



National Cancer  
Centre Singapore  
SingHealth

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Giving Hope. Improving Lives.



# *Enreach*

## *Retreat 2011*

25 - 27 March 2011 ★ ParkRoyal on Beach Road



## *Enreach* *Retreat 2011*

NCCS believes in the inherent values which our patients and families place on 'living their best' no matter how trying and difficult their situations might be. Cancer management is more than medical treatment. The cancer journey involves how you live with a cancer diagnosis. It is about the things you do to help yourself beat the emotional upheavals that often accompany the onset of the disease. It is about rediscovering the important things in life. It is about learning how to be unafraid. It is about how to live well.

In this retreat, we will cover topics ranging from diet and nutrition, treatment options, physiological symptoms and pains, issues that revolve around treatment and advance care planning and understanding more about yourself. The most cherished part of this retreat is meeting people like yourself who are fighting with cancer. You will be encouraged by the stories of those who have fought and overcome the illness. You will be inspired by those who are still fighting.

Many of the patients and survivors who have attended the retreats in the past have shared with us that their lives have been changed....



## TALK

### Evidence-based Nutrition – Myths & Truths

“What should I eat to keep my cancer at bay? What extra supplements do I need while I’m on chemotherapy? I read from the internet that sugar is bad for cancer, what about soyabean and tomatoes?” If you have such questions in mind, you must come and let our nutritionist help you dispel the myths from the truths and make informed choices about your diet backed on evidence-based research.

## TALK

### A Dictionary of Physiological Symptoms & Pain

This talk will cover common and chronic symptoms including pain in early and advanced cancers namely short-term to long-term physiological side-effects from tumour sites, medications and invasive treatments to common socio-psychological symptoms. For most patients with advanced cancer, a multidisciplinary approach to pain management will be useful. Being pain-free increases one’s quality of life.

## WORKSHOP

### Management of Psycho-Physiological Symptoms

It is common for cancer patients to experience various psychological symptoms after diagnosis and during treatment. If they are not able to cope with these symptoms, they may develop more serious psychological and psychiatric problems. Studies have shown that 14% to 50% of cancer patients have clinical depression and anxiety disorders, which may affect their quality of life and indirectly influence their treatments and recovery. In this workshop, participants (patients and family members) learn to recognize symptoms of clinical depression and anxiety disorders. They will learn how to manage psychological symptoms through a coping framework by changing the ways they think and behave. They will also given the opportunity to participate in the autogenic training (a form of relaxation technique) that is aimed to regulate psychological and psycho-physiological state.

# Programme Highlights



## **PANEL DISCUSSION**

### To treat or not to treat?

Doctors often face difficult treatment issues. They need to consider a patient's general attitude towards illness, treatment and life, as well as the socio-cultural and economic implications, accompanying each treatment. Patients have own fair share of dilemmas where fear, hopelessness and financial concerns may hinder them from receiving treatment.

On the other hand, patients may also cling on to any chances of a recovery. In this discussion, we have a panel of doctors who will share about their own medical practice, values and ethics, and to ascertain what and when to treat a medical problem.

## **PANEL DISCUSSION**

### Advance Care Planning

Not many patients are aware of what is in advance care planning. Advance care planning (ACP) enables a patient to express wishes about his or her future health care in consultation with their health care providers, family members and other important people in their lives. ACP is based on the ethical principle of patient autonomy and the legal doctrine of patient consent. This panel discussion will cover important directives / policies such as the Advance Medical Directive (AMD) and the Mental Capacity Act. In this session, we have a panel of experts such as a lawyer specializing in medico-legal issues and a palliative care physician to kick off a lively discussion on the topic.

## **WORKSHOP**

### MBTI Profiling

The Myers-Briggs Type Indicator (MBTI) assessment is a psychometric questionnaire designed to measure psychological preferences in how people perceive the world and make decisions. This workshop will be facilitated by a qualified and certified MBTI Facilitator who will help patients and their care-givers understand their own preferences thus improve the quality of their communication and enhance bonding.

# Programme Highlights



## TALK

### Tapestry of Hope

Hope is like chilli – it adds spice to our lives, just as chilli adds “kick” to our food. But just as there are many different ways to enjoy chilli, so hope also takes many forms. This talk will explore what hope means, how it changes according to the individual and his circumstances, and how we can incorporate it into our daily lives.

