

E-HEALTH SIG REPORT 2021

Co-chairs: Tania Estapé & Claire Foster

Members of the SIG: Camella Rising, Yeva Asribabayan, Natalie Bauereiss Sophie Lebel, Nina Tauber, Paul Jacobsen, Suchrita Mehta, Paul Jacobsen, Ben Smith, Mahatti Chittem, Vicky White, Bincy Mathew Yvonne Luigis, Jenny Harries, Afaf Girgis, Zoe Moon, Claire Foster, Marieje Van der Lee, Cristiane Bergerot, Oscar Galindo, Nick Hubert-Williams

Activities of members of the SIG, 2021:

Sophie Lebel:

- An ongoing e-health FCR intervention for family caregivers of cancer survivors and a brief online group for cancer-related fatigue that we will be testing in community in 2022.

Yvonne Luigis:

- There is an online program for patients with explanations, videos, exercises, etc. and they had 3-5 live conversations with a mental health worker at their own GP. The intervention consists of ehealth modules and 5 sessions via video calling.

Evgenia Anianeva:

- The year was started from the online training for Russian psychologist the Conquer Fear of Cancer Recurrence. The e-health relation was the online pre- and post-training assessment of the patients
- With the Charity Foundation Further (Moscow) we developed the online platform for the Breast Cancer patients and survivors (to be honest, for women with any located cancer) where are the part for patients/survivors and the other part for medical staff. There are doctors lectures, individual psychological counselling and online psychological supportive/training groups
- We developed the project where the regional cancer clinic will use this platform. The aim of the project is to improve the quality of life (Breast Cancer patients) during the whole cancer patient journey from the diagnosis to the end of base treatment (about a year) and to do it evidence-based (using metrics of healthcare effectiveness)
- I've learned no-code app developing tools for releasing my idea to create apps for patients (planing to start the ConqureFCR)
- I'm studying Python and machine-learning because want to understand deeper how to use AI in e-health psychooncology

Tania Estapé:

- After implementation of an online tool to promote changes in attitudes and overcome barriers in old people towards cancer, we have found very low usage of it. Therefore, our current work aims to do a qualitative work: we are currently interviewing in a focus online group format old people to have their opinions and proposals related to the online tool.

- We have participated in an app for prostate cancer patients, assessing the psychooncology part and leading the focus group to test usability.
- I have done two online talks on ehealth use in Psychooncology:
 - o 4th June: Invited by FIPOL (Latin group on Psycho-oncology)
 - o 24th July: Invited by Turkish association of Psycho-oncology

Sylvie Lambert: TEMPO program, published in the following link: [Feasibility, Acceptability, and Clinical Significance of a Dyadic, Web-Based, Psychosocial and Physical Activity Self-Management Program \(TEMPO\) Tailored to the Needs of Men with Prostate Cancer and Their Caregivers: A Multi-Center Randomized Pilot Trial \(pscsprogram.ca\)](https://www.pscsprogram.ca/)

Claire Foster

- I am developing online decision support tools for people at increased risk of cancer due to genetic predisposition through a Cancer Research UK Programme Grant (CanGene CanVar). We are developing an online decision support tool for people with Lynch Syndrome.
- I am supporting the uptake and evaluation of Breast Cancer Choices (online resource to support women diagnosed with breast/ovarian cancer considering genetic testing) into mainstream cancer care. This will be evaluated in 2022/23
- Participated in IPOS eHealth webinar (Feb 2021) – Use of e-health: challenges and opportunities for psychosocial oncology providers, resources to providing support during the COVID19 pandemic.
- Co-chaired IPOS webinar hosted by Survivorship and e-health SIGs (Feb 2022): Delivering remote physical activity, diet and psychological support to people affected by cancer.
- Continuing to work with Macmillan to host RESTORE online resource to support self-management of cancer related fatigue.
- Recent funding award to develop RESTORE resource for mental wellbeing.

INTEREST OF MEMBERS:

- Would be interested in seeing resources, key articles, and featured researchers on the SIG page.
- Hot spots in online psychological trainings - how can we provide the mental security in app for patients? How we can reveal some mental state which need medical treatment, not psychological at first?
- E-tools for medical staff for clinical communication training
- Healthcare economical effectiveness and e-health psychological support/interventions - how we can argue the helpfulness of psychological support and intervention for patients during their cancer patient journey and survivorship (managers think through the figures, economical metrics)? how we can assist to decrease the costs of cancer treatment which are arising?
- Most of them are interested in having a room in the website of IPOS

SIG activities in 2021:

In World Congress (online) Claire Foster was added as a co-chair to the SIG.

- 1) Webinar: Use of e-health: challenges and opportunities for psychosocial oncology providers, resources to providing support during the COVID19 Pandemic

This webinar was recorded on Thursday, February 25, 2021 and is approximately 59 minutes in length.

FEATURING:

Chair: Tania Estapé

CLAIRE FOSTER: 'RESTORE: supporting people living with cancer related fatigue after cancer treatment'.

MARIJE VAN DER LEE: 'The therapeutic working alliance in internet-based and online therapy for anxiety, depression and severe fatigue after cancer'

CRISTIANE D. BERGEROT AND TANIA ESTAPÉ: 'Understanding the experiences related to the COVID-19 Pandemic and how it is impacting in Low- and Middle- Income Countries (LMIC) psycho-oncologists practice' (this presentation includes a survey on ehealth tools during Pandemic times in Psycho-oncologists from LMIC), that has been published as Clinical Correspondence article in Psycho-oncology

- 2) A new survey for ehealth SIG members to ascertain their programs and its implementation (ongoing now)

CURRENT ACTIVITES:

- 1) A new webinar with Survivors SIG (Education Comitte) on ehealth in cancer survivors was prepared (presented in 2022)
- 2) A symposium on ehealth submitted to the 2022 Toronto congress
- 3) An online meeting wit members of the SIG is planned soon