



Forum 2018

"Empathy in Action: Ensuring quality of life in cancer patient's trajectory"

Saturday 20 October 2018

The American College of Greece, 6 Grivas St., Aghia Paraskevi, Athens

09.0 Registration at Pierce Theatre Lobby

10.0 Commencement and Welcome Speeches

- PAMEMMAZI representative
- The American College of Greece representative
- Participant of PAMEMMAZI hospital activities

10.30 Presentations

Moderator: **Tessie Catsambas**, CEO Encompass LLC & Partner of PAMEMMAZI [Main](#)

Speakers:

George Tsioulis, MD, PhD, Surgical Oncologist, Associated Professor at Rutgers Medical School, New Jersey, U.S.A.

Presentation title: **The importance of communication and coordination of the multidisciplinary team in the era of individualized cancer treatment.**

The increasing diagnosis of cancer in the developed countries presents one of the biggest challenges of modern medicine and public health.

The ongoing progress in basic research and clinical trials have helped formulate new concepts regarding cancer biology and pioneering treatments that increase survival and improve quality of life for millions of cancer patients around the globe.

These optimistic developments in addition to creating novel therapeutic options, also create new challenges for swift and meticulous data analysis, choice processing and decision making in order to identify the optimal treatment or combination of treatments and patients' surveillance through improved channels of communications and coordination among the members of the multidisciplinary team.

In this new era of individualized cancer treatment, where combination of various treatment modalities, such as surgery, chemotherapy, radiotherapy, hormone therapy, immunotherapy, gene therapy, is the norm, it is essential to secure a direct and seamless communication between the members of the various medical specialties in order to cooperate harmoniously and decide the optimal treatment strategy.

The multiple factors that contribute to the improved communication and decision coordination have been extensively studied and gradually have been incorporated in the modern concept of multidisciplinary team coordination for optimal treatment efficacy.

The most important factor is the introduction of the multidisciplinary team approach, which to a great extent has replaced the single specialty individual physician who acts isolated and autonomously. Physicians of various disciplines, specializing in

cancer care, following widely accepted guidelines issued by national or international cancer societies, closely cooperate as a team in designing and executing every stage of a multistage treatment plan. Regular meetings among the multidisciplinary team members are integral in implementing the treatment, reviewing results and considering strategy modifications.

The appropriateness and effectiveness of the chosen treatment, as well as its seamless implementation within the allotted time frame is reviewed by the hospital's Quality Assurance Committee, as well as independent institutions that have been assigned such tasks.

The cancer patient's care and follow-up has received a significant boost by the wide application of the Electronic Medical Record (EMR), where huge amounts of clinical data can be reliably stored and easily retrieved, and reviewed, on site or remotely, by all the members of the team, facilitating a swift exchange of views regarding new findings, response, side effects, continuation or modification of the treatment, etc. The patients can have access to their own EMR, and that enables them to stay informed about the state of their health, empowers them through the use of email to ask clarifying questions to their doctors, and allows them to actively participate in the whole process.

Because of the often complex and prolonged treatments that are used by the multiple specialists to combat cancer, the role of a navigator has been determined to be necessary in order to facilitate the contacts between patients and members of the multidisciplinary team, as well as within the team itself.

The navigator helps, among others, in the scheduling and execution of various tests, the smooth implementation of the various types of treatment, and has an overall supportive role by taking care of the cancer patient's various needs and concerns, and by resolving any potential issues. The participation of the navigator in the multidisciplinary team has helped improve the communication among the team members, reduce errors, omissions, or delays in diagnostic tests and treatment sessions, and has improved the overall sense of safety, comfort and satisfaction of the patients and their families.

Giannis Dinos, PhD, Clinical Psychologist, Oncology Hospital "Aghios Savvas"

Presentation title: "Quality of life beyond the clinical criteria: The importance of addressing psycho-social needs for a better quality of life for cancer patients"

Abstract: Any patient, who faces a life threatening illness, like cancer, is confronted, in the psycho-social level, with two basic challenges; the first is related to **"time"**, where the leading issue is "urgency", the here and now, that may cause cutting off from his personal history, his past, and may result in disruption of patient's life expectations, his ambitions, his plans for the future. These restrictions, which are traumatically experienced, cause to patients fear and insecurity.

The second challenge is related to patients' relationships (doctors, family, friends) and their dependence to others, which sometimes is experienced in a dramatic way, developing anger, depreciation of their life, inability and many times social isolation.

The addressing and processing of these two main challenges during cancer treatment not only by the patient, but also his family, his medical team and his nurses may effectively and positively contribute to patient's quality of life.

