

## TELEHEALTH PROGRAM

### EVALUATION REPORT ON TELEHEALTH SESSION

#### *Cancer – Part 2*

January 23, 2007

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The first Telehealth Session of the winter season was *Cancer – Part 2*, with Dail Jacob, Pivot Nurse with St. Mary’s Hospital Center and Audrey Philips, Cancer Survivor. This 2-hour session was held Tuesday, January 23, 2007, from the Montreal Children’s Hospital. The session was hosted by Vision Gaspé Perce Now and was moderated by Jo Ann Jones. The session followed an interactive format, with regular question periods throughout.

Important to note is that this was the first time a community–MCDC of Thetford Mines–joined us by telephone. Their group used a speakerphone and this went very well.

The following are highlights of results:

- Communities: 4 communities, including 5 sites: CAMI, MCDC, Neighbors, Townshippers’ Association and Vision Gaspé Perce Now
- Number of participants: 44 people
- Number of professionals: 7 from healthcare and 1 from education
- Number of completed evaluations: 100%
- Positive comments: centered on how the speaker clearly and concisely presented the information and the handouts, that it was interesting and informative, that questions were answered intelligently and the positive approach. One participant cited the “open conversation” of it.
- 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: Neighbors established partnership with CSSS, Vision Gaspé Perce Now has made contact with the Cancer Foundation and is sharing information about their services with the community, and Townshippers’ established new partnership with local college for the videoconferencing facility.
- Future follow-up actions: Neighbors is looking into a support group based on an identified need in its community and CAMI plans to use the recording of this session to hold a session with the Homecare Class.

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

“Knowing what foods are good prevention.”

“To enjoy each day and be kind to people, you never know what is ahead.”

“That you should see your doctor when you think you might have a problem.”

“Always ask questions.”

“The positive attitude of the survivors.”

“See your doctor regularly after 59.”

“Treat patients the same as anybody else.”

“Breastfeeding is good to reduce cancer of the breasts.”

“A good lifestyle is important, nutrition, exercise, and friends, support.”

“Not to ignore symptoms. Encourage healthy lifestyle to prevent future cancers.”

Constructive feedback centered on:

- Being able to see the presenter (two of the speakerphone participants missed the visual aspect)
- More detailed explanation of terms and medical names
- The need for Audrey, cancer survivor to go into more detail

The question and answer format went smoothly, with each community asking questions such as how to best provide support to a friend of relative receiving cancer treatment, the chances of breast cancer after the age of 80, the safety of breast reconstruction surgery and the more sophisticated techniques for mammography.

Future topics requested by participants include: more cancer-related topics such as colon and skin, diabetes, obesity, obsessive-compulsive disorder, heart health, and aging.

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

- Organizing English support groups
- Hold information meetings within the community
- Having more doctors
- Talking about the topic
- Announcing where to go for help

The next Telehealth Session (selected by COASTERS), *Dyslexia*, with Desiree Chaker, Family Life Educator, is scheduled for February 13, 2007.