

October 2025 | ISSUE #48

Patient and Family Advisory Council

Cuthbert Lab & Oncology Outcomes

Welcome

It's been a busy and exciting season in the lab as our team continues to make great progress on several research projects. Recently, Dr. Colleen Cuthbert and Dr. Winson Cheung travelled to Berlin, Germany to attend the European Society for Medical Oncology (ESMO) Conference, where they had the opportunity to present their work to a diverse audience of international experts and collaborators. We're thrilled to see our research contributing to global conversations in cancer care and look forward to sharing more updates with you soon!

You're Invited!
RWE O2 DAY
Real-World Evidence in Oncology Outcomes (RWE O2) Day
NOVEMBER 19, 2025
The Bow Tower - 500 Centre St S, Calgary, AB T2G 0E3

In partnership with the 2025 POET Congress, this dynamic half-day event will bring together healthcare professionals from across Alberta to connect, learn, and shape the future of oncology care. RWE O2 Day is all about collaboration, cutting-edge data, and bold ideas. Through engaging presentations, thought-provoking panel discussions, and valuable networking opportunities, we'll explore how real-world evidence is transforming clinical practice, informing policy, and driving innovation in cancer care.

Registration is FREE for the half day event!

[Click here](#) to secure your spot today.

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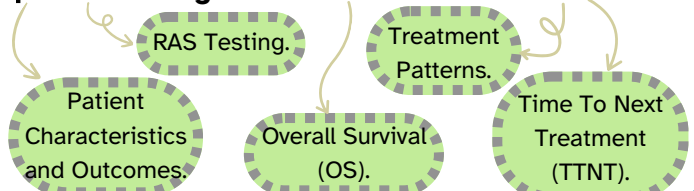
Real-World Study to Assess Patterns of Treatment Practices and Clinical Outcomes in Metastatic Colorectal Cancer Patients with RAS Wild-Type Left-Sided Tumours in Canada.

STUDY GOAL

There is **minimal Canadian data available on rat sarcoma virus (RAS) mutations in metastatic colorectal cancer (mCRC).**



Conducted a population-based cohort study of **left-sided RAS wild-type (WT) mCRC patients diagnosed between 2014 and 2019.**



CONCLUSIONS & FUTURE IMPACT

Few individuals received **biological agents in combination with chemotherapy** in the 1L setting.

Low survival, further declining in subsequent lines of therapy.

High rate of **attrition** between lines of therapy.



Highlighted **unmet needs** for:

Increased **RAS testing** before treatment initiation.

Careful selection of 1L therapies for mCRC.

Additional novel **therapeutic options** in this patient population.



[Click here for full article.](#)

Cuthbert Lab

BARRIERS AND FACILITATORS TO THE RECRUITMENT AND ENGAGEMENT OF DIVERSE POPULATIONS INTO PATIENT AND FAMILY ADVISORY COUNCILS: A SCOPING REVIEW

Madison P Leia, Kaitlin See, and Colleen Cuthbert

PURPOSE AND METHODS

Patient and family advisory councils (PFACs) are structured collaborative groups where **patients and caregivers partner with healthcare professionals** to shape policies, services, and research.

The research objectives of this scoping review are to:

1. identify the **populations** that have been included in efforts to increase diverse representation in PFACs.
2. synthesize the existing literature on the **barriers** preventing and the **facilitators** supporting **recruitment** and **engagement**, with a focus on enhancing diversity within broader communities.

A **scoping review** was conducted using subject headings and keywords on patient, family, and caregiver advisory committees and diversity, combined with terms on recruitment, retention, and engagement. Data on populations of interest were quantitatively analyzed for the first objective, and barriers and facilitators were qualitatively analyzed for the second.

FINDINGS AND CONCLUSIONS

Populations of Interest

Race, ethnicity, age, socioeconomic status, and gender were commonly considered diversity factors. However, other key populations such as individuals with disabilities, migrants, and those with lived experiences of homelessness, are often overlooked.



Recruitment Barriers

- Exclusionary materials/criteria
- Historical mistrust and stigma
- Geographic distance
- Conflicts with primary responsibilities

Recruitment Facilitators

- Developing a relationship with community prior to recruitment
- Understanding the diversity needs of your PFAC
- Providing appropriate and relevant information in ads

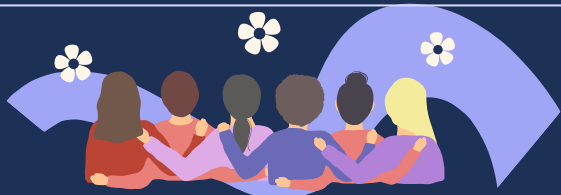
Engagement Barriers

- Inadequate training
- Discomfort of lack of access to technology
- Tokenism
- Mistrust
- Difficulty in communicating with staff

Engagement Facilitators

- Maintaining consistent contact with members
- Recognizing the unique expertise members bring to the PFAC
- Preparing staff to interact with diverse lay collaborators

Ensuring diversity in patient engagement requires sustained effort and can be facilitated by engaging in culturally tailored outreach, relationship-building with community leaders, and reducing logistical barriers.



Study #1

Study Recruitment



What is the study about?

Head and neck cancer (HNC) treatment is often associated with physical and psychosocial burdens. Your participation will be used to understand the views of participants when it comes to difficulties involved on social isolation and loneliness during HNC treatment

What is involved?

Participate in an interview (**approximately 60 minutes**) to share your thoughts and views on social isolation and loneliness during cancer treatment

Who is eligible?

Individuals diagnosed with HNC as an adult and had completed treatment for at least 1 year



This study has received ethics approval from the Health Research Ethics Board of Alberta HREBA.CC-24-0468
Contact us at laisrenata.cezariosa@ucalgary.ca to join!



Study #2

Join Our Research Study!

Sociodemographic and Psychosocial Patient and Physician Factors in Oncology Treatment Decision-Making

What?

We want to understand how the background, experiences, and personal beliefs of patients and physicians affect the way they make treatment decisions together AND how these decisions impact patient's health. Share your experiences in a focus group with us!

Who?

- 18 years old or over
- Received a cancer diagnosis within the past 2 years
- Living in Alberta
- Referred to a medical oncologist for a chemotherapy assessment



Contact us at cacuthbe@ucalgary.ca

This study has received ethics approval from the Health Research Ethics Board of Alberta (HREBA.CC-25-0065). Contact HREBA at 780-423-5727. This poster was created in accordance with the HREBA.CC-25-0065-Patient ICF_V1 documented on February 10, 2025.



Coming Up



The next newsletter will release in November 2025. Previous issues of the PFAC newsletter have been posted online:
<https://www.cuthbertlab.com/advisory-council>

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