



From the Director

The Australian Cancer Survivorship Centre (ACSC) is based at Peter MacCallum Cancer Centre (Peter Mac) 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, allied health) at Peter Mac and throughout Victoria to facilitate improved care for survivors, their families and carers.

These newsletters aim to keep you updated regarding our work.

Associate Professor
Michael Jefford

Manager's update

In recent months we have supported patients through our Moving beyond Cancer to Wellness forums and built knowledge and networks with health professionals.

We were particularly pleased by the level of engagement at the recent 41st Annual Scientific Meeting of the Clinical Oncology Society of Australia (COSA 2014). The ACSC contributed to the scientific program and hosted an information stand. Our team spoke to more than 150 visitors including consumer representatives, researchers and health professionals from across the Asia Pacific region. Visitors were at varying stages of implementing or researching survivorship care. This level of interest demonstrates an ongoing commitment to the needs of cancer survivors.

I hope you enjoy this newsletter describing some of our recent achievements, and invite you to look out for our Year in Review, which will be published in early February 2015.

ACSC Manager
Linda Nolte

Peter Mac recognises Meg's contribution

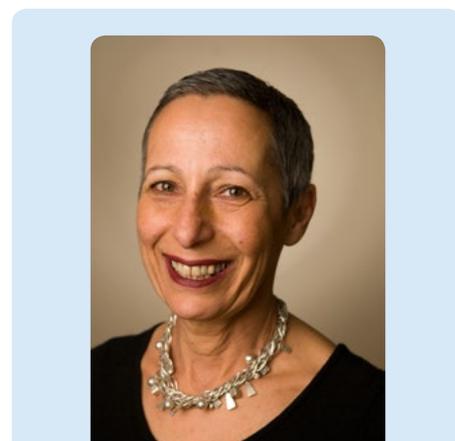
Meg Rynderman is a cancer survivor and is passionate about improving support, information and follow-up care for others experiencing cancer.

In 2008, Meg joined the ACSC as a volunteer consumer representative. In 2014, Meg's significant contribution to the ACSC and Peter Mac was recognised at the Annual Peter Mac Awards ceremony. Meg previously received the **Minister for Health Individual Volunteer Award** in May 2014.

Once again Meg was awarded for her

community contribution. This award goes to an individual in the community who has demonstrated outstanding commitment and service to Peter Mac. Meg shares her personal story and experience of the system as a means of improving what others experience. Meg speaks eloquently to cancer survivors at consumer forums, and she has helped the ACSC to inform and educate health professionals and students from organisations throughout Melbourne through her story and her advocacy.

Meg's experience, passion and contribution have positively influenced survivorship care at Peter Mac and the future directions of the ACSC. We are delighted Meg's contribution has been recognised at the highest level at Peter Mac.





Strong showing at recent national and international meetings

The ACSC had a strong showing at two recent cancer conferences in Melbourne: at COSA 2014 and the 2014 World Cancer Congress, a biennial event held by the Union for International Cancer Control (UICC).

Our involvement began with a free public forum that preceded the COSA 2014 conference, which had cancer survivorship as the theme. The forum included presentations by ACSC director A/Prof Michael Jefford and ACSC consumer representative Meg Rynderman. The forum was presented by ACSC in partnership with COSA, Cancer Action Victoria and Cancer Council Victoria (CCV).

Members of the ACSC team delivered oral and poster presentations during COSA 2014. Highlights included the plenary session chaired by A/Prof Michael Jefford **'Care of cancer survivors; what works?'** and the oral presentation by ACSC nurse project manager Nicole Kinnane **'Cancer survivorship 101: findings from the Victorian pilot projects of post-treatment survivorship care'**. The ACSC team also contributed to a poster on the Cancer Learning Survivorship module

for nurses: **'Development and evaluation of an online education model on cancer survivorship and supportive nursing care'**.

The World Cancer Congress ran jointly with the COSA 2014 meeting and the ACSC team joined more than 2500 people from 110 countries for presentations under the theme 'Joining forces, accelerating progress'. A/Prof Michael Jefford gave two oral presentations: 'Cancer survivorship in Australia' in a session **'International perspectives on post-treatment survivorship'** and 'How 'not for profits' can improve cancer survivorship care' in 'Help life get better – 'Who cares when treatment finishes?' **How the NFP sector can engage the community.'**

The team also presented a number of e-Posters:

- **'How is post-treatment survivorship conceptualised by people from different cultural groups?'**
- **'Implementing survivorship care plans in a comprehensive cancer centre'**
- **'Key learnings from an evaluation of statewide models of post-treatment care'**

Recent consumer forums

The purpose of ACSC is to support and enable excellent survivorship care both locally and externally, to optimise the health

and wellbeing of cancer survivors and their carers.

Moving beyond Cancer to Wellness is an interactive forum for survivors and carers to share experiences. An initiative of the ACSC and CCV, the forum brings together survivors to explore supported self-care management strategies as they transition to the phase after their initial treatment. The forum has a multidisciplinary approach and provides information on topics including diet, exercise, emotions, financial and legal matters.

This year we ran three forums: two at Peter Mac and one in Bendigo with Loddon Mallee Integrated Cancer Service. These forums provided information and support to over 300 cancer survivors and their carers. Pre-evaluations have helped us tailor each forum to attendees. Post forum evaluations suggest that the majority of attendees gain new information and strategies by attending the forum. There is scope to improve the way the forum addresses the needs of carers, and to increase the number of forum attendees. ACSC is partnering with CCV to enhance the consumer forum program across Victoria.

More information: www.petermac.org/events/moving-beyond-cancer-wellness-0

Upcoming conferences

ACSC will present work at the following upcoming meetings:

- Flinders Centre for Innovation in Cancer 2015 Survivorship Conference (Adelaide) 6–7 February 2015
www.survivorship2015.org
- 2nd Victorian Integrated Cancer Services Conference (Melbourne) 11–12 May 2015
www.vics2015.org



Left to right: Amanda Piper, Nicole Kinnane, Associate Professor Michael Jefford, Linda Nolte, Judy Evans.

Australian Cancer Survivorship Centre
A Richard Pratt Legacy



Australian Cancer Survivorship Centre

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