

**Cancer Institute (WIA)**  
Regional Institute for Cancer Research & Treatment of Govt. of India  
College of Oncological Sciences  
Chennai, Tamil Nadu

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

**Prospectus**  
Academic year 2011-2012

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## **About the Cancer Institute (WIA)**

The Institute was founded in 1954 by Dr. S. Muthulakshmi Reddy, the first woman in India to graduate in Medicine. It is a tertiary level cancer center providing state of the art treatment to every cancer patient irrespective of their socio-economical status. It is the first comprehensive Cancer Centre in the southern peninsula of India, and the second in India. It was established by the Women's India Association (WIA) Cancer Relief Fund of Madras as a voluntary, charitable Institution, registered under the Societies Act of 1860. The Cancer Institute was made the Regional Cancer Centre by the Govt. of India, in 1975 on the basis of the recommendation of the WAHI Committee (Cancer Assessment Committee of the Government of India, 1972). It was the first comprehensive Cancer Centre to be made the Regional Cancer Centre by the Government of India and is now the only comprehensive Cancer Centre in the state of Tamilnadu. The patients coming to the Institute are drawn from all over India, particularly the southern states comprising of Tamilnadu, Andhra Pradesh, Karnataka, Kerala, and Pondicherry and from the north-eastern state of Assam. The Institute has 427 beds of which 297 are in the general ward. The patients admitted to the general ward are provided free accommodation, food, nursing care and treatment. In view of the indigent nature of our patients as far as possible all poor patients are admitted and treated. The private beds and semi-private beds are 72 and 54 respectively. Over 1, 25, 000 patients and more than 13, 000 new cases are seen annually. In addition to the treatment, education, training and research, the institute is continuously involved in organizing workshops, seminars, and Continuous Medical Education programs for both professional and the public to disseminate scientific and public health information about cancer.

### **Some of the accomplishments of the 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 – Recognised 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 – Recognised 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 programme for Acute lymphoblastic leukaemia saw the disease free survival move from a poor 20% to nearly 50%.
- 1987 – Limb conservation surgery for malignant tumours 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.
- 2009 – Established the Psychometric lab for conducting psychological assessments among cancer patients.

The Cancer Institute comprises of the Hospital, the Research Centre, the College of Oncological Sciences and the 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 categorised into the following types namely, Clinical research, Basic research, Translational research, Bio medical and applied research.

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

Atomic Energy since 1981. The Institute has produced 55 Radiation Oncologists, 81 medical oncologists, 74 surgical oncologists, 78 Doctorates (Ph.D.) and 350 Medical physicists.

In Preventive Oncology, community based cancer control activities, Tumour Registry, which includes the Hospital based registry (HBR) and the population based Madras Metropolitan Tumour Registry (MMTR), Epidemiology Unit, and Resource Centre for Tobacco Control (RCTC) which play an extensive role in the prevention of cancer.

### **Department of Psycho-oncology at the Cancer Institute (WIA)**

The psychological services were started at the Institute about two and a half decades ago by seven likeminded philanthropists including three cancer survivors. Aware of the significance of psychological aspects of cancer care 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 fulfilled department with the team of psychologists providing psycho-oncological services.

Activities at the Department:

- Counseling and comprehensive psychological interventions are given to the cancer patients pre and post treatment.
- Four support groups were started at the Cancer Institute namely 'SMILE' for children with cancer and their families, support group for women with cancers, Laryngectomy Welfare Association for the larynx patients, and Tobacco Free Association for the nicotine addicts. Group counseling and psycho-educational programs are the part of the support group meetings. These meetings are conducted on a monthly basis.
- Counseling for cancer patients and the family members who face difficulties in coping with the disease and treatment.

- Observing and organizing events on important days such as survivors day, cancer awareness day, World No Tobacco Day and rose day.

Apart from clinical services, the department also conducts research, provides education and training in Psycho-oncology. Some of the research activities at the department are:

- A Quality of Life questionnaire for cancer patients was specially designed suited to 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.
- Research on the neuro-cognitive impact of radiation and chemotherapy on children affected by Acute Lymphoblastic Leukemia have been studied since 2003.
- Quality of life assessments for cancer patients have become routine practice at the Institute. Owing to the increasing number of cancer survivors, evaluation of the long term quality of life for various cancers has now been undertaken.
- Prevalence studies for psychological problems among cancer patients
- Effect of different psychological interventions on patients treatment outcome and quality of life.

Some of the Education and Training activities of the department are

- Ph.D. programs offered in the field of Psycho-oncology in affiliation to the University of Madras.
- A 6 month weekend certificate course in ‘Tobacco Control and Health’
- 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.

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.

No. of clients treated for nicotine de-addiction	- 2762
No. of awareness programmes conducted	- 1500
Training programmes organised	- 55
No. of professionals given hands on training	- 100
No. of workshops organized for different stakeholders	- 40

## **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 to work towards promoting the well-being and quality-of-life of the individuals who are affected or related in any way with cancer.

### **Entry requirement**

The Minimum educational requirement for admission to this course is an M.A. / M. Sc. degree 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.

### **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).

### **Duration**

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

### **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.



### **Course Structure**

The course of the study for the M. Phil programme 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.

### **Fee Structure – Annual**

Fees should be paid in full at the time of admission

<b>S No.</b>	<b>Description</b>	<b>Amount in Rupees</b>
<b>1.</b>	<b>Admission fees</b>	<b>2300/-</b>
<b>2.</b>	<b>Tuition Fees</b>	<b>15000/-</b>
<b>3.</b>	<b>Library Fees</b>	<b>1500/-</b>
<b>4.</b>	<b>Examination Fees</b>	<b>1500/-</b>
<b>5.</b>	<b>Internship Fees</b>	<b>7500/-</b>
<b>6.</b>	<b>University Fees</b>	<b>1000/-</b>
	<b>Total</b>	<b>28800/-</b>