



2021 CAGPO ANNUAL CONFERENCE

September 23-26, 2021
Lord Nelson Hotel
Halifax, NS
cagpo-annual-conference.ca

CAGPO News

DECEMBER 2020

CPD OPPORTUNITIES

FPON (Family Practice in
Oncology Network) holds
regular webcasts - look
for emails from CAGPO
for more information.

EXECUTIVE MEMBERS

Tunji Fatoye, MB
Chair

Mary DeCarolus, ON
Past Co-Chair

Henry Docherty, BC
Past Co-Chair

Gen Chaput, QC
Chair-Elect

Lucile Robillard, ON
Treasurer, Ontario

Andrew Knight, ON
Chair, Scholarship
Committee,

Patricia Craig, NS

Lori-Ann Hayward, NL

Evan Lilly, ON

Pamela Craigie, ON

Don Rowe, NS

Lynne Savage, MB
Administrative Assistant

info@cagpo.ca

Message from the Chair

As we approach the end of the year 2020, it is an understatement to say this has been a year where we have all had to put into practice all those skills we learn and maybe hope not to have to use.

We have expanded our vocabulary to include words and phrases such as coronavirus/COVID-19/SarsCOV-2, social distancing, physical distancing and have used words like pandemic, restrictions and lock down more often than we ever would have wanted to. And who would have thought the fashion accessory of the year (and maybe decade) would be masks?

Enough of that, this year was another first for our annual conference. We held our first virtual conference and, if I may say, it was a successful conference. All of this despite the fact we couldn't gather together like we would have liked. Nonetheless we had a wonderful event, many thanks to the organizing committee who had to pivot at short notice to a virtual format.

We hope to be able to have our 2021 conference in person in Halifax.

CAGPO's ongoing partnership with *Current Oncology* continues with Gen Chaput and Evan Lilly leading the series, and I certainly hope we have all taken the educational opportunity it has provided.

I would like to take this opportunity to thank Heather Ostic for her work on the Executive Committee as co-chair of the Scholarship Committee. I am also pleased to welcome Pamela Craigie as a member-at-large of the Executive.

Finally, as we approach the end of the year and the holiday season, I want to wish everyone good health, good cheer, and joy for the holidays and in the coming years, and as is now normal parlance, STAY SAFE

Tunji on behalf of Mary, Henry, Andrew, Lucile, Gen, Evan, Lori, Don, Lynne, Pam, Pat

2021 Scholarship Update

CAGPO provides a scholarship program designed to support physicians who would like to develop their skills in cancer care.

The learning activity takes the form of a clinical traineeship of one to four weeks duration. The value of the scholarship is up to \$4500 per full-time week of training. Applicants must be CAGPO members at the time of application. Applications must be postmarked by **June 15, 2021**.

Please visit www.cagpo.ca and click on the scholarship tab for more information. If you have any questions, email info@cagpo.ca.

CAGPO 2020 CONFERENCE—ANSWERS TO SOME OF YOUR QUESTIONS

First let me say THANK YOU for your feedback - it is always welcomed and helpful! Some of you had questions and comments regarding the virtual format, so I would like to address some of your concerns.

When it was clear that we could not hold a live in-person conference (mid-July) and that the hotel would not let us out of our contract, we pivoted to a virtual conference. Almost all of our sponsors said they had to review whether or not they would continue to sponsor our conference given the change in format. So, from a financial perspective, we still had to pay the hotel the deposits as per our contract (over \$60K) and we could possibly not have the sponsorship dollars that had been committed. To hold a virtual conference, we needed to hire an additional IT company, as Agora Communications does not host the virtual format. We still had honorarium expenses. We considered staggering the presentations over three days instead of two, but that would increase our IT expenses for the additional company by 33%.

The Executive Committee discussed these issues and we decided to proceed with a two-day conference given the uncertainties regarding our finances at the time the decision needed to be made (mid-July).

Regarding the fact that there was no hematology topic, we did have a presentation on CAR-T cell therapy, but the speaker became unavailable around the time we converted to a virtual format, and as many of you expressed, there were many presentations each day. So, we decided not to find a replacement speaker. We also did not have the GPO scholarship presentation, again in an effort to control the hours per day of presentations.

Overall, the format worked well; there were some bugs that we will need to fix if/when we need to have a virtual format again. Breaks need to be longer, the length of the days need to be shorter—we have heard you!

If you have any specific questions, you can contact me directly, at mary.decarolis@grhosp.on.ca.



