Supporting the Emotional & Mental Health Needs of People Living With and Beyond Cancer

Friday 5 July 2019  De Vere West one Conference Centre, London

Chair and Speakers Include:
Dr Asanga Fernando
Macmillan Consultant Liaison Psychiatrist
St George’s University Hospitals NHS Foundation Trust

Dr Kate Jenkins
Clinical Psychologist & Survivorship Lead
Salisbury District NHS Foundation Trust
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“Depression and anxiety are more common in patients with cancer, and they are associated with poorer quality of life and cancer survival’ Exploring low mood in a person with cancer BMJ 2018; 361

Cancer diagnosis affects many aspects of life – both for a patient and their families. Supporting the emotional, psychological and mental health needs of people with cancer is essential in helping patients deal with the diagnosis as well as physical and emotional side effects of cancer. This conference, chaired by Dr Asanga Fernando, Macmillan Consultant Liaison Psychiatrist, Macmillan Cancer Psychological Support Team, and Clinical Director of Simulation and Clinical Skills St George’s Advanced Patient Simulation Centre, St George’s University Hospitals NHS Foundation Trust, provides a practical guide to providing effective psycho-oncology support for people with cancer across the whole pathway: from diagnosis through acute treatment, living with and beyond cancer and end of life care.

“The role of psychological support in oncology is huge as soon as you put it on a par with the physical aspects of medicine….we wouldn’t give people chemotherapy without anti-sickness drugs, so why would we treat someone with a disease which clearly has significant psychological impact, without offering psychological support”
Dr Matthew Williams, Consultant Clinical Oncologist, Imperial College Healthcare, NHS Trust, Transforming Cancer Services Team for London May 2018

“Throughout the cancer journey there needs to be an appreciation of the different mental health needs at each stage. Cancer brings many challenges for wellbeing with fear, isolation, loss of self esteem and of independence all having an impact. How service providers engage with service users, before during and after treatment also has an impact, with good communication and signposting to support services an important part in promoting wellbeing. Effective support needs to be built around tailored, person-centred initiatives based on need to ensure the right support is available at the right time.” Mental Health Foundation Scotland 2018

This conference will enable you to:

• Network with colleagues who are working to improve psychological, emotional and mental health support for people living with and beyond cancer
• Learn from outstanding practice in improving mental health support through the cancer pathway
• Reflect on national developments and learning
• Improve the way you support people at diagnosis
• Develop your skills in delivering integrated support
• Understand how you can improve the management of patients who are experiencing psychological symptoms secondary to diagnosis or treatment for cancer
• Identify key strategies for improving support for cancer survivors
• Understand the impact of a terminal diagnosis and meet the emotional, mental health and spiritual needs of those at the end of life
• Self assess and reflect on your own practice
• Gain cpd accreditation points contributing to professional development and revalidation evidence

