



## British Psychosocial Oncology Society Conference Report February/March 2019

We had over 90 delegates, a very full and varied programme, and enjoyed entertainment from the Jigsaw Jazz Quartet and also a quiz at the conference dinner. Thanks to Nick Hulbert-Williams and colleagues in Chester for their hospitality!



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: Lucy Johnston, Edinburgh Napier University
- Best Poster: Grant McGeechan, Teesside University
- Best E-Poster: Philippa Hyman, Macmillan Cancer Support



*Just in case you missed them, here are some interesting tweets from the conference:*

**Dr Brooke Swash** @Brooke\_Swash · Feb 28

Some really interesting talks to come at #bpos2019, will be great to hear about other @macmillancancer projects! @UoCPsych

**MACMILLAN CANCER SUPPORT**

Macmillan is delighted to support BPOS 2019, through sponsorship of the Macmillan Psychosocial Oncology & Survivorship Clinical Studies Group Symposium

Keynote: Adam Glaser, Professor of Paediatric Oncology and Late Effects, University of Leeds

Cancer outcomes that matter: Do PROMs add value? [Day 2 – 14.00]

**#BPOS2019**

We are delighted to be joined at BPOS 2019 by many of our academic partners presenting Macmillan-funded work...

Joshua Turner will be presenting *Prevalence and risk factors of depression in colorectal cancer five years after surgery, findings from the ColoRECTal Wellbeing (CREW) study*. [Day 1 – 11.30]

Joshua will be joined by colleagues Claire Foster and Sam Sodergren from the Macmillan Survivorship Research Group

Philippa Hyman will be presenting work from the Transforming Cancer Service Team for London. *Enhanced medical care in cancer: A survey of what psychological specialists contribute to end psychological support pathway for adults affected by cancer* [Day 2- 11.00]

Lucy Johnson will be presenting work from the Supporting People with Individual Budgets Project from the Transforming Care after Treatment Programme (TCAT). *More than a hanky and a leaflet: Supporting People with Individual Budgets after treatment for cancer in Lanarkshire*. [Day 2 – 11.15]

We are also joined at BPOS 2019 by many of our academic partners who share in Macmillan's commitment to research in psychosocial oncology...

**TCH-UP**

Derek Kyte, University of Birmingham

Nick Hulbert-Williams, Brooke Swash, University of Chester

Derek leads on the Macmillan funded EPIC Study 'Evaluation of patient-reported outcomes protocol content and reporting in UK Cancer Clinical Trials' and is a strong advocate of patient-reported outcomes.

Nick is presenting on ACT-based therapeutic process changes and their association with patient reported outcomes: results from an international cancer survivorship cohort study [Day 1 – 12.00] and running a workshop on Single Case Methodology [Day 1 -15.10]

Nick and Brooke also lead on The BFACT study, a pilot testing and evidence...

**Dr Grant J. McGeechan** @mcgeechn · Feb 28

@BPOSUK #BPOS2019 there are over 6,000 cancer charities in the UK. How do we help patients navigate this maze to reach the services they need?

**RacheltheResearcher** @starachell · Feb 28

1/6 Really interesting keynote from @filoktimon with a message of honing a healthcare system that is psychologically minded. #bpos2019

**Lynn Calman** @LynnCalman · Feb 28

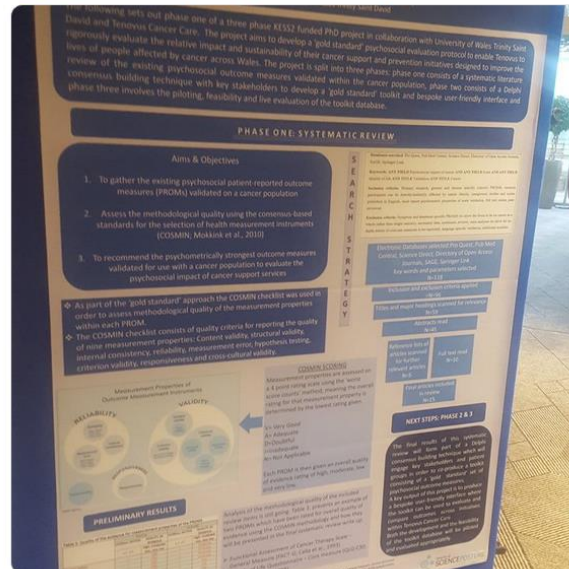
@MacmillanUoS CREW study posters highlight that lack of sexual interest and function are common issues after treatment for colorectal cancer #bpos2019 @Mac\_Evidence



