

C B M T G  **2017 THEMED
MEETING SERIES**

Engagement and Resilience of the Blood and Marrow Transplant Team

WINNIPEG, MB • MAY 5 – 6, 2017 | BERGMANN'S ON LOMBARD • 620 - 167 LOMBARD AVENUE, WINNIPEG

WORKSHOP PROGRAM



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A MESSAGE FROM THE WORKSHOP CHAIRS

Blood and marrow transplant programs, by necessity, require a high degree of organization. We need to function as integrated matrixed teams made up of individuals with expertise in clinical care, laboratory expertise, and quality management in order to successfully transition patients and products through complex systems. The organizing committee for the CBMTG 2017 Winnipeg Themed Meeting have put together an exciting agenda focused on the blood and marrow transplant program team member. Sessions will focus on team building exercises, opportunities for self-reflection and inner growth, as well as opportunities to think strategically about how you as a team member can engender change within your organization. We look forward to sharing this workshop experience with you.

Tracy Robinson, RN, MN, CON(C) and **David Szwajcer, MD**
Co-Chairs, CBMTG 2017 Winnipeg Themed Meeting

Learning Objectives

1. Identify strategies to enhance personal and team performance
2. Identify strategies for change implementation in your place of work
3. Integrate the patient journey and goals of care into stem cell transplant counselling

WORKSHOP PLANNING COMMITTEE

Co-Chairs:

David Szwajcer, MD

Tracy Robinson, RN, MN, CON(C)

Committee Members:

Sheri Briggs, RN

Mohamed Elemery, MD

Dawn Runke, RN

Nadia Zenchyshyn, RN

CME ACCREDITATION

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the CPD Medicine Program, University of Manitoba for 15.0 hours.

Participants should only claim credit for the actual number of hours attended.

The University of Manitoba CPD Medicine Program is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME).

INVITED SPEAKERS AND PANELISTS

Jason Brooks, PhD, Performance Coach and Consultant, Maven Consulting Group, Winnipeg, Manitoba, Canada

Ryan Fraser, CFP, CIM, Quiet Legacy Planning Group Ltd., London, Ontario, Canada

Dawn MacDonald, MSW, RSW, Coordinator, Compassion Project, St. Boniface, Manitoba, Canada

Michael McIntyre, PhD, Research Program Leader, Compassion Project, St. Boniface Hospital, Winnipeg, Manitoba, Canada

Tracy Robinson, RN, MN, CON(C), Clinical Nurse Specialist, CancerCare Manitoba, Winnipeg, Manitoba, Canada

Gregory Runke, BSc (Hons), MSc, MBA, Senior Manager, MNP LLP Consulting Practice, Winnipeg, Manitoba, Canada

Lisa Streeter, RN, MN, CHPCN(C), Clinical Nurse Specialist, WRHA Palliative Care Program, Winnipeg, Manitoba, Canada

David Szwajcer, MD, Director, Manitoba Blood and Marrow Transplant Program, CancerCare Manitoba, Winnipeg, Manitoba, Canada

Cody Watling, BSc (Hons), Project Manager, Community Oncology Program, CancerCare Manitoba, Winnipeg, Manitoba, Canada

Kim Wiebe, MD, FRCPC, MPH, Consultant Physician, WRHA Palliative Care Program, Winnipeg, Manitoba, Canada

DISCLOSURES

Mohamed Elemery, Planning Committee Member

- Advisory Board – Celgene, Novartis
- Honoraria – Celgene, Novartis
- Clinical Trial Participation – Merck, Celgene

WORKSHOP-AT-A-GLANCE

All workshop sessions will take place in the “Large Dining Room” at Bergmann’s on Lombard.

THURSDAY, MAY 4, 2017

6:00pm – 9:00pm	<p>Patient and Family Information Evening</p> <p>Health and Wellness through Hematopoietic Stem Cell Transplant</p> <p><i>Arnold Greenberg Lecture Theatre, CancerCare Manitoba – 675 McDermot Street, Winnipeg</i></p>
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FRIDAY, MAY 5, 2017

1:00pm – 5:15pm	<p>Workshop 1</p> <p>Chair: David Szwajcer, MD</p>		
Cohort 1:		Cohort 2:	
1:00pm – 3:00pm	<p>Practical Tools for Sustainable High-Performance in Life and at Work</p> <p>Jason Brooks, PhD</p>	1:00pm – 3:00pm	<p>The Role of Mindfulness and Compassion in Clinician Presence and Well-Being</p> <p>Michael McIntyre, PhD Dawn MacDonald, MSW, RSW</p>
3:15pm – 5:15pm	<p>The Role of Mindfulness and Compassion in Clinician Presence and Well-Being</p> <p>Michael McIntyre, PhD Dawn MacDonald, MSW, RSW</p>	3:15pm – 5:15pm	<p>Practical Tools for Sustainable High-Performance in Life and at Work</p> <p>Jason Brooks, PhD</p>
6:30pm – 9:30pm	Welcome Dinner		

