

PATIENT AND FAMILY ADVISORS

Improving cancer care through a patient's perspective

At CancerCare Manitoba, we value the expertise of patients and families and want them involved in decisions that affect them. We hope that this work will improve the experience for patients and family members. "Patients often notice things that we don't; things like how your care is provided and how we could do things better," says Susan Kapilik, the program coordinator.

Patient and Family Advisor Volunteers are involved in reviewing education materials, planning programs and services, and sitting on advisory committees. This work can often be done from where the volunteer lives, using email, MBtelehealth, or telephone to communicate.

Finding, training and supporting these volunteers is coordinated by Susan Kapilik in the Underserved Populations Program. Although Susan works out of the Underserved Populations Program, this volunteer opportunity is for all patients and families, not just those who would be considered underserved.



To learn more about this opportunity or to become a Patient and Family Advisor, please contact:

Susan Kapilik at 204-787-2773 or skapilik@cancercare.mb.ca

CANCER NAVIGATION SERVICES

The goal of Cancer Navigation Services is to improve each cancer patient's journey by helping Manitobans and their families connect with compassionate and high quality cancer care.

A diagnosis of cancer can affect patients and families physically, emotionally, financially, spiritually and socially. The cancer journey is often complex and overwhelming.

Cancer Navigation Services can help patients to meet their needs, make informed decisions and provide guidance and support in their cancer journey helping to reduce distress and anxiety.

Cancer Navigation Services works in partnership with primary care providers to get the patient to diagnosis in as timely as manner as possible. Navigators support the primary care providers by helping to verify the required referrals and tests have been ordered and providing guidance on the work-up on suspected cancer.

Contact cancer Navigation Services in your region:

- Interlake-Eastern Regional Health Authority 1-855-557-2273
- Northern Health Region 1-855-740-9322
- Prairie Mountain Health 1-855-346-3710
- Southern Health-Santé Sud 1-855-623-1533
- Winnipeg Regional Health Authority/Churchill 1-855-837-5400

More information available at www.cancer.mb.ca/navigation

WWW.CANCERCARE.MB.CA

Finding the Path

to better cancer care together

NEWCOMER ENGAGEMENT

One of the goals of the Underserved Populations Program is to increase cancer knowledge with underserved populations, including newcomers. The number of people immigrating to Manitoba continues to rise. From 2011-2016, 63,215 people immigrated to Manitoba who identified as being born outside of Canada.

People who are newcomers may have a difficult time accessing health care due to language issues and a lack of knowledge about our health care system. Some may have incorrect information about cancer, risk reduction, and screening. Some may struggle to make healthy lifestyle choices due to what foods are available to them and staying active through cold winters.

The Underserved Populations Program partners with other organizations and individuals who provide services to support newcomers. Over the last six months, we have co-hosted three events:

1. **Breast Health Awareness** in collaboration with the Friends of Filipino Immigrants in Manitoba and Sudanese Community Centre,
2. **CervixCheck** in partnership with the Canadian Muslim Women's Institute and Islamic Social Services Association,
3. **Eat Well and Be Active** with the Immigrant Centre and Friends of Filipino Immigrants in Manitoba.



The Underserved Populations Program is always looking to partner with individuals and organizations to continue this engagement. Do you have ideas for events in your community? Let us know!

Contact: **Elizabeth Huynh at ehuynh@cancercare.mb.ca or 204-784-2775**

PG 2 FIRST NATIONS, MÉTIS AND INUIT ENGAGEMENT MEETING

The Underserved Population Program hosted a gathering on January 19th and brought together our Indigenous partners to discuss cancer initiatives for Manitoba.

PG 3 MEET ALLISON WIENS

Allison is here to help patients, families, and care providers to overcome additional challenges.

PG 4 CANCER NAVIGATION SERVICES

Helping patients to meet their needs, make decisions and provide guidance on their cancer journey.

UNDERSERVED POPULATIONS PROGRAM

We are here to help you.



To increase awareness and understanding of cancer and its causes, the Underserved Populations Program at CancerCare Manitoba is now part of the Community Oncology Program. We work with communities and leaders to help change the story of cancer in all Manitobans.

