



BLOOD CANCER

Connect & Learn



Navigating Life with Blood Cancer

Managing stress, anxiety, and emotional well-being - Dr Schulz-Quach
Tools for balancing work, relationships, and daily life - Dr Mayo

Managing stress, anxiety, and emotional well-being

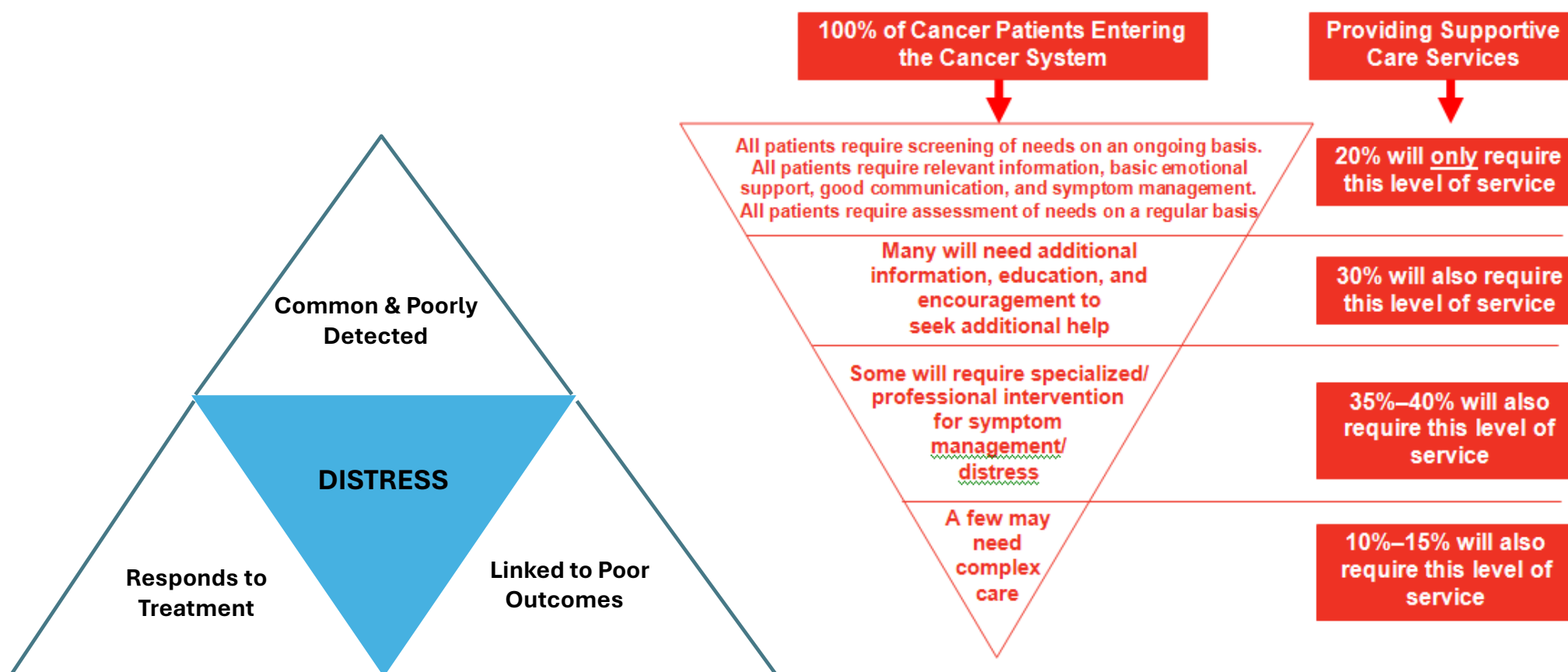


Dr. Christian Schulz-Quach

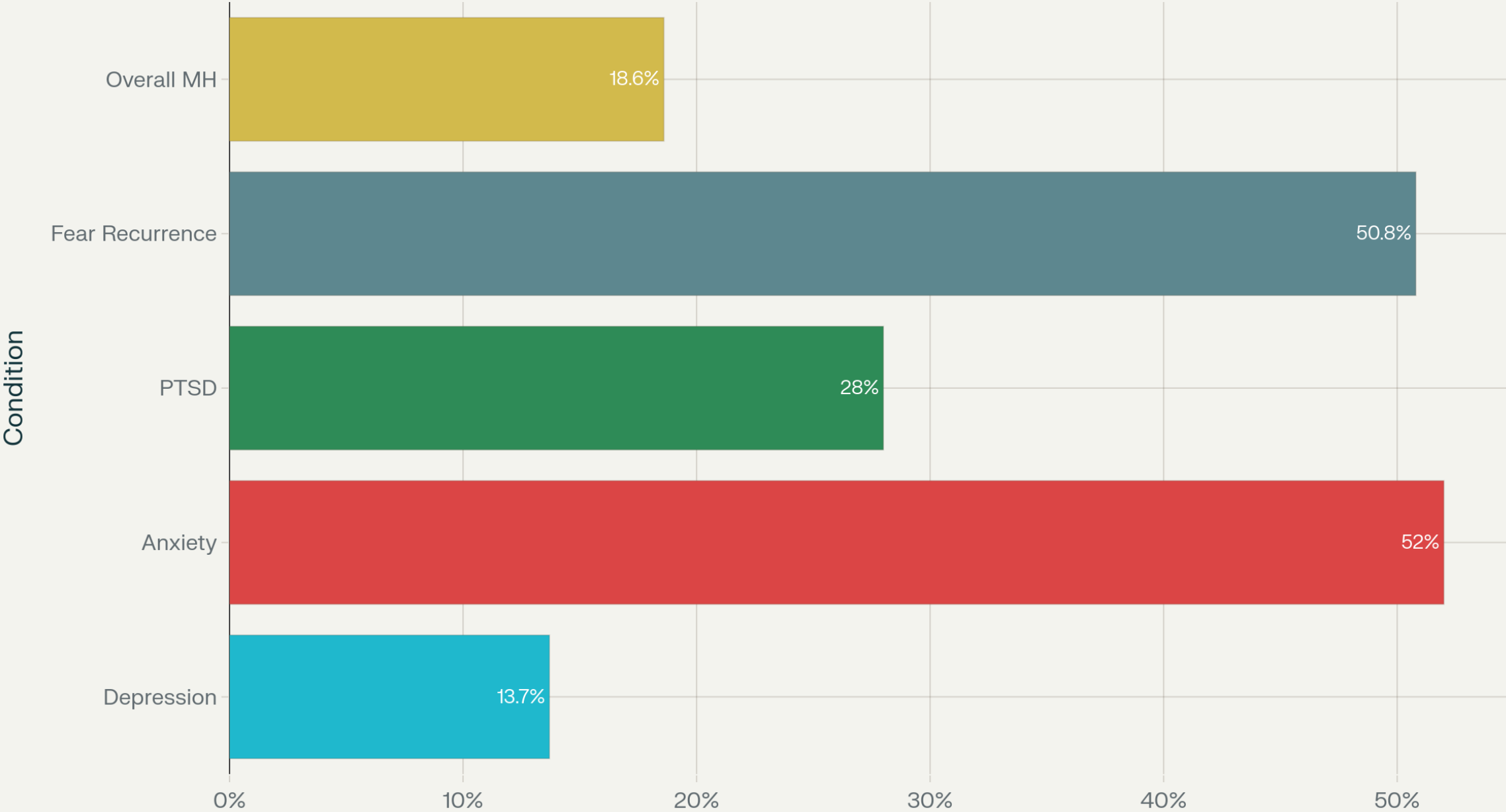
Dr. Christian Schulz-Quach is an Associate Professor and Clinical Educator in the Department of Psychiatry at the University of Toronto and a staff psychiatrist at the University Health Network, Princess Margaret Cancer Centre, Department of Supportive Care, Division of Psychosocial Oncology.



6th vital sign: distress



Mental Health in Blood Cancer Patients



Fear of Recurrence (FOR)



- ruminating thoughts about cancer returning
- physical self-examination for signs like swollen lymph nodes
- intrusive thoughts about mortality

Scanxiety



- trouble sleeping
- racing heart
- shortness of breath
- muscle tension
- appetite loss
- mood swings