SATURDAY, MAY 6, 2017

8:30am – 9:30am	Breakfast
9:30am – 12:00pm	<p>Workshop 2, Round Table</p> <p>Chair: Tracy Robinson, RN, MN, CON(C)</p> <p>The Patient’s Journey: Goals of Care</p> <p>Multidisciplinary Panel: Lisa Streeter, RN, MN, CHPCN(C), Cody Watling, BSc (Hons), Kim Wiebe, MD, FRCPC, MPH</p>
12:15pm – 1:45pm	<p>Lunch and Workshop 3</p> <p>Chair: David Szwajcer, MD</p> <p>How to Build a Successful Team: Lessons and Insight from the For-Profit Sector</p> <p>Ryan Fraser, CFP, CIM</p>
2:00pm – 4:30pm	<p>Workshop 4</p> <p>Chair: Tracy Robinson, RN, MN, CON(C)</p> <p>Building a Strategic Plan for a Complex Health Care Program</p> <p>Gregory Runke, BSc (Hons), MSc, MBA</p>

WORKSHOP SUMMARIES

THURSDAY, MAY 4, 2017

**6:00pm – 9:00pm | Patient and Family Information
Evening**

HEALTH AND WELLNESS THROUGH HEMATOPOIETIC STEM CELL TRANSPLANT

This evening will provide the opportunity for patients, caregivers, and members of the health care team to participate in a session exploring how we can promote health and wellness through transplant. This will include presentations on mindfulness, nutrition, rehabilitation, and exercise. A patient and his caregiver will share their experiences through the transplant process, recovery, and survivorship.

FRIDAY, MAY 5, 2017

1:00pm – 5:15pm | Workshop 1

PRACTICAL TOOLS FOR SUSTAINABLE HIGH- PERFORMANCE IN LIFE AND AT WORK

Jason Brooks, PhD

In this interactive workshop, participants will be exposed to practical tools and strategies that they can utilize to gain efficiencies in areas of managing acute and chronic stressors more effectively, regulating your performance state to ensure performance readiness, optimizing performance focus when stressed and fatigued, and implementing mental skills to improve performance consistency. Attendees will establish personal frameworks for dealing with setbacks and errors, improve communication effectiveness, and develop better responses to situational stressors at work. Attendees will be able to transition more effectively from work to personal time, develop a personal conception of work-life balance, and develop greater efficiencies with regards to time management, as well as optimize learning through reflective practice and debriefing exercises and practical leadership strategies that promote a healthier work environment

Learning Objectives

1. To share how peak performance strategies can enhance personal resilience and performance excellence

2. To demonstrate how simple preparation routines can increase perceptions of control, and help buffer against workplace stressors
3. Describe how the ideas can promote more sustainable health and well-being

THE ROLE OF MINDFULNESS AND COMPASSION IN CLINICIAN PRESENCE AND WELL-BEING

Michael McIntyre, PhD, Dawn MacDonald, MSW, RSW

Our presentation begins with a very brief review of the empirical evidence that supports the interventions that we shall discuss and experience together. The workshop itself will be conversational and interactive drawing content from three different approaches to increasing and refining presence, and in reducing stress and promoting well-being. Mindfulness Based Stress Reduction was developed at the University of Massachusetts Medical Center by Jon Kabat-Zinn and was first used for individuals suffering chronic illness and pain. It is the most widely implemented program and the most studied, and is used in a great many settings. Mindful Self-Compassion (MSC) is an intervention first developed by Kristin Neff of the University of Texas (Austin) and by Christopher Germer of Harvard. Central to MSC is the assertion that any definition of mental health will include the capacity for self-kindness. Mindful Practice is a program developed for the medical professions at the University of Rochester Medical School by Drs. Ron Epstein and Michael Krasner and nurtures clinician ability to respond to the needs of their patients and their own needs. For each of the approaches, we'll start with a free-ranging discussion of the shared perceptions of the potential relevance for the tasks faced in clinical work that are undertaken on a daily basis. These discussions will be followed by a practice illustrating the types of exercise used in each approach and by a discussion or reflection on the nature of the experience

Learning Objectives:

1. To appreciate the evidence base for the mindfulness-based interventions described and experienced in the workshop and identify its personal relevance
2. To experience what mindfulness is and isn't in both the context of clinical practice and also for personal well-being

- To identify ways that compassion and self-compassion can promote resilience and ease some of the burdens of clinical practice

SATURDAY, MAY 6, 2017

9:30am – 12:00pm | Workshop 2 Round Table

THE PATIENT'S JOURNEY: GOALS OF CARE

Multidisciplinary Panel: **Lisa Streeter**, RN, MN, CHPCN(c), **Cody Watling**, BSc (Hons), **Kim Wiebe**, MD, FRCPC, MPH

This session will include presentations by health care professionals exploring advanced care planning, goals of care, the role of the narrative in understanding the patient/family journey, and how to become more comfortable with conversations around goals of care. There will be opportunity for small groups to discuss how advanced care planning can be incorporated into the practice setting.

