

9th National PONZ Conference Massey University, Wellington 28-30 November 2010

Multi-Disciplinary Teams:



The conference will again, following the success of the 2009 format, consist of a day of small interactive Workshops on Sunday 28 November and two days of Keynote Speakers and proffered papers/posters on Monday 29 November and Tuesday 30 November. Historically, delegates are from medical, nursing and allied health disciplines, from primary to palliative care and academic teaching and research.

PONZ-9 KEYNOTE SPEAKERS

Professor Stewart Dunn



Department of Psychological Medicine, Sydney Medical School and Director, Pam McLean Centre, University of Sydney

Stewart Dunn is Professor of Psychological Medicine in Sydney Medical School - Northern and Associate Dean for Admissions. He is based at Royal North Shore Hospital, and is Visiting Medical Psychologist at the Mater Hospital. He has extensive teaching commitments in the Sydney Medical Program and his clinical specialty is psychological care of cancer patients and their families. Stewart completed Fellowship studies in the USA and UK, and conducted research at Royal Prince Alfred Hospital before his appointment at RNSH in 1995. He has published widely in psychological aspects of medical illness and doctor-patient communication and he has received nine research travel awards and six teaching awards including the USyd Faculty of Medicine Outstanding Teaching Award in 2005 and PaLMS Excellence in Clinical Teaching Award in 2008. He has been Chair of the NSCCH Human Research Ethics Committee since 2001. His other interests include multidisciplinary teams, medical error and open disclosure. As Director of the Pam McLean Centre he is responsible for facilitating workshops with health professionals across these areas in Australia, New Zealand and Europe. Stewart suffers chronic withdrawal from three years of trekking in the Nepal Himalayas as a student in the late 1970.

Dr Ian Gwynne- Robson MD CCFP FCFP FACHPM

Palliative Care Consultant, Te Omanga Hospice, Lower Hutt ian.gwynne-robson@teomanga.org.nz

Palliative Medicine Consultant at Te Omanga Hospice, Lower Hutt since 2008. Primary Medical degree and post graduate training in Family Medicine at the University of Toronto in Ontario, Canada. Ten years in private practice of Family Medicine/Palliative Care in Guelph, Ontario. Moved to New Zealand in 2003 and worked 5 months at the Nelson



Photograph is courtesy of Hutt News

Region Hospice, then General Practice locums in Nelson and Foster, Victoria, Australia. Palliative Medicine training completed in New Zealand at Te Omanga Hospice, Mary Potter Hospice, the Wellington Hospital Palliative Care Service and the Wellington Blood and Cancer Centre.

Enquiries to Conference Organiser: Wayne McCarthy, email: wayne.mccarthy@ffpl.co.nz

PONZ-9 Organising Core Committee:

- Convenor: Hazel Naser (Cancer Society Wellington Division, University of Otago Wellington)
- Virginia Lee (Mary Potter Hospice)
- Gay Dungey (University of Otago Wellington)
- Susan Sutcliffe (Cancer Society National Office)

PONZ WORKSHOP PROGRAMME 2010

Sunday 28th November

10am-12noon OPTION 1A

Living Well Facilitator Refresher Workshop with Hazel Naser

This workshop is for experienced facilitators who are involved with facilitating the Living Well cancer education programme for the Cancer Society of New Zealand. The aim of the workshop is for continuing professional development of advanced facilitation skills.

12 noon Registration Desk opens for Workshops

12noon-1pm Light Lunch

1pm-3pm OPTION 2A

Psychology in the Multidisciplinary Cancer Care Team with Professor Stewart Dunn

The multidisciplinary team is well established in cancer care and psychologists play a number of roles in the team beyond their direct care of patients. Interactions among cancer professionals often occur in a context of tension and urgency that can challenge personalities, professional boundaries and hierarchies, and communication styles. Human factors and characteristics of the health care system make effective collaboration even harder. This interactive workshop builds on a series developed for the NHMRC National Breast and Ovarian Cancer Centre and conducted in cities around Australia. We will examine ways to enhance advocacy roles, meeting facilitation, interdisciplinary terminology, letter writing and continuing communication beyond the initial

multidisciplinary meeting focus on diagnosis and treatment. This workshop is very interactive – please come prepared to play.

PLEASE NOTE: The workshops from 3.30pm-5pm run concurrently.

Select one workshop from the following:

3.30pm-5pm OPTION 3A

Spiritual Care with Beth Taylor

Persons living with serious illness, potentially facing their demise, characteristically experience spiritual growth and/or distress. Verbalized expressions of this inner spirituality often stymie the clinician who receives such a message from a patient. This session will begin to examine how clinicians inadvertently silence expressions of spiritual pain and apply strategies from helping psychology to guide professionals' verbal responses to this dimension of pain.

or, OPTION 3B

“Don't forget about me!” – supporting children whose parents have a significant illness with Linda Karlin

When there is an illness in the family, everyone in the family is impacted in their own way. When it is the parent experiencing the illness, the repercussions for children can be quite wide-reaching. Children will grieve the loss of a “normal, healthy” parent, whatever their age or stage. This very practical workshop will consider the perspective of the young son or daughter and will take a look at childhood grief, providing a broad overview of how it differs from adult grief and reviewing common grief reactions. We will also explore the ways that the family members' care-giving routines can impact on the child/ren in the family, as well as the impact of the varying states of the parent's health status. Tips on ways to support children whose parents have a significant illness will be provided.

