



**British Psychosocial Oncology Society
Conference Report 2020
'Personalisation, Policy and Practice'
Thursday 27th and Friday 28th February 2020
MacDonald Holyrood Hotel, Edinburgh**

Local hosts: Jenny Young, Richard Kyle, Debbie Cavers

The conference was attended by over 90 delegates, for a full and varied programme including:

- Keynote presentations from:
 - Liz O'Riordan (Breast surgeon and patient) *It's the little things that matter*
 - Professor Gerry Humphries (University of St Andrews) *Can we prevent fear of recurrence in patients treated for cancer? An applied and psychological perspective*
- Over 25 oral presentations
- Two workshops
 - Workshop 1 hosted by Dr Alex and Dr Milton Mermikides: Accessing patients' perspectives of acute lymphoblastic leukaemia (ALL) through the arts – held in the Salisbury suite.
 - Workshop 2 hosted by Chrissie Lane: The Great Outdoors – a therapeutic intervention for people affected by cancer?
- A Macmillan/NCRI session Shaping the research landscape: Attracting large scale funding for research into living with and beyond cancer
- Over 40 poster presentations

Conference entertainment and social activities included a pre-conference complimentary welcome reception at the Edinburgh City Chambers and a memorable ghost tour for PhD students and early careers researchers. A walking tour of the city took place on Thursday morning and the conference dinner included a quiz and music from the High Drive Ceilidh Band & DJ Services at the conference dinner.

Thanks to Jenny Young, Richard Kyle, Debbie Cavers for their hospitality!

We would like to again congratulate to the following conference prize and bursary winners:

- **Oral Presentation**
David Wright (University of Southampton) *RESTORE: A digital self-management innovation for cancer related fatigue*
- **Rapid Results Presentation**
Sally Taylor (The Christie NHS Foundation): *Exploring the safety of prostate cancer follow-up in primary care*
- **Poster**
Chris Bedding (University of Leeds) *Quality of life in Metastatic Breast Cancer: A systematic review of psychosocial issues and adverse events*
- **Tweeter**
Julie Armoogum (UWE Bristol)

- **Consumer bursary**
Virginia Sherborne (University of Sheffield)
- **Student bursary**
Emily McBride (University College London)

Conference abstracts

Have been published and are available here: [Psycho-Oncology Journal Supplement](#)

Delegate feedback

We had some great comments from the conference feedback forms:

- *I really enjoyed the conference and thought it was great to hear from so many perspectives*
- *A really stimulating and inspiring and beautifully organised 2 days. Lovely hotel too. Thank you all so much.*
- *Edinburgh was an excellent location.*
- *First time I have been- glad I came.*
- *I appreciated the friendliness.*
- *Excellent conference- best one I have ever been to. Thank you to all involved.*
- *Really interesting and insightful one of the best conferences I've attended. Quality of talks was amazing.*

And some useful recommendations for future events:

- Providing more designated and organised time for posters to be viewed and presented
- More presentations from practitioners and increased focus on therapeutic interventions
- More charity based presentations
- Increased opportunity for audience interaction

Conference Tweets

In case you missed them, here are some interesting tweets from the conference:



Cancer Care Research Surrey @CancerAtSurrey · Feb 27

@GHumphris: 40% of patients attending clinics for head and neck cancer want to talk to clinicians about fear of cancer recurrence #BPOS2020 @BPOSUK



Caterina Gentili @CatiGentili · Feb 27

"Media love to portray BC women as bald warriors in pink - which not everyone identifies with"

@BPOSUK #BPOS2020 #breastcancerawareness Super interesting poster by @TrishHolch





Helena Harder @DrHelenaHarder · Feb 27

Partners and pets(!) in top-3 for emotional support **#BPOS2020**



Jo Armes @spuddyjo · Feb 27

#BPOS2020 @BPOSUK @CancerAtSurrey @HORIZONS_MSRRG Jane Franklin's is talking about the importance of social networks for young women with breast cancer



Jo Armes @spuddyjo · Feb 27

#BPOS2020 @BPOSUK important study by Elisavet Moschopoulou reviewing qualitative studies to identify key elements needed for culturally appropriate psychological interventions for BAME people with cancer



Julie Armoogum @JulieArmoogum · Feb 27

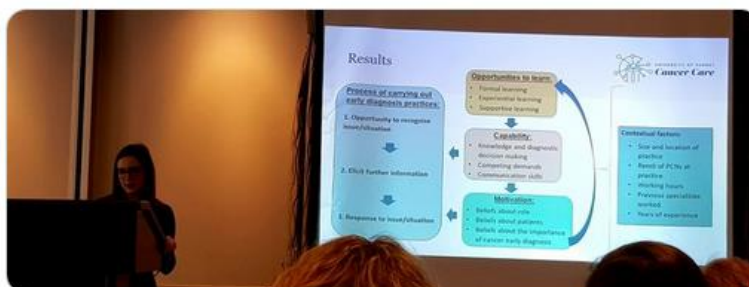
'Permission to feel' - the role of theatre in end of life education. Great to present work from @UWE_NAM @CHCR_UWE @BPOSUK **#BPOS2020** @HayloTheatre @Kathythegood



Emily McBride @EmilyPMcBride · Feb 27

Fantastic talk by @H_J_Skrobanski on barriers and facilitators to nurse-led conversations with patients about **#cancerscreening**.

