



From the Director

The Australian Cancer Survivorship Centre is based at Peter MacCallum Cancer Centre in East Melbourne. It receives funding from The Pratt Foundation, the Victorian Department of Health and Peter Mac.

The ACSC aims to improve outcomes for people affected by cancer. We work with clinical providers (medical, nursing and allied health) as well as patients, survivors and carers at Peter Mac and throughout Victoria to facilitate improved care for survivors, their families and carers.

This year in review summarises highlights of 2014, our fifth full year.

Associate Professor
Michael Jefford

2014 Year in Review

Information and education for survivors

We develop and deliver resources to meet the information and support needs of survivors, often in collaboration with other organisations. We outline some 2014 highlights below.

Information in other languages

We developed new information booklets about the post-treatment survivorship phase for people who speak Cantonese, Mandarin or Greek. The ACSC worked with the Psycho-oncology Cooperative Research Group (PoCoG), Department of Cancer Experiences Research at Peter Mac and Cancer Council Victoria on this project, which was funded by a grant from Cancer Australia.

The work built on published PoCoG work that found higher levels of anxiety, depression and unmet needs among people with cancer who had migrated to Australia from countries where Cantonese, Mandarin, Greek and Arabic are spoken, compared with English-speaking, Australian-born patients. People from these groups also wanted culturally appropriate information written in their own language.

To develop these booklets, we first conducted

focus groups with people from these language groups. We will publish results from the focus groups in 2015.

The booklets are being distributed nationally, including through state and territory Cancer Councils. We are pleased to have received additional funds from Cancer Australia to develop similar resources for people who speak Italian, Arabic or Vietnamese.

Survivors' stories

Reading about the experiences of others is an important and common way for cancer patients and survivors to gather information and support. Many survivors seek out personal narratives regarding the consequences of cancer, how others have interpreted the meaning of this experience, their reflections and coping strategies. These stories may help normalise experience, empower others and promote resilience.

Meg Rynderman, who is a volunteer with ACSC and a cancer survivor, has written a number of such stories based on comprehensive interviews with survivors. These have been well received. Please visit www.petermac.org/stories-people-impacted-cancer





Consumer forums

We held a number of forums for survivors and their family members at Peter Mac, as well as supporting other organisations to run similar events. Over 100 cancer survivors and carers attended.

The sessions bring together survivors to share experiences and to gain new knowledge and skills. The sessions provide information on topics such as diet, exercise, emotions, financial and legal matters. They also explore self-management strategies. Post-forum

evaluations suggest that most attendees gain new information and strategies from the forum.

ACSC is partnering with Cancer Council Victoria to further improve the consumer forum program.

Educating health professionals

Early ACSC work showed that health professionals need more information about survivorship care. International reports also underscore the need for education of healthcare providers. We were involved in a number of education and training activities in 2014. Some highlights are noted below.

Online cancer survivorship module for cancer nurses

We know that nurses are critical to improved survivorship care, desire training in the area and engage well with online materials. We worked extensively with Cancer Australia, the University of Sydney and the Queensland University of Technology to develop a free online training resource.

The Cancer Learning – Survivorship website offers six interactive learning modules and provides up-to-date, evidence-based practical tools, tips and resources to enable nurses to make a positive impact and improve outcomes for cancer survivors. Please visit www.cancersurvivorship.net.au

Workshops for cancer nurses and allied health professionals

In July, we ran a pre-congress workshop, 'Delivering innovative cancer survivorship care' at the Cancer Nurses Society of Australia's Winter Congress in Melbourne. The workshop focused on health promotion and facilitating behaviour change. It also introduced nurses to the new Cancer Learning – Survivorship website.

Fifty participants attended the workshop and feedback was very positive. Nurses said the workshop increased their confidence in using a broad range of techniques including motivational interviewing and collaborative problem solving.

General practice clinical placement pilot project

In recognition of the critical role of general practice (primary care) in all stages of cancer care, the ACSC recently established a clinical placement pilot project.

The pilot project, funded by the Victorian Department of Health, will bring together

general practice and cancer specialist teams at Peter Mac to strengthen links and build partnerships of care. It will explore how these two teams can better engage and work together. General practitioners and primary health care nurses will attend multidisciplinary team meetings and multidisciplinary clinics. They will also complete a range of educational activities. The pilot project will run in early 2015 with findings published later in the year.

