

Education

2019	Canadian Institutes of Health Research	University of Calgary
	Post-doctoral fellowship	
2017	PhD	University of Calgary
2008	MN	University of Calgary
2008	NP	University of Calgary
2006	BN	University of Calgary

Licensure and Certification

Current	Nurse Practitioner	College and Association of Registered Nurses of Alberta
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Academic Appointments

2019 – present	Assistant Professor	University of Calgary, Faculty of Nursing, Calgary, AB
2020- present	Adjunct Assistant Professor	University of Calgary, Cumming School of Medicine, Department of Oncology, Calgary, AB
2012-2013	Instructor	University of Calgary, Faculty of Nursing, Calgary, AB

Non-Academic Appointments

2008 – present	Nurse Practitioner	Alberta Health Services, Calgary, AB
2000-2008	Registered Nurse	Alberta Health Services, CancerControl, Calgary, AB
1999-2006	Registered Nurse	Alberta Health Services, Emergency, Calgary, AB

Awards and Distinctions

2019	Early Career Researcher Observer Program – Peer review of fall project grant 2019.	Canadian Institutes of Health Research
2019	Early Career Investigator Program, New Principle Investigator Award	Canadian Institutes of Health Research
2019	Novartis Oncology Young Canadian Investigator Award	Novartis Oncology
2019	Conquer Cancer Foundation/American Society of Clinical Oncology Merit Award	American Society of Clinical Oncology
2018	Canadian Institutes of Health Research Postdoctoral Fellowship	Canadian Institutes of Health Research
2018	Conquer Cancer Foundation/American Society of Clinical Oncology Merit Award.	American Society of Clinical Oncology
2017	Cumming School of Medicine, University of Calgary. O’Brien Institute for Public Health Postdoctoral Fellowship	University of Calgary
2017	Cumming School of Medicine, University of Calgary. Arnie Charbonneau Cancer Institute Postdoctoral Fellowship	University of Calgary
2016	Faculty of Nursing Graduate Scholarship	University of Calgary
2015	University of Calgary Faculty of Graduate studies travel award	University of Calgary
2015	Faculty of Nursing Graduate Scholarship	University of Calgary
2015	Psychosocial Oncology Research Training fellowship	Canadian Institutes of Health Research
2015	Alberta Registered Nurse Educational Trust Scholarship	Alberta Registered Nurses Educational Trust
2015	Izaak Walton Killam Honorary Doctoral Scholarship	Izaak Walton Killam Trusts
2014	Psychosocial Oncology Research Training fellowship	Canadian Institutes of Health Research
2014	Faculty of Nursing Graduate Scholarship	University of Calgary
2014	Izaak Walton Killam Honorary Doctoral Scholarship	Izaak Walton Killam Trusts
2014	Alberta Registered Nurse Educational Trust Scholarship	Alberta Registered Nurses Educational Trust
2013	Faculty of Nursing Graduate Scholarship	University of Calgary
2013	Alberta Registered Nurse Educational Trust Scholarship	Alberta Registered Nurses Educational Trust
2013	Psychosocial Oncology Research Training fellowship	Canadian Institutes of Health Research
2013	Canadian Institute of Health Research Doctoral award	Canadian Institutes of Health Research

