



# Department of Psycho-Oncology

## Nurturing Hearts - Empathy and Healing

In the midst of the battle against cancer, there exists a realm of care that transcends medical treatments and charts a course through the complex emotions that cancer brings. Welcome to the Department of Psycho-Oncology at Cancer Institute (WIA), where compassion intertwines with expertise to support patients and their families on their journey to healing.



The psychosocial services at Cancer Institute (WIA) began as research activities in 2001, evolving into psycho social care with regular distress screening for patients and caregivers. In 2007, it burgeoned into a full-fledged department with psycho-oncologists and pioneered national psycho-oncology education in 2010. Led by experts, it offers advanced patient support, training, and teaching in the discipline.

The distress screening as per standard international guidelines guides psycho-oncology interventions. Patients referred to the department undergo comprehensive evaluation to tailor interventions in collaboration with oncologists. Quality of life, distress, fatigue, pain assessments are conducted as needed and neuro-cognitive assessments are performed for select patients.

Standard therapies include psycho-education, relaxation, Cognitive Behavioral Therapy (CBT), behavior modification, cognitive retraining and aversive therapies.

## A Haven of Understanding

Cancer is not just a physical ailment; it casts ripples across the emotional, psychological, and social fabric of one's life. At the Psycho-Oncology Department, a dedicated team of professionals stands ready to offer a helping hand and a listening ear. Led by experts who blend medical knowledge with a deep understanding of human emotions, the department serves as a sanctuary of solace and guidance.



## Comprehensive Care Beyond Treatment

Cancer care extends far beyond medical procedures and prescriptions. Here at Cancer Institute (WIA), the Psycho-Oncology Department focuses on addressing the emotional rollercoaster that patients and their families often experience. From the initial diagnosis to survivorship, the team provides tailored support, offering a range of therapies and interventions that help navigate distress, anxiety, depression, grief, and the myriad emotions that accompany the cancer journey. The department also offers specialized psychosocial care with assessment to patients undergoing bone marrow transplant which is one of a kind across the country. It also provides essential grief and bereavement counselling services, which are pivotal in assisting family members to navigate the challenging process of coping with the loss of their loved ones.

## Testimonial of a Survivor -

*“ I had bone cancer and I had come to Cancer Institute to get treated. I was unable to be normal like everyone else around me at home. Hence, I was heartbroken. That time, a Psycho-oncologist had spoken to me, following which I started developing confidence to deal with this. I felt like I was at home. I am very grateful to her”*

**The Pediatric psychosocial care** mirrors adult care, encompassing distress, behavioral assessment, coping and parental psychopathology. Caregivers receive psycho-education, while the information concerns of the patients are also addressed wherever needed. Child-friendly consultation room fosters rapport through play and engagement for therapeutic benefit.



**After Completion Therapy:** Offers ongoing psychosocial care to pediatric and adult survivors. The survivors are screened for psychosocial distress and long term effects and appropriate therapeutic intervention is being offered.

**Outpatient services:** Provides psychosocial care and conducts psychosocial assessments as part of routine care and various clinical trial studies of the institute.



## Survivor Counseling

As a part of routine psycho social care, the department incorporated counseling by cancer survivors, under the supervision of trained professionals. The cancer survivors are identified by the department and are well trained on peer counseling skills.



**Families Finding Hope:** Cancer's impact resonates through families, leaving loved ones grappling with their own set of emotions. The department extends its compassionate reach to families, offering counseling and guidance to help them navigate the challenges that arise when a member is diagnosed with cancer. By fostering open communication and providing coping strategies, the team ensures that families remain united in their pursuit of hope and healing.

## Silver lining - A Testimonial

*"When my son was diagnosed with cancer and was admitted in the hospital for treatment, we both were highly distressed and worried. We were heartbroken and were wondering how to live like this. That was when the Psycho-oncologist counseled both of us. Her counseling gave us confidence and strength to fight this situation. With all that support we bounced back from this challenging situation. We are extremely grateful for the Psycho-oncologist to have recognized our feelings and supported us through the process"*

## Our Support group meetings

While the battle against cancer may seem daunting, the Psycho-Oncology Department equips patients with invaluable tools to build resilience. Group therapy sessions create a safe space for patients to share their stories and connect with others who understand their struggles.

