



From the Director

The Australian Cancer Survivorship Centre 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 Human Services 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.

The ACSC has a statewide role in developing information and delivering education for survivors and health professionals. We also provide advice on models of care and opportunities for research in cancer survivorship.

This Year in Review summarises highlights of 2015, our sixth full year.

Associate Professor
Michael Jefford

2015 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 2015 highlights below.

Information in other languages

In 2014 we completed development of new information booklets about the post-treatment survivorship phase for people who speak Cantonese, Mandarin or Greek. To develop these materials, we conducted focus groups with people from these language groups. We published results from the focus groups in 2015 in an article titled **"I might not have cancer if you didn't mention it": A qualitative study on information needed by culturally diverse cancer survivors** (see 'Published work' at end of this review).

We were pleased to receive further funding from Cancer Australia in 2015 to develop similar resources for people who speak Italian, Arabic or Vietnamese. As with the first project, we held focus groups with people from these language groups to understand their needs. We drafted resources (fact sheets and

booklets) and these were reviewed in both English and the appropriate language to assess appropriateness, accuracy and completeness. We have completed all design work and expect to print final versions in early 2016.

We collaborated with representatives from the Psycho-oncology Cooperative Research Group, the Department of Cancer Experiences Research at Peter Mac, Cancer Council Victoria and Cancer Council Australia on this work.

Consumer forums

In 2015 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. The sessions bring together survivors to share experiences and gain new knowledge and skills. The sessions provide information on topics such as side effects, diet and exercise, emotions, financial and legal matters. They also explore self-management strategies as people transition to the phase after their initial treatment. These sessions continue to be well received.

Together with BreaCan we supported the Breast Cancer Network of Australia's Active and





Well After Breast Cancer Initiative, which aims to promote an active and healthy lifestyle in women who have experienced breast cancer. Nearly 300 cancer survivors and carers attended these sessions.

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 stories regarding the experience and consequences of cancer, how others have interpreted such experiences, and their reflections and coping strategies. The most recent story was from James Williams, a proud 54-year-old Waka Waka man. These stories may help to normalise experience, empower others and promote resilience. The ACSC developed other stories in 2015; they are available at www.petermac.org (Cancer

information / Stories of people affected by cancer).

Other new resources

The ACSC develops resources for patients, survivors and health professionals, to meet information gaps. In 2015 we developed new consumer-focused resources about fatigue and a new resource for health professionals about the care of people with a previous history of melanoma.

Educating health professionals

Early ACSC work indicated a need for more education for health professionals about survivorship care. International reports also underscore the need for education of healthcare providers. We have been involved in a number of education and training activities in 2015. Some highlights are noted below.

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 conducted a clinical placement pilot project in 2015. The pilot, funded by the Victorian Department of Health and Human Services, brought together general practice and cancer specialist teams at Peter Mac to strengthen links and build partnerships of care. General practitioners and primary healthcare nurses attended multidisciplinary team meetings and multidisciplinary clinics. The program was oversubscribed and was highly regarded. The participants achieved their learning goals, felt the program was relevant to their clinical practice and would recommend the program to colleagues. Findings will be presented at medical conferences and have been submitted for publication in a medical journal.

The Department of Health and Human Services has provided further funding for the ACSC to conduct the program at Peter Mac and two other Victorian sites in 2016.

Workshops for cancer nurses and allied health professionals

The ACSC delivered our one-day Delivering Innovative Cancer Survivorship Care workshop three times during 2015. The workshop provides participants with key knowledge, skills and resources to implement improved post-treatment care. The program covers the issues commonly experienced by survivors, motivational interviewing techniques and chronic disease management

in primary care; directs participants to relevant tools and resources; and allows groups to participate in interactive sessions to acquire and apply new skills. The workshop is open to all nursing and allied health staff. Fifty-six participants attended the workshops during 2015, with 40 attendees from across Victoria and interstate. Evaluations have been overwhelmingly positive and we plan to enhance the program and continue delivery in 2016.



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. Below, we summarise our 2015 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 aimed to improve the management and care of people with cancer following active treatment. Six 2-year pilot projects were funded. A number of the projects then received further funds to expand the models of care to other clinical sites.

The ACSC supported the projects, has helped disseminate findings and has assisted in summarising learnings. This year we published an article titled [‘Implementing novel models of posttreatment care for cancer survivors: Enablers, challenges and recommendations’](#) (see ‘Published work’ at end of this review).

We provided support to the VCSP by developing resources for survivors and health professionals and by convening and facilitating

a Community of Practice. The Community of Practice brings together staff working on the original six projects as well as others committed to improving post-treatment care.