Existential Anxiety



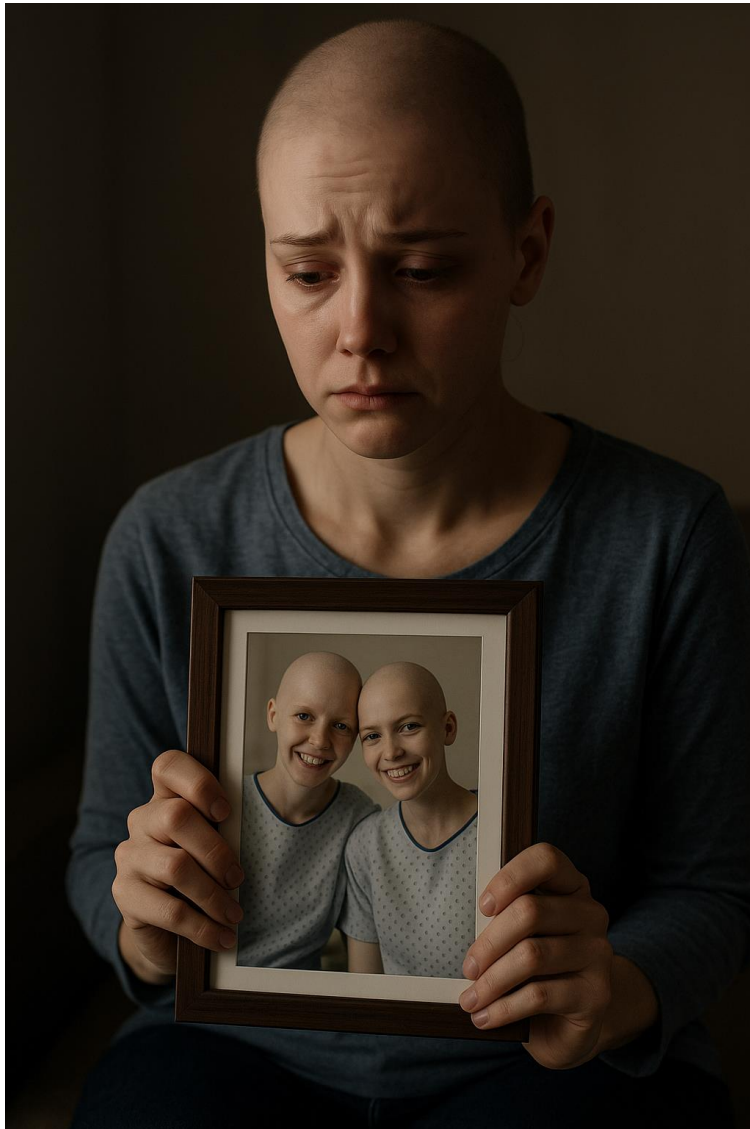
- Limit Situations (Karl Jaspers)
 - shame, guilt, mortality
- Double-Awareness (Nissim & Rodin)
 - life orientation vs. death awareness
- Symbolic Immortality (Robert J Lifton)
 - biological mode
 - theological mode
 - mode of creativity
 - mode of eternal nature
 - experiential transcendental mode

Germophobia vs. OCD



- Excessive Hand Washing and Cleaning Rituals
- Avoidance of Public Places and Surfaces
- Social Isolation and Relationship Strain
- Excessive Use of Protective Equipment

Survivor's Guilt



- overwhelming sadness
- feelings of unworthiness
- social withdrawal
- in extreme cases: suicidal ideation

Caregiver Burnout



- managing multiple medications
- coordinating complex care between specialists
- providing transportation to frequent appointments
- supporting patients through potentially life-threatening complications

Depression vs. Grief



PTS and PTSD



PTS and PTSD





Dr. Samantha Mayo

Professor Samantha Mayo RN, PhD, FAAN is an Associate Professor in the Lawrence Bloomberg Faculty of Nursing, University of Toronto. She also holds the RBC Chair in Nursing Oncology, Research & Education at the Princess Margaret Cancer Centre, where she co-leads the Oncology Nursing Research Centre of Excellence. Professor Mayo's research program focuses on optimizing the long-term health of people with hematological cancers, by addressing the psychosocial and functional consequences of disease and its treatment. Using longitudinal and mixed methods approaches, her research characterizes the patterns and predictors of patient and caregiver outcomes with a goal of developing health service interventions to support coping, self-management, and quality of life.



Tools for Balancing Work, Relationships, and Daily Life

Balancing Work

- Many factors can impact your ability to engage in work (school)
- What might help:
 - Consider how your abilities relate to the work demands
 - Learn about the supports available - communicate with health care team, vocational rehabilitation, workplace, insurance provider, peers, community resources
 - Explore available resources to help with communication and adjusting to changes in work/school (e.g., bloodcancers.ca, cancerandwork.ca)

Managing Relationships

- Couple/family/social relationships may change over the course of cancer treatment
- What might help:
 - Engage in opportunities for open communication. Some couples/families may benefit from professional help to start talking or keep the conversation going.
 - Explore ways to maintain meaningful connections