11.10 Round Table Discussion

Commentators:

- ❑ **Ennomia Alexopoulou-Vrahnou**, anesthesiologist in charge of the Pain Management Unit at "Agios Savvas
- ❑ **Theodora Pappa**, MSc, Lead Nurse of the Surgical Unit of the University of Athens Nursing School, at the General Oncology Hospital Kifissias "Agioi Anargyroi"
- ❑ **Dr. Theodora-Irene (Dorina) Sialvera**, Ph.D. Clinical Nutritionist at the General Oncology Hospital "Agioi Anargyroi," President of the Pan-Hellenic Nutritionists Association, Post-Doctorate Researcher.
- ❑ Patient and a family member as part of the panel discussants

12.30-13.00 Light Lunch Break

13:10 - 14.45 Workshop 1: *"Scientific collaboration to ensure quality of life for oncology patients"*

Moderator: **Tessie Catsambas**, CEO Encompass LLC & Partner of PAMEMMAZI

Facilitators:

George Tsioulis, MD, PhD, Surgical Oncologist, Associate Professor at Rutgers Medical School, New Jersey, U.S.A.

Abstract: The close cooperation of the interdisciplinary team aims to provide cancer patients with the most appropriate and effective treatment among various complicated medical choices they may have and, in addition, contributes, directly and effectively, in improving the quality of life of cancer patients. In order for this effort to succeed, it is important that the members of the interdisciplinary team be governed by a holistic philosophy and not merely a scientific one, and to timely understand and face, whatever needs the patient may have in all aspects of his/her life and during all phases of cancer treatment.

In addition, the harmonious cooperation of the members of the interdisciplinary team provides the cancer patient and his/her family confidence that their hope rests upon a well-established, operational and effective team, that is well coordinated, with accuracy and consistency to accomplish the best health outcomes.

This effort not only gives a sense of optimism and satisfaction to the patient but it also creates further incentives for the patient to keep a close cooperation with the interdisciplinary team, to complete the appropriate treatment and to overcome any adversities successfully.

Michael Hadjoulis, Assistant Professor of Psychiatry, Mental Health Unit and Behavioral Sciences, Nursing Department of the National and Kapodistrian University of Athens

Abstract: The quality of life of cancer patients refers to a complete sense of well-being and has particular body, emotional, psychological and social parameters. The oncology patient's care that aims to improve his/her quality of life is a complex procedure, which renders an interdisciplinary approach necessary. The early assessment of the patients for the detection of psychiatric disorders and the effective management of the latter by providing targeted and documented psychological and psychopharmaceutical treatments in collaboration with the oncology team can result in an improvement of the patients' quality of life. In this workshop, we will discuss examples from the everyday clinical practice about how a holistic and synergic assessment of the psychosocial

needs of the oncology patient can be applied in order to support him/her help and improve his/her quality of life.

Commentators:

- **Jose Duran-Moreno**, MD, MSc, Pathologist-Oncologist
- **Dimitra Dimomeleti**, Nurse Unit Leader, Surgical Unit at Oncology Hospital "Agiou Anargyroi" Social Worker and Research Associate of the University of Western Attica
- **Vasiliki Pandeli**, MSc., Clinical Psychologist, Oncology Hospital "Agiou Anargyroi"
- **Sophia Kostarakou**, Clinical Nutritionist, Oncology Hospital "Agiou Anargyroi"
- **Athanasia Goula**, Social Worker, Oncology Hospital "Agiou Anargyroi"

14.45-15.15 Coffee Break 15.15-17.00 Workshop 2: "Cancer pain and quality of life"

Moderators: **Evnomia Vrahnou**, Anesthesiologist in charge of the Pain Management Unit at "Agiou Savvas" and **Tessie Catsambas**, CEO Encompass LLC & Partner of PAMEMMAZI

Facilitators:

Zinai Kondouli, Anesthesiologist, in Charge of Pain Management Office, Metropolitan Hospital

Abstract: Cancer pain is faced by about four (4) out of ten (10) patients suffering from neoplasms. It is a symptom that becomes chronic and it must be immediately managed because, otherwise, it affects both the patient's quality of life and the course of his/her disease. The management of cancer pain must be performed by a team consisting of oncologists, nurses, psychologists and other specialties.

Today, new techniques are available and the advance in medicine has reached a point where we might say that we are able to eradicate cancer pain. It has been now proven that patients in pain live less and their quality of life is very bad. It is up to all of us to work as a team and improve the symptom of pain, as well as our patients' quality of life in general.