ONCOLOGY EDUCATION OPPORTUNITIES

Atlantic Canada Oncology Group

- ACOG is planning a half-day CME opportunity on February 19 and another in May, with specific date still TBD (more information [here](#))

Family Practice Oncology Network

- [Fall 2020](#) issue of the Journal of Family Practice Oncology

- Upcoming Oncology CME Webcasts:

January 21, 2021, 0800-0900 PT — Central Nervous System Malignancies featuring Dr. Muhammed Zulfiqar

March 18, 2021, 0800-0900 PT — Immunotherapy: Benefits and Toxicities featuring Dr. Suzana Gilmour

Advance registration for these free, CME accredited sessions is now open and available here:

<http://ubccpd.ca/webinars>. Registration will close 48 hours before the session.

Following registration you will receive a confirmation email from UBC. Twenty-four hours prior to the session, you will receive another email from UBC with connection details.

This Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by UBC CPD for up to 1 Mainpro+ credit per session.

For further information, please contact:

Sian Shuel, MD CCFP (PC)

GP in Oncology

Medical Education Lead, Family Practice Oncology Network

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SPOTLIGHT ARTICLES

[Aromatase Inhibitor-Associated Musculoskeletal Symptoms #402](#)

Chang PJ, Journal of Palliative Medicine, 23(11)

- Aromatase inhibitor-associated musculoskeletal symptoms (AIMSS) may affect 50-82% of patients receiving aromatase inhibitors (AI) for breast cancer
- Mechanism may be related to chondroprotective effect of estrogen
- Presentation
 - ◇ Typical onset 6-8 weeks after starting AI
 - ◇ Arthralgias: most common in legs, lower back, hand, and wrists
 - ◇ Joint stiffness
 - ◇ Tendinopathies: most common in wrist and hand (e.g. de Quervain's tenosynovitis, trigger fingers, carpal tunnel syndrome)
 - ◇ **Diagnosis is clinical**
- Management
 - ◇ Focal symptoms
 - ◆ Conservative treatment, including possible splinting and occupational therapy assessment
 - ◆ Corticosteroid injections for refractory symptoms
 - ◇ Diffuse symptoms
 - ◆ Mild: acetaminophen and/or NSAIDs
 - ◆ Severe: consider duloxetine, especially in patients with concomitant depression
 - ◆ Others to consider
 - Regular exercise program (5 days of aerobic exercise, 2 days of resistance exercise per week) can be advised for all patients
 - Short course of systemic corticosteroids
 - Acupuncture
 - Consider opiates in patients with refractory symptoms and/or limited prognosis
 - ◇ May consider "rotation" to alternative AI if there is an equally effective option that aligns with the patients goals of care

SPOTLIGHT ARTICLES (CONT'D)

[Assessing and managing patient fear of cancer recurrence](#)

Mutsaers et al., Canadian Family Physician, Sept 2020, 66(9), 672-73.

- Fear of cancer recurrence (FCR) is a normal reaction to a history of cancer, but severity exists on a continuum and can interfere with patient well-being and function
- Components of clinically significant FCR
 - ◇ High levels of preoccupation or worry
 - ◇ Worry that is persistent
 - ◇ Hypervigilance or hypersensitivity to bodily symptoms
 - ◇ Functional impairment
 - ◇ Excessive checking or seeking of reassurance
 - ◇ Avoiding medical appointments
- Assessing FCR can be done using a [validated scale](#), and/or interview questions gauging the frequency, severity, and impact of thoughts of cancer recurrence (see Table 1 in article for suggested phrasing)
- Management
 - ◇ Normalize the experience for patients
 - ◇ Empathic discussions to provide support and reassurance
 - ◇ Encourage adaptive coping strategies (e.g. yoga, mindfulness, journaling, physical exercise, etc.)
 - ◇ Consider referral to psychosocial specialists for patients with severe FCR

CURRENT ONCOLOGY ARTICLES

Over the last year, CAGPO has partnered with *Current Oncology* to publish a series of six articles that delve into topics relevant to the practice of a GPO. Five of the articles have been published, and a sixth article covering cancer-related lymphedema, is forthcoming. We are also making plans to produce another series of articles in the upcoming year. If you missed them as they came out, the links are below.

1. [Current therapeutic landscape of metastatic non-small cell lung cancer](#)
2. [Radiation side effects examined through a survivorship lens](#)
3. [Management of dyspnea in palliative care](#)
4. [Review of bone-targeted agents in metastatic breast and prostate cancer](#)
5. [Prevention and treatment of cancer-associated thrombosis](#)