Cancer Learning - Survivorship

Welcome to the new cancer survivorship site

Cancer Learning Survivorship

Why is it important?

What can I do?

Learning modules ▾

- Survivorship fundamentals
- Key elements
- Toolbox
- Common health concerns
- Promoting self-management
- Promoting wellness

Resources ▾

- Videos

ABOUT US ▾

- Acknowledgments



Associate Professor Mei Krishnasamy
Peter MacCallum Cancer Centre

As a cancer nurse I have experienced the importance first hand of how the right interventions have improved the psychological wellbeing and lives of people affected by cancer. By improving our knowledge and understanding of survivorship we can make a real difference to the long-term outcomes of survivors.

The site has been funded by the **Australian Cancer Survivorship Centre - a Richard Pratt legacy** based at Peter MacCallum Cancer Centre. In collaboration with Cancer Australia, Queensland University of Technology and the University of Sydney and offers up to date, evidence based practical tools, tips, resources and an introductory package of learning modules that aim to demonstrate how you can make a positive impact improving outcomes and care for people effected by cancer.

I hope you find the site a useful and valuable resource that you share with your colleagues.

The Cancer Survivorship Project



Associate Professor Michael Jefford
Director Australian Cancer Survivorship Centre, a Richard Pratt legacy

Meg's story



Learning Modules



Six practical learning modules in survivorship care

Downloadable tools



Checklists, factsheets and other resources

Personal challenge



Things you can do to improve cancer survivorship care

Organisation challenge



Things your organisation can do to improve survivorship care



Trialling novel models of care

Numerous international reports highlight the need to develop new models of care to better support people during and after cancer treatments. Below, we summarise our 2014 work in this area.

Victorian Cancer Survivorship Program

In 2011, the Victorian Department of Health established the

Victorian Cancer Survivorship Program (VCSP), a statewide program which aims to improve the management and care of people with cancer following active treatment. Six 2-year pilot projects were funded. The projects were of 2.5 years' duration and final reports were submitted to the Department of Health in early 2014. The ACSC has played an important support role to the VCSP by developing resources for survivors and health professionals and by convening and facilitating a Community of Practice.

The VCSP projects were quite diverse, were undertaken in metropolitan and regional areas, utilised different models of care and focused on people with different types of cancer and different age groups. All projects attempted to link with primary care, particularly general practitioners. Some established effective links with community organisations.

The ACSC has helped disseminate findings and summarise what was learned from the pilot projects. We led a collaborative forum with health professionals in March 2014, following a consumer forum in late 2013. These forums provided a valuable opportunity to engage with a broad range of stakeholders to garner their thoughts on the value of the VCSP and to suggest future

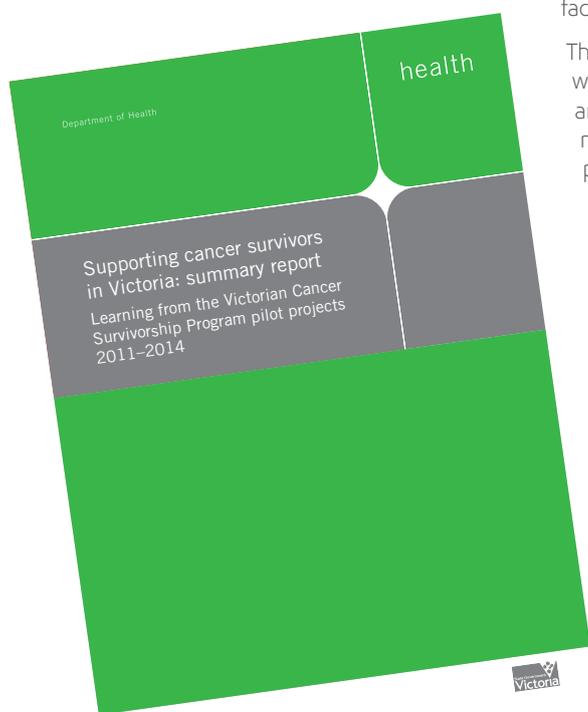
directions. The health professionals forum considered:

- how to tailor services to those most likely to benefit
- the need to develop tools to assist survivorship care
- how to enhance collaboration with primary care
- the need to educate a wide variety of health professionals.