Sotiria Kostopoulou, Clinical Nurse, Pain Relief Unit "Tzeni Karezi" of the A' Radiology Laboratory of the Medical School of EKPA

Eyfia Parpa, Clinical Psychologist, Unit of Pain Relief "Tzeni Karezi" of the A' Radiology Laboratory of the Medical School of EKPA

Commentator:

Ekaterini Bousboukea, Oncologist, Metropolitan Hospital **14.00-15.20**

Workshop 3: "Music therapy in the oncology framework"

Kandia Bouzioti, Psychologist-Music Therapist

Abstract: During this particular presentation and experiential workshop, the participants will have the opportunity to acquire an experience of music therapy, as well as the music therapy techniques we use in our

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sessions with oncology patients. As we aim to offer relief and face side effects resulting from treatments, symptoms such as pain, anxiety and depression, we create plans for individualized treatment approaches that face the needs of each and every patient and thus contribute in the improvement of the body, mental and intellectual health and the quality of life of the individual.

14.00-15.00 Workshop 4: "I am not just an oncology patient"

Katerina Lyngeridou, therapeutic yoga teacher

PAMEMMAZI: 2018 Forum Program

16.45-17.15 Coffee Break
17.15 -18.15 Closing of the Forum - Conclusions

SPEAKER BIOS (in alphabetical order)

Evnomia Alexopoulou-Vrachnou

Evnomia Alexopoulou-Vrachnou, Anaesthesiologist, Director of the Anesthesiology Department and Pain Unit at the Oncology Hospital Aghios Savvas - Day Care Center "Nikos Kourkoulos" and General Secretary of the Hellenic Society of Pain Relief and Palliative Care - PARISIA. She studied at the National Kapodistrian University of Athens and specialized in Anesthesiology. She did graduate studies in Algology and Palliative Care.

She has participated in 192 national and international conferences (as participant, presenter, chair and commentator), has organized 7 educational seminars on the topic of Palliative Care, has authored chapters for 2 scientific books, has written articles in scientific journals, has made 77 presentations, and has published 8 scientific papers.

She is a member of the Editing Team of the National Social Security Fund (IKA) Medical Review, of the Hellenic Society of Algology publication, Clinical Updates, and of the "Palliative Care" Newspaper issued by the Hellenic Society of Pain Relief and Palliative Care (PARISIA). She was a member of the Educational Committee and Board Member of the Hellenic Society of Algology and PARISIA. She was President of the 11th, 12th, 14th, 15th, 16th, and 17th Panhellenic Conference of Local Anesthesia, Pain Relief and Palliative Care (with international participation). Member of EuLAP, EFIC, ESRA, WIP.

Kandia Bouzioti

Kandia Bouzioti was born in Athens. She holds a Diploma of Classical Song, a BA in Psychology (from the American College of Greece), an MA in Music Therapy from the University of New York and a Post Master's Degree (AVPT) in Phonetic Psychotherapy / Dr. Diane Austin/ Vancouver.

As a music therapist in New York, she worked at the Cabrini Nursing Center, the Memorial Sloan Kettering Cancer Hospital, as well as at the Gilda's Club support centre. In Athens, she has collaborated with the Aghia Sophia Hospital - Christodoulakio Foundation, various art centres, etc.

Since October 2017, she has been working with the NGO "Pamemmazi," and in particular, with the patients of the General Oncology Hospital, "Aghioi Anargyroi" and their families. She also works as a music therapist and phonetic psychotherapist with the Athenaeum Conservatory. She has participated in presentations, lectures, symposia and seminars held at New York and Athens as well as conducted experiential workshops focusing on expression mainly through voice. She is also a Board Member of the Hellenic Society of Certified Professional Music Therapists.

In parallel to her work as a music therapist, she works as a soprano and since 2000 she belongs to the Athens Municipality Music Ensembles.

Anastasia (Tessie) Tzavaras Catsambas

Tessie Catsambas is the founder and CEO/CFO of EnCompass LLC, an 18-year-old organization that provides

services in evaluation, learning, leadership and organizational development. In 2018, EnCompass was named one of the Top Workplaces in the Washington D.C. area by the Washington Post. Ms. Catsambas brings 30 years' experience in planning, evaluation and organizational development. She has managed large-scale, international evaluations, delivered training in different aspects of evaluation, and advocated for evaluation at global level. Ms. Catsambas is an innovator and practitioner in appreciative evaluation, a methodology that incorporates the systematic study of successful experiences in evaluation, and has co-authored a book entitled, Reframing Evaluation Through Appreciative Inquiry (Sage Publications 2006). She has taught evaluation and management courses at the American Evaluation Association (AEA), The Evaluators' Institute of Claremont Graduate University, and around the world for associations and communities interested in using evaluation for productive and inclusive social and organizational change.