Support groups include:

- Dr. Muthulakshmi Reddy Women Cancer Support Group
- Pediatric Support Group (SMILE)
- Stoma Care Support Group (for patients with permanent stoma bag)
- Pre-Chemotherapy Orientation
- Pre-RT orientation (for Head & Neck, gynec-oncology)



## Hospice Care:

The department provides routine psychosocial services at Mahaveer Ashray for advanced cancer patients, through psychological evaluation, counseling, and therapeutic programs.



**Rehabilitative Services:** Provides hair-wigs and breast prostheses, benefiting 800+ patients, enhancing post-cancer quality of life.



**Research:** Conducts extensive evidence-based research, contributing to quality of life assessments, adherence interventions, and more. A few key research contributions of the department would include developing a Quality of Life questionnaire, medication adherence questionnaire, fatigue assessment tool, developing psychosocial intervention modules to improve adherence to medication among patients with Chronic Myeloid Leukemia (CML), head and neck cancer, to reduce Central Line - associated bloodstream infections (CLABSI), understanding the neuro-cognitive impact of treatment among children with Acute Lymphoblastic Leukemia (ALL) and on the quality of death among patients. Overall, the department has published more than 40 studies in reputed international and national journals. The department also collaborates with the Universities of Sydney, Malaysia, & Louisville, The Princess Margaret Cancer Center and NIH-USA for research projects.



## **Moments of Truth**

*"After removal of the breast, I was very sad and was crying because, feeling feminine is important to any woman. I was worried about the side-effects of chemotherapy. I started worrying about losing my breast even before the surgery. I started feeling scared and perplexed about my future. After the surgery, my relatives and neighbors started commenting on my disease, every time I walked in the street and also were not very welcoming. Whenever I saw myself in the mirror, I felt that my physical appearance was very different from usual. I was very upset. But when I started using the breast prosthesis given here, I felt very comfortable and with confidence I could step out of the house. I am able to go to shops, meet people confidently. The prosthesis feels very natural and comfortable."*

**Education:** Offers M. Phil and Ph.D. in Psycho-oncology affiliated with University of Madras, Chennai, trained 46 scholars for clinical, research, and academic roles nationwide and produced 5 PhD scholars. This course provides hands-on training on clinical, research and academic work. Clinical training include screening and managing distress and specific psychosocial concerns, facilitating support groups and carrying out a research study. The department also has trained two international full-bright scholars.

**TeleECHO Program:** Pioneers country's first Psycho-oncology TeleECHO, training 60+ professionals across two batches.

**Internship program:** The department offers hands-on training on Psycho-oncology with guidance for students of Psychology and Social Work discipline and practicing professionals.



# Dr. S. Krishnamurthi Memorial Oration

**Prof. Ashok Venkitaraman Envisions the Future of Medicine through Cancer Research**



The Cancer Institute (WIA) Adyar along with The Tamil Nadu Dr. MGR University was honored to host the prestigious Dr. S. Krishnamurthi Memorial Oration, featuring Professor Ashok Venkitaraman, Director of the Cancer Science Institute of Singapore and Distinguished Professor of Medicine at the National University of Singapore. The event was a compelling exploration of the future of medicine through the lens of cutting-edge cancer research.