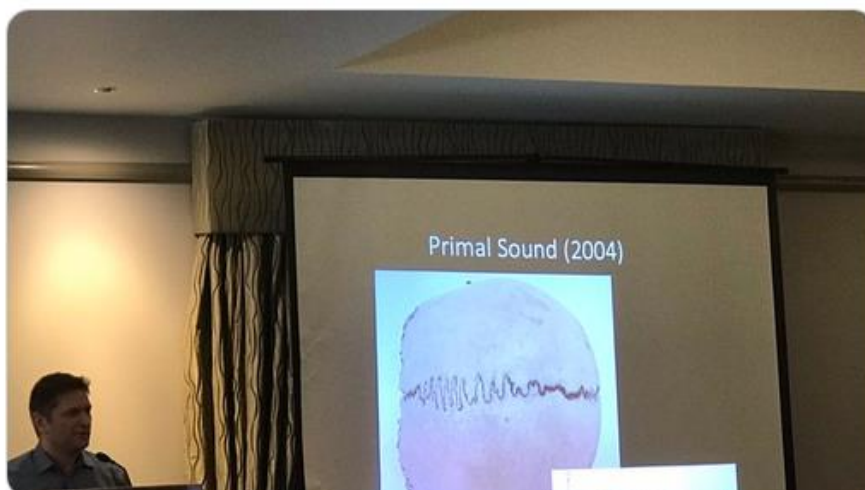
See her headline findings below **#BPOS2020**





val morrison @valmorr81594214 · Feb 27

Fascinating workshop using arts- music and theatre- to gain perspectives on cancer with the Mermikides siblings @BPOSUK #BPOS2020



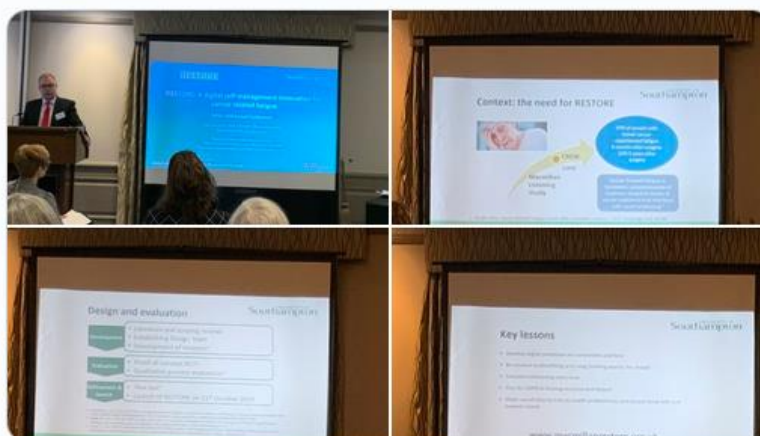
Hannah Thomas @Haah · Feb 27

Whole room at #BPOS2020 captivated by Milton and Alex Mermikides discussing use of arts to provide a perspective on cancer experience including an "autobiological composition" derived from Milton's blood test results when undergoing treatment for acute lymphoblastic leukaemia



NCRI LWBC @NCRI_LWBC · Feb 28

David Wright @MacmillanUoS on the need and challenges of developing @macmillancancer RESTORE digital intervention for cancer-related fatigue #cfs self-management #BPOS2020 @BPOSUK #LWBC @NCRI_partners macmillanrestore.org.uk



Kathy Rogers @Kathythegood · Feb 28

Great presentation on the importance of personalised, focused care when considering appearance altering surgery from @pippatollow @CAR_UWE #PEGASUS #BPOS2020



Dr Alison Farmer @towertalk · Feb 27

'That was just a wee blip'. @DebbieCavers talks about the complexity of living with and beyond cancer with co-morbid illness. Cancer may not be the patient's main concern. #BPOS2020



Elisavet Moschopoulou @EMoschopoulou · Feb 28

Supporting people living with and beyond cancer is rapidly becoming an urgent challenge #BPOS2020 @ceineken #LWBC



Matt Brown @Mattpsychol · Feb 28

Very interesting to hear how Lizzy Banwell and colleagues have incorporated ACT into their Level 2 training. I'm envious that they have 2.5 days to train staff to truly embed ideas. #BPOS2020



SHORE-C @SussexSHORE_C · Feb 28

@FallowfieldLJ discussing the importance of understanding and communicating risk in the context of genomic tests in a breast cancer setting. #BPOS2020





Jessica Pope @JessPopeEHU · Feb 28

An eye-opening, funny, heartbreaking recollection of one brave woman's experience with cancer. @Liz_ORiordan you are remarkable and provide a real insight into translational practice, improving cancer care and life after cancer for patients #BPOS2020



Terri Gilleece @TerriGilleece · Feb 28

Take home messages from day 1 at #BPOS2020 : 1 'Assessing' must turn into 'Addressing' 2. Communication, communication, communication. Bring on day 2 @bposuk



Dr Richard G Kyle @richardgkyle · Feb 28

Thanks everyone for making #BPOS2020 in Edinburgh such a success! It was everything we hoped for - and much, much more! And that's thanks to you! Safe travels home all... and Haste Ye Back! 🇬🇧



Dr Alison Farmer @towertalk · Feb 27

Only in Scotland! #BPOS2020