Ms. Catsambas is President-Elect of the AEA and will be president in 2019 and has received an International EvalPartners Award in recognition for her contributions to building the global coalition of evaluation organizations. Ms. Catsambas holds a Bachelor's degree in Economics and Political Science from the College of Wooster in Ohio and a Master's degree in Public Policy from Harvard University. She has trained with the late Dr. W. Edwards Deming in Quality Management. She is fluent in French and Greek and speaks Spanish.

Giannis Dinos

Yannis Dinos studied psychology in Greece and France.

He specialized in Clinical Psychology at the Paris Institute of Psychology (Sorbonne - Paris 5 - Rene Descartes).

He works at the Oncology Hospital "Aghios Savvas" since 2003.

He is a member - instructor of the French Society of Physical Psychoanalytic Psychotherapy as well as Scientific Coordinator of the Centre for the Support, Education and Research in Psychosocial Oncology of the Greek Cancer Society.

Michael Hadjoulis

Michael Hadjoulis MD, MRCPsych was born in Athens and studied Medicine at the Aristotle University of Thessaloniki. He specialized in Adult Psychiatry at Maudsley Hospital and at the Institute of Psychiatry, at King's College, London. He worked as a Clinical Lecturer of Psychiatry at King's College, London, as Registrar at Maudsley and Bethlem Hospitals as well as Visiting Research Fellow at Mount Sinai School of Medicine in New York. Later on, he worked as Consultant Psychiatrist at the Camden and Islington NHS Trust, in London. At present, he is Assistant Professor of Psychiatry at the National Kapodistrian University of Athens and works at the Kifissia General Oncology Hospital, "Oi Aghioi Anargyroi."

Zinai Kondouli

Zinai Kondouli, MD, MSc, PhD, FIP is an anesthesiologist, lecturer at Imperial University, London, UK, and Director of the Pain Unit at Metropolitan Hospital. She graduated from the Athens University Medical School and specialized in anesthesiology. The topic of her doctoral studies, which she conducted at the Athens Medical School, was "The effect of centhaquine combined with hydroexyl- starch on hemorrhagic shock induced on young pigs." She specialized in chronic pain at Imperial College, NHS, London, UK as well as in Neuromodulation and Chronic Pain at King's College, NHS, St. Thomas Hospital London, UK. She has participated in conferences in both Greece and abroad, in the Panhellenic Oncology Conference, the Efic meeting in Copenhagen, the Global Pain Conference in New York, the Annual Meeting of the British Pain Association and in the European Pain Federation EFIC in Vienna. She has published in numerous scientific journals and international conferences:

(2016) 8-year study of patients with a spinal cord stimulant for chronic pain; (2015) The use of morphine pain pump in patients with cancer pain; (2014 -2017) Sentaquine improves cardiac output and survival rate after major hemorrhage in young pigs. *Anaesthesiology*. P. Papapanagiotou, Z Kondouli, T Xanthos, (2012) Sugammadex administration improves neuromonitoring (baseline response MEPs) in spinal cord surgery patients anaesthetized with TIVA Zinai Kondouli, V. Mariatou 2012, Paris EJA, etc.

Sophia Kostarakou

Sophia Kostarakou studied as a Clinical Dietician - Nutritionist at Leeds Metropolitan University. She acquired her working experience in Clinical Nutrition at Airdale General Hospital NHT while she also worked as Basic Grade Dietitian at the Pilgrim Hospital of the United Lincolnshire Hospitals NHS Trust. For several years, she worked for the endocrinology society Endocrine Clinics, mainly in the Sector of Metabolic Syndrome, Diabetes, and Pregnancy Diabetes. She has also collaborated with the Press, contributing to articles concerning nutrition. Since 2008, she has been working for the Greek National Healthcare System, initially at the General Hospital of Drama and since 2011 as Head of the Clinical Nutrition Unit at the Kifissia General Oncology Hospital, "Oi Aghioi Anargyroi."

Katerina Lyngeridou

Katerina Lyngeridou began her work in yoga in 2005. She is an instructor of therapeutic yoga with 550 hours of special training in London and a specialization in yoga for mental health and chronic diseases. She is also a Hatha Yoga instructor, specializing in yoga for persons with mobility issues and chronic diseases, which she has been teaching at the Society of Psychosocial Studies for the past eight years.

She has completed her training in the instruction of Kundalini Yoga, Yin Yoga, and Yoga Nidra in both Greece and abroad and has also attended seminars on children's yoga. Having studied and trained in different systems of yoga, she believes in the importance of all for the good health and well-being of humans and for this reason she incorporates elements of all systems in her classes, depending on the needs of the group.

