



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 2013, our fourth full year.

Associate Professor Michael Jefford

2013 – Year in Review

Trialling novel models of care

Numerous international reports highlight the need to develop novel models of care to better support people during and after cancer treatments. In 2013 we were involved in several such initiatives.

Victorian Cancer Survivorship Program

In 2011, the Victorian Department of Health established the Victorian Cancer Survivorship Program (VCSP), a statewide program that aims to improve the management and care of people with cancer following active treatment. Six two-year pilot projects were funded.

The projects are quite diverse: they have been undertaken in metropolitan and regional areas, utilised different models of care, and focused on people with different types of cancer and in different age groups.

All projects are associated with primary care, particularly general practice.

Some have also established very effective links with community organisations.

The projects are of two years' duration and final reports are due in early 2014.

We have provided support to the VCSP by developing resources for survivors and health professionals and by convening and facilitating a Community of Practice.

This has brought together teams involved in various cancer survivorship activities, including the pilot projects, to network, share information and collaborate.

In December we facilitated the VCSP Consumer Forum, which provided a valuable opportunity to engage with consumers and consumer organisations and garner their thoughts on the value of the VCSP to date and suggest future directions.

Consumers identified opportunities to expand the VCSP initiatives to other patient groups and/or communities, extend interventions to other tumour groups, strengthen partnerships with community organisations, and ensure survivorship is embedded as a priority in government policy.

More information is available on our website www.petermac.org/cancersurvivorship (click the VCSP button on the home page).



Implementing survivorship care plans at Peter Mac

We commenced implementation of survivorship care plans (SCPs) at Peter Mac in 2011.

SCPs provide a summary of cancer diagnosis and treatment, strategies to remain well and a schedule for review.

SCPs have been developed and implemented in four clinical services at this stage.

We recently completed an evaluation of the impact of SCPs, as well as challenges to implementation.

We surveyed survivors, GPs and a range of hospital-based practitioners, including nurse coordinators, heads of clinical services and allied health care professionals.

Some preliminary results follow.

- Fifty survivors completed an evaluation. The vast majority considered their SCP to be useful and easy to understand and felt that it addressed the right topics.
- Most GPs reported having had the opportunity to read the SCP. Few had discussed the SCP with patients, though the majority felt the SCP would improve communication with the patient and with the cancer treatment team.
- All nurse coordinators who delivered SCPs to their patients believed SCPs to be useful to their clinical practice. Insufficient time is the main challenge to implementing SCPs.
- Other hospital-based professionals recognised the need for greater engagement, leadership and resourcing; these are challenges to further implementation.

The full report will be available on our website shortly.

Education and information for survivors

We continue to develop information to supplement existing materials. We also collaborate with other organisations to meet the information and support needs of survivors.

Consumer forums

In 2013 we held a number of forums for survivors and their family members.

We have based the format on the Cancer Council Victoria program 'What happens now? Life after cancer' as well as forums held by major cancer centres, particularly in the US. We continue to modify the sessions in response to feedback. More recently we have included concurrent sessions, allowing people to choose sessions of personal interest.

Videos from some of the sessions are available on our website.

Survivors' stories

Meg Rynderman, a volunteer with the ACSC and a cancer survivor, has prepared a series of survivors' stories.

She has interviewed a number of survivors to gain different perspectives on the experience of being a survivor.

We've collected them in 'Hear from other survivors' in the 'Survivors' section of our website. They have been well received.

Information in other languages

The ACSC is working with the Psycho-oncology Cooperative Research Group (PoCoG), Department of Cancer Experiences Research at Peter Mac, and Cancer Council Victoria to develop information about the post-treatment survivorship phase for people from diverse cultural and language backgrounds. This work is funded by a grant from Cancer Australia.

The project builds on PoCoG work that found that people with cancer who had migrated to Australia from countries where Cantonese, Mandarin, Greek and Arabic are spoken reported higher levels of anxiety, depression and unmet needs compared with English-





speaking, Australian-born patients. They indicated a need for culturally appropriate information written in their own language.

In 2013 we conducted focus groups with people from Cantonese, Mandarin and Greek-speaking backgrounds in Melbourne and Sydney. We have developed draft materials, which are currently under review. We will finalise this work in the first half of 2014.

Educating health professionals

We have been involved in many education and training activities in 2013, including sessions for medical, nursing and allied health at undergraduate and postgraduate level and as continuing professional development. Some highlights are noted below.

Online cancer survivorship module for cancer nurses

Our previous work indicated a need for more education for health professionals about survivorship care. A number of international reports also underscore the need for education of healthcare providers.

Our initial work has focused on education for cancer nurses. Nurses are critical to improved survivorship care, have expressed a desire for training and are already engaged with online materials. We have been working with Cancer Australia, the University of Sydney and the Queensland University of Technology to develop a website that offers an introductory package of learning modules and provides up-to-date, evidence-based practical tools, tips and resources to enable practitioners to make a positive impact and improve outcomes for cancer survivors.

Almost all content has been completed, with finalisation in early 2014.