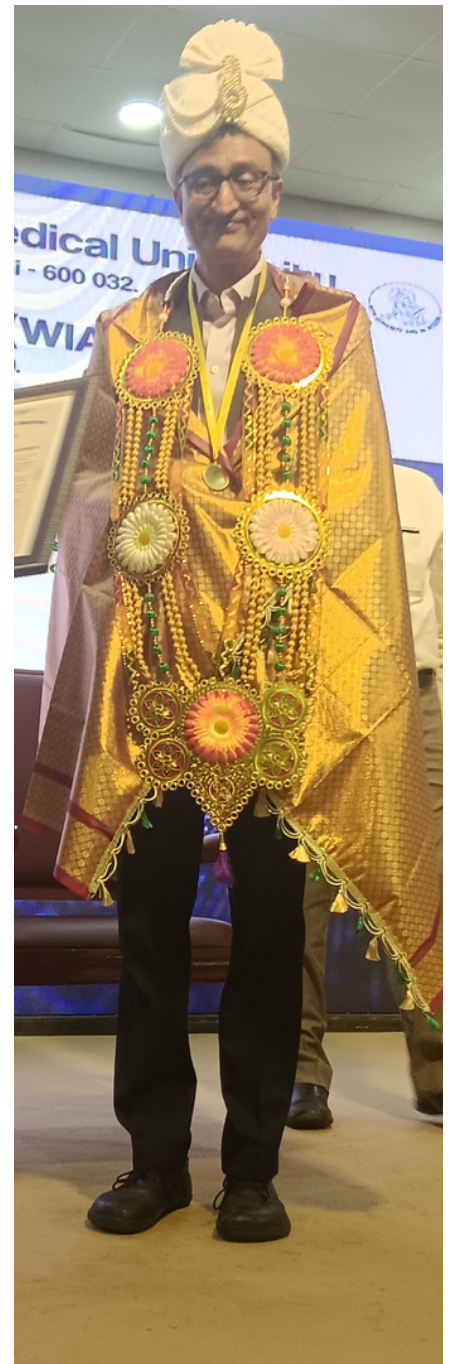
The oration began with a heartfelt tribute to the late Dr. S. Krishnamurthi, a visionary in the field of oncology and a pioneer in cancer care. His dedication to advancing cancer research and treatment continues to inspire our community.

Professor Venkitaraman shared his insights into the evolving landscape of medicine, emphasizing the pivotal role of cancer research in shaping the future. He highlighted the convergence of various disciplines, including genomics, immunotherapy, and artificial intelligence, in advancing personalized and precise cancer care.

One of the central themes of the oration was the promise of precision medicine, which tailors treatment strategies to an individual's genetic makeup. Professor Venkitaraman discussed how genomics is revolutionizing cancer diagnosis and therapy, leading to more effective and less invasive treatments.

Prof. Venkitaraman illustrated how harnessing the body's immune system can lead to durable responses in cancer patients, transforming the outlook for many forms of the disease.

It was a thought-provoking and visionary exploration of the future of medicine. It underscored the critical role of cancer research in driving innovations that will not only transform cancer care but also impact the broader landscape of healthcare. The Cancer Institute (WIA) Adyar remains committed to honoring Dr. S. Krishnamurthi's legacy by staying at the forefront of pioneering research and compassionate patient care.



# Department of Public Relations

## THE NETWORKERS - Efficient and Caring



The public relations department at the Cancer Institute is comprised of well-motivated and jovial staff. This department serves as the linchpin of patient care and organization within the Institute. It is a twenty-member team led by Mr. Babu. He began his career in July 1988 as a record assistant and finally took charge of the Public Relations Department. He was guided by the visionary Late Dr. S. Krishnamurthi and Late Dr. V. Shanta. A core principle that this Department lives by is the adage "Time is not a constraint."

### Key Activities

The department's main activity is the registration of general ward patients at the Bhagwan Adinath Jain Complex and special ward patients at the Diamond Jubilee Building. The speciality OP is conducted at Madhuram Narayanan block. The staff are versatile and speak nearly three to four languages. The patients come from different states and union territories of the country apart from Tamil Nadu.

The conversation time at the counter is five to ten minutes for each patient irrespective of their socio-economic status, simplifying the patient experience and ensuring effective communication.

