

Cancer Institute (WIA)
College of Oncological Sciences
Chennai, Tamil Nadu



M. Phil Psycho-oncology
(Affiliated to the University of Madras)

Prospectus
Academic year 2019-2020

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About Cancer Institute (WIA)

Cancer Institute (WIA) was established as a voluntary, charitable institution in 1954, under the Societies Act of 1860 by the Women's India Association (WIA) Cancer Relief Fund of Madras. It was initiated under the leadership of Dr. Muthulakshmi Reddy, as a cottage hospital with 12 beds. Today it is a comprehensive cancer centre with 502 beds providing state-of-the-art facilities for both diagnosis and treatment to any cancer patient irrespective of their socio-economic status. It comprises of a research division, a college of Oncologic Sciences and a division of preventive oncology. Of the hospital beds, only 40% are paying beds and the remaining are general beds where patients are boarded and lodged free of cost. 40% of the patients are treated totally free and remaining patients pay a nominal amount. The vision statement of the institute being, no human being without any social or economic divide should undergo suffering because of any cancer disease. It also emphasizes that no one should develop cancer and if so, with appropriate treatment, should be able to lead the remaining part of his / her life in good quality and to the normal duration. The institute does not confine its work within the walls of the hospital, but also expands its horizon to the area of cancer prevention, like mobile cancer screening programs, awareness campaigns in the communities and much more. In addition to addressing the needs of the cancer patients, the institute always works on spreading out the knowledge on all aspects of cancer to medical, para-medical as well as general communities, concentrating on the preventive aspects of cancer in order to significantly reduce, if not totally eliminate, the incidence of cancer. The institute is committed to enhance patient's satisfaction by providing them with most appropriate, safe & reliable cost efficient care through continuous quality improvement by integrating best practices, personnel, technology & material. Cancer Institute is striving very hard to break the myth that "Cancer is a death sentence" and impart the message that "Cancer is preventable and if detected early, is curable".

A few accomplishments of Cancer Institute (WIA):

- 1958 – Combined modality approach for the treatment of advanced Oral cancer was introduced for the first time, raising the cure rate from a dismal 19% to 58%. This was declared as a new approach for treatment in the International Year Book of Cancer (1964).

- 1962 – Designed and installed the first indigenously built Caesium Tele-curie-therapy unit in India.

- 1965 – Recognized by the University of Madras and Kerala for Ph.D. and D.Sc. in Oncological Sciences.

- 1968 – Designed and installed the first indigenous Therapy Simulator.

- 1978 – The Institute introduced the country's first Blood Component Unit

- 1981 – Recognized by the Anna University and Dept. of Atomic Energy for the M.Sc. (Medical Physics), the first and only one in India.

- 1983 -The introduction of Front end loading intensive chemotherapy program for acute lymphoblastic leukemia saw the disease free survival move from a poor 20% to nearly 50%.

- 1987 – Limb conservation surgery for malignant tumors of the bone using custom made prosthesis was introduced for the first time in the country.

- 2000 – The first indigenously designed and built remote after loading brachytherapy (CITRON) was installed and used for patient treatment.

- 2002 – The Country's first comprehensive hereditary cancer detection and prevention program including the first population based hereditary cancer registry was established.

- 2005 – Establishment of the Microarray facility.

- 2007 – Established the first full-fledged Psycho-Oncology unit in India.

The institute comprises of a hospital, Research Centre, College of Oncological Sciences and Centre for Preventive Oncology. The major departments in the Institute are Radiation Oncology, Surgical Oncology, Medical Oncology, Diagnostic Radiology, Nuclear medicine, Pathology & Immunology, Palliative Care Clinic, Preventive Oncology and Resource Centre for Tobacco Control, Psycho-oncology and Physiotherapy.

Cancer Institute (WIA) gives extreme importance for research. The research activities which are carried out at the institute can be categorized into the following types namely, Clinical research, Basic research, Translational research, Bio medical and applied research.

