



**REPORT ON THE FIRST JOINT INTERNATIONAL PSYCHO-ONCOLOGY
SOCIETY (IPOS) ACADEMY AND 4TH PSYCHO-ONCOLOGY SOCIETY OF
NIGERIA (POSON) WORKSHOP AND NATIONAL CONFERENCE**

held on the

19TH TO 23RD OF MAY 2014 AT THE CENTRE FOR SUSTAINABLE DEVELOPMENT
(CESDEV), UNIVERSITY OF IBADAN, AWOLOWO AVENUE, BODIJA, OYO STATE,
NIGERIA

Sixty participants in all registered and attended the academy. Twenty-two of these were on scholarship. IPOS sponsored 20 of whom 19 were able to avail the sponsorship only, while Prof. Jimmie Holland sponsored 3. The academy took place in the serene environment of the University of Ibadan Centre for Sustainable Development (CESDEV). The Vice Chancellor, University of Ibadan Prof. Isaac Adewole, donated the venue for the academy as his contribution towards the success of the academy and institutional commitment to growth of psycho-oncology in Nigeria.

The 19th of May 2014 which was scheduled for the arrival of delegates proved to be a very busy one for the local organizing committee as delegates started arriving at CESDEV for the workshop as early as 10am for lodging and pre-workshop registration.

Tuesday 20th of May was the official kick off of the academy with the first lecture given by Professor OB Campbell who spoke on 'The overview of cancer burden in Nigeria'. The lecture was followed by a series of questions and answers session. Prof. Barry Bultz lecture on the state of the art of psycho-oncology was also taken. The participants were thereafter taken by bus to the venue of the opening ceremony at the College of Medicine of the University of Ibadan Auditorium at the University College Hospital, Ibadan. The opening ceremony began with the playing of the Nigeria National Anthem with everyone present standing respectfully at attention. The well attended opening was chaired by the Ag. Provost of the College, Prof. Ayotunde O. Ogunseyinde, while the Local Organizing Committee Chair welcomed all the participants and the POSON President, Dr. Chioma Asuzu presented her opening address while the other invited guests read their goodwill messages. Though the Host and Chief Medical Director of the UCH,

Prof. Temitope Alonge, and the Chief Host and Vice Chancellor, Prof. IF Adewole, were unavoidably absent on official assignments, they were well represented and their goodwill messages were read. The Head of the UI/UCH Department of Radiotherapy, Dr. Theresa Elumelu was also present to read her goodwill message. The World Health Organization country representative in Nigeria was well represented by Dr Ada Erinne, the WHO Oyo State coordinator. The peak of the opening ceremony was reached with the presentation of the keynote address written by Prof. Peter Ebigbo but presented on his behalf by Prof. Jude Ohaeri on ‘The role of psycho-oncology in ensuring the holistic care of cancer patients’; as Prof. Ebigbo was unavoidably absent. At the end of the presentation of the keynote address, the vote of thanks was given by Dr Akin-Odanye, the secretary of the Local Organizing Committee after which a group photograph was taken of the invited guests and workshop delegates. Participants were transported back to CESDEV (after light refreshments at the UCH opening ceremony venue) where the lectures on cognitive behavioural therapy for non-psychologists was presented by Dr. Chioma Asuzu on behalf of Dr. Maggie Watson and the last lecture for the day psychosocial interventions in cancer care by Dr. Elizabeth Andritsch was also taken.

At 6pm, participants were again driven to the University College Hospital Penthouse for a welcome cocktail sponsored by the Chief Medical Director, Prof. Temitope Alonge. The cocktail afforded the participants the opportunity to socialize in a lively though relaxed environment with lots to eat and drink and good music to dance to.

Day 3, Wednesday May 21st was a full day on advanced practice workshop on application of cognitive behavioural therapy in advanced cancer. The sessions were practical with lots of opportunity for participants to role play thereby putting some of the newly taught skills to use. The day ended with a Skype session with Dr. Maggie Watson in which participants had opportunities to ask questions and receive answers from the facilitator.

Day 4, Thursday May 22nd was another very busy day which began with Dr. Elizabeth Andritsch’s facilitated communication workshop. The emphasis in the workshop was on effective communication between professionals, patients and their families. A Skype session was also had with Elizabeth to enable the participants have an interactive session with her, though the network was not so clear for this particular event. Five abstracts bothering on psychosocial issues in cancer management were presented at the conference. Five of the scholarship recipients who had been informed earlier were called upon to make presentations on ‘Service and education in

psycho-oncology: what has been achieved and what are the future goals?’ This session was chaired by Dr Chioma Asuzu. The presentations granted all participants the opportunity of knowing the states of psycho-oncology in Senegal, Botswana, Calabar, Lagos and Ibadan as well as the future aspirations of the presenters for psycho-oncology in their various locales. The Dean of Clinical Sciences, Prof. AE Ajaiyeoba came to CESDEV on this day to wish the participants well and to encourage them to start giving psycho-oncology services in their various hospitals. He further went on to express his gratitude to IPOS and Prof. Jimmie Holland for sponsoring 22 people to attend the academy from Nigeria and other African countries. He reiterated the commitment of the University of Ibadan and the University College Hospital to ensuring that psycho-oncology becomes more deeply rooted in Ibadan and beyond.

Dr. Chioma Asuzu facilitated the workshop on building psycho-oncology services and models in Africa. Participants formed groups to brainstorm on how to move psycho-oncology forward in their various settings and the outcome of the brainstorming session was presented by representatives of each group. A surprise test was organized for the participants at the instance of the LOC Chairman, Prof. Campbell, in which two participants and Rita Aniba from Federal Medical Centre, Abakaliki, Ebonyi State, Nigeria and Labe Ransome from Makurdi, Benue State, Nigeria emerged as first and second positions respectively. They were each presented with a clinical psychology text book as gifts.

