

The important role allied health plays in the care of cancer patients post-treatment – an interactive case review.

Recommended resources to support survivorship care in allied health

Australian guidance documents

- Cancer Council Australia – Clinical Guidelines Network platform
<https://wiki.cancer.org.au/australia/Guidelines>
- Cancer Council Australia – Optimal cancer care pathways
<https://www.cancer.org.au/health-professionals/optimal-cancer-care-pathways>
- Cancer Australia – Principles of cancer survivorship
[https://canceraustralia.gov.au/sites/default/files/publications/principles-cancer-survivorship/pdf/pocs - principles of cancer survivorship.pdf](https://canceraustralia.gov.au/sites/default/files/publications/principles-cancer-survivorship/pdf/pocs_-_principles_of_cancer_survivorship.pdf)
- Australian Cancer Survivorship Centre (ACSC) – Directory of guidelines
<https://www.petermac.org/services/support-services/australian-cancer-survivorship-centre/health-professionals/directory>
- Australian Cancer Survivorship Centre (ACSC) – Models of survivorship care
<https://www.petermac.org/acsc/hp/models-care>
- Cancer Australia – Multidisciplinary care
<https://canceraustralia.gov.au/clinical-best-practice/multidisciplinary-care>

Clinical Oncology Society of Australia (COSA) resources

- Clinical Oncology Society of Australia (COSA) website
www.cosa.org.au
- Clinical Oncology Society of Australia (COSA) groups
<https://www.cosa.org.au/groups/>
- Exercise in cancer care position statement
<https://www.cosa.org.au/media/332488/cosa-position-statement-v4-web-final.pdf>
- Clinical Oncology Society of Australia (COSA) – Model of Survivorship Care (2016)
<https://www.cosa.org.au/media/332340/cosa-model-of-survivorship-care-full-version-final-20161107.pdf>
- Clinical Oncology Society of Australia (COSA) – Position statement on cancer survivorship care (2019)
<https://www.petermac.org/sites/default/files/AJGP-12-2019-Focus-Vardy-Clinical-Oncology-Society-WEB.pdf>
- Nutritional management of adult head and neck cancer guideline
[https://wiki.cancer.org.au/australia/COSA:Head and neck cancer nutrition guidelines](https://wiki.cancer.org.au/australia/COSA:Head_and_neck_cancer_nutrition_guidelines)

Online educational resources available for professional development

- VCCC Massive Open Online Course (MOOC) Cancer Survivorship for Primary Care Practitioners including GPs, nurses, allied health professionals (endorsed by the Australian College of Nursing)
www.futurelearn.com/courses/cancer-survivorship

- eviQ Education – Cancer survivorship introductory course
<https://education.eviq.org.au/courses/supportive-care/cancer-survivorship-introductory-course>
- eviQ Education – Exercise for people with cancer
<https://education.eviq.org.au/rapid-learning/archive/exercise-for-people-with-cancer>
- eviQ Education – Malnutrition in cancer
<https://education.eviq.org.au/courses/supportive-care/malnutrition-in-cancer>

Exercise resources

- American College of Sports Medicine (ACSM) guideline – Physical Activity in Cancer Prevention and Survival: A Systematic Review
<https://www.acsm.org/docs/default-source/publications-files/pagac-papers/msse-d-18-00719.pdf>
- Exercise is Medicine – Moving through cancer
https://www.exerciseismedicine.org/support_page.php/moving-through-cancer/
- Exercise & Sports Science Australia (ESSA) – Exercise & Cancer eBook
https://exerciseright.com.au/wp-content/uploads/2019/10/Cancer-eBook_2019_FINAL2510.pdf
- Exercise & Sports Science Australia (ESSA) position statement – Exercise medicine in cancer management
[https://www.jsams.org/article/S1440-2440\(18\)31270-2/fulltext](https://www.jsams.org/article/S1440-2440(18)31270-2/fulltext)
- Cancer Council Victoria – Exercise and cancer information & booklet
<https://www.cancervic.org.au/living-with-cancer/exercise/exercise-overview>
- Australian Physiotherapy Association – Cancer & palliative care news
<https://australian.physio/media-tag/cancer-and-palliative-care>
- EX-MED program and education opportunities – A Best Practice Exercise Medicine Program for People with Cancer
<https://www.exmedcancer.org.au/>

Nutrition- related resources

- Nutrition Education Materials Online (NEMO)
<https://www.health.qld.gov.au/nutrition>
- Cancer Council Victoria – Nutrition information & booklet
<https://www.cancervic.org.au/living-with-cancer/nutrition/nutrition-overview>
<https://www.cancervic.org.au/downloads/resources/booklets/nutrition-cancer.pdf>
- Peter MacCallum Cancer Centre – CanEAT pathway resource
<https://www.petermac.org/CanEATpathway>
- Peter MacCallum Cancer Centre – Malnutrition Screening Tool
<https://www.petermac.org/MST>
- Speech Pathology Australia – Position Statements
https://www.speechpathologyaustralia.org.au/SPAweb/Members/Position_Statements/spaweb/Members/Position_Statements/Position_Statements.aspx?hkey=dedc1a49-75de-474a-8bcb-bfbd2ac078b7
- Allied Health Oncology Group – For clinicians working in cancer care
[Allied Health Oncology Group](http://AlliedHealthOncologyGroup.org)

Psychology resources

- Psycho-oncology Co-Operative Research Group (PoCoG)
<http://www.pocog.org.au/>
- International Psycho-oncology Society – Lecture series
<https://www.ipos-society.org/module/english>
- Look Good Feel Better Program
<https://lgfb.org.au/>
- Peter MacCallum Cancer Centre – Can-SLEEP program
<https://www.petermac.org/services/cancer-information-resources/can-sleep-for-health-professionals>
- Peter MacCallum Cancer Centre – Fear-Less webinar: Managing fear of cancer returning or progressing
<https://www.petermac.org/https%3A//www.petermac.org/services/cancer-information-resources/fear-less>
- Cancer Council Australia – Emotions and cancer booklet
<https://www.cancer.org.au/assets/pdf/emotions-and-cancer-booklet>
- Oncology Social Work Australia New Zealand (OSWANZ)
www.oswanz.com
- Beyond Blue
<https://www.beyondblue.org.au/>
- Lifeline
<https://www.lifeline.org.au/>

Resources for health professionals and survivors

- Australian Cancer Survivorship Centre (ACSC) – Resources for both health care professionals and consumers (survivors and carers)
www.petermac.org/cancersurvivorship
- Australian Cancer Survivorship Centre (ACSC) – Common Survivorship Issues Directory
www.petermac.org/survdirect
- Mycareplan – Online tool to develop survivorship care plans. Survivorship care plan generator for people treated for early stage breast, bowel or prostate cancer
www.mycareplan.org.au
- Cancer Council Australia – After cancer treatment, high quality evidence based resources in many languages
www.cancer.org.au/about-cancer/after-treatment

Relevant articles

- The state of cancer rehabilitation in Australia (2018)
<https://eprints.qut.edu.au/122673/>
- ReActivate - A Goal-Oriented Rehabilitation Program for Adolescent and Young Adult Cancer Survivors (2018)
https://www.researchgate.net/publication/329832066_ReActivate-A_Goal-Orientated_Rehabilitation_Program_for_Adolescent_and_Young_Adult_Cancer_Survivors