A number of VCSP projects have received additional funds to expand the models of care to other clinical sites. The ACSC will continue to support the projects. We are also completing literature reviews and developing practical toolkits regarding survivorship care plans and needs assessment in the post-treatment setting.

Implementing survivorship care plans at Peter Mac

We continued to implement survivorship care plans (SCPs) in some clinical services at Peter Mac in 2014. We completed a review of SCP implementation to date. As with international colleagues, we identified a number of challenges to more widespread implementation of SCPs, including availability of information technology to support the generation of SCPs, staff time and funding mechanisms. We will continue to roll out SCPs in 2015 as well as pilot delivery of different types of information and treatment summaries for survivors.



Recognition for Meg

Cancer survivor Meg Rynderman is passionate about improving support, information and follow-up care for people with cancer. Meg is involved in many important ways in the work of the ACSC and Peter Mac, contributing to planning and program development, writing cancer survivor stories and participating in committees, webinars and conferences for health professionals.

Meg's outstanding work as a consumer representative with the ACSC was recognised when, from a field of more than 500, she won the 2014 Minister for Health Individual Volunteer Award. Then, at the Annual Peter Mac Awards ceremony, Meg was awarded for her community contribution. We are delighted that Meg's contributions have been recognised through these awards.





Collaborating and learning from others

Part of our role is to remain aware of developments in survivorship care in other countries. In 2014, we shared our own experiences and learnt from colleagues, nationally and internationally.

Conference participation

The World Cancer Congress (a biennial event held by the Union for International Cancer Control) and the Annual Meeting of the Clinical Oncology Society of Australia (COSA) were both held in Melbourne in December 2014. Both meetings had a focus on cancer survivorship.

The ACSC contributed to the meetings in important ways, including:

- being part of a free public forum for survivors and carers
- delivering oral presentations on 'Cancer survivorship in Australia' and 'How "not for

profits" can improve cancer survivorship care'

- chairing the plenary session on 'Care of cancer survivors: what works?'
- contributing to a poster on 'Development and evaluation of an online education model on cancer survivorship and supportive nursing care'
- presenting e-Posters titled 'How is post-treatment survivorship conceptualised by people from different cultural groups?', 'Implementing survivorship care plans in a comprehensive cancer centre' and 'Key learnings from an evaluation of statewide models of post-treatment care'.

The ACSC received two meritorious awards at the 7th Biennial Cancer Survivorship Research Conference in Atlanta, United States. The awards were for research evaluating the VCSP projects and also learnings from Peter Mac's

implementation of survivorship care plans. The prizes were two of only eight awarded from 192 submitted abstracts. ACSC director, Associate Professor Michael Jefford, presented in a breakfast session, 'Building international collaborations to improve cancer survivorship research and care'.

Collaborations

We continue to learn from and collaborate with other groups who are also working to achieve improved outcomes for survivors. For example, we are assisting the Breast Cancer Network of Australia on the Active and Well after Breast Cancer program, which is funded by the Victorian Department of Health. We are also pleased to work with the Prostate Cancer Foundation of Australia on initiatives to better support men with prostate cancer and their families.

Planning ahead

Our work is guided by our current strategic plan, covering 2013-16, which is available at www.petermac.org/about-us/australian-cancer-survivorship-centre

Some of our work in 2015 will include:

- finalising evidence reviews and practical toolkits regarding survivorship care plan implementation and needs assessment in the post-treatment setting
- continuing to roll out survivorship care plans at Peter Mac, including piloting concise information packs
- completing and distributing new survivorship information materials for people who speak Vietnamese, Arabic or Italian
- continuing to support improved survivorship care at Peter Mac and throughout Victoria
- presenting work at the Flinders Centre for Innovation in Cancer Survivorship Conference, to be held in Adelaide in February 2015
- sharing our work at other relevant meetings
- publishing several completed projects in the peer-reviewed literature.

Australian Cancer Survivorship Centre

A Richard Pratt Legacy



Australian Cancer Survivorship Centre

Locked Bag 1, A'Beckett Street
East Melbourne VIC 3002
Phone: 03 9656 5207

Email: contactacsc@petermac.org

www.petermac.org/cancersurvivorship