In the past few years, her interest lies in therapeutic yoga for the improvement of patients' life quality, and ultimately aiming at patient treatment. She believes firmly that yoga and medicine can work hand in hand and aspires to promote and incorporate therapeutic yoga in hospitals.

She is co-founder of the Centre for Therapeutic Yoga, where she offers yoga lessons to adolescents and adult

groups and implements therapeutic programs. Her vision is the study and analysis of the science of yoga so that it can be interpreted in medical terms and integrated as a therapeutic tool, complementary to the medical profession.

Jose Duran-Moreno

Jose Duran Moreno is a Medical Oncologist.

Of Spanish origin, Jose Duran Moreno studied Medicine at the University of Complutense in Madrid and specialized in Oncology at the University Hospital Son Espases of the Balearic Islands. His graduate studies and clinical specialization are on bone sarcomas and soft tissue. He is an active research member of the Spanish Team of Sarcoma Research (GEIS), with whom they have conducted extensive research, has authored chapters in international books and has numerous publications on this rare form of cancer.

In 2016, he moved to Greece where he concentrated on the clinical treatment of sarcomas in our country. He worked at Metropolitan Hospital and the General Oncology Hospital, "Oi Aghioi Anargyroi."

Furthermore, he is a member of the Society of Medical Oncology of Spain (SEOM), of the European Society of Medical Oncology (ESMO), of the Group of Young Greek Oncologists (ONEO), of the Spanish Group of Urogenital Cancer (SOGUG) and is a Board Member of the Hellenic Society of Cancer Indicators and Targeted Therapy.

Eyfimia Parpa

Efi Parpa, BSc, MA, is a Clinical Psychologist, with a degree in Medicine from the National Kapodistrian University of Athens. She works at the Unit of Palliative Care "Jenny Karezi," of the Aretaion Hospital, Medical School of the National Kapodistrian University of Athens as a psychologist, supporting patients with chronic terminal illnesses or chronic non-terminal illnesses as well as their relatives for the duration of the illness. In the case of death, relatives are supported to deal with their loss and bereavement. Also, she participates in the research and educational activities of the hospital's unit.

Theodora-Irene Sialvera

Dr. Theodora-Irene Sialvera is a Clinical Dietician - Nutritionist. She is a graduate of the Diet - Nutrition Studies Department at the Charokopeio University and holds a Master's Degree in Applied Dietary Studies and Nutrition from the same university. She also holds a PhD from the Agricultural University of Athens since 2013 and is scientific advisor for the Department of Food Science and Human Nutrition as Post-doctoral Researcher with an interest in the relationship between nutrition and cardiovascular disease as well as its related diseases, such as hypertension, hyperlipidemias, diabetes and obesity. Since 2017, she has been working for the Kifissia General Oncology Hospital "Oi Aghioi Anargyroi, while she also participates as guest speaker in scientific conferences and workshops in both Greece and abroad. In 2013, she was elected Special Secretary for Public Relations and Press of the Panhellenic Association of Dieticians and Nutritionists while since October 2016, she is the President of the Association. She writes regularly for daily and weekly publications as well as contributes with articles to international scientific journals and in Greek and international academic textbooks.

George Tsioulis

I was born and raised in Athens. I finished from Varvakeios High School and graduated from Athens Medical

School in 1982. I served the Greek Air Force as Reservist Pilot Officer for two years.

With a scholarship granted to me by the Japanese State and the European Union, I completed my biomedical studies at Tokyo University, in Japan where I also received my doctoral degree.

By invitation, I continued my research at the Medical School of Cornell University and Rockefeller University.

I specialized in Surgery at the Medical School of Cornell University and trained in Surgical Oncology at the John Wayne Cancer Institute in Los Angeles.

Between 2001 and 2010, I was Assistant Professor of Surgery at the Medical School of Mount Sinai and since 2011, I am Associate Professor at the Medical School of New Jersey and Consultant Surgeon at the Veterans Hospital of New Jersey.

My research work and publications, which exceed 100 articles, chapters in edited books, and presentations, focus on early diagnosis, immunology and chemoprophylaxis of cancer.

I am a member of many scientific and professional organisations, among which are the American College of Surgeons, the American Cancer Research Society, the British Medical Association and the Athens Medical Association.

I have served as President of the International Greek BioMedical Society between 2010 and 2011, President of the Greek Medical Association of New York between 2009 and 2010, when the Association was twinned with the Greek Cytological Association.