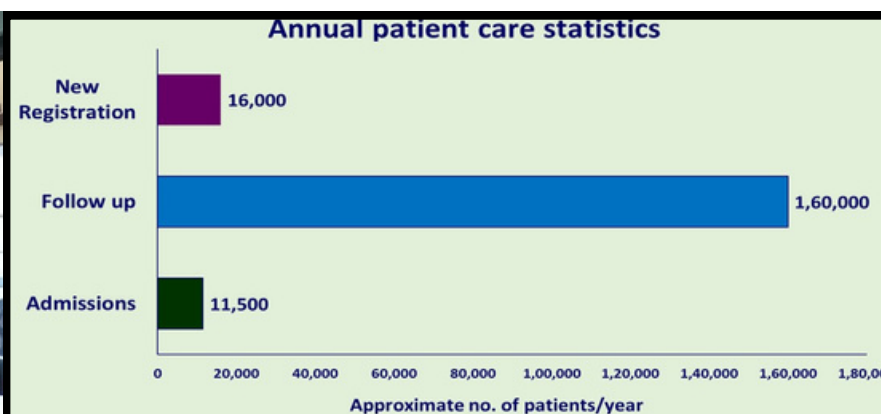
### Efficiency

The number of counters is seven at Bhagwan Adhinath Complex. They are staffed by a team of twelve members. "May I Help you Counter" does category assessment of patients based on socio economic status. The department caters to various activities such as registration, segregation of the cases as surgical, medical, gynaecological, general ward and special ward, organizing investigations, collection of reports and review by the concerned physicians/surgeons. Insurance claims such as CMCHIS and PMJAY are dealt with at counter one. Follow-up and admissions of general ward patients are dealt with at counter two. The appointments for CT and MRI are attended at counter three.





The entire process takes about one to two hours depending on the service rendered both for old and new registrants. The clearing of patients is done at counter four. Mr. Babu manages the activities at counter five. The appointments and railway concessions are organized at counter six. The seventh counter takes care of cash payment. The same activities are carried out at the Diamond Jubilee building. Amidst the various activities, the department maintains a robust turnaround time for patient consultation.



### Patient Volume and Impact

There are approximately 16000 new registration patients at the Out Patient Department per annum. The follow-up cases amount to nearly 160000; about ten times. The inpatient admissions at Dr. S. Krishnamurthi Campus and Dr. V. Shanta Campus together are approximately 11,500.

As the department continues to evolve, its legacy of compassion, empathy, and efficiency will undoubtedly remain an integral part of the Cancer Institute's success story.

# Functioning of Dharmasala

## Home away from home

Within the heart of the Cancer Institute (WIA), Adyar, lies a haven of comfort and care known as the Dharmasala. This unique facility extends beyond its tranquil surroundings to offer cancer patients a holistic support system that includes not only a peaceful respite but also free accommodation and nourishing meals. With a steadfast commitment to patient well-being, the Dharmasala stands as a symbol of compassion and healing.

### A Home Away from Home:



Recognizing the challenges that cancer patients face during their treatment journeys, the Dharmasala provides a welcoming home away from home. Patients traveling from distant places can find refuge in the thoughtfully designed accommodations, which are equipped with modern amenities and a serene ambiance. This allows patients to focus on their recovery without the added stress of finding suitable lodging.

### Nourishing the Body and Soul:

In conjunction with its free accommodations, the Dharmasala goes a step further by offering nourishing meals to patients.

A dedicated kitchen staff prepares wholesome and balanced meals, catering to dietary preferences and nutritional needs. This provision of nourishment is not only vital for physical well-being but also contributes to the emotional and mental strength required to combat cancer.



**Compassionate Community:** The Dharmasala fosters a sense of belonging and companionship among cancer patients. Shared dining spaces, common areas, and organized activities create opportunities for patients to connect, share experiences, and draw strength from one another.







The power of this compassionate community cannot be underestimated, as it reinforces the idea that no one is alone in their journey.

**A Sanctuary of Support:** Beyond the physical comforts, the Dharmasala serves as a sanctuary of emotional and psychological support. Patients can engage in counselling services, meditation sessions, and therapeutic activities, promoting holistic healing. The combination of a nurturing environment, nourishing sustenance, and a supportive community contributes to a comprehensive approach to cancer care.

**Empowering Caregivers:** The Dharmasala's reach extends to caregivers as well. Recognizing the pivotal role they play in a patient's journey, the facility offers accommodations and meals to caregivers, ensuring they have the resources they need to provide unwavering support. By easing the practical burdens on caregivers, the Dharmasala enables them to be fully present for their loved ones.



In conclusion, The Dharmasala at the Cancer Institute, Chennai, is a testament to the institution's commitment to comprehensive cancer care. Through its provision of free accommodations, nourishing meals, and a supportive environment, it exemplifies the healing power of compassion and community. In the face of adversity, the Dharmasala stands as a beacon of hope and a reminder that, in the battle against cancer, no one should face the journey alone.

