BUILDING COLLABORATIONS WITH OUR CLINICAL COLLEAGUES TO DO RESEARCH:

A new model of PT care for women post surgery for breast cancer

KIRSTIN CAMPBELL, BSC. PT, PHD
UNIVERSITY OF BRITISH COLUMBIA, VANCOUVER, CANADA

KIRSTIN.CAMPBELL@UBC.CA
@CEPL_UBC @KLCAMPBELLPHD
WWW.CEPL.REHAB.MED.UBC.CA
OUTLINE

• Why build these collaborations?
• Where to begin?
• Then what?
• Common challenges?
• Ideas to help with taking action
WHY BUILD THESE COLLABORATIONS?

• Creation of best possible clinical research projects

• Inform change in clinical practice for local context

• Contribute to providing up-to-date evidence-based clinical practice
WHERE TO BEGIN: THE QUESTION IS KEY!

• Clinician and researcher need to have synergistic interests
  • Local faculty in PT or other programs (UBC, UNBC, UBCO etc.)
  • Researcher with expertise elsewhere in Canada

• Think about what is possible

• Develop a very specific question
Exercise interventions for upper-limb dysfunction due to breast cancer treatment (Review)

McNeely ML, Campbell K, Ospina M, Rowe BH, Dabbs K, Klassen TP, Mackey J, Courneya K
THEN WHAT? EQUAL PARTNERSHIP

• All research requires extra time, effort and enthusiasm

• Both parties should be familiar with the literature

• Develop a specific research plan that fits for the context
ONCOLOGY SERIES

The Effect of Prospective Monitoring and Early Physiotherapy Intervention on Arm Morbidity Following Surgery for Breast Cancer: A Pilot Study

Chiara Singh, BSc PT;* Mary De Vera, BSc, PhD;* Kristin L. Campbell, BSc PT, PhD†

PT Canada 2013; 65(2);183–191

SITE A: PT clinical care pathway in place
Melissa Idle, Chiara Singh, Anna Ogden

SITE B: No PT clinical care pathway in place
Janessa Simpson, Margaret Chafe

Partnership with Fraser Health
Funding: Physiotherapy Foundation of Canada
WHY DID THIS COLLABORATION WORK?

• Support from leadership at clinical site/health authority (S. Brolin)

• Fellow clinicians at sites willing to be part of the project

• Successful application for funding to allow the work to happen

• Clinician took the lead on local paperwork & leveraged local resources

Melissa Idle, Chiara Singh, Anna Ogden - SMH
Janessa Simpson, Margaret Chafe - ARHCC
Plus Chiara and Anna’s moms for inter-rater testing
REMEMBER IT MAY TAKE LONGER THAN YOU THINK TO ANSWER THE QUESTION

ONCOLOGY SERIES

The Effect of Prospective Monitoring and Early Physiotherapy Intervention on Arm Morbidity Following Surgery for Breast Cancer: A Pilot Study

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• Quasi-experimental

• Difference in background risk of arm morbidity between site A & B

• What next?

Singh C et al. PT Canada 2013; 65(2);183–191
Prospective Surveillance Model of Rehabilitation for Women with Breast Cancer

Pre-operative Evaluation & Education → Early Post-Op rehabilitation & re-assessment → On-going Surveillance

If no limitation noted

If impairment noted → Targeted Rehabilitation Intervention & then back into Surveillance

Stout et al Cancer 2012; 118 (Suppl 8): 2191-200
First to test this model: Randomized trial

- Support from leadership (G. Yoneda & PJ Lynd)
- Clinicians willing to be part of the project
- Funding

Partnership with Providence Health Research Institute
Funding: UBC Department of Physical Therapy Seed Funding
Results

- **Feasibility**: Good adherence (4.4 of 5 visits) and 90% retention

- **QoL**: No difference in between groups

- **Arm morbidity at 12 months**:  
  - No difference between groups  
  - Less complex in surveillance vs. education (p=0.04)  
  - Identified and resolved 2 cases of lymphedema  
  - Four new “cases” seen only at 12-months  
  - Main predictor = Axillary lymph node dissection
Cost

• **Cost per patient** = $147.61 CND (±34.50) = 95€*
  • 5 PT assessments & clerk time for booking
  • * Does not include PT treatments if needed

• **Patient Out-of-Pocket Travel cost**
  = $38.09 CND (±32.36) = 25€
  • Includes travel & parking costs to attend 5 assessments

• **Criticisms of this model**
  • Risk stratification **not** part of model (resource allocation)
  • Patient burden (cost, time)

_Rafn et al. Clinical Rehabilitation 2018 (In press)_
HOW TO KEEP THE MOMENTUM GOING

• Involve graduate students & MPT research groups

• Involve research institute if you are in public practice

• Plan to get the word out
  • Present at local rounds, conference, PABC webinar
  • Publish in newsletters and peer-reviewed journals
Can women measure their own arm?
Self-managed surveillance for lymphedema

Doctoral project: Bolette Rafn
Funding: Physiotherapy Foundation of Canada

Rafn et al. Under review
Reliable & Valid

Step 1: Self-measures at home  Step 2: Self-measures at lab

Intra-rater = ICC >0.9

Step 3: Therapist measures  Step 4: Perometer measures

Validity = R >0.9, p>0.01

Fatima Inglis

Rafn et al. (under review)

BC CARING Webinar – would this work in clinical practice?
Clinical Self Measurement
Partnership with Surrey Memorial Hospital
Funding: Fraser Health Research Institute

PT: Karen Chahal, Chiara Singh, Melissa Idle
Provincial Survey on oncology rehabilitation services

92 sites, 94% response rate

- **Oncology Specific rehabilitation & perform cancer surgery**
- **Non-specific rehabilitation & perform cancer surgeries**
- **Non-specific rehabilitation & do not perform cancer surgeries**

Barriers to delivery of oncology rehabilitation in BC

- Lack of space (14%)
- Lack of admin support (15%)
- Lack of resources (22%)
- Lack of specialized staff (23%)
- Lack of funding (26%)

MSc Project
Funding: None

_Sayyari et al. in preparation_
## Province-wide focus groups

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Doctoral project Bolette Rafn  
Partnership with PT champions across the Health Authorities  
Funding: Women’s Health Research Institute (BC Women’s)
MPT Quality Assurance Projects

2016
Partnership with Providence Funding: None
PT: Jill Kipnis, Kelly Kavanagh
Simone Beattie, Samantha Ling, Carlita Branion-Calles & Richelle Rafnkjelson

2017
Pre-operative teaching vs. Standard of Care Partnership with Providence Funding: None
PT: Sherry Cheung, Jill Kipnis, Kelly Kavanagh
Brooke Bogress, Rebecca Corbett, Sean Lee, Adrian Perez & Alyssa von Ende
WHAT ARE COMMON CHALLENGES?

• Time
  • To develop the question
  • Apply for funding
  • Answer emails & reviewing documents
  • Undertake the data collection

• Keeping enthusiasm up
READY TO TAKE ACTION?

• What is your question?

• Review the literature

• Find a research partner
  • UBC Department of PT website
  • Your research institute
  • CPA interest group

• Identify potential funding sources & timeline to apply

• Talk to your colleagues & local leadership early
THANKS TO:

• Research participants
• Clinician who lead the research projects
• Clinicians who assisted with projects
• Leadership who supported these projects
• MPT students & Graduate students
• Funders