

ITC CONFERENCE GRANT SCIENTIFIC REPORT

This report is submitted for approval by the grant to the MC Chair.

Action number: COST Action CA16102 (“European Network on Individualized Psychotherapy Treatment of Young People with Mental Disorders”)

Conference title: British Psychosocial Oncology Society Annual Conference 2019

Conference start and end date: 28/02/2019 to 01/03/2019

Conference attendance start and end date: 28/02/2019 to 01/03/2019

Grantee name: Susana Novais de Almeida

ACTIVITIES DURING YOUR ATTENDANCE AT THIS CONFERENCE:

During the BPOS Conference, I could attend to the different activities offered by the hosters:

- Key notes – Psycho-education for the cancer workforce (Dr. Alex King, Imperial College Healthcare); Maggie’s: Psycho-social Care in Practice (Laura Lee, Maggie’s Chief Executive) and Patient Reported Outcome Measures – PROMS (Professor Adam Glase, University of Leeds);
- Oral presentations – main themes were the psychological wellbeing in patients and carers; access to and experiences of clinical services and self-management and late effects;
- Various sessions on Service Innovations (the theme of this year conference) – researchers shared their innovative experiences such as studying some minority groups’ experiences; developing interventions for improving communication about death amongst younger; a healthy weight management for a group of women with or at risk of endometrial cancer or an intervention related to supporting people after treatment for cancer using individual budgets;

- E-posters (brief presentations with some discussion in the end) – some of themes were health literacy in teenage and young adults; patient preferences for whole body MRI versus conventional staging; an ACT intervention for health care professional; enhanced medical care in cancer; VR technology for oncology patients;
- Posters viewing and discussion with authors – posters covered these different domains: Psychometrics and assessment; Patient experience and managing symptoms; Complex, comorbid and advanced illness; Psychosocial aspects of adjustment and survivorship; Caregiving and the impact of cancer on family and friends and Service Innovation. My poster “Emotion-Focused Therapy for severe Fear of Cancer Recurrence: the case of Tom” was inserted and presented within the section Psychosocial aspects of adjustment and survivorship;
- The workshop “An introductory primer to Single-Subject Research Design (SSRD) in psychosocial oncology” led by Nick Hulbert-Williams, Teresa Mulhern and Sabrina Norwood from the University of Chester. This workshop presented an overview of the basic principles of SSRD, of the ethical and practical issues for using this kind of research design in cancer settings and of the data analysis of SSRD data;
- Social activities – breaks, lunch meals and the Conference dinner were informal moments of exchanging experiences with the other participants.

IMPACT ON YOUR RESEARCH AND FUTURE COLLABORATIONS (if applicable)

By attending this conference I was able to update my knowledge on psychosocial oncology and to contact with different researchers/clinicians as well as with different types of research. I found very helpful to see different research methodologies applied to various oncology samples (with different diagnosis, age, gender, comorbidities) especially those combining quantitative and qualitative data which seem closer to my own research needs and interests. That was very beneficial to my own learning pathway to become a better researcher.

Being both a clinician and a researcher, I am particularly interested in the interconnection between research and practice. As such, finding examples of research linked to everyday practice (as shown for example by research done from Meggies’ centres users/services) was of great interest for me. That kind of research inspires my own research goals and helps me keep focused in how it can serve cancer patients, their families and health professionals. I was also reminded of how diverse can be the needs of patients/families/professionals and that there might be multiple approaches, strategies or services that can be useful for meeting those needs or expectations. Each of the presenters on the conference showed a distinctive value for helping

people with cancer having a better quality of life not only during their cancer treatments but along their pathways of survivorship or end-of-life. Listening and learning from each other can potentiate what can be done individually but also what can be done together by creating synergies otherwise not possible.

Presenting part of my latest research and hearing others' feedback on it also helped me to better understand the unique contribution of my team's work and finding its place in the wider contexts of psycho-oncology and psychotherapy. I realized psychotherapy case studies in oncology settings can be extremely pertinent, specifically when using theoretical and intervention models not so explored/developed in this population until now. From my own experience and from the research I presented at this conference I believe the humanistic-experiential paradigm can be of great value for developing effective interventions for people dealing with cancer that shows high levels of distress, anxiety, depression or trauma difficulties. I also felt stimulated to proceed my investigation.

In the future, I might contact some of the researchers/clinicians I met at this conference for keep exchanging experiences and eventually develop some joined research.