# Imaging Diagnostics Department

**Cutting-Edge Radiology System Enhances Imaging Capabilities!**

The Radiology Department situated within the Dr. S. Krishnamurthi Campus, is proud to announce the inauguration of the state-of-the-art FDR Smart X Fujifilm X-ray System. This advanced system, equipped with the latest D-EVO II series DR panels, is set to revolutionize our imaging capabilities and significantly elevate



## Unveiling the Future of Radiology

On April 12, 2023, the Radiology Department unveiled the FDR Smart X Fujifilm X-ray System, a ceiling-suspended X-ray tube configuration complemented by an upright stand and table.

## High Image Quality for Precision Diagnosis

One of the most exciting aspects of this new system is its ability to deliver high-quality images, ensuring accurate and precise diagnosis. The D-EVO II series DR panels, known for their exceptional performance, will provide our radiologists with the clarity and detail needed to make informed decisions about patient treatment.

## Versatility in Imaging

The FDR Smart X system is designed to accommodate a wide range of imaging needs, from routine head-to-toe X-rays to specialized procedures for musculoskeletal system assessments. Notably, the system offers a stitching feature that allows us to seamlessly merge images, a vital capability for implant and prosthesis operations.

## Expanding Our Services

The Radiology Department at the Adyar Cancer Institute is dedicated to offering comprehensive care. With the installation of the FDR Smart X system, we are now equipped to perform contrast procedures for the gastrointestinal system, including gastrograffin swallow, enema, and loopogram. Additionally, we can provide services such as cystography and the demonstration of rectovaginal and tracheoesophageal fistulas.

## Enhancing Patient Experience

As part of our commitment to patient care, the new system is designed for efficiency and comfort. Patients can expect quicker and more accurate diagnoses, reducing the need for additional tests and minimizing discomfort during procedures.

## A New Era in Radiological Excellence

The FDR Smart X Fujifilm X-ray System represents a significant milestone in the Radiology Department's journey toward excellence in patient care. With its cutting-edge technology, high image quality, and expanded capabilities, we are better equipped than ever to serve the needs of our patients and healthcare providers.





# Laurels & Testimonials



**Celebrating Excellence in Healthcare:** Cancer Institute (WIA) was awarded Best Performing Hospital for the Second Consecutive Year!

This prestigious certificate was awarded by the District Collector. The Chief Minister's Health Insurance Scheme plays a pivotal role in ensuring that healthcare services are accessible and affordable for all.

**Mr. R. Madhanagopal**, Scientific Assistant in Molecular Epidemiology lab was awarded the **first prize for his poster, "Oral HPV infection in Healthy individuals - Molecular epidemiological study"** in national Conference in Chennai on Strategies in the control of infectious diseases on October 13, 2023.

## Preventive Oncology Research Department

A press meet held on July 3rd 2023 discussed the "Impact of HPV molecular testing with partial genotyping as a feasibility study in cervical cancer community screening program in South India". The scientific team from Roche and Dr Vijayalakshmi Ramshankar, Prof and Head, Department of Preventive Oncology (Research), Cancer Institute (WIA) participated in the discussion. Her team (Soundharya Ravindran; Komathi Arun, Kanchana Albert, Sakthi Lalitha Sri) along with Dr Lalitha Ramasubramanian and Dr Banumathy Satyaseelan conducted a study involving 10,395 women who were screened using the HPV DNA test.





# Laurels & Testimonials



**Mrs. Priya Ganesh**

**Humanitarian Service Award from Saiva Sangam**

In a heartwarming recognition of unwavering compassion and dedication, Priya Ganesh the Personal Secretary to the Executive Vice Chairman, Cancer Institute (WIA) has been honored with the Humanitarian Service Award by Saiva Sangam for her remarkable 12-year journey of feeding and caring for street dogs. What began as a simple act of kindness, feeding 4 puppies in her neighborhood, has evolved into a monumental mission to provide sustenance and love to nearly 125 street dogs. She was also awarded the South Indian Talent Award for Best Humanitarian Service 2022.

Priya also collaborates with local veterinarians to arrange medical check-ups and necessary treatments for the dogs in her care. She funds this entire operation from her own pocket, relying solely on her savings and the occasional support of friends and well-wishers.

