

Introducing Dr Doris Howell, Diamond Jubilee International Visiting Fellow 2014-2017

Dr Howell, RN, PhD, is an Associate Professor at the Lawrence S. Bloomberg Faculty of Nursing University of Toronto in Canada. She is a Senior Scientist at the Princess Margaret Cancer Centre and Royal Bank of Canada Chair, Oncology Nursing Research. Dr Howell was awarded a Diamond Jubilee International Visiting Fellowship in 2014 hosted by Prof Claire Foster in the Faculty of Health Sciences.



Dr Howell's research focuses on clinical intervention research. Through health intervention research Dr Howell would like to improve the patient's experience of living with and beyond cancer with a focus on better care delivery and clinical interventions for complex symptoms such as fatigue, breathlessness and pain.

The main focus of her intervention research is on understanding the role of psychological factors such as self-regulatory and self-efficacy beliefs and how these influence patient's adaptation to symptoms and illness and through behavioural and self-management interventions, how these can be modified.

Dr Howell also has an active health service research program focused on knowledge translation of best practices in patient symptom management using patient reported data and the application of chronic disease self-management for survivorship. She is investigating the effectiveness of nurse-led behavioural self-management interventions in reducing symptom distress and enhancing patient activation.

She has specific expertise in health services research using mixed-method study designs, clinical trials and qualitative methods (i.e. hermeneutic phenomenology) for understanding impact of innovations on health outcomes and patient experience.

Objectives of fellowship:

- To develop UK-Canada research agenda to answer specific research questions in self-management for cancer survivorship by means of joint funding grant submissions
- Collaboration over theory based design of focused self-management interventions in cancer survivor populations
- To establish specific and sustainable strategies for academic links and exchange between University of Southampton and University of Toronto