



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 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 delivery and opportunities for research in cancer survivorship. For more information or to explore opportunities to collaborate, please email contactacsc@petermac.org or phone (03) 9656 5207.

Associate Professor
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Special edition

Welcome to a special edition of our newsletter developed for the Clinical Oncology Society of Australia's 42nd Annual Scientific Meeting.

This newsletter updates you on our statewide work including new resources, education initiatives, conference reports and publications. We produce newsletters regularly throughout the year. If you would like to subscribe to our mailing list, or want more information on any of the work described below, please email contactacsc@petermac.org or phone (03) 9656 5207.



Staff of the Australian Cancer Survivorship Centre

Statewide focus

Survivorship Community of Practice

The Australian Cancer Survivorship Centre hosted a further meeting of the Victorian Cancer Survivorship Program Community of Practice on 17 September 2015. Fifty-three health professionals attended.

This meeting brings together health professionals to share and discuss current work and opportunities to improve services for cancer survivors. The hot topics of the day included how best to progress survivorship care including developing strong stakeholder

relationships, planning and implementation frameworks; and the valuable role of primary care and community organisations in this area. The day also focused on patient-centred care and the need to promote cultural workplace change as survivorship care becomes part of everyday clinical practice.

Plans are underway for the next meetings to be held early in 2016.

Featured resources

Various organisations have developed survivorship guidelines, the most recent of which were published by the American Cancer Society with the American Society of Clinical Oncology. In 2015 these organisations have published two treatment-specific guidelines: prostate cancer care and colorectal cancer care. These guidelines are available at www.institutequality.org/practice-guidelines

The ACSC is pleased to acknowledge the recently released position statement from Cancer Voices: Cancer Survivors' Framework for Survivorship Care. The consumer-developed statement calls for a high-level framework offering best practice recommendations for survivorship for people diagnosed with cancer. It highlights the consumer view that survivorship begins at diagnosis. The statement is available from Cancer Voices at www.cancervoicesaustralia.org



Working with general practice

The ACSC has successfully completed the General Practice Clinical Placement Pilot Program at Peter Mac.

The pilot supported 16 general practitioners and 12 general practice nurses to undertake a 10-hour clinical placement at Peter Mac. Five Peter Mac services (Breast, Skin and Melanoma, Uro-Oncology, Lower Gastrointestinal, and Late Effects) opened their clinics and welcomed general practice teams to participate in both multidisciplinary team meetings and outpatient clinics. All participants valued this collegial working opportunity as a means of building good working relationships across the hospital and the primary care sectors.

With the support of the Department of Health and Human Services, the ACSC is planning to repeat and extend this program. The project is also developing resources to support general practice to care for patients as they leave active treatment and become cancer survivors.

Resources for survivors

Survivor story

The latest in the 'A survivor's story' series is 'Never good news' by James Williams, as told to our consumer Meg Rynderman. James, a proud Waka Waka man, shares his personal story and the effect of his cancer experience on his life to date.

Meg has helped a number of survivors share their story, as these stories can be helpful to others. All are available on our website

www.petermac.org/stories-people-impacted-cancer



A new resource on fatigue

One of the most common side effects of cancer and its treatment is fatigue. Quite different to normal everyday tiredness, cancer-related fatigue can affect recovery after cancer treatment has completed.

The ACSC is developing a fact sheet that focuses on this common and often difficult-to-manage side effect with an emphasis on practical steps after treatment has ended.

Moving beyond Cancer to Wellness

The second Moving beyond Cancer to Wellness forum of 2015 was held on 22 October at the Mercure Treasury hotel. The forum included information about managing the side effects of treatment, diet, exercise, emotional health and self-care, sexuality, returning to work, and information and support services. We also ran individual sessions for carers and survivors. The program has been developed over time and is built on the Cancer Council Victoria's Life after Cancer program.

Participants reported that it was beneficial for them to be able to talk to others with the same experiences and hear personal stories. The information was practical and meaningful. One participant said that the forum "put all of the pieces of the puzzle together".

The next forum will be held in early 2016 and a two-hour workshop, Life after Cancer – What next?, will be held on 24 November at Peter Mac. These group programs are open to all cancer survivors and there is no need to have received treatment at Peter Mac.

For further information about upcoming consumer events and to register your interest please email: Georgina.Wiley@petermac.org or phone (03) 9656 9040.

Research update

The ACSC has developed new information materials for cancer survivors who speak Cantonese, Mandarin or Greek.

Earlier this year, we published findings from our focus groups, which were part of the foundational work for this project.

"I might not have cancer if you didn't

mention it": a qualitative study on information needed by culturally diverse cancer survivors' is published in Supportive Care in Cancer: see <http://www.ncbi.nlm.nih.gov/pubmed/26093976>

We have also produced a manuscript to describe key learnings from the first phase of the Victorian Cancer Survivorship Program.

'Implementing novel models of posttreatment care for cancer survivors: Enablers, challenges and recommendations' is published in Asia Pacific Journal of Clinical Oncology: see www.ncbi.nlm.nih.gov/pubmed/26245952

Upcoming events

- COSA - Annual Scientific Meeting (Hobart) 17-19 November 2015
<http://cosa2015.org/>
- Cancer Survivorship Symposium - Advancing Care & Research (San Francisco, USA) 15-16 January 2016
<http://www.survivorsym.org/>
- Fourth State of the Science Cancer Survivorship Research Symposium, MD Anderson (Houston, USA) 4 February 2016
<http://www.mdanderson.org/>
- Changing Prospects for Cancer 'A good survival' (Manchester, UK) 11 March 2016
<http://www.christie.nhs.uk/school-of-oncology/changing-prospects-for-cancer.aspx>
- 2nd EORTC Cancer Survivorship Conference (Brussels, Belgium) 31 March-1 April 2016
<http://www.eortc.org/survivorship2016/>

Australian Cancer Survivorship Centre

A Richard Pratt Legacy



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