This Award is a testament to the power of individual action and the difference one person can make in the lives of many.

## EVENTS

### OASyS 2023



The department of Anesthesia, pain and palliative care at Cancer Institute (WIA), Adyar held its 2nd exclusive oncoanesthesia CME, OASyS23 on September 24th at Ramada Plaza, Guindy. The event was curated to be an academic feast with detailed discussions on anesthetic management of varied oncosurgeries. Rare and thought provoking scenarios seen in our institution were also spoken about in depth.

The highlight of the event were the eminent speakers, exceling in the field of oncoanesthesia from different oncological centres, pan India. OASyS23 also marked the unveiling of the Chennai chapter of the SOAPC (Society of OncoAnesthesia and Perioperative Care), making this the 4th such branch in India. The conference was well received and attended by postgraduate students in Anesthesia and by practicing consultant anesthesiologists as well. An interactive quiz for postgraduate students, poster presentations and unique opportunities to make memories with handmade anesthesia placards were some of the attractions at OASyS apart from the immense knowledge imparted here.



## Swachhata Hi Seva - Transformation



In the spirit of "Swachhata Hi Seva," a nationwide cleanliness drive by the O/o Principal Chief Commissioner of Income-tax, Tamil Nadu & Puducherry under the aegis of Department of Revenue, the remarkable transformation initiative that took place at the Cancer Institute Adyar exemplifies our commitment not only to the health and well-being of our patients but also to the environment and the community we serve.

### The Department of Anaesthesia, Pain and Palliative Care hosted a CME program on October 13, 2023



The department celebrated World Hospice and Palliative Care Day. The event was held at Mahaveer Ashray, Sriperumbudur, the Hospice unit of the Cancer Institute with the theme "Caring beyond cure: A Journey through Palliative Care."

This successful event welcomed approximately 50 participants from a diverse range of healthcare professionals, including oncologists, nurses, social workers, counsellors, and physiotherapists from Government hospitals Tiruvallur, Chengalpattu and Kancheepuram.

The program aimed to raise awareness, promote collaboration, and encourage a holistic approach to managing cancer patients. The enthusiastic participation of the healthcare professionals exemplified the theme for this year - "Compassionate Communities Together for Palliative Care".

### Terry Fox Marathon - Oct 1st, 2023

The Chennai Terry Fox Run, Ideated by Akash Dube and organized by the Rotary Club of Madras East, is a reflection of the ideals of Terry Fox whose lines inspire - "Run – Because Cancer Research Cannot Stop!" and has contributed to the cause of Cancer Research, in our part of the globe and particularly to Cancer Institute's Research this year!





## World Patient Safety Day 2023

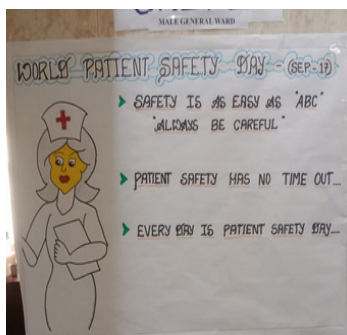
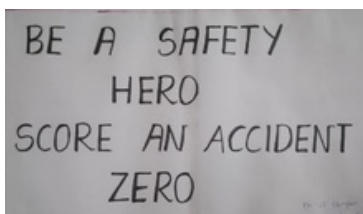
World Patient Safety Day 2023 was observed on 17th September under the theme "Engaging patients for patient safety", in recognition of the crucial role patients, families and caregivers play in the safety of health care. Evidence shows that when patients are treated as partners in their care, significant gains are made in safety, patient satisfaction and health outcomes. By becoming active members of the health care team, patients can contribute to the safety of their care and that of the health care system as a whole.

### Saro MGW – FF

### S. Deepa Chandrakumari

### Slogan Competition Winners!

#### T. Nithya & P Rajashri – Endoscopy



#### P Preetha FGW - FF

### Poster Competition Winners!

#### MOB GF

#### MNB II Floor





## FEEDBACK & MESSAGES TO :

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**"EVERY STEP  
FORWARD IS A  
TRIUMPH OVER  
CANCER.  
KEEP MOVING."**

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