be successful this round. We anticipate learning the results of these submissions in the Fall and will keep everyone updated as we have more information.

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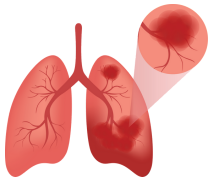
Research Highlights

Oncology Outcomes

Real-world treatment patterns, clinical outcomes, and health care resource utilization in extensive-stage small cell lung cancer in Canada

BACKGROUND

Lung cancer is the 2nd most common type of cancer among both men and women in **Canada**.



Small cell lung cancer (SCLC) accounts for approximately 12% of lung cancer cases. Approximately 2/3 of SCLC patients present with extensive-stage (ES) SCLC.

There is an **unmet need** for effective and tolerable treatment options that extend survival for patients with ES-SCLC.

STUDY GOAL: To comprehensively describe the treatment patterns and overall survival of patients with ES-SCLC in Alberta, Canada, using population-based data.

METHODS



Data from ES-SCLC patients aged 18+ diagnosed in Alberta (2010-2018) using **electronic medical records and administrative claims data**

Study measures included **patient demographics** and **clinical characteristics**, **treatment sequence patterns**, and clinical outcomes, such as **overall survival**.

RESULTS

29.5%
Received chemotherapy and radiotherapy

17.0%
Received chemotherapy alone

8.7%
Received radiotherapy alone

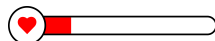
44.8%
Received best supportive care

Of the patients who initiated chemotherapy (46.5%) in this study, only 18.7% initiated second-line therapy, and 3.0% initiated third-line therapy.

CONCLUSIONS

Initiation of **first-line treatment** in ES-SCLC was **low**.

Survival was modest for all lines of therapy.



These results underscore the need for **earlier detection** and **effective front-line therapeutic options**.

Click [here](#) for full article.

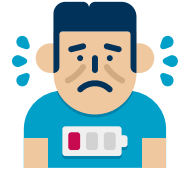
Cuthbert Lab

Living with Paradox: A qualitative study of colorectal cancer patients' experiences in managing their health after cancer treatment

BACKGROUND

Colorectal cancer (CRC) survivors can face long-term effects after treatment including chronic fatigue, mood and sleep disturbances, and alterations to physical functioning.

The time after cancer treatment (**post-treatment phase**) can be challenging for patients to manage their health.



STUDY GOAL: To explore CRC patients' experiences of managing their health and perspectives on self-management in the post-treatment period.

METHODS

Focus groups and individual interviews were conducted following Thorne's Interpretive Description for 19 patients who had completed treatment for CRC to explore the experience of managing one's health.



RESULTS

Participants described the ambiguity of health, the need to accept their new normal, losing control and taking back control, experiencing positive and negative life changes, and the need to continually reframe their perspectives to focus on the positives.

CONCLUSIONS

Our findings suggest that providing patient-centered care to colorectal cancer survivors post-treatment involves recognizing their changing and sometimes conflicting experiences.

In order to tailor supportive care, **cancer care systems** should strive for **flexibility** in the structure and timing of support available in the **post-treatment period**.



Click [here](#) for full article.

Study

Recruitment



We continue to actively recruit participants for several studies right now, including:

- ▶ Healthcare Provider and Patient Views on Prescribing Opioids for Cancer Patients. [Poster Link to Share](#)
- ▶ Patients Perspectives of Value Frameworks Used to Guide Oncology Treatment Decisions. [Poster Link to Share](#)

If you think the studies might be relevant to your contacts, please feel free to share the website or poster links. For the additional details on each study click [here](#).

Coming Up

The next newsletter will release in April 2023.

Previous issues of the PFAC newsletter have been posted online: <https://www.cuthbertlab.com/advisory-council>

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SAVE THE DATE

MAY 13, 2023

BUMRUN
CALGARY



On **May 13th** the annual **Bumrun** will be held in Calgary. The Bumrun is a 5K walk/run founded by Dr. Ian Bookman to raise awareness for colorectal cancer and encourage early screenings. Since 2011, the Bumrun has raised over \$900,000 for colon cancer research, enhancing patient support programs for families living with colon cancer, and raising awareness of colon cancer screening and prevention.

**The 5K run
to get behind.**



Please click [here](#)
for more
information about
the Bumrun

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