12:15pm – 1:45pm | Workshop 3

HOW TO BUILD A SUCCESSFUL TEAM: LESSONS AND INSIGHT FROM THE FOR-PROFIT SECTOR

Ryan Fraser, CFP, CIM

Creating an effective team is a highly challenging task both in the for-profit and non-profit worlds. We will discuss some of the tools used in the for-profit world, and how they can be applied to not-for-profit sectors such as health care. We will also talk about some of the lessons in team building that the for-profit world can learn from the non-profit world in terms of culture and communication. Ultimately, great teams are born of great culture, and every team member can share responsibility in creating the ultimate team.

Learning Objectives

- Attendees will learn how to better communicate with fellow team members in the workplace, with the goal of strengthening team effectiveness
- Practical tools will be demonstrated that help maximize time management and effectiveness for individual team members
- Attendees will leave with a better understanding of how team culture ultimately leads to team success

2:00pm – 4:30pm | Workshop 4

BUILDING A STRATEGIC PLAN FOR A COMPLEX HEALTH CARE PROGRAM

Gregory Runke, BSc (Hons), MSc, MBA

Organizational effectiveness depends on having a solid management tool that provides a roadmap for organizational leaders. This management tool is the result of an integrated planning process based on visionary and directional thinking, and the development of strategic actions that, once implemented by the organization, will lead to the achievement of consistent and planned results.

Strategic planning is a process of defining “where an organization is going” in the future. It provides an organization with an opportunity to critically examine its vision and assess how it is progressing towards that vision. The process challenges the organization to make trade-offs in competing initiatives – to choose what to do and what not to do and it requires that the organization create a “fit” among activities. The participants in the process must be able to objectively define and assess all facets of the organization, understand the current climate in which it operates and visualize the future. An effective strategic planning process will result in the creation of a meaningful and realistic strategic plan geared toward achieving results and the creation of the environment necessary to encourage and support stakeholder commitment and sustain long-lasting change.

This workshop will provide participants with a general overview of the importance of strategic planning for complex health organizations and programs, and the key components included in a strategic plan. Participants will then breakout into groups to participate in the development of a preliminary vision, mission, and values for the stem cell transplant program team.

Learning Objectives

- To understand the importance of strategic planning for health organizations
- To understand the process for developing strategic plans
- To participate in the development of a preliminary vision, mission, and values for the stem cell transplant program team

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ABOUT CBMTG

The Canadian Blood and Marrow Transplant Group (CBMTG) is a national, voluntary, and multi-disciplinary organization providing leadership and promoting excellence in patient care, research, and education in the field of BMT.

CBMTG's vision is that Canada will be the best place in the world to have a blood and marrow transplant, and our mission is to be the voice of experts working in the field of blood and marrow transplant.

The CBMTG values excellence, innovation, integrity, collaboration, and professionalism in care, education, and research in blood and marrow transplant. CBMTG believes that every patient has a right of equal access to the highest quality of life saving care that can be provided by blood and marrow transplant professionals in Canada.

Based on this, our strategic priorities are as follows:

👉 Education

Provide high quality educational programs that advance the practice of blood and marrow transplantation in Canada.

👉 Research

Establish and organize an effective and sustainable research infrastructure for translational and clinical research.

👉 Outreach

Increase the visibility and influence of CBMTG among members and the public.

👉 Financial Capacity

Support, education, research, and outreach initiatives through fundraising, partnerships, and the establishment of a charitable organization.

CBMTG Membership:

👉 The CBMTG membership is made up of national and international physicians, nurses, laboratory technicians, pharmacists, and coordinators working in blood and marrow transplant.

FOR MORE INFORMATION, PLEASE VISIT WWW.CBMTG.ORG



C B M T | G **2017 THEMED
MEETING SERIES**
Upcoming Meetings



June 9-10, 2017
in Calgary, Alberta

Led by **Dr. Michelle Geddes**, this meeting will focus on innovation within the BMT field.



September 7-9, 2017
in St. John's, Newfoundland

Led by **Dr. David Jones**, this meeting will focus on pre- and post-transplant BMT issues.

These 2-day long meetings will include scientific sessions, keynote presentations, multidisciplinary and discipline specific sessions, and corporate satellite symposia.

We invite all BMT health care professionals to attend our meetings in 2017!

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT:

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