



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 state-wide role in the development of information and delivery of education for both survivors and healthcare 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 +61 3 8559 6220.

Associate Professor
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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.

From 2011–14 the Department of Health & Human Services (DHHS) supported six survivorship pilot projects trialling a range of novel initiatives. In 2014-15, DHHS provided funding to facilitate the uptake of three of the pilot models by other health services, with the lead services providing mentoring and support:

- the implementation of survivorship nurse clinics and group information sessions for regional cancer survivors (Barwon Health (lead), Goulburn Valley Hospital and Albury Wodonga Health)
- the implementation of shared care with primary care and survivorship nurse clinics for breast cancer patients (The Women's Hospital/ Melbourne Health Breast Service (lead), Western Health, Austin Health, Monash Health, Northern Health)
- the implementation of a nutritional coaching model for stem cell transplant patients (Alfred Health (lead), Austin Health, Peter MacCallum Cancer Centre, Melbourne Health)

Following the success of these projects, the Victorian Government introduced a second phase of grants funding (2016–19). Thirteen grants were awarded in 2016. These capacity building grants focused on supporting services to leverage existing funding/initiatives to build survivorship capacity, service redesign, resource development or to address a specific

need.

Additional funds were made available in 2017. Six applications for funding were successful. The projects have been funded for one year.

It is intended that the projects will highlight how the health system could improve models of care, resources and self-care approaches for survivors.

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 Victorian Cancer Plan 2016–2020.

Snapshots of the new projects are provided below.

For information on previously funded projects, see www2.health.vic.gov.au/about/health-strategies/cancer-care/cancer-projects/victorian-cancer-survivorship-program

Making the most of this: Improving experience and outcomes for Western Victoria cancer survivors aged over 70

Grampians Integrated Cancer Service

People over 70 have specific cancer survivorship issues relating to function, comorbidity, nutrition, cognition, social support and carers' needs. The ageing population and its higher cancer incidence suggest that such issues require attention. This multi-strategy project will focus on cross-sector medical, nursing and allied health involvement starting near diagnosis and moving into survivorship. Quality improvement methodologies will be used as a framework with a focus on workforce education and cross-sector improvement initiatives.

Save the date: 2nd Victorian Cancer Survivorship Conference

8-9 February 2018, Melbourne
Website and further information still to come



Patient perception of outcomes after treatment of oral cancer

Royal Melbourne Hospital

Treatment for oral cancers has a major impact on a patient's speech, chewing, swallowing and appearance. While data regarding speech and swallow outcomes, cancer recurrence and survival rates are routinely collected, we have no real understanding of how survivors of head and neck cancer treatment are affected by the treatment. We propose to measure the 'distress' associated with change in facial appearance, swallow, speech and other functional loss, using a novel but validated patient-related outcome measure: the FACE-Q. This will allow us to design more appropriate interventions and services for these patients.

A stepped-care evidence-based approach to the management of sleep disturbances in cancer survivors

Peter MacCallum Cancer Centre

Up to 60% of cancer survivors experience sleep disturbances. Poor sleep is associated with anxiety, depression, cognitive difficulties, poor quality of life, increased pain and use of sedatives. Our project aims to redesign our model of care to better address sleep problems in survivors. It involves three components:

1. developing a self-management sleep resource
2. implementing a stepped-care evidence-based sleep program
3. providing training to health professionals in delivering sleep interventions.

It is anticipated that this model of care will lead to early detection and treatment of sleep problems in survivors.

Cancer survivorship for primary care practitioners

Victorian Comprehensive Cancer Centre

This project will develop and deliver a blended (online and face-to-face) educational program about cancer survivorship care to primary care practitioners. The program content will demonstrate best practice survivorship care and include information about:

- survivorship fundamentals
- transitioning patients from active treatment
- providing support for rehabilitation and return to work
- planning for disease-specific and treatment-related follow-up
- providing psychosocial and community-based support
- population-specific considerations
- new and emerging technologies.

Eat well, move often, live better

West Gippsland HealthCare Group

This project will establish a community integrated nutrition program for cancer survivors in the West Gippsland region. The program will provide individualised nutrition guidance and health coaching to enable survivors to maintain a healthy weight and make sustainable lifestyle changes to reduce the onset of chronic diseases. Collaboration between community organisations (library, leisure centres), allied health (dietitians, exercise physiologists), primary health professionals

(general practitioners, practice nurses) and oncology specialists will deliver an evidence-based, person-centred program that is sustainable, affordable and supported by the community.

Survivorship program for patients completing definitive breast cancer treatment

Peter MacCallum Cancer Centre

The end of intensive treatment for breast cancer is a time of transition back to 'ordinary life'. This is often a great relief to patients, but may be a time of great anxiety. It is also an opportunity for the patient and treating team to review and assess the disease, its treatment and planned follow-up, and to identify and address any unmet physical, psychological or social needs. This project will develop and implement a model of a survivorship care program with a breast care nurse consultation to address these areas and initiate a shared care arrangement with primary practitioners.

Upcoming events

- VCSP Survivorship Community of Practice
23 November 2017
RSVP: contactacsc@petermac.org
- Delivering Innovative Cancer Survivorship Care (Melbourne)
27 November 2017
RSVP: contactacsc@petermac.org
- Clinical Oncology Society of Australia (Sydney)
13-15 November 2017
<https://www.cosa.org.au/>
- The 2nd Victorian Cancer Survivorship Conference (Melbourne)
8-9 February 2018

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