



From the Director

The Australian Cancer Survivorship Centre - A Richard Pratt legacy (ACSC) is based at Peter MacCallum Cancer Centre (Peter Mac) in Parkville. It receives funding from The Pratt Foundation, the Victorian Department of Health and Human Services and Peter Mac.

The ACSC aims to improve outcomes for people affected by cancer. We work with clinical providers (medical, nursing, allied health) at Peter Mac and throughout Victoria as well as survivors and a range of organisations to enable improved care for survivors, their families and carers. The ACSC has a statewide role in the development of information and delivery of education for both survivors and health professionals. We also provide advice regarding models of care and opportunities for research in cancer survivorship. For more information or to explore opportunities to collaborate, please email contactacsc@petermac.org or phone (03) 8559 6220.

Associate Professor
Michael Jefford

New survivorship projects funded

Victorians will receive improved care after finishing treatment for cancer, thanks to further Victorian Cancer Survivorship Program (VCSP) funding to explore new models of survivorship care.

Following the success of the 2011–2014 round of VCSP funding, the Victorian Government introduced a second phase of grants funding, for 2016–2019.

Thirteen applications for funding were successful. The projects have been funded for one, two or three years.

The projects will provide much-needed insights into how the health system can meet survivors' needs through better models of care, appropriately designed resources and improved approaches to self-care. Snapshots of these projects are provided below and in full at <https://www2.health.vic.gov.au/about/health-strategies/cancer-care/cancer-projects/victorian-cancer-survivorship-program>

The VCSP assists the health sector to 'achieve a person-centred, flexible and coordinated approach to care for people who have completed treatment for cancer'. This latest round of VCSP grants is an important part of the recently announced Victorian Cancer Plan 2016–2020 available at <https://www2.health.vic.gov.au/about/health-strategies/cancer-care/victorian-cancer-plan>

Disability awareness and inclusion resource pack for professionals and organisations providing support to breast cancer survivors

Breast Cancer Network Australia and Scope Australia

This project will develop a disability awareness and inclusion resource pack that captures the experiences of people with disabilities. The pack will be piloted, and a disability inclusion

network established to address disability inclusion and increase collaboration between cancer organisations.

A resource to help adolescents and young adult (AYA) survivors with cancer re-engage in education and employment

Murdoch Childrens Research Institute

The researchers will develop a resource for AYAs and their families to empower, inform and navigate their return to school and work. The goal is to help these young people appreciate the pathways and supports that apply in their individual circumstances.

An oncology rehabilitation model of care for cancer survivors within a subacute ambulatory care service

St Vincent's Hospital

This project will implement a goal-directed eight-week group exercise and education program to address physical, psychosocial and carer needs. Twice-weekly, one-hour exercise sessions and one-hour education sessions conducted by allied health professionals will address physical and psychosocial issues. A carer support program will also be offered. The model will encourage self-management strategies in cancer survivors.

Reducing chemotherapy-associated cognitive impairment among survivors who have had bone marrow transplantation

Austin Health

This project will assess the extent of chemotherapy-related cognitive impairment in survivors who have had chemotherapy for blood cancers and are about to have bone marrow transplantation. An internet-based brain training program will be implemented for these patients to improve their cognitive capacity. The effectiveness of the program will be assessed over six months.



Online self-management of cancer-related fatigue: A multimodal approach

Alfred Health

This project aims to reduce the burden of fatigue in cancer survivors by developing and evaluating an interactive online self-management program. Cancer survivors will be able to access comprehensive information and a range of strategies to improve cancer-related fatigue based on best evidence and established guidelines.

Increasing access to a survivorship education, exercise and wellness program in rural and regional Victoria using telehealth

Cancer Council Victoria

This project will provide access to a comprehensive survivorship assessment, education, exercise and wellness program for rural and regional cancer survivors and carers. It will use video conferencing to enable the participants to remain as close to home as practicable while accessing the program. The project will partner Cancer Council Victoria with acute and primary health services in the Grampians and Hume Integrated Cancer Service regions.

A community-based exercise medicine program for cancer survivors

Australian Catholic University

Appropriate exercise is a safe and effective intervention that leads to improved wellbeing among survivors. However, most survivors don't exercise and no evidence-based exercise services are routinely available for Victorian survivors. This project will develop, implement and evaluate a sustainable model of care to improve the health and wellbeing of cancer survivors through translation of best practice exercise delivered in the community.

Improving care coordination, service delivery and health outcomes for people with cancer and carers

Gippsland Integrated Cancer Service

Shared care is especially important for rural populations with poor access to oncology services. This project will establish a survivorship program in the Gippsland region. Its focus will be on establishing the processes, infrastructure and communication pathways to support the

program, and education for survivors and clinicians that aligns with chronic disease self-management frameworks.

A shared-care model of survivorship care for prostate cancer patients in the west

Western Health

This project will implement and evaluate a shared-care model of survivorship care for prostate cancer patients. Eligible patients who have completed active treatment will transition to shared care and be offered a schedule of follow-up visits with GPs and hospital-based specialists. The project will be conducted by Western Health and North Western Melbourne Primary Health Network.

A community model empowering cancer survivors to regain strength, health and quality of life

Castlemaine Health and Castlemaine District Community Health

Cancer rates have increased significantly in the Mt Alexander Shire over the past 15 years. Accessibility to survivorship care is a significant barrier for rural cancer survivors. This project will aim to strengthen links, build capacity and combine resources into a multidisciplinary program designed to meet the needs of cancer survivors following cancer treatment.

Southern Mallee and Northern Loddon Cancer Survivorship Partnership Project

Murray Primary Health Network

This project will build capacity, enhance continuity of cancer survivorship care, and improve patient access across the acute, primary health and community sectors in Southern Mallee and Northern Loddon regions by implementing a whole-of-system approach to improve patient outcomes.

Shared care after colorectal cancer

North Eastern Melbourne Integrated Cancer Service

Two hospitals, GP organisations and consumers will design a model of shared care follow-up. Survivors will receive coordinated shared care between hospital and GP; assistance with physical, emotional, and practical needs; support to improve their health and reduce their risk of cancer recurrence due to smoking, diet and exercise risk factors; and support for carers.

This project will have potential application in other regions.

Primary care in allogeneic stem cell transplant: Improving access and accessibility for primary care physicians

Melbourne Health

The Royal Melbourne Hospital's bone marrow transplant unit has established a survivorship clinic, which seeks to identify how patients can maintain/improve their health and return to as full a recovery as possible after transplant. This project will seek to improve how the hospital works with primary practitioners (GPs) to deliver the best survivorship care in the best location.

ACSC has moved

ACSC moved to its new home in the Victorian Comprehensive Cancer Centre (VCCC) on the 10th August 2016. We are located on Level 1, 305 Grattan Street Melbourne, Victoria 3000 Australia

Our mailing address is unchanged.

Our new office numbers are below:

- Adelle Van Der Linden, 8559 6220
- Amanda Piper, 8559 6225
- Georgina Wiley, 8559 6222
- Michael Jefford, 8559 7882
- Nicole Kinnane, 8559 6223

Upcoming events

- The VCCC Survivorship Conference and the Victorian Psycho-Oncology Research Conference (Melbourne) 13-14 October 2016
<https://www.victorianccc.org.au/events/>
- VCSP Community of Practice (Melbourne) 10 November 2016
RSVP: Adelle.Vanderlinden@petermac.org

Australian Cancer Survivorship Centre

A Richard Pratt Legacy



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