**Zoe Cooke**  
@Zoe\_9392

Follow

First PhD debut at the @BPOSUK conference  
😊 @CeriPhelps1 @UWTSDPsych #BPOS2019



1:46 am · 28 Feb 2019

3 Retweets 20 Likes



**Teresa Corbett** @Teresa\_corbett · Feb 28

Really interesting talk on men's experiences of caring for their partner by Jenny Young. Tough group to recruit, but those who took part had lots to say about their role, their relationship and what it's like (emotionally!) being a male carer #bpos2019



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**Kate Byrnes** @KateByrnes3 · Mar 1

15 weeks intervention for 2 hours per week to improve exercise uptake of women with cancer through @MaggiesCentres The eight women who took part said the mindfulness and ACT helped, it shown a reduction in weight, increased waking and improved food self efficacy. #BPOS2019



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**Rhona Auckland** @AucklandRhona · Mar 1

"More than a hanky and a leaflet" - Lucy Johnston, Edinburgh Napier, powerfully demonstrating how allocating people their own budget in a supportive program of community prescribing empowers self-management at a key transition point in the cancer pathway #bpos2019 @Mac\_Evidence



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**Dr Alison Farmer** @towertalk · Feb 28

Pre-surgery characteristics associated with depression in patients with colorectal cancer. This can help nursing and medical teams identify patients at risk. Important results from @unisouthampton presented at #bpos2019 by @j\_turner6. @BPOSUK @UHSFT

### Pre-surgery characteristics associated with clinical levels of depression over 5-years

UNIVERSITY OF Southampton

Poor QoL***	Low level of self-efficacy**	Low level of social support*	Over the age of 50*
Clinical level of depression**	Previous use of mental health services**	Single/divorced/widowed domestic status***	Neo-adjuvant therapy**
High level of state anxiety*			

\*\*\* p<0.001; \*\* p<0.01; \* p<0.05; N = 592.

Funded by  
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**Leanne Shearsmith** @escoutas · Feb 28

Dr Alex King's "RAC" model, an interesting insight into the psychological underpinnings of a cancer diagnosis #BPOS2019 @BPOSUK #Cancer

The diagram illustrates Dr Alex King's "RAC" model, which outlines the psychological underpinnings of a cancer diagnosis through three interconnected stages:

- ADVERSITY: REALISING CANCER** (Green circles):
  - Life changing impact of diagnosis
  - Disclosing and talking about cancer
  - Shifts in relationships
  - Impact of treatment
  - Hope for the future
  - Pathway to diagnosis
  - Effects of symptoms
  - Lack of support
- RESTORATION: READJUSTING LIFE WITH CANCER** (Orange circles):
  - Disease knowledge and experience
  - Changes in outlook
  - Confidence in healthcare
  - Appraising stress and values in life
  - Lifestyle changes
  - Importance of social support
- COMPATIBILITY: RECONCILING CANCER** (Blue circles):
  - Accepting reality
  - Reframing one's impact and experience for their future
  - Identity for the future
  - Revised perspectives on wellbeing

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### ***BPOS on Twitter***

The BPOS Twitter feed continues to see growth year on year. At the time of writing we have 1,396 followers. If you or your organisation are on Twitter, do follow us. And do share with Carol Rivas, [c.rivas@ucl.ac.uk](mailto:c.rivas@ucl.ac.uk) anything that you would like to tweet about.

***Looking forward to the 2020 conference....***

## **SAVE THE DATE!**

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

**27<sup>th</sup> -28<sup>th</sup> February 2020 at the MacDonald Holyrood Hotel, Edinburgh**



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