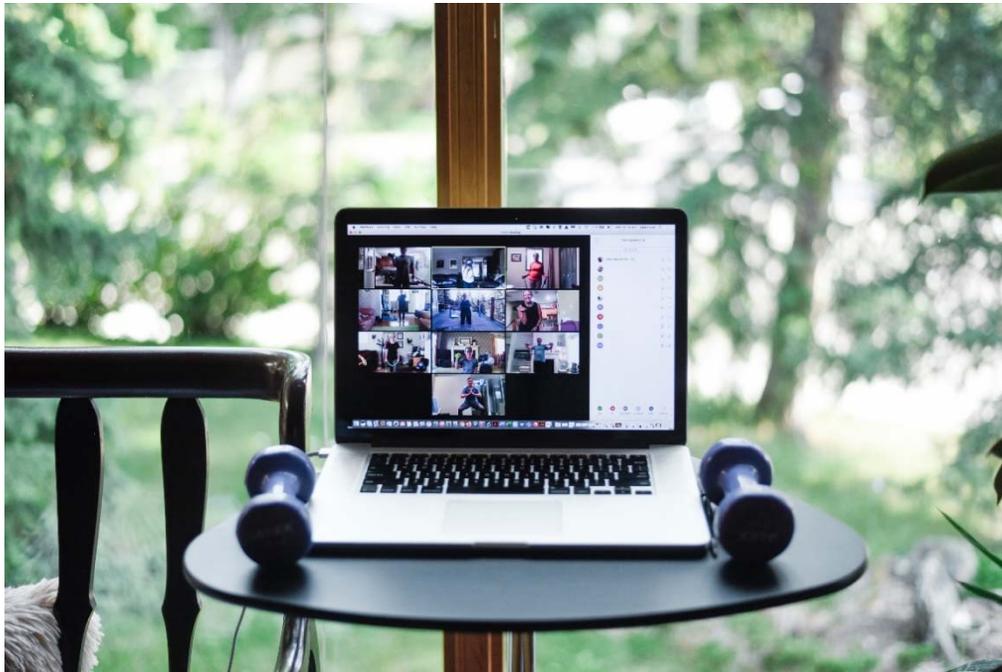
EXCEL

EXercise for **C**ancer to **E**nhance **L**iving Well



EXCEL is EXercise for Cancer to Enhance Living Well, and is an exercise study (ETHICS ID: HREBA.CC-20-0098). EXCEL provides an exercise and behavior change program to individuals living with cancer in rural and remote areas across Canada. Often, those living in rural/remote areas do not have equal opportunities to access additional supportive cancer care services. EXCEL will reduce these disparities by building referral networks between healthcare providers and rural fitness professionals, who have received additional training in exercise oncology.

EXCEL is a free 8-12-week exercise program delivered twice a week in an online group-based setting. Exercises are conducted at a low-to-moderate intensity and are tailored to each participant, based on health conditions, medical limitations, exercise experience, and comfort levels.



How to refer to EXCEL:

Please refer patients to our program by providing them with our email: wellnesslab@ucalgary.ca. Leave the **screening, registration, and triage** to us!

To support referrals, we are more than happy to mail a package of promotion materials, including patient brochures, to any interested physicians.

More About EXCEL

Eligibility criteria includes:

- Have/had a cancer diagnosis
- Must be pre-treatment, on treatment or within 3 years* of completing treatment;
- Over the age of 18;
- Able to consent to the EXCEL project in English;
- Able to participate at mild to moderate levels of exercise intensity;
- Have access to reliable internet

*If your patient is experiencing negative cancer-related side-effects beyond three years, and would benefit from engaging in exercise, please refer them to our team for screening.

To ensure those interested are safe to engage in physical activity, each individual is screened using a physical activity readiness form, and a comprehensive health history is obtained and reviewed by our team.

Why is exercise so important?

Exercise is feasible, safe, and beneficial for adults living with cancer (18+ years) at any stage of the treatment continuum.

Tailored, progressive exercise can help:

1. Reduce **NEGATIVE SIDE EFFECTS**: cancer-related fatigue, lymphedema, anxiety, depression
2. Improve **RECOVERY**: increase physical function, sleep, bone health, and fitness markers
3. May increase **SURVIVAL** and decrease **RECURRENCE**: for breast, prostate, and colorectal cancers

Testimonials from EXCEL Participants:

*"I have **more energy, increased strength, and feel like it has gotten me out of a mild depression**. I hope this program becomes a permanent tool for all cancer patients. I believe it would be very beneficial to all recovering patients." - Shirley*

"I look forward to each class, even on days when I may not be feeling well after treatment. Support from both instructors and participants has been very helpful to my recovery. Online classes make it very convenient." - Roxana

*"I am very grateful for the EXCEL program because as a rural cancer survivor I have limited access to supports. EXCEL is an excellent opportunity for me to become more active while connecting with other people in a similar situation. I have come to have a **stronger commitment to my own well-being** as I recover because of this amazing program!" - Judy*

To learn more, you can visit our website: <https://kinesiology.ucalgary.ca/labs/health-and-wellness/research-projects/exercise-cancer-enhance-living-well-excel>