Participants were given the IPOS/POSON academy evaluation form to fill and they returned the forms on completion.

At the POSON annual general meeting, it was decided that the 5th POSON Workshop and National Conference will be held at Makurdi but the date is to be decided later – usually in August for this association.

On the 23rd of May 2014, we had an executive meeting of Association of Psycho-Oncology Society for Africa (APOA) before the departure of our international delegates.

Participants’ Evaluation of the 1st IPOS/POSON Joint Academy

A 2-sectioned instrument was given to the participants to evaluate the academy with. The first section required participants to respond to 20 items in a structured format while the second

section asked participants to respond freely to open ended questions. Please find below a summary of the participants evaluation of the academy. Results are based on responses from 44 participants who submitted the evaluation form given to them. The percentages reported refer to the sum of percentages of responses corresponding with agreed and strongly agreed as the positive answers. The summary report is presented a prose form.

Section A

Response to the first item showed that 97% of the participants experienced a pleasant learning atmosphere during the course. With regards to the individual lectures and training packages, more than 80% of the participants were of the opinion that they were informative. More than 90% of the participants indicated that the training has increased their interest in psycho-oncology, 86% indicated that the organization of the training was adequate, 93% indicated that the training venue was conducive, the meals were good, the duration of the course was adequate, the objectives of the course were made clear, and 84% indicated that all the objectives were covered during the training. With regards to relevance to their jobs, 97% indicated that the content of the course was relevant to their jobs and 92% indicated that the personal goals they had before coming for the training were met. Also, 72% indicated that the learning materials given were relevant, 93% indicated that the facilitators were supportive and the training has increased their skills in psycho-oncology.

Section B

In this section, participants were asked to comment freely on 8 open ended questions. The first question was interested in eliciting the general opinion of the participants on the IPOS Academy training workshop. Adjectives such as awesome, excellent, highly educative, stimulating, satisfactory, informative, instructive, enriching and rewarding, informative and timely, wonderful, beautiful were used to describe the academy.

In response to the second question on their satisfaction with the topics covered, 40 wrote 'yes' that they were satisfied with the topics covered, 1 wrote 'absolutely yes', another wrote 'very satisfied' and another wrote did not answer the question.

The third question gave participants the opportunity to write out the topics they would like covered in subsequent academies if they were not satisfied with the topics covered in the just concluded academy. Thirty-seven (37) participants did not indicate anything. Some other topics of interest listed by participants were: psychosocial management of caregivers of people with cancer, paediatric psycho-oncology, other psychotherapies that could be used to address patients' problem. The fourth question asked participants to list three things they have gained from the workshop. Majority indicated gaining the awareness of distress as the 6th vital sign, learning to use cognitive behavioural therapy with their patients, learning more effective ways of communicating with the patients and their caregivers, learning about building psycho-oncology services and models in Africa and identifying the burden of Cancer in Nigeria.

The fifth question was interested in the participants' opinion of the effectiveness of the distance method used in the training. While 21 of the 44 participants agreed that it was undoubtedly effective, the others were understandably of varying opinions as to the level of its effectiveness having expected to physically meet with the international academy until they got here to learn that they were unable to come physically. The sixth question asked participants to state why, if they thought the distance method was not effective. Majority of those who responded indicated that it was especially because of poor audio quality, poor internet connection and the lack of direct personal touch. They opined that the sessions would have been more interactive and lively if the resource persons were physically present.

The seventh question asked the participants what they would suggest to make future academies better. Some of the suggestions are: the foreign lecturers should be physically present; the workshop should be organized at least 3 to 4 times yearly; there should be more sensitization through media to create awareness of the program to the public; there should be a formal training of psycho-oncology in all universities in Nigeria; the presentations/topics (course materials) should be given to delegates on the first day; organizers should reach out to more physicians, especially psychiatrists; more participants from several countries and states in Nigeria should be sponsored for the course; it should be made a full week program; government officials, especially the minister of health and all CMDs should be involved in planning; very early planning is encouraged; better time management as much as possible to have everything in the

same venue and a representative of the health care team (doctor, nurses, social workers, psychiatrists) should be well represented from each hospital to be able to form a group after the workshop. This suggestion of involvement of CMDs incidentally was done; the CMD of UCH as Host of the conference having personally sent the invitation to all the CMDs from his office (see Appendix 1) to sponsor their staff and actively followed up by our LOC. The participants were asked on the eighth item in this section to add any other comments. Most participants expressed their satisfaction with the organization of the academy generally and were appreciative of the opportunity to attend as a result of the scholarship they got from either IPOS or Prof. Jimmie Holland.

Summary Report of Scholarship

IPOS gave 20 scholarships in all. Five (5) of the scholarships went to participants living within Ibadan, 12 went to participants living in other states in Nigeria and three (3) went to participants from three other African countries (Senegal, Botswana and South Africa). All participants from Nigeria took up the scholarship. The participant from Senegal was also sponsored by Jimmie and was present at the academy; and utilized the sponsorship from Jimmie Holland only. The participants from Botswana and South Africa could not make it. These scholarships were given to two Nigerians, a nurse from University of Benin Teaching Hospital and a student from the University of Ibadan. Though Prof. Jimmie Holland made provision for four people to attend from other African countries, one was unable to make it. Hence, three international participants sponsored by Jimmie were able to attend and participant at the workshop.