2013 University of Calgary Doctoral Entrance Award University of Calgary

Research Funding

09/2019-09/2024	<i>Tier II Canada Research Chair in Patient and Family Centered Cancer Survivorship</i> PI: Cuthbert, C. Canada Research Chairs	\$600,000
12/2019-12/2024	<i>Dissemination, implementation, and effectiveness of the exercise oncology survivorship partnership model: Reaching rural cancer survivors to enhance quality of life.</i> PIs: Culos-Reed, N., McNeely, M., Keats, M. Co-Is: Cuthbert, C. , Francis, G., Langelier, D., Santa Mina, D. Canadian Institutes of Health Research/Canadian Cancer Society Survivorship Team Grant.	\$2,500,000
12/2019-06/2021	<i>Patient Reported Outcomes in Early Stage Breast and Colorectal Cancer Patients Undergoing Adjuvant Chemotherapy.</i> PI: Nixon, N. Co-Is: Cuthbert, C. , Cheung, W. Alberta Cancer Center Investigator Initiated Trials.	\$165,000
12/2019-06/2021	<i>Longitudinal symptom burden and supportive care needs of colorectal cancer patients in the first year after cancer treatment: A retrospective cohort study.</i> PI: Cuthbert, C. Co-Is: Yang, L., Cheung, W., Kong, K., Harper, A., Boyne, D. Faculty of Nursing Endowment Award	\$15,000
03/2019-03/2021	<i>Determining research priorities for those living with and beyond early stage colorectal cancer.</i> PI: Cuthbert, C. Co-Is: Cheung, W., Nixon, N., Hemmelgarn, B., Laxdal, G., Rawson, K., Stein, B., Dundas, L., Samimi, S., Vickers, M., Huband, D. Alberta Cancer Foundation Investigator Initiated Trials.	\$55,000
09/2019-06/2021	<i>Faculty of Nursing Start-Up Funds</i>	\$35,000
03/2019-03/2021	Determining educational needs for head and neck cancer surgery patients. PI: Hubbard, S., Co-Is: Cuthbert, C. , Macdonald, A., MacDonald, E. Alberta Health Services Research Challenge.	\$5,000
07/2017-07/2021	<i>Palliative care early and systematic (PaCES) project: Improving quality of life for Albertans with advanced cancer.</i>	\$998,808

PI: Simon, J. Co-Is: Braun, T., Kurien, E., Verma, S., Hagen, N., Kerba, M., Sinnarajah, A. Co-Applicants: **Cuthbert, C.**, Cheung, W., Clement, F., Faris, P., Fassbender, K., Tang, P., Watanabe, S., Oliveria, C., Marr, H.
Canadian Institutes for Health Research Partnership for Health System Improvement for Cancer Control

Presentations, Invited

- 1) **Cuthbert, C.** (2020, May). Real-world evidence – applications and use beyond the drug space: *Patient reported outcomes*. Plenary session. Applied Research in Cancer Control 2020 Conference. Saskatoon, Saskatchewan. *postponed to 2021 due to COVID-19
- 2) **Cuthbert, C.**, Nixon, N.A. (2018, Sept). Patient Priorities in Cancer Research: Empowering the Patient Voice. Department of Oncology, Grand Rounds.
- 3) **Cuthbert, C.**, Rahul A. (2018, Jan). Examining Outcomes in Colorectal Cancer Survivors: An Overview of Research Objectives and Preliminary Results. Department of Oncology, Grand Rounds.
- 4) **Cuthbert, C.A.** (2017, May). Supporting cancer family caregivers: Tackling ongoing challenges and investigating new ideas. Tom Baker Cancer Center Invited Speaker Series.
- 5) **Cuthbert, C. A.** (2016, Dec). A clinician's view of the role of physical activity in cancer populations. Presented at Cancer Epidemiology and Prevention Research rounds.
- 6) **Cuthbert, C.** (2015, Nov). Oncology basics: Overview of cancer, treatments and recover. Cancer and exercise training for Lifemark Physiotherapy.