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<tr>
<th>Time</th>
<th>Session</th>
<th>Participants</th>
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<tr>
<td>10.00</td>
<td>Chair’s welcome</td>
<td>Dr Asanga Fernando &lt;br&gt; Macmillan Consultant Liaison Psychiatrist, Macmillan Cancer Psychological Support Team, and Clinical Director of Simulation and Clinical Skills St George’s Advanced Patient Simulation Centre, St George’s University Hospitals NHS Foundation Trust</td>
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<td>10.10</td>
<td>A Cancer Survivor’s Perspective</td>
<td>Rebecca Porta &lt;br&gt; Chief Executive &lt;br&gt; Orchid (UK’S Leading Male Cancer Charity)</td>
<td>• what support do people with cancer, cancer survivors and their families need? &lt;br&gt; • improving public awareness of support for people living with and beyond cancer&lt;br&gt;</td>
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<td>10.40</td>
<td>Supporting the emotional and mental health needs of people living with and beyond cancer</td>
<td>Adel Makar &lt;br&gt; Consultant Urological Surgeon and Director &lt;br&gt; Worcestershire Prostate Cancer Survivorship Programme</td>
<td>• what do cancer survivors want from services? &lt;br&gt; • improving emotional and mental health outcomes &lt;br&gt; • moving the focus from surviving to thriving&lt;br&gt;</td>
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<td>11.10</td>
<td>Question and answers, followed by tea &amp; coffee at 11.20</td>
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<td>11.50</td>
<td>Recognising and supporting Psychological distress and Psychiatric morbidity in cancer patients</td>
<td>Dr Elise Hymanson &lt;br&gt; Speciality Doctor in Psycho-oncology &lt;br&gt; The Christie NHS Foundation Trust</td>
<td>• The particular difficulties facing patients with a diagnosis of cancer &lt;br&gt; • Adjusting to a diagnosis of cancer and the cancer journey &lt;br&gt; • Identifying patients who require psychological/ psychiatric support&lt;br&gt;</td>
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<td>12.20</td>
<td>Case study: Supporting the Mental Health of People with Pancreatic Cancer</td>
<td>Dr Kiruthikah Thillai &lt;br&gt; Consultant Medical Oncologist specialising in Pancreatic Cancers &amp; Mind-Body Interface Lead &lt;br&gt; Guys and St Thomas’ NHS Foundation Trust</td>
<td>• supporting people with pancreatic cancer with their mental health &lt;br&gt; • the mind-body interface &lt;br&gt; • our experience and the impact on patients&lt;br&gt;</td>
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<td>13.00</td>
<td>Question and answers, followed by lunch at 13.10</td>
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<td>13.00</td>
<td>Question and answers, followed by lunch at 13.10</td>
<td>PM Chair &lt;br&gt; Dr Kate Jenkins &lt;br&gt; Lead Clinician for Psychological Support for Cancer &lt;br&gt; Salisbury District NHS Foundation Trust</td>
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<td>14.00</td>
<td>Delivering Integrated Mental Health Support for People with Cancer</td>
<td>Dr Asanga Fernando &lt;br&gt; Macmillan Consultant Liaison Psychiatrist, Macmillan Cancer Psychological Support Team, and Clinical Director of Simulation and Clinical Skills St George’s Advanced Patient Simulation Centre &lt;br&gt; with Dr Tim Benepeal, Consultant Medical Oncologist &lt;br&gt; St George's University Hospitals NHS Foundation Trust</td>
<td>• delivering integrated services for mental health and cancer &lt;br&gt; • supporting the mental health needs of people living with and beyond cancer &lt;br&gt; • our experience and my role as a macmillan consultant liaison psychiatrist &lt;br&gt; • cancer simulation and education &lt;br&gt; • interactive discussion&lt;br&gt;</td>
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<td>14.30</td>
<td>EXTENDED SESSION: Psychological Support for Cancer Survivors</td>
<td>Dr Kate Jenkins &lt;br&gt; Lead Clinician for Psychological Support for Cancer &lt;br&gt; Salisbury District NHS Foundation Trust</td>
<td>• delivering supported self management &lt;br&gt; • managing the fear of recurrence &lt;br&gt; • meeting the psychological needs of cancer survivors &lt;br&gt; • enabling self support and self triggered follow up &lt;br&gt; • interactive discussion&lt;br&gt;</td>
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<td>15.45</td>
<td>Case Study: Best Practice in information sharing and support for cancer patients and their families</td>
<td>Natalie Silverdale &lt;br&gt; Research and Development Co-ordinator &lt;br&gt; The Fountain Centre (a cancer information and support charity) &lt;br&gt; St Luke’s Cancer Centre Royal Surrey Hospital</td>
<td>• Why we developed the family and childrens’ support service &lt;br&gt; • An overview of the services we offer including our rapid response service and the development of bereavement services &lt;br&gt; • Our experiences – including case studies and an evaluation of our services&lt;br&gt;</td>
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<td>16.15</td>
<td>Supporting emotional and mental health needs of people at the end of life</td>
<td>Dr Jayne Wood &lt;br&gt; Consultant Palliative Medicine and Clinical Lead &lt;br&gt; The Royal Marsden NHS Foundation Trust</td>
<td>• delivering emotional, and psychosocial support at the end of life &lt;br&gt; • understanding the impact of a terminal diagnosis on the patient and loved ones &lt;br&gt; • meeting emotional and mental health, spiritual and social needs&lt;br&gt;</td>
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## Conference Registration

**Supporting the Emotional and Mental Health needs of people living with and beyond Cancer**

**Friday 5 July 2019 De Vere West One Conference Centre London**

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### How to book

- **Book online via credit card and receive a 10% discount**
- **Fax the booking form to 0208 181 6491**
- **Post this form to Healthcare Conferences UK**

8 Wilson Drive, Ottershaw, Surrey, KT16 0NT

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### Your Details

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Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box. Please also ensure you complete your full postal address details for our records.

Please specify any special dietary or access requirements.

### Conference Documentation

I cannot attend the conference but would like to receive a PDF containing the conference handbook material, which includes speaker slides, at £49 each.

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### Payment

- **By Cheque**: A cheque for ____________________________ is enclosed.
  - Please make Cheques Payable to: Healthcare Conferences UK Ltd.
- **By Invoice**: Please send an invoice to
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  - Please note if you are requesting an invoice many NHS organisations now require a Purchase Order Number to be provided. If you do not provide this number this may slow down the processing of this delegate place.
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You will be contacted during the processing of your booking to confirm the payment card security code. (This is the last three digits of the number printed on the back of your card)

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### For more information

Contact Healthcare Conferences UK on **01932 429933** or email **jayne@hc-uk.org.uk**

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**Venue**

De Vere West One, 9-10 Portland Place, London, W1B 1PR. A map of the venue will be sent with confirmation of your booking.

**Date**

Friday 5 July 2019

**Conference Fee**

- £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
- £300 + VAT (£360.00) for voluntary sector / charities.
- £495 + VAT (£594.00) for commercial organisations.

The fee includes lunch, refreshments and a copy of the conference handbook. VAT at 20%.

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**Credits**

CPD Certified. Recognised by the Good Governance Institute.

**Exhibition**

If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email carolyn@hc-uk.org.uk.

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The PDF will be emailed out after the conference, please fill in the ‘Your Details’ section above, ensuring your email address is clear and the ‘Payment’ section.

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- **Credit card Discount**
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- **Group Rates**
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