Contact us:
Toll-free: 1-855-881-4395
Or email us at changingthepath@cancercare.mb.ca



FIRST NATIONS, MÉTIS AND INUIT ENGAGEMENT MEETING



On January 19, 2018, the Underserved Population Program hosted a gathering in Winnipeg where we brought together our Indigenous partners to discuss cancer initiatives for Manitoba. With the help of funding from the Canadian Partnership Against Cancer (CPAC), we are able to meet with 46 individuals representing CancerCare, Indigenous organizations, government agencies, tribal councils, and individual communities.

An expert facilitator lead the group through a process of identifying current priorities related to cancer in the community. Participants shared their

expectations for working together and the event confirmed our mutual desire to continue a relationship of collaboration and respect. Ideas were shared regarding way sin which community needs could be better addressed and priorities for the project were agreed upon. CancerCare Manitoba will not move forward with requesting CPAC support to deliver the initiatives identified at the consultation.

In summary, this meeting allowed the partners to:

- Share knowledge and expertise of the unique challenges facing First Nations, Métis and Inuit peoples in Manitoba,
- Identify and advised on First Nations, Métis and Inuit priorities for a collaborative initiative, and
- Identify opportunities to collaborate and strengthen partnerships to meet the needs of First Nations, Métis and Inuit peoples in Manitoba.



FIVE STEPS YOU CAN TAKE TO REDUCE YOUR RISK OF CANCER

1. **Keep tobacco sacred -**
Smoking is the single most common cause of cancer
2. **Eat Well -**
Eat a diet high in fruits and vegetables
3. **Shape Up -**
Exercise at least 30 minutes a day
4. **Check Up -**
Know your body and pay attention to changes
5. **Cover Up -**
Be sun smart. Use sunscreen and wear protective clothing

WANT TO KEEP UP WITH THE ACTIVITIES OF THE UNDERSERVED POPULATIONS PROGRAM?

We publish this newsletter twice a year!
If you would like to be part of our distribution list, please contact us at changingthepath@cancercare.mb.ca



ALLISON WIENS EDUCATION AND LIAISON NURSE—HEALTH EQUITY

A diagnosis of cancer can mean that life suddenly feels more complicated. So imagine this for a new Canadian who is still learning the language and our medical system. Picture the cancer journey of someone living in the far north, who has never before had to leave their community, or a First Nation elder who wants to include traditional medicines in her treatment plan.

CancerCare Manitoba is committed to helping people who may have some additional needs along their cancer journey. For this reason the Underserved Population Program has hired Allison Wiens as the Education and Liaison Nurse - Health Equity. She is here to help patients, families, and care providers overcome the additional challengers that exist for some people.

“There are lots of things that can make the path less straight for some people,” says Allison. “Location, finances, culture, language, having other illnesses or not having access to care in your home community are the kind of things that people with cancer may also be facing.”

“Health Equity is not about giving everyone an equal amount of support, it is about giving each person the level of support they need, which is going to be more for some people,” Allison adds.

If you would like to speak with Allison she can be reached at:

Allison Wiens, RNBN
Education and Liaison Nurse - Health Equity
204-787-4583
awiens4@cancercare.mb.ca

WHAT LANGUAGE DO YOU SPEAK AT HOME?

It is important that you and your family can ask questions and have answers in your own language.

CancerCare Manitoba can arrange to have a trained Health Interpreter from the Winnipeg Regional Health Authority (WRHA) at your appointments who:

- Can come to your appointments or help over the phone
- Are available for many languages including sign and indigenous language
- Can help you ask about your treatment, attend counselling and more.

If you or your family needs an interpreter, please ask for one when your appointments are made.

There is no cost to you or your family for interpreters.

Ask your healthcare provider for information about the Language Access Program.

GetCheckedManitoba.ca

The health educators from CancerCare Manitoba’s BreastCheck, CervixCheck and ColonCheck programs provide education and health promotion to encourage informed decision-making. Current cancer screening recommendations include:

- › Most women age 50-74 should have a screening mammogram every 2 years.
- › Most women age 21-69 who have ever been sexually active should have a Pap test every 3 years.
- › Most men and women age 50-74 should do a home screening (stool test) every 2 years.

Contact health education team by phone or email if you have questions about breast, cervix or colon cancer screening.

To order education resources online, visit GetCheckedManitoba.ca or find GetChecked on social media.

GetChecked@cancercare.mb.ca
1-855-95-CHECK