In the field of Education, Cancer Institute was the first College of Oncological Sciences in India to offer super specialty degrees M.Ch. (Surgical Oncology), D.M. (Medical Oncology), and M.D. (Radiotherapy) and D.M.R.T. recognized by the Medical Council of India in 1984. It also offers M.Sc. (Medical Physics) recognized by Anna University and Dept. of Atomic Energy since 1981.

In Preventive Oncology, community based cancer control activities, Tumor Registry, which includes the Hospital based registry (HBR) and the population based Madras Metropolitan Tumor Registry (MMTR), Epidemiology Unit, and Resource Centre for Tobacco Control (RCTC) which play an extensive role in the prevention of cancer, are being carried out on a regular basis.

Department of Psycho-oncology at Cancer Institute (WIA)

Considering the significance of the psychosocial aspects of cancer care, the psychological services were initiated at the institute about two and a half decades ago by seven like-minded philanthropists including three cancer survivors. They formed a support group named 'Sanctuary' to provide emotional support to cancer patients.

Gradually, the services were offered with scientific approach using established technical knowledge and training by qualified psychologists. In the year 2007, it burgeoned into a full-fledged department with the team of psychologists providing psycho-oncological services.

This initiative is a ground-breaking effort in establishing the field of psycho-oncology in our country and creates a large professional pool of psycho-oncologists to meet the needs of cancer centres in the country.

The major components of the course being:

- To equip the students to carry out comprehensive psychological evaluations of cancer patients and appropriately apply a range of psychological interventions for cancer patients.
- To advocate and support the requirement for research and evaluation of all facets of psycho-oncology development and practice.
- To provide an opening to apply the psychological principles in the field of oncology.
- To close the wide gap between current knowledge and actual clinical care of patients.
- To advocate for the integration of multi-disciplinary psychosocial care and support as an essential component of all cancer care.
- To construct the psycho-oncological service in a planned and focused manner that would maximize the achievement of coherent developmental goal.
- To offer tobacco cessation counseling for users in clinical setting as well as community.
- To establish cessation centers in other parts of the City and States
- To establish a Resource center to provide technical support for other institutions on tobacco control
- To sensitize other stakeholders on tobacco control
- To organize campaigns to create awareness among public on cancer and unhealthy lifestyle.
- To facilitate the enforcement officials for the effective implementation of COTPA -2003 in the state of Tamil Nadu

Activities at the Department:

- Assessment and management of distress among cancer patients and their families has become a routine in clinical care
- Counseling and comprehensive psychological interventions are given to cancer patients and caregivers throughout the cancer trajectory.
- Various support group meetings targeting different cancer population were initiated and are being conducted regularly. Meetings namely Dr. MLR support group meeting, stoma support group meeting, SMILE pediatric support group meeting, Tobacco Free Association meeting for tobacco users are being conducted regularly on a weekly/monthly basis.
- Pre-chemo and Pre-RT orientation meetings for patients under treatment are being conducted regularly on a weekly basis.
- Pre-BMT counseling has also become a routine practice for patients posted for the procedure.
- Offering pre-operative counseling for patients being posted for surgeries and assessing their psychological fitness for the procedure.
- Observing and organizing important days such as Survivors' Day, National Cancer Awareness Day, World No Tobacco Day, World Cancer Day and Rose Day.

Research Contribution

In addition to clinical services, the department also carries out research, provides education and training in Psycho-oncology. To quote a few significant contributions of the department in the field of research:

- The department has published around 20 scientific articles in both National and International Journals.
- A Quality of Life questionnaire for cancer patients was specially designed for the Indian cancer population, in 2004. This tool was developed based on data from more than 1000 patients and its reliability and validity has been established. A site-specific module for head and neck cancer patients has also been developed.
- Coping preferences of head and neck cancer patients and the impact of psychological intervention on quality of life of head and neck cancer patients were

studied.