Presentations, Refereed

- 1) Batra, A., **Cuthbert, C.**, Cheung, W. Burden of physical and psychological symptoms near end of life in patients with lung cancer using patient reported outcomes. Multinational Association of Supportive Cancer in Cancer Annual Conference. Seville, June 2020. Poster presentation. *postponed to 2021 due to COVID-19
- 2) **Cuthbert CA**, Cheung WC, Nixon NA, Hemmelgarn BH, Rawson KA, Vickers M, Setareh S, Stein B, Laxdal G., Dundas L, Huband D. Determining the research priorities for those living with and beyond early stage colorectal cancer: Description of a research plan and early lessons learned. 5th Canadian Cancer Research Conference. Ottawa, ON. 2019. Poster presentation.
- 3) **Cuthbert, C.**, Culos-Reed, S.N., & Tapp, D. (Oct 2016). Taking action now to support family caregivers into the future: Ideas from research, practice and community models of care. **Oral presentation** at Canadian Association of Nurses in Oncology 28th annual national conference.
- 4) Dowd, J., **Cuthbert, C.**, & Culos-Reed, S.N. (Oct 2016). The role of self-compassion for nurses in clinical oncology. **Oral presentation** at Canadian Association of Oncology Nurses 28th annual national conference.

- 5) Culos-Reed, S.N., Capozzi, L., Wytsma-Fisher, K., & **Cuthbert, C.** (Oct 2016) Physical activity for cancer survivors: Translation of the evidence into clinical oncology settings. **Oral presentation** at Canadian Association of Oncology Nurses 28th annual national conference.
- 6) **Cuthbert, C.** King-Shier, K., Ruether, D., & Culos-Reed, S.N. (June 2016). Promoting health in older family caregivers: preliminary data in designing a physical activity intervention. Nominated by University of Calgary to present at Canadian Institutes of Health Research national student research poster competition, Winnipeg, MB.
- 7) **Cuthbert, C.**, Tapp, D., King-Shier, K., Ruether, D., Wytsma-Fisher, K., Bischoff, M., & Culos-Reed, N. (2017). A mixed methods approach to understanding the impact of exercise in cancer family caregivers. Canadian Association of Psychosocial Oncology annual conference. Vancouver, BC. **Podium presentation.**

Publications, Peer-Reviewed Journal Articles

- 1) Xu, Y., **Cuthbert, C.**, Karim, S., Kong, S., Dort, J.C., Quan, M.L., Hinter, A.V., Quan, H., Hemmelgarn, B., & Cheung, B. Associations between physicians prescribing behaviors and persistent post-operative opioid use among cancer patients undergoing curative-intent surgery. (in press) *Annals of Surgery*.
- 2) **Cuthbert, C.**, Boyne, D., Hemmelgarn, B., Cheung, W. Patient reported symptom burden and supportive care needs at cancer diagnosis: A retrospective cohort study. (in press) *Supportive Cancer Cancer*.
- 3) **Cuthbert, C.** (2019). Response to letter to the editor. *Psycho-Oncology*. doi:10.1002/pon.5319
- 4) **Cuthbert, C.**, Xu, Y, Kong, S., Boyne, D., Hemmelgarn, B., Cheung, W. (2020). Patient level factors associated with chronic opioid use in cancer: A population-based cohort study. *Supportive Care Cancer*, epub ahead of print.
- 5) **Cuthbert, C.**, Watson, L., Xu, Y., Boyne, D., Hemmelgarn, B.R., & Cheung, W. (2019). Collecting patient reported outcomes from cancer patients in Alberta: Rationale, scope, and design of a health services research database initiative. *Current Oncology*, 26(4), e503-e509. doi: <https://doi.org/10.3747/co.26.4919>
- 6) **Cuthbert, C.A.**, Farragher, J.F., Hemmelgarn, B.R., Qirui, D., McKinnon, G.P., Cheung, W. (2019). Self-management interventions for cancer survivors: A systematic review and evaluation of intervention content and theories. *Psycho-Oncology*. doi: 10.1002/pon.5215
- 7) Boyne, D.J., **Cuthbert, C.A.**, O'Sullivan, D.E., Sajobi, T.T., Hilsden, R.J., Friedenreich, C.E., Cheung, W.Y., Brenner, D.R. (2019). Adjuvant chemotherapy duration and survival among stage

II and III colon cancer patients: A systematic review and meta-analysis. *JAMA Netw Open*, May 3;2(5):e194154 doi:10.1001/jamanetworkopen.4154