## **AND MORE ....**



### Food Tasting Session

In collaboration with the National Cancer Centre Singapore, six youths from NTU set out on a learning journey that takes them all over Singapore, getting to know cancer patients, survivors and caregivers that have stories and recipes to share.

Documented with meticulous care, Sharing Plates is a collection of heartwarming anecdotes and recipes from the cancer community to the cancer community.

### Dinner Party

You will be treated to a sumptuous dinner with vocal and dance entertainment that range from the ‘Classical’ to the ‘Oldies & Goodies’.

### Youths’ and Children’s Programmes

As EnReach aims to be family-friendly, we have specially tailored enriching and fun programmes for your teens and little ones that will run concurrently.

**Closing Date:**



Registration

Details



Please complete the registration form and submit to:

**Department of Psychosocial Oncology**

Level 2, Patient Care Services

National Cancer Centre, 11 Hospital Drive Singapore 169610

For enquiries, please call 6436 8126 (Lillian) / 6436 8117 (Brandon) / 6436 8570 (Stephanie)

## Registration Fees

Package Type	Fees	Package Type	Fees
<input type="radio"/> Single (twin-sharing)	\$250	<input type="radio"/> Family of 3	\$550
<input type="radio"/> Family of 2	\$400	<input type="radio"/> Family of 4	\$650

## Room Type

Twin Bed (2 single beds)

Twin Bed (2 single beds) + an extra bed

*(Request for bedding type is subject to availability)*

Double Bed (1 king size bed)

Double Bed (1 king size bed) + an extra bed

## Patient Particulars

Name: Dr/Mr/Ms/Mrs

Occupation:

Date of Birth:

Marital Status:

Address:

Contact no.:

Email:

Diagnosis:

Treatment:

Dr-in-charge:

Hospital:

Dietary requirements:  Normal  Vegetarian  Soft diet  Halal

*Please see overleaf*

# Registration Details



## Particulars of Family Members and Meal Arrangement

Name	Relationship	Age	Occupation	Meals Attending
Patient (Dr/Mr/Ms/Mrs)				<b>25 March 2011</b> <input type="radio"/> Lunch <input type="radio"/> Dinner <b>26 March 2011</b> <input type="radio"/> Lunch <input type="radio"/> Dinner <b>27 March 2011</b> <input type="radio"/> Lunch
Family Member 1 (Dr/Mr/Ms/Mrs)				<b>25 March 2011</b> <input type="radio"/> Lunch <input type="radio"/> Dinner <b>26 March 2011</b> <input type="radio"/> Lunch <input type="radio"/> Dinner <b>27 March 2011</b> <input type="radio"/> Lunch
Family Member 2 (Dr/Mr/Ms/Mrs)				<b>25 March 2011</b> <input type="radio"/> Lunch <input type="radio"/> Dinner <b>26 March 2011</b> <input type="radio"/> Lunch <input type="radio"/> Dinner <b>27 March 2011</b> <input type="radio"/> Lunch
Family Member 3 (Dr/Mr/Ms/Mrs)				<b>25 March 2011</b> <input type="radio"/> Lunch <input type="radio"/> Dinner <b>26 March 2011</b> <input type="radio"/> Lunch <input type="radio"/> Dinner <b>27 March 2011</b> <input type="radio"/> Lunch

## Person to contact in case of emergency

Name: .....

Contact no.: ..... Relationship: .....

## Other Information

Do you have any special needs i.e. wheelchair?

Any specific topics or queries you hope to be covered in any of our talks/panel discussions.

## Payment Mode

- Payment by cheque to “**National Cancer Centre**” and please indicate it is payment for **Enreach Retreat** on the back of the cheque.
- Payment by cash at **Department of Psychosocial Oncology at National Cancer Centre, Level 2.**

*Please see overleaf*



National Cancer  
Centre Singapore

SingHealth

For more information and details, please contact:

Department of Psychosocial Oncology,  
National Cancer Centre Singapore.

Tel: 6436 8126 (Lillian) / 6436 8117 (Brandon) / 6436 8570 (Stephanie)  
or email us at: [mss@nccs.com.sg](mailto:mss@nccs.com.sg)