- The Symbolic Assessment of Fatigue Extent (SAFE), a tool to screen and assess the extent of fatigue was developed and validated.
- Research on the impact of cranial radiation on the neuro-cognitive aspects of children affected by Acute Lymphoblastic Leukemia was conducted.
- Prevalence of Non-adherence among patients with Chronic Myeloid Leukemia (CML) and intervention to reduce the same was developed, implemented and the effectiveness was evaluated.

Workshops on Palliative Care, Tobacco Control and Cessation, and various other aspects of Psycho-oncology have been regularly conducted by the department for medical and other health professionals and public. The department provides hands on training through internships for students (Psychology and Social work) and professionals (Doctors and Dentists) in the area of Psycho-oncology and primary prevention of cancer. Until 2018, a total of 29 scholars have been trained and placed at various reputed health care organizations. Also, two scholars have been awarded Ph.D in the Department. The Department is also actively involved in community based intervention programs primarily aimed at cancer prevention through educational and awareness programs in schools and colleges, corporate institutions and community at large.

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M.Phil in Psycho-Oncology

Objective

The aim of this course is to prepare the trainee to function as a qualified professional Psycho-oncologist in the areas of mental and physical health by offering Diagnostic, Therapeutic, Rehabilitative and Administrative services and work towards promoting the well-being and quality-of-life of the individuals diagnosed or related in any way with cancer.

Duration of the course

The M. Phil in Psycho-oncology is a one year full-time training course with ample practicum and apprenticeship opportunities.

Course Structure

The course of the study for the M. Phil program consists of (a) Part I comprising three written papers according to the syllabus duly approved by the Chairman of the Board of Studies concerned from time to time, and Part II -Dissertation.

Part-I consists of

Paper-I: Research Methodology and Bio-statistics.

Paper-II: Psycho-oncology

Paper-III: Background paper relating to the proposed dissertation.

Part-II: Dissertation

Entry requirement

The Minimum educational requirement for admission to this course is an M.A. / M. Sc. in Psychology from a university recognized by the UGC with a minimum of 55% marks in aggregate. For SC/ST category, minimum of 50% marks in aggregate is essential, as per GOI.

Attendance

The course of the study must, unless special exemption is obtained, be

continuously pursued. Any interruption in a candidate's attendance during the course of study, due to illness or other extraordinary circumstances must be notified to the Head of the Institution/concerned authority and permission should be obtained. A minimum attendance of 80% (in the academic year) is necessary for taking the final examination.

Admission Procedure

Students will be admitted to the course based on their performance on a written test and an interview conducted by a selection committee at the Department of Psycho-oncology, Cancer Institute (WIA).

Syllabus for Entrance Exam

Although there is no prescribed syllabus for the entrance examination, descriptive questions for a total of 50 marks, would comprise of general psychology, research methodology, abnormal psychology/ psychopathology and oncology.

Entrance examination and Interview:

The entrance examination comprising both oral and written, for admission of M.Phil course for the academic year 2019-20 will be held at Cancer Institute (WIA), Adyar, Chennai. The date will be announced shortly. You are requested to appear for the entrance examination at **8.30 am** at your own expenses. No TA, DA will be permissible.

You are requested to bring all the certificates in original at the time of entrance examination for verification. Selection for the program is purely on merit basis.

Written Examination: 9.30 am to 10.30 am

Oral Examination: 11 am

Kindly report to 'Dr. V. Surendran, Assistant Professor & Head, Department of Psycho-oncology, 3rd Floor, Bhagwan Mahavir Vishranthi Graha, Cancer Institute (WIA), No: 38, Sardar Patel Road, Adyar, Chennai- 36' on your arrival.

NOTE: No further individual communication will be sent to the candidates regarding the entrance examination.

Fee Structure – Annual

Fees should be paid in full at the time of admission

| S No. | Description | Amount in Rupees |
|-------|------------------|------------------|
| 1 | Admission fees | 2300/- |
| 2 | Tuition Fees | 15000/- |
| 3 | Library Fees | 1500/- |
| 4 | Examination Fees | 1500/- |
| 5 | Internship Fees | 7500/- |
| 6 | University Fees | 1000/- |
| | Total | 28,800/- |