Please visit www.cancersurvivorship.net.au

Education for primary health care nurses

In 2013 we worked with Cancer Council Victoria and other groups to develop an online training package about cancer survivorship for primary health care nurses. The management

of cancer survivors is discussed in a chronic disease model and the package outlines tools to assist survivorship care in the community.

For more information, please visit Cancer Council Victoria: website <http://goo.gl/j8zEKM> (health professionals page)

Forum for mental health practitioners

We worked with the Mental Health Practitioners Network on a webinar titled 'A collaborative approach to cancer survivorship and mental health'. Panellists included a survivor, psychologist, psychiatrist, oncologist and a GP. Three hundred and

eighty-five participants logged in and 71% participated in the exit survey. Of these:

- 99% indicated that their learning needs were entirely or partially met
- 72% indicated the topic was entirely relevant to their practice
- 93% indicated that their collaborative care practice/s would be improved as a result of participating in the webinar.

The webinar is available at: www.mhpn.org.au/webinars





Collaborating with and learning from others

Part of our role is to remain aware of developments in survivorship care in other countries. In 2013 we were pleased to host international visitors and to visit centres overseas.

Professor Eva Grunfeld spent a day at Peter Mac in August. Dr Grunfeld is a physician scientist with the Ontario Institute for Cancer Research, Health Services Research Program; Director of the Knowledge Translation Research Network; and Giblon Professor and Vice Chair, Research in the Department of Family and Community Medicine at the University of Toronto. She spoke at the Peter Mac Grand Rounds on 'Survivorship care – there and back again'. Her talk is available on our website.

We were also very pleased to host Dr Jeffrey D White, Director of the Office of Cancer Complementary and Alternative Medicine at the National Cancer Institute, in December. He gave a presentation on 'Complementary and alternative medicine in cancer: a view from the US National Cancer Institute'.

Associate Professor Michael Jefford, ACSC Director, enjoyed productive meetings with the survivorship teams at the Fred Hutchinson Cancer Research Center in Seattle and the British Columbia Cancer Agency in Vancouver.

We are keen to learn from and collaborate with other groups who are also working to achieve improved outcomes for survivors. With BreaCan, we are assisting the Breast Cancer Network of Australia on the 'Active and well after breast cancer' program, which was recently 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

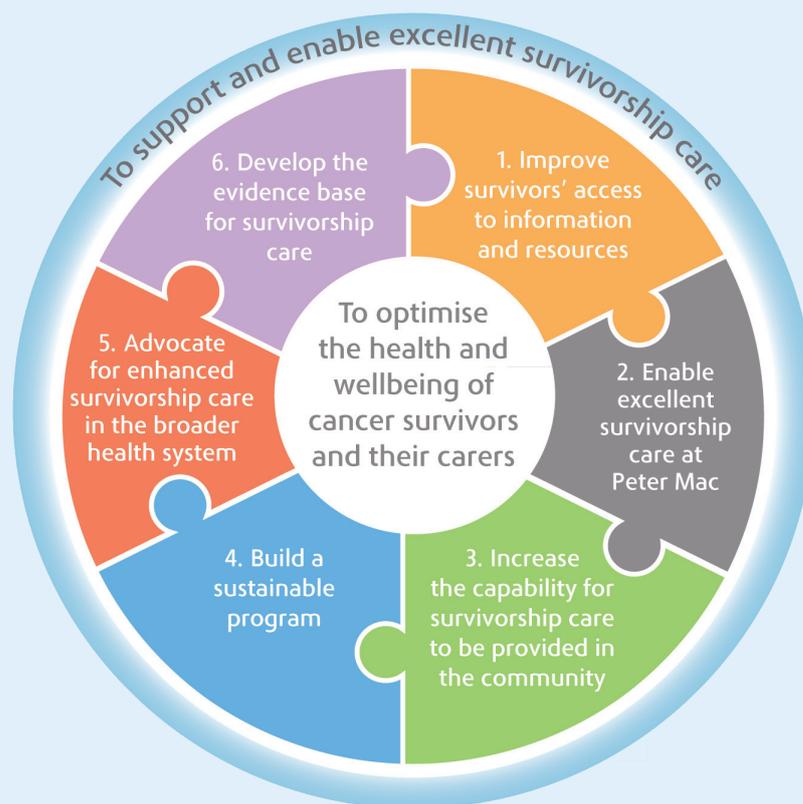
This year, following extensive consultation with stakeholders, we completed the development of our new strategic plan, covering 2013–16. This has been translated into a detailed operational plan.

The plan is available on our website (see About us / Strategic plan).

Some of our work in 2014 will include:

- work with the Department of Health on the next steps to improve survivorship care in Victoria, following receipt of final reports from the VCSP pilot projects
- work with clinical services at Peter Mac to improve models of post-treatment survivorship care

- continued roll-out of survivorship care plans at Peter Mac
- finalising, promoting and distributing written survivorship information in other languages
- finalising the cancer survivorship online educational module for nurses, incorporating this into nursing education and training at Peter Mac, and commencing work to extend education and training to medical and allied health staff
- presenting our work at the World Cancer Congress and the Clinical Oncology Society of Australia's Annual Scientific Meeting, which will be held in Melbourne in December 2014.



Australian Cancer Survivorship Centre

A Richard Pratt Legacy



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