8) **Cuthbert, C.**, Hemmelgarn, B.R., Yuan, X., Cheung, W. (2018) The effect of comorbidities on outcomes in colorectal cancer: a population based cohort study. *Journal of Cancer Survivorship*, 12, 733-743. doi: 10.1007/x11764-018-0719-z

9) **Cuthbert, C.**, Samawi, H., Hemmelgarn, B., Cheung, W. (2018). Effectiveness and Components of self-management interventions in adult cancer survivors: a protocol for a systematic review and planned meta-analysis. *Systematic Reviews*, 7,238. doi: 10.1186/s13643-018-0902-7

10) **Cuthbert, C.**, King-Shier, K., Ruether, D., Tapp, D., Wytsma-Fisher, W., Fung, T., & Culos-Reed, S.N. (2018). The effects of exercise on physical and psychological outcomes in cancer caregivers: Results from the RECHARGE randomized controlled trial. *Annals of Behavioral Medicine*, 52, 645-661. doi: 10.1093/abm/kax040.

11) **Cuthbert, C.**, King-Shier, K., Ruether, D., Culos-Reed, S.N., Bischoff, M.B., & Tapp, D. (2017) Creating an upward spiral: A qualitative study of caregivers' experience of participating in a structured physical activity program. *European Journal of Cancer Care*. e12684. doi: 10.1111/ecc.12684

12) **Cuthbert, C.**, King-Shier, K., Tapp, D., Ruether, D., & Culos-Reed, S.N. (2017) Exploring gender differences in self-reported physical activity levels and health among older caregivers. *Oncology Nursing Forum*, 44(4), 435-445. doi:10.1188/17.ONF.435-445

13) **Cuthbert, C.**, Culos-Reed, S.N., King-Shier, K., Ruether, D., & Tapp, D. (2017). What is the state of the science on exercise interventions for family caregivers: A systematic review and RE-AIM evaluation? *Journal of Physical Activity and Health*, 14, 587-596. doi:10.1123/jpah.2016-0280

14) **Cuthbert, C.**, King-Shier, K., Tapp, D., Ruether, D., Jackson, C., & Culos-Reed, S.N. (2016). Renewing cancer caregiver health and wellbeing through exercise (RECHARGE): A randomized controlled trail. *Contemporary Clinical Trials*, 50, 274-283.

Published Conference Papers and Abstracts

1) **Cuthbert CA**, Farragher JF, Cheung WY. (2020). A Constant paradox : Colorectal cancers patients and family caregiver experience in managing health after cancer treatment. International Institute for Qualitative Methodology: Qualitative Health Research Methods Conference. Oral presentation. *International Journal of Qualitative Methods*, 19, 22. doi:10.1177/1609406920909934.