Coping with Anxiety

- Consider what has worked when you felt anxious before
- Self-care strategies that may be helpful
 - Breathing techniques, relaxation, stress-reduction techniques, physical activity, seeking social support, spiritual activities
- Talk about it
 - Share concerns with care team and those you trust
 - Seek professional support for in-depth counselling and medication

Coping with Depression

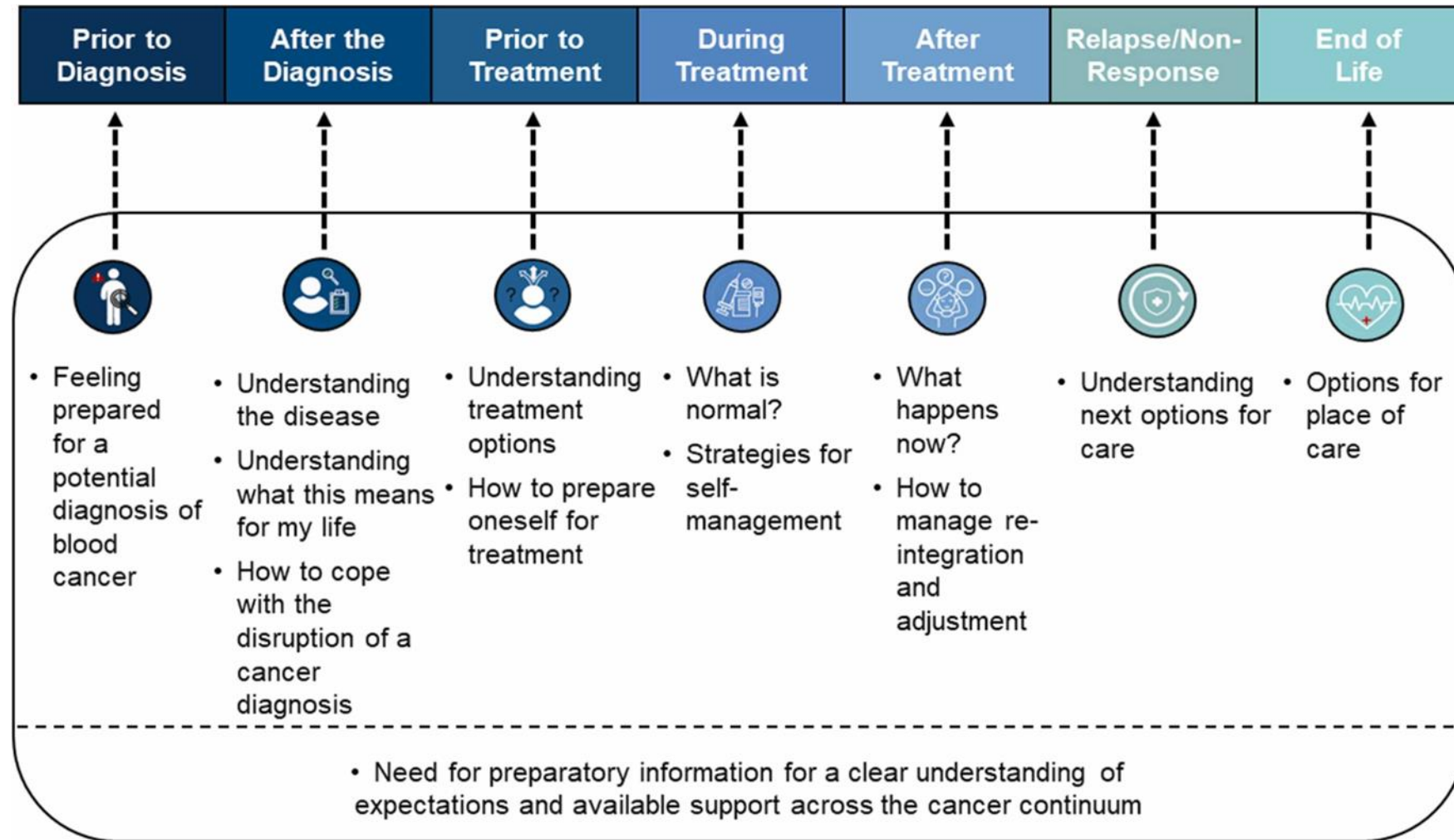
- Self-management strategies that may be helpful:
 - Self-care activities – relaxation, physical activity, support groups, seeking social support, spiritual activities
 - Find ways to manage common symptoms - fatigue, pain, sleep problems
 - Therapy, counselling, and medication as prescribed
- Talk about it
 - Share concerns with care team and those you trust
 - Seek support from a mental health professional
 - Report concerning symptoms

