Closing symposium of the A-CaRe2 program

EMPOWERMENT OF CANCER SURVIVORS BY EHEALTH AND PHYSICAL EXERCISE

Thursday, April 21 2016
Piet Borst Auditorium, The Netherlands Cancer Institute
After more than five years of research we are pleased to invite you to the closing symposium of the Alpe d’Huzes – Cancer Rehabilitation research 2 (A-CaRe2) program. We will present to you the results of the A-CaRe2 program as well as new insights into physical exercise and eHealth research for cancer survivors. The afternoon session is completely devoted to new developments in the field of empowering eHealth initiatives that are developed in the Netherlands. With this symposium we hope to show initiatives that are beyond state of the art in exercise- and eHealth research for cancer survivors.

Additionally, we are proud to present to you two excellent keynote speakers for this day: Dr Jeff Vallance from Athabasca University in Canada and prof dr. Gerhard Andersson from the Linköping University in Sweden. Here we provide a short introduction of these two excellent scientists.

**Dr. Jeff Vallance**
Dr. Vallance is an associate professor at Athabasca University in Canada and Canada Research Chair in Health Promotion and Chronic Disease Management. He holds a PhD in Physical Education from the University of Alberta. He is an international recognized expert in the field of physical activity and inactivity (and measurement of) in patients with cancer and chronic diseases. Dr Vallance has written over 90 publications and book chapters and recently published the book ‘fight breast cancer with exercise’ that he wrote together with Prof. dr. Kerry Courneya.

**Prof. dr. Gerhard Andersson**
Professor Andersson, is full professor of Clinical Psychology at Linköping University, Stockholm Sweden. Professor Andersson received his education at Uppsala University, Department of Psychology. He holds a PhD in Clinical Psychology, as well as Medicine. He is trained as a CBT therapist and has a license and graduate diploma as a psychotherapist. Professor Andersson has published over 500 research papers, 41 chapters and 17 books. One of his main areas of research is the application of the Internet in psychological research, in particular guided psychological treatment via the Internet. With these and all other excellent speakers we are hoping for a great day and are looking forward to meeting you at the A-CaRe symposium!

Wim Groen PhD and Prof. Wim van Harten MD PhD
Program manager and coordinator A-CaRe2
The Netherlands Cancers Institute
PROGRAM

Thursday, April 21 2016

09.00-09.30
Reception with coffee and tea

09.30
Word of welcome and overview of the day
Prof. Wim H. van Harten, MD, PhD.
Coordinator A-CaRe2. Group leader, Division Psychosocial Research and Epidemiology,
The Netherlands Cancer Institute and Chairman of the board of directors, Rijnstate Hospital,
Arnhem

9.40
KEYNOTE 1 : Measuring and improving physical activity and sedentary behavior in cancer survivors
Jeff Vallance, PhD, Associate Professor and Canada Research Chair, Faculty of Health Disciplines, Athabasca University, Athabasca

10.10
A-CaRe2 Results
- Exercise and occupational counseling to improve return to work after chemotherapy
  Angela de Boer*, PhD/ Monique Leensen**. PhD Senior researcher*, postdoc**, Coronel Institute of Occupational Health / Academic Medical Center (AMC)
- Development and evaluation of a patient portal to support breast and lung cancer survivors
  Wilma Kuijpers, MSc, Researcher, Division Psychosocial Research and Epidemiology, The Netherlands Cancer Institute, Amsterdam

10.55 - 11.20
Coffee/tea Break

11.20
A-CaRe2 results (continued)
- Cancer rehabilitation at home: Design and evaluation of a remote monitoring and treatment service for operable lung cancer patients
  Josien Timmerman, MSc, PhD student, Roessingh Research and Development & University of Twente, Enschede
- Cost effectiveness and budget impact of cancer rehabilitation
  Janne Mewes, MSc, PhD student, Health Technology and Services Research, University of Twente, Enschede
- Implementing physical exercise programs for cancer survivors in the Dutch healthcare system
  Charlotte IJsbrandy*, MD, MSc & Rosella Hermens**, PhD,*PhD student and **senior researcher (RH). IQ healthcare & Radboudumc, Nijmegen

12.30 - 13.30
Lunch

13.30
KEYNOTE 2 : Using the internet to deliver cognitive behavior therapy to patients with health problems including cancer
Prof. Gerhard Andersson, PhD, Professor of Clinical Psychology, Department of Behavioural Sciences and Learning, Linköping University, Linköping, and Department of Clinical Neuroscience, Karolinska Institute, Stockholm
13.50
State of the art eHealth applications for cancer survivors in The Netherlands
- BREATHE: Online self-management tool to support emotional adjustment after breast cancer
  Sanne W. van den Berg, MSc, PhD student, Dept. Medical Psychology, Radboud university medical center, Nijmegen
- An online cognitive behavioral therapy intervention for menopausal symptoms in breast cancer patients
  Vera Atema, MSc, PhD Student, Division Psychosocial Research and Epidemiology, The Netherlands Cancer Institute, Amsterdam
- Internet-based cognitive behavioral therapy for sexual dysfunctions in women treated for breast cancer
  Lisanne Hummel, MSc, PhD Student, Division Psychosocial Research and Epidemiology, The Netherlands Cancer Institute, Amsterdam
- Online physical activity coaching for cancer survivors
  Marije Wolvers, MSc PhD student, Roessingh Research and Development, Telemedicine Group & University of Twente, Faculty of Electrical Engineering, Mathematics and Computer Science, Telemedicine Group, Enschede
- Shared decision making in Prostate Cancer
  Ben Vanneste, MD, Department of Radiation Oncology, MAASTRO clinic, Maastricht
- Cancer@Work - a nurse-led e-health intervention to enhance the return to work of cancer survivors
  Sietske J. Tamminga, PhD, Coronel Institute of Occupational Health / Academic Medical Center (AMC), Amsterdam

14:50
Coffee/tea Break

15.15
State of the art of eHealth applications (continued)
- Online individual Mindfulness-Based Cognitive Therapy in treating Chronic Cancer-Related Fatigue
  Marije van der Lee, PhD, Head dep. Science, The Helen Dowling Institute, for Psycho-Oncology, Bilthoven

16.35
Panel discussion
How can the implementation of exercise and eHealth interventions for cancer be maximized?
Moderated by Martijn Stuiver, PhD
Panel consisting of: Jeff Vallance, Gerhard Andersson, Rosella Hermens, Miriam Vollenbroek-Hutten, Angela de Boer, Wim van Harten

16.55
Wrap-up and closing of the day
Wim van Harten

17:05
Closing drinks