

TELEHEALTH PROGRAM

EVALUATION REPORT ON TELEHEALTH SESSION

Cancer Awareness

October 9, 2007

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The Telehealth session on *Cancer Awareness* with Dail Jacob, Pivot Nurse of St. Mary's Hospital Centre, was the third time we have delivered this topic. Held Tuesday, October 9, 2007, from the Montreal Children's Hospital, the session was hosted by CASA of Gaspé and was moderated by Jo Ann Jones. The session followed an interactive format, with regular question periods throughout and an optional 30-minute question period at the end.

The following are highlights of results:

Communities: 9 communities, including 13 sites: CAMI, CASA, MCDC, Neighbors, OHSSN, Townshippers' Association (Estrie and Montérégie), and Vision Gaspé Percé Now.

- Number of participants: 91 people
- Number of completed evaluations: 66%
- Positive comments: having access to English print materials from the Canadian Cancer Society, the clarity and completeness of information presented, the chance to ask questions, and the excellent speakers.
- Level of satisfaction: People agreed (on a scale of 4/5) that the presentation was helpful, interesting, met their expectations and that the resources were useful.
- New Partnerships: The Quebec branch of the Canadian Cancer Society, Living Well with Cancer, partnership with the Anglophone community (CASA), renewed connection with local pivot nurse (MCDC), advertising partnership with Aylmer Health Co-op's Web site (OHSSN)

Communities were encouraged to use selected resources from the Canadian Cancer Society at www.cancer.ca and this link was sent to the communities well in advance of the presentation. A guest speaker, Charles Pitts, presented "Living Well with Cancer" and talked about his radio show, *The Health Guide* at www.thehealthguide.ca. Several sites stayed on until 3:30 p.m. with additional questions for our presenter.

When asked, "What did you learn that is worth remembering for a lifetime?" participants cited the following memorable quotes:

"There is always hope."

"That help is readily available."

"You have to push for breast exam after 70."

"Living Well with Cancer."

"Free help number."

"Information about chemotherapy."

"Cancer is a chronic disease so the attitude must be to learn to live with it."

“All the help and support available to cancer patients.”
“Checklist for men.”
“Take care of yourself and see the doctor.”
“Some cancer can be controlled rather than cured.”

Constructive feedback centered on the idea that the presentation might have focused on more types of cancers and that there were some technical problems, including unmated microphones at some sites.

The question and answer format went smoothly, with each community asking questions such as:

- What is the relationship of cleaning products to cancer?
- Is it possible to have lymphedema with having cancer?
- Once a breast is removed, what further screening can be done for cancer in that part of the body?
- What is the telephone number for hair donation?

Future topics requested by participants include: ovarian and colon/stomach cancer, depression, kidney failure and transplants, bullying, self-help tips, and asthma.

Asked what more could be done in their communities around the issue of cancer awareness, participants cited the following:

- Support groups for cancer
- More English resources

The next Telehealth Session, *Panel Discussion on Self-Esteem, Anger, Addictions and Communication* with Desiree Chaker and Ruth Martin, is scheduled for November 6, 2007.