During 2015 we completed literature reviews and practical toolkits regarding survivorship care plans and needs assessment in the post-treatment setting. These are available from the ACSC and on our website.

In early 2016 the Department of Health and Human Services will announce a second phase of the VCSP, and we will continue to support this program of work.

Implementing survivorship care plans at Peter Mac

In 2015, the ACSC completed an assessment of the preferences of survivors regarding survivorship care plans, which comprise treatment summaries and follow-up care plans. Over 200 people completed a paper-based survey.

Participants indicated they would use the survivorship care plan ‘as a record of my cancer treatment’, ‘to help me understand my cancer experience’, ‘to help me understand

side effects of treatment’ and ‘as reminder of things I can do to look after myself’. There was support from some respondents for brief documents; others wanted longer, more detailed versions. The majority of respondents wanted paper copies and preferred to review the document with a health professional. While the results confirm findings from the international literature, they also suggest different ways of providing the information that survivors need.

A challenge, internationally, is to complete a concise treatment summary in a reasonable amount of time. We have recently begun to pilot an automatically generated treatment summary that draws information from different electronic datasets. While the resulting summary requires additional work, it appears to dramatically reduce the time to produce a treatment summary and care plan.

We recently published results from our previous evaluation of survivorship care plans at Peter Mac in an article titled [‘The impact of survivorship care planning on patients, general practitioners, and hospital-based staff’](#) (see ‘Published work’ at end of this review).





Collaborating and learning from others

Part of our role is to remain aware of developments in survivorship care in other countries. In 2015 we shared our own experiences and learnt from those of colleagues, nationally and internationally.

ACSC staff presented work at national and international meetings with a multidisciplinary focus, as well as meetings with a focus on cancer nursing, primary care and allied health. These opportunities included:

- the Flinders Centre for Innovation in Cancer Survivorship Conference (Adelaide, February)
- GP15 (the RACGP conference for general practice, Melbourne, September)
- the World Congress on Controversies in Breast Cancer (Melbourne, October)
- the annual meeting of the Clinical Oncology Society of Australia (Hobart, November).

We also presented related work at the annual meeting of the American Society of Clinical Oncology (Chicago, June) and the International Conference on Cancer Nursing (Vancouver, July).

We continue to learn from and collaborate with other groups who are also working to achieve improved outcomes for survivors, including a number of consumer and professional organisations, cancer charities and government agencies.

Published work

O'Callaghan C, Schofield P, Butow P, Nolte L, Price M, Tsintziras S, Sze M, Thein T, Yiu D, Mireskandari S, Goldstein D, Jefford M. **"I might not have cancer if you didn't mention it":** A qualitative study on information needed by culturally diverse cancer survivors. *Support Care Cancer*. 2016 Jan;24(1):409-18. doi: 10.1007/s00520-015-2811-9. Epub 2015 Jun 21.

Jefford M, Kinnane N, Howell P, Nolte L, Galetakis S, Mann GB, Naccarella L, Lai-Kwon J, Simons K, Avery S, Thompson K, Ashley D, Haskett M, Davies E, Whitfield K. **Implementing novel models of posttreatment care for cancer survivors: Enablers, challenges and recommendations.** *Asia Pac J Clin Oncol*. 2015 Dec;11(4):319-27. doi: 10.1111/ajco.12406. Epub 2015 Aug 6.

Nolte L, Kinnane N, Lai-Kwon J, Gates P, Shilkin P, Jefford M. **The impact of survivorship care planning on patients, general practitioners, and hospital-based staff.** *Cancer Nurs*. 2016 Dec 30. [Epub ahead of print].

Planning ahead

Our work is guided by our current strategic plan, covering 2013–16, which is available on our website (www.petermac.org/cancersurvivorship).

Our work plan for 2016 is also informed by Peter Mac's Strategic Directions 2015–2019. In 2016, Peter Mac's East Melbourne campus will move to Parkville as part of the AUD\$1.1 billion Victorian Comprehensive Cancer Centre (VCCC).

Some of our work in 2016 will include:

- completing and distributing new information materials for people who speak Vietnamese, Arabic or Italian
- continuing to roll out survivorship care plans at Peter Mac and at the VCCC, including piloting auto-populated treatment summaries
- continuing to support improved survivorship care at the VCCC and throughout Victoria
- completing a second phase of the general practice clinical placement in survivorship pilot program
- hosting a VCCC survivorship conference in October 2016 and sharing our work at other relevant meetings
- continuing to publish results from completed projects in the peer-reviewed literature.

Australian Cancer Survivorship Centre

A Richard Pratt Legacy



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

Email: contactacsc@petermac.org

www.petermac.org/cancersurvivorship