Navigating Daily Life

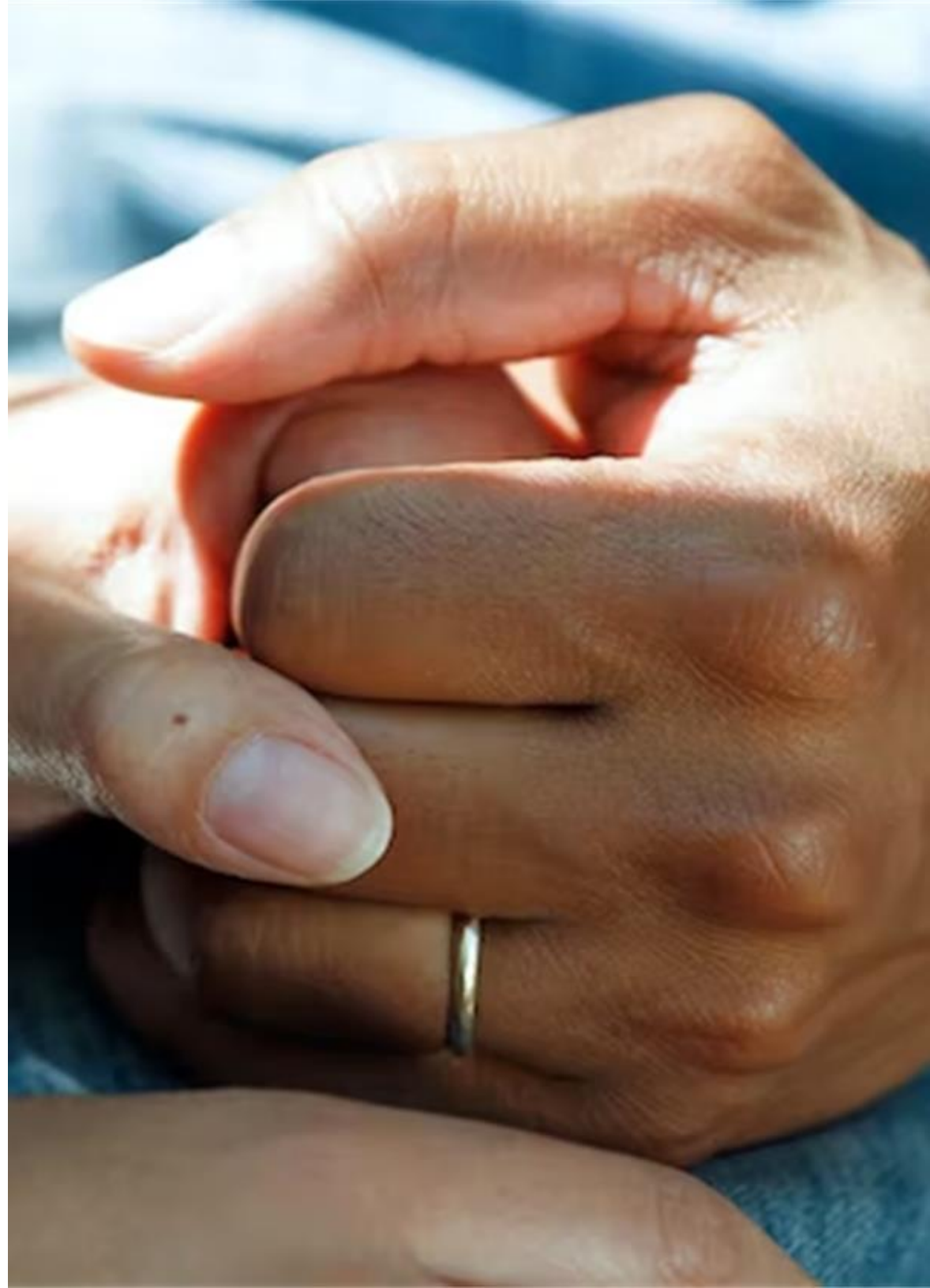
Strategies can include:

- Planning ahead - prioritize and pace activities
- Engaging in self-care practices
- Finding the information you need
- Learning about resources in your community
- Medication & symptom tracking
- Cancer coaching
- Accessing your support system
- Talking to your care team about concerns

Information needs vary over time from blood cancer diagnosis



Caregiver Well-being and Supports



What is one thing you can do today?