



To: IPOS Board
From: Melissa Henry
Subject: 2023 Annual Report
Date: Feb. 2, 2024

Annual Summary of IPOS Fundraising/Marketing Committee Activities Since the Last Report in January 2023

Our Fundraising Committee comprises the following members: Drs. Melissa Henry, Jayita Deodhar, Maggie Watson, Kevin Stein, Carolyn Messner, Francine Parnes, and Elizabeth Harvey.

The following is a description of major events hosted or facilitated (completed or in progress) by IPOS through our Fundraising Committee and the IPOS Academy Planning Committee, IPOS Faculty, and the Association of Psycho-Oncology in Africa (APOA):

- IPOS Pan-African Capacity-Building in Psycho-Oncology ECHO – 1st Cohort
- IPOS Pan-African Capacity-Building in Psycho-Oncology ECHO – 2nd Cohort
- CRDF / NCI Research Training Leadership Intensive (RTLII)
- IPOS at AORTIC Congress
- Working group on National Cancer Plans in Africa

Please see below for a description of each activity.

IPOS Pan-African Capacity-Building in Psycho-Oncology ECHO (Extension for Community Healthcare Outcomes) – 1st Cohort

We developed and implemented the IPOS Pan-African Capacity-Building in Psycho-Oncology ECHO, funded by a generous donation from the Friends of Psycho-Oncology in Africa allowing the hiring of the Jimmie Holland IPOS ECHO Coordinator.

ECHO originates from the University of New Mexico. It is an approach to medical education that enhances the capability of healthcare professionals to deliver specialized care effectively while also addressing health disparities. Expert teams lead virtual clinics through multi-point videoconferencing, enabling oncology practitioners to acquire specialized skills and offer high-quality care within their local communities. See: <https://projectecho.unm.edu/model/>

This ECHO program has allowed one year training with IPOS experts to a group of approximately 50 oncology professionals from across countries in Africa. The ECHO

was evaluated through self-administered questionnaires and was found to significantly contribute to perceived knowledge acquisition and skills in psycho-oncology. Based on our positive experience, we received funding for a second cohort of ECHO training.

Our IPOS Academies contribute to advancing our IPOS mission and WHO-mandated portfolio of building capacity for cancer care and research in Low- Middle-Income Countries.

Steering Committee: Melissa Henry (Chair; Canada), Chioma Asuzu (co-Chair; Nigeria), Phillip Odiyo (co-Chair; Kenya), David Lounsbury (USA), Scott Nichols (USA), Sharon Nichols (USA), Elizabeth Oluwatoyin Akin-Odanye (Nigeria), Joyce Terwase (Nigeria). Contributors: Jane Turner (Australia), Maria Die Trill (Spain), Maggie Watson (United Kingdom), Gladys Nduku (Kenya), Tania Estape (Spain).

IPOS at AORTIC Congress

IPOS had an invited symposium at AORTIC this year, on the importance of integrating psycho-oncology in public policy. These symposiums were chaired by Drs. Chioma Asuzu and Melissa Henry.

Working Group on National Cancer Plans in Africa

We created a working group to analyze how National Cancer Plans in Africa include psycho-oncology and palliative care. This led to an article under review for publication.

IPOS (Dr. Melissa Henry and Dr. Chioma Asuzu), alongside the Association of Psycho-Oncology in Africa and the African Palliative Care Association (Dr. Emmanuel Luyirika and Dr. Eve Namisango), conducted a Pan-African Multidisciplinary Planning and Dissemination Meeting to Improve National Cancer Control Plans (NCCP) in Africa. Basic components of psycho-oncology and palliative care to be included in NCCPs in Africa were discussed by 50 stakeholders in Africa, the results of which will constitute a Delphi study to be distributed shortly.

Africa Elevate Summary

A Fresh Chapter (AFC) is a survivor-led nonprofit that is changing the landscape of cancer support around the globe. AFC bridges the gap in cancer care by focusing on the *whole* person — not just their disease. AFC's multi-pronged approach offers skills, empowerment, and a deep sense of belonging. Through all of its programs (including the Africa Elevate Fellowship and Mizizi Workshops, below), AFC is strengthening global health equity by building resilience and improving quality of life. AFC's vision is to empower every African impacted by cancer with the skills needed to express and navigate the emotional impact of cancer as well as the tools to move forward with resilience and purpose. See: <https://afreshchapter.com/kenya/>

Elevate Fellowship: In 2023, AFC brought together 23 International Fellows — including skilled volunteers from their partner organizations and cancer advocates/survivors from Africa, Canada, and the United States — for a yearlong virtual program aimed at scaling AFC’s innovative psychosocial support model in Kenya and beyond. This included a 2-week onsite experience in Kenya. Two IPOS members were involved in this program: Philip Odiyo Ouma, as AFC’s Country Lead for Kenya, and Kevin Stein, who participated as one of the 23 Fellows. The Elevate Fellowship was evaluated through pre- and post-program questionnaires and was found to significantly contribute to participants' sense of purpose, sense of connectedness, comfort working on a project with people from other cultures, and ability to employ culturally sensitive practices in their professional/work activities.

Mizizi Workshops: In 2023, AFC served 948 Kenyans impacted by cancer through grassroots Mizizi Workshops, often delivered in collaboration with other local organizations in the cancer space. These half-day interactive in-person sessions provide tools and frameworks to increase emotional awareness and build resilience, offering participants the opportunity to share cancer stories and connect with others in their community affected by the disease. Specifically tailored for under-resourced communities with limited internet and smartphone access, these workshops are led by Kenyan AFC Facilitators who are personally impacted by cancer, receive ongoing training, and translate AFC concepts into local languages. AFC’s 2023 class of Elevate International Fellows had the chance to participate in two Mizizi while in Kenya.

I wish to thank the committed members of our Fundraising Committee as well as members of our IPOS Academies Planning Committee and IPOS Academies Faculty for their continued contribution towards building capacity for psycho-oncology in Low- Middle-Income Countries.

**2023 Annual Report
Report submitted by Dr. Melissa Henry
February 02, 2024**
