



Canadian
Cancer
Society

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du cancer

September 2017 (QOL-18) Competition Awarded Quality of Life Grants

Listed in alphabetical order

QOL Quality of Life Panel

Bombard, Yvonne

St. Michael's Hospital

The health outcomes and quality of life for cancer patients receiving incidental genomic results: A randomized controlled trial

Genomic sequencing allows scientists to make diagnostic and treatment decisions about cancer based on a person's DNA. It can also provide extra information about risks for other diseases, but how knowledge of this extra information affects a person's well-being is unknown. Dr Yvonne Bombard and her team will determine whether sharing this extra information with people with cancer will affect their care, health outcomes and quality of life. This research can help inform policy decisions and clinical practice guidelines about sharing extra information from genomic sequencing, especially as it becomes more common.

Hales, Sarah

Princess Margaret Cancer Centre - UHN

Medical Assistance in Dying (MAID) in the cancer context: a mixed methods study of patient and caregiver experience, quality of death, and bereavement morbidity

People with life-threatening illnesses like advanced cancer who have intolerable suffering may seek medical assistance in dying (MAID), where they ask a doctor to help them die. Because MAID was only recently legalized in Canada, little research has been done on the experiences of people with cancer who ask for MAID and their loved ones. Dr Sarah Hales and her team will use questionnaires and interviews to better understand these peoples' distress, quality of life, thoughts on healthcare, and how they coped. This research can help improve the end-of-life process and delivery of MAID.

Savard, Josee

Laval University

Implementation of a stepped care cognitive-behavioural therapy for insomnia in routine cancer care

Insomnia affects 30-60% of people with cancer, and if left untreated, can lead to depression or other psychological disorders. While many psychological interventions have been shown to be effective for some cancer patients, they are not yet integrated into routine care. Dr Josée Savard and her team will investigate the effects of a cognitive behavioural therapy for insomnia on the well-being of people with cancer and how it can be feasibly integrated into routine care. Implementing this intervention could potentially reduce the suffering of people with cancer and insomnia.

Mise en œuvre d'une thérapie cognitivo-comportementale par paliers pour l'insomnie dans le cadre des soins habituels contre le cancer

L'insomnie touche de 30 à 60 % des personnes atteintes de cancer et peut, si elle n'est pas traitée, entraîner la dépression ou d'autres troubles psychologiques. Bien que de nombreuses interventions psychologiques se soient révélées efficaces pour certains patients, elles ne sont pas encore intégrées aux soins habituels contre le cancer. La Dre Josée Savard et son équipe vont évaluer les effets d'une thérapie cognitivo-comportementale pour l'insomnie sur le bien-être des personnes aux prises avec le cancer, et chercher des moyens faisables de l'intégrer aux soins habituels. La mise en œuvre de cette thérapie pourrait réduire les souffrances des personnes atteintes de cancer qui font de l'insomnie.

Stinson, Jennifer

The Hospital for Sick Children

The Pain Squad+ Smartphone App to support real-time pain management for adolescents with cancer: a randomized controlled trial

Adolescents with cancer may experience pain that negatively affects their quality of life and results in high healthcare costs. Real-time pain management programs may help them cope with their pain. Dr Jennifer Stinson and her team developed a smartphone app called Pain Squad+ that helps record pain and provides personalized pain advice and support from a registered nurse in real time. They will now test whether the app, with or without nurse support, can improve the quality of life of adolescents with cancer and reduce healthcare costs over time.