



APPHON/ROHPPA NEWSLETTER

Atlantic Provinces Pediatric Hematology/Oncology Network
Réseau d'Oncologie et Hématologie Pédiatrique des Provinces
Atlantiques

Board Executive:
Chair - Dr. Lynette Bowes
Vice Chair - Mickey Daye
Secretary/Treasurer - TBA

Our Vision

To facilitate access for Atlantic province children and youth to comprehensive, current, effective, evidence-based hematologic/oncologic treatment delivered as close to home as safely feasible.

Winter 2017

New Administrative Assistant for the APPHON/ROHPPA Office

Please welcome Kristy MacDonnell as our new APPHON/ROHPPA Administrative Assistant. Kristy comes to us with 15+ years of administrative experience. She has been with the Children's Oncology Group (COG) Office at the IWK for the past 4 ½ years. In addition to general office coordination, one of her main responsibilities was the administrative coordination of the COG Clinical trials. She is excited to be joining us in the APPHON office.



Please feel free to contact Kristy at kristy.macdonnell@iwk.nshealth.ca
Phone: 902-470-3842
Fax: 902-470-6510

2017 APPHON/ROHPPA Conference

A date has been chosen for the 2017 Conference, November 16th to 18th. Unfortunately, the spring was not doable due to maintenance at the IWK and the many conflicts in the Spring. The last vote for mid-June or November came back overwhelmingly for November. I would like to thank everyone for their patience and feedback in finding a date!

We will be looking at feedback from the last conference in 2015 for topics, but if you have anything you want presented please contact Carol Digout.

carol.digout@iwk.nshealth.ca
(902)470-7429

Guideline Up-date

The mucositis, constipation and diarrhea guidelines have all been up-dated. We will be sending them out for external review in the next couple of weeks.

Clinical Leader Ambulatory Care - IWK

The IWK is very pleased to announce that Cathy Younker will be the interim clinical leader of the IWK Hematology/Oncology/Brain Tumor ambulatory clinics. Cathy can be reached at: cathy.younker@iwk.nshealth.ca 902-470-6562

Please see below for information from "On the Tip of Your Toes" Program

ON THE TIP OF THE TOES



WHEN SLED DOGS, KAYAKS AND HIKING BOOTS HELP OUT YOUNG CANCER PATIENTS...

Since 1996, the **On the Tip of the Toes Foundation** has organized close to 50 **FREE** therapeutic adventure expeditions for young people living with cancer. These adventures are much more than just Canadian wilderness outings; they give participants an opportunity to spend time with other young people who share the same realities, to exchange ideas and to be understood without needing to explain themselves.

OUR APPROACH

We take individuals out of their comfort zone and encourage them to recreate for themselves a new comfort zone. The expansion of this zone raises awareness of capabilities, strengths and skills that were heretofore underestimated, or even unknown. We thus aim to help them regain self-esteem and recover hope in life by enabling them to surpass themselves during these expeditions. Further, by facing challenges together,

they can create close bonds of friendship. Our participants return to everyday life equipped with new energy, a new outlook and an undeniable sense of well-being, as demonstrated by Dr. Linda Paquette in recent study that was presented at the May 2016 CAPO conference in Halifax.

OUR CREW

A doctor, a nurse, a psycho-social professional, local guides, 2 On the Tip of the Toes facilitators and a blogger so that folks can follow us day by day, wherever we are. Bilingual and seasoned outdoor enthusiasts APPHON members are more than welcome to get in touch with us, should they feel like volunteering on one of our expeditions.

OUR CROWD

Groups of 10 to 15, aged 14 to 18 y.o. and 19 to 29 y.o. up to 5 years in remission of cancer. We recruit our participants throughout the Canadian Hospitals Network. So far, our only Atlantic Canada interlocutor is IWK's Dr. Conrad Fernandez. We would love to add more on our list so we can increase the number of our Atlantic Canada participants. Do not hesitate to get in touch with us to become one of them!
<http://pointedespieds.com/en/>

Take a look at our video, it's worth it!
<https://www.youtube.com/watch?v=jGNa8syGX3A>

TESTIMONIALS FROM TWO SUMMER 2016 PARTICIPANTS FROM NOVA SCOTIA

You're all the ones I most admire, with great intentions and loving desires. Passion and trust and knowing that you all cared, brings a lifetime of happiness for us to share...

Being so gentle, understanding, and kind, brings comfort, faith, and when love and friendship coincide this is truly a blessed event. Never going to forget you guys. The rafting trip definitely changed my life for the better.

Aaron D. H.

Home from a life changing experience with a group of wonderful people. Ten days of fun and extreeeeeeme bonding. I will always have a special place in my heart and memory reserved for that wonderful expedition, all the people involved, and the Magpie River. Very few life changing events are for the better, but I think I can safely say that, for me at least, that was the most positive and most life changing experience so far in my life.

Anthony