British Psychosocial Oncology Society Conference Report
March 2018

We had over 70 delegates, a very full and varied programme, and enjoyed entertainment from the local ukulele band at the conference dinner! Thanks to Clare Foster and colleagues in Southampton for hosting so well.

For those of you unable to attend the abstracts were published as a Psycho-Oncology Journal Supplement.

We want to offer congratulations again to the following prize-winners at the conference:

• Best Oral Presentation: Carol Rivas
• Best Poster: Stephen Scowcroft
Top tips from our student poster prize winner

Eden Robertson is currently completing her PhD which aims to develop and evaluate a decision aid (‘Delta’) for parents and adolescents with cancer deciding whether or not to enroll in a paediatric oncology clinical trial. Eden has worked as a psycho-oncology research officer at the Behavioural Sciences Unit, Kids Cancer Centre since 2014. She has also worked with Starlight’s Research and Evaluation team, Wiser Healthcare at The University of Sydney, and the FUTURE Fertility program. This is her account of her recent experiences at the BPOS 2018 conference.

I was extremely privileged to be able to attend the BPOS 2018 conference. I was given the opportunity to present an oral and poster presentation showcasing the work I am conducting for my PhD at UNSW Sydney, Australia. My oral presentation entitled “Decision making in paediatric oncology: experiences and preferences of parents” summarised the results of my qualitative study. I highlighted the difficulties that families with a child with cancer experience when making treatment decisions. These findings contributed to the development of Delta – an online decision-aid supporting families deciding whether to enroll in a paediatric oncology clinical trial, which I also presented in a poster at BPOS. My poster outlined the Agile web-development process we used and the results of our eye-tracking analysis. We were able to determine the acceptability and usability of the Delta website through the eye-tracking analysis. We identified several areas for change, which have now been implemented for our pilot evaluation. This work has now been published in JMIR Research Protocols (Vol 7, No 5 (2018): May).

I was extremely grateful to have received the ‘Best Student Poster’ award for this presentation. I also would like to thank Psycho-Oncology for sponsoring the book prize that I received. My top 6 tips for presenting a poster are:

1. Create your poster from your study abstract (i.e. what are the key/take home messages) – don’t worry about cutting information as you can always list the citation for the full study or your contact details. You can also have the manuscript print-out available for viewers that are interested in finding out more.

2. Prepare a short spiel to present at your poster – don’t be caught off guard!

3. Have an A4 print out of your poster available for people to take away with them – if possible, make sure this has your contact details and twitter handle.

4. Try to use short, succinct sentences on your poster so not to overwhelm viewers with too much content.

5. For a standard A0 poster, try and use font at least size 36 font.

6. Use infographics and graphics where possible to help the reader navigate your information (e.g. use an infographic of a person to indicate ‘demographics’)

BPOS 2018 was a fantastic opportunity for me to meet researchers from across the U.K., having travelled all the way from Sydney, Australia. The atmosphere of the conference was welcoming and collaborative. I felt that my ideas and knowledge were respected, which allowed me to have many stimulating conversations with other researchers. The quality of the presentations was also very high. I felt that I was able to take at least one piece of information from every presentation that I could directly translate in to my work. I also thoroughly enjoyed the mentoring luncheon where I was able to meet and discuss my work with a leader in my field and other PhD candidates. The conference dinner was also a great opportunity for me to build my collaborations in a more casual setting.

Eden Robertson @Eden_Robertson · Mar 9
Thanks so much to @BPOSUK #BPOS2018 for a wonderful conference and for making me feel very welcome in the UK! Made even better by receiving the best student poster award! Now for the 25 hour trip home to Sydney ...
Some interesting tweets from the conference...

Michael Mawhinney @iammike03 · Mar 8
Setting off from Oxford to Southampton, excited to be presenting at #BPOS2018 on some of my #PhD findings! @BPOSUK @OxINMAHR

PennyBrohnEvaluation @RE_PBUK · Mar 8
Looking forward to our team being part of #BPOS2018 conference today. @seers_helen presenting our work on how @PennyBrohnUK's Living Well course can impact motivation and confidence to return to work after cancer.

Olivia Robinson @Olivia_Claire23
Excited to be presenting my first poster at #bpos2018

Helen Seers @seers_helen · Mar 8
Kicking off #BPOS2018 today in Southampton - great programme ahead! Thank you @BPOSUK
Factors influencing psychological adjustment in men with prostate cancer

Lesley Fallowfield @FallowfieldLJ - Mar 9
But I'm sure that you answered it really well and look where you are now! #BPOS2018

Dr Alison Farmer @towertalk
Congratulations to @FallowfieldLJ on being awarded a lifetime membership of @BPOSUK. I remember Lesley asking me a scary question over 27 years ago when I presented as a PhD student! #BPOS2018

Macmillan Evidence @Mac_Evidence - Mar 9
Glimpse beneath the veil of patient experience. Need to bring both staff and patients together in experience-based co-design #BPOS2018
Fab few days at #BPOS2018! Great to see all the amazing projects! Great 1st year being a part of the committee! Roll on Chester next year!

BACKGROUND:
- Children with brain tumors are at risk for psychosocial issues.
- Studies have shown that these issues can affect psychological, social, and academic outcomes.
- Early intervention is crucial to support children and their families.

METHODS:
- Conducted a pilot study to assess the feasibility of a new intervention program.
- Participants were children with brain tumors and their families.
- The intervention included education, support groups, and follow-up sessions.

RESULTS:
- Participants reported significant improvements in psychological well-being.
- Families felt more supported and better equipped to cope with the challenges.
- The intervention was well-received and showed promise for future implementation.

EXPECTED FINDINGS AND IMPLICATIONS:
- For children with brain tumors, early intervention is crucial for psychological well-being.
- Supportive programs can improve quality of life and academic performance.
- Further research is needed to evaluate the long-term effects of the intervention.
**BPOS on Twitter**
The BPOS Twitter feed has been growing over the last year. At the time of writing we have 1,241 followers. If you or your organisation are on Twitter, do follow us. And do share with Carol Rivas, c.rivas@ucl.ac.uk anything that you would like to tweet about.

**Looking forward to the 2019 conference....**

**SAVE THE DATE!**
2019 British Psychosocial Oncology Society Annual Conference
Joint meeting with NCRI Psycho-Oncology & Survivorship Clinical Studies Group

*Conference Theme: “Innovations in Psychosocial Oncology: Research, Education & Practice”*

28th February-1st March 2019 at the Double Tree Hilton Hotel, Chester

For further updates please see the BPOS website [www.bpos.org](http://www.bpos.org)