or, OPTION 3C

Mindfulness: finding the pause button while on the roller coaster with Bobbie-Joe Wilson

This is an experiential workshop that shares some easily assimilated skills and approaches to mindfulness. The workshop will demonstrate how common manifestations of stress can be utilized, through mindfulness, to assist a person to manage their stress more comfortably. Physiological reactions to stress are useful for drawing attention to heightened stress within the individual and can act as an entry point for teaching simply mindfulness techniques to cancer patients. Teaching these micro-coping strategies can make a subtle difference to the experience of stress that people encounter in their cancer journey. These strategies are easily taught and transferable to many other situations, and may even help healthcare practitioners find their own pause button.

or, OPTION 3D

Caring for our carers with Nora Thompson and Kathy Hopgood

The Cancer Society and the Southern Blood and Cancer Service have been working together to offer opportunities for Carers to come together, within the context of facilitated discussions (workshops), to explore aspects specifically related to the needs of Carers re: stages of the caring journey: how do carers cope, nourish their resiliency and undergo transformational change? The process undertaken to embark on this project will be outlined. The material used in

these workshops will be discussed, with reflection about the participants' feedback about the workshops achieved so far. An activity from the carer-workshops will be undertaken if time allows.

5pm Cocktails

7pm Ain't No Mountain High Enough Concert at The Opera House, Dixon Street, Wellington

Te Omanga Hospice and Mary Potter Hospice embark on an exciting new venture together with some of Wellington's musical talent to present an evening of Motown, Gospel, Blues and Soul songs that touch the heart. The list of artists for the concert is already impressive and continues to grow daily. So far confirmed are: Lisa Tomlins, Mara TK, Ryan Prebble, Ria Hall, Sacha Vee, Toni Huata, Tyna Keelan, Mission Choir, Kirsten Te Rito, Louis Baker, Matiu Te Huki, Ned Worboys, Muscial Island Boys, Ali Isdale.

Tickets are only \$30.00/ adult, with \$25.00 for child/student/senior. There is a family rate 2 adults/2 children under 14 years for \$85.00. Seating is General Admission.

Tickets are currently available at Ticketek:

<http://premier.ticketek.co.nz/shows/show.aspx?sh=MOUNTAIN10>

Check out Facebook:

<http://www.facebook.com/home.php?#!/event.php?eid=152454788115636&ref=mf>

| Monday 29nd November | |
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| 8.00am | Registration Desk Opens |
| 8.30am | Opening Ceremony and Welcome |
| | Powhiri |
| | Conference Convenor Hazel Naser |
| | The Honourable Winnie Laban, outgoing Labour MP for Mana Electorate and Minister of Pacific Island Affairs Opening Address |
| | Co-Presidents Cheryl Woolley and Don Baken |
| 9.30am | Keynote Address: Professor Stewart Dunn Psychophysiology of breaking bad news – a role for psychologists |
| 10.30am | Morning tea |
| 11.00am | Phil Kerslake Multi-disciplinary teamwork: a patient's perspective |
| 11.30pm | Janice Brown Demonstrating the value and challenges of effective teamwork through a case study |

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| 12.00pm | Jude Boxall and Anne Savage Don't go swimming in the Nile |
| 12.30pm | AGM |
| 12.45pm | Lunch |
| 1.30pm | Cheryl Goodyer Tikanga Maori guidelines |
| 2.30pm | Debbie Ryan Engaging with Pasifika patients |
| 3.15pm | Consumer Narrative |
| 3.30pm | Afternoon Tea |
| 4.00pm | Keynote Address: Dr Ian Gwynne-Robson Call and Response: African-American songs of death, grief and healing |
| 4.55pm | Beth Taylor Spiritual assessment for health care professionals |

**Dinner is at 7.30pm at Tussock, Massey University Wellington
with Live Entertainment: Hot Club Sandwich**

| Tuesday 30th November | |
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| 8.00am | Registration Desk Opens |
| 8.30am | David Hamilton Communication of bad news |
| 9.00am | Emily Gorman Does a preparatory DVD improve coping with radiotherapy? |
| 9.30am | Virginia Lee From care giving to bereavement: weaving the strands of identity |
| 10.00am | Pat Russell Psychological services – Working in a multidisciplinary team |
| 10.30am | Morning Tea |
| 11.00am | Craig Tamblyn The Voice of Experience project: 2009 Cancer Care Survey themes and results |
| 11.30am | Linda Bain and Carmen Gordichuk The strength of the multidisciplinary team: Offering the Living Well programme at the Wellington Blood and Cancer Centre |
| 11.45am | Francie Hampton Weaving the threads of care shared within multidisciplinary teams |

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| 12.00pm | Professor Stewart Dunn |
| 12.30pm | Lunch |
| 1.00pm | Diana Sarfati The unlevel playing field: ethnic inequalities in cancer outcomes in New Zealand |
| 1.30pm | Nathan Consedine Psychosocial barriers to cancer screening |
| 2.00pm | Geraldine Meechan Body image issues |
| 2.30pm | Lois Surgenor Burnout in the health workforce; how big, why, and what could be done |
| 3.00pm | Consumer Narrative |
| 3.15pm | Poroporoaki |
| 3.30pm | Final afternoon tea |