- 2) **Cuthbert CA**, Hemmelgarn BR, Cheung WY (2020). Colorectal cancer patients' and caregivers' views on self management in the post treatment period : A qualitative study. International Institute for Qualitative Methodology: Qualitative Health Research Methods Conference. Poster presentation. *International Journal of Qualitative Methods*, 19, 62. doi:10.1177/1609406920909934.
- 3) **Cuthbert, C.**, Xu, Y., Boyne, D., Kong, S., Hemmelgarn, B., Cheung, W. Patient level factors associated with chronic opioid use in cancer patients (2019). American Society of Clinical Oncology Annual 2019 Annual Meeting. Poster presentation. *Journal of Clinical Oncology*, 37, 15(Supp), 11580. Poster presentation. ASCO merit award winner.
- 4) Xu, Y., **Cuthbert, C.A.**, Karim, S., Kong, S., Dort, J., Quan ML, Hinter, A., Cheung, W. Association of providers' prescribing patterns with postsurgical opioid use among cancer patients undergoing curative-intent surgery. (2019). American Society of Clinical Oncology Annual 2019 Annual Meeting. Poster presentation. *Journal of Clinical Oncology*, 37, 15(Supp), 6530. Poster presentation. ASCO merit award winner.
- 5) **Cuthbert, C.**, Hemmelgarn, B., Boyne, D., Cheung, W.Y. (2019). Developing precision supportive care in cancer using patient reported outcomes. Multinational Association of Supportive Cancer in Cancer Annual Conference, 2019. Eposter presentation. *Supportive Care Cancer*, 27 (Supp 1), S113.
- 6) **Cuthbert, C.** Hemmelgarn, B., Boyne, D., Cheung, W.Y. (2019). Using patient reported outcomes (PROs) to inform supportive care for geriatric oncology patients. Multinational Association of Supportive Cancer in Cancer Annual Conference, 2019. Eposter presentation *Supportive Care Cancer*, 27 (Supp 1), S119.
- 7) **Cuthbert, C.**, Boyne, D., Hemmelgarn, B., Cheung, W. (2018). Using patient reported outcomes to hear the patient voice: Are we listening? American Society of Clinical Oncology Annual 2018 Annual Meeting. *Journal of Clinical Oncology*, 36(18_suppl, June 20, 2018).
- 8) **Cuthbert, C.**, Hemmelgarn, B., Cheung, W. Effect of comorbidities on outcomes in colorectal cancer survivors. American Society of Clinical Oncology Annual 2018 Annual Meeting. Poster presentation. **ASCO merit award winner**. *Journal of Clinical Oncology*, 36(18_suppl, June 20, 2018).
- 9) **Cuthbert, C.**, Tapp, D., King-Shier, K., Ruether, D., & Culos-Reed, N. (2017). Designing physical activity interventions based on family caregivers' perspectives: Results from the RECHARGE trial. Society of Behavioral Medicine 38th annual meeting and scientific sessions, San Diego. Poster Presentation. *Annals of Behavioral Medicine*, 51, 1 suppl, March 2017.
- 10) **Cuthbert, C.**, Culos-Reed, S.N., King-Shier, K, Ruether, D., & Tapp, D. (Mar 2016). How active are older family caregivers to cancer patients? Motivations, barriers, and predictors of physical

activity. Society of Behavioral Medicine annual meeting and scientific sessions. Poster Presentation. *Annals of Behavioral Medicine*; 50 (S1): S327

11) **Cuthbert, C.**, Cook, D.J., & Culos-Reed, S.N. (Mar 2016). Recruitment in cancer settings, what helps, what hinders?: A qualitative study of health care providers' views. Society of Behavioral Medicine annual meeting and scientific sessions. Poster Presentation. *Annals of Behavioral Medicine*; 50 (S1): S119

12) **Cuthbert, C.**, King-Shier, K., Ruether, J.D., Tapp, D. & Culos-Reed, S.N. (Jan 2016). Exploring correlates of quality of life in older family caregivers to cancer patients. American Society of Clinical Oncology 2016 Cancer Survivorship Symposium, San Francisco, CA, USA. Poster presentation. *Journal of Clinical Oncology*, 34, 2016 (suppl 3S; abstr 186)

13) **Cuthbert, C.** and Culos-Reed, S.N. (April 2015). Translating research on exercise interventions for caregivers: A review using the RE-AIM framework. **Oral presentation** at Society of Behavioral Medicine 36th annual meeting and scientific sessions, April 23-25th, 2015, San Antonio, TX, USA. *Annals of Behavioral Medicine*; 49 (Suppl 1):S29.

14) Leach, H.J., **Cuthbert, C.**, Danyluk, J.M., Culos-Reed, S.N. (April 2015). Correlates of breast cancer patients choosing to continue in an exercise maintenance program. Presented at Society of Behavioral Medicine 36th annual meeting and scientific sessions, April 23-25th, 2015, San Antonio, TX, USA. *Annals of Behavioral Medicine*; 49 (Suppl 1): S29.