



YEAR IN REVIEW 2021

Message from the Director



The Australian Cancer Survivorship Centre (ACSC) aims to improve outcomes for people affected by cancer. We work with clinical providers (medical, nursing and allied health) at Peter MacCallum Cancer Centre (Peter Mac), throughout Victoria and beyond, as well as with survivors and a range of organisations, to enable improved care for survivors, their families and carers.

We are very grateful for ongoing funding from Peter Mac and the Victorian Government to support our work.

The ACSC has a statewide role in the development of education and resources for both survivors and health professionals. We provide advice regarding models of care, and while our focus is not primarily on research, we strongly support and collaborate in research relevant to survivorship.

The COVID-19 pandemic continued to place immense pressure on individuals and health services. Many of us have adapted to using virtual platforms to deliver our resources, webinars and events. A major highlight this year was the expansion of our online survivorship care plan generator, mycareplan.org.au, which now includes six cancer types.

We are counting down to the much-anticipated 4th Victorian

Cancer Survivorship Conference (survivorshipconference.com.au), on 24–25 March 2022 in Melbourne. The theme is 'Shifting gears: Rethinking survivorship'. The conference will look at recent advances in survivorship research and care, consider future system transformation and recognise changes that have occurred as a result of the COVID-19 pandemic. We look forward to seeing you there!

I thank all of our supporters, collaborators, staff and volunteers for your efforts in optimising cancer survivorship care in this challenging year. We look forward to continuing to work with you in 2022.

To learn more about the ACSC or to explore opportunities for collaboration, please visit our website petermac.org/cancersurvivorship, email contactacsc@petermac.org or phone +61 3 8559 6220.

Professor Michael Jefford

Highlights from 2021

- Expanded the myCarePlan.org.au survivorship care plan generator from three to six cancer types.
- Recognition
 - ACSC Consumer Representative Meg Rynderman received a Medal of the Order of Australia (OAM) for her service to people living with cancer and to the community.
 - Dr Karolina Lisy, Project Manager ACSC, received the Lyndal Trevena Rising Star Award at the Primary Care Collaborative Cancer Clinical Trials Group Scientific Symposium 2021 for her commitment and contribution to cancer survivorship research.



The Hon. Linda Dessau AC, Governor of Victoria (left) and Meg Rynderman OAM (right).



Dr Karolina Lisy - Lyndal Trevena Rising Star Award Winner

ACHIEVEMENTS IN 2021

The following pages summarise our 2021 achievements under six headings that reflect our strategic priorities.

1. Provide information and support for cancer survivors and carers

We provide information and support to cancer survivors and carers in many ways. This includes hosting events for survivors and carers; developing accessible resources for the Common Survivorship Issues Directory; and producing survivor stories, factsheets, videos and podcasts. See petermac.org/cancersurvivorship. The most frequently downloaded resource in 2021 was our factsheet on cancer-related fatigue.

Common Survivorship Issues Directory

In 2021, this directory (petermac.org/survdirect) was recognised as the runner-up for the Servier Patient Central Award. It offers evidence-based information, resources and tools to support

survivors with commonly experienced survivorship issues. The information is for cancer survivors, carers and health professionals, and is relevant for people across Victoria and beyond. It includes 14 topics, with 'Issues and concerns for carers, families and friends' added in August. In 2021, the directory was accessed over 6,800 times, with the most frequently accessed topics being 'cancer-related fatigue' and 'chemotherapy-induced peripheral neuropathy'.

Factsheets

ACSC factsheets support survivors and carers during the time following initial treatment. In 2021, we produced a new factsheet for survivors of early-stage melanoma, available [here](#).

Common Survivorship Issues Directory
petermac.org/survdirect

Podcast

In collaboration with the Grampians Regional Integrated Cancer Service, we made a podcast, 'Cancer survivor guide: Welcome to survivorship', hosted by ABC radio presenter, Penny Johnston. This podcast is intended for survivors and carers, and provides information about the time following cancer treatment and current treatment research. Listen to ACSC's Prof Jefford and Dr Karolina Lisy at www.cancersurvivorguide.com/podcasts/2021/5/2/series-3-episode-1-welcome-to-survivorship.

Survivorship in specific populations

In addition to the 'Adolescents and Young Adults' page launched last year, the ACSC have added a 'Paediatrics' and a 'People who speak languages other than English' page to our website. The information is for health professionals, survivors and carers. We look forward to expanding our site further in 2022.

Webinars for survivors and carers

We hosted two Cancer Wellness Programs online in April and November. This program, an initiative of Cancer Council Victoria (CCV), is a free education and support program for people who have completed cancer treatment and are living with and beyond cancer. It is also for carers, partners and family members. In 2021 we featured nutrition, relaxation and mindfulness, your GP and long-term health, let's talk money, and a survivor's story. Over 55 people attended. Videos are on our website, [here](#).

Survivor stories

The inspirational experiences of cancer survivors and carers are shared in a suite of survivor stories on our website. This year, 'Some days it was really hard' was developed by our Consumer Representative, Meg Rynderman OAM. It is told from the perspective of a parent, Kylie, of a child with cancer, Tilly. We encourage you to read this story and others on the [Survivor stories](#) page.

2. Provide survivorship education and training for health professionals

The ACSC continued to increase health professionals' awareness of and access to survivorship information and resources, and provide flexible education and training in survivorship in 2021.

Webinars for health professionals

We partnered with CCV, Cancer Nurses Society of Australia and the Clinical Oncology Society of Australia (COSA) to present two webinars for health professionals, which were attended by over 236 people in real-time, and later viewed by 446 people via the recordings.

The first webinar, 'Allied health providing cancer survivorship care' explored the role of allied health professionals providing survivorship care, with a focus on rural and regional settings. The second, 'Nurses integrating optimal survivorship care' focused on the role of nurses in survivorship care. The panel discussion highlighted the role of nurses to identify unmet needs and customise survivorship care, in addition to demonstrating how to confidently initiate discussions about survivorship and common issues.

Ninety-three percent of participants rated the webinars as 'excellent' or

'very good'. Many participants also provided feedback that the webinars were relevant to their role and that they are likely to use the information gained from the webinar in their practice.

You can watch both of these recordings and other webinars on our website, petermac.org/services/support-services/cancersurvivorship/health-professionals/events.

Evaluation of eviQ modules

Our free online education for health professionals, 'Cancer Survivorship', hosted on eviQ Education, was revamped and relaunched in 2021. The course includes six modules, explores the health needs and experiences of cancer survivors; and presents tools, guidelines, frameworks and strategies for optimal cancer survivorship care.

The evaluation of the revamped module revealed a high average rating of 4.5/5 across all modules. Over 95% of users were satisfied with the length, content, look and feel, navigation and logical flow of topics. Our eviQ course is a relevant and easily accessible tool to improve knowledge and confidence in cancer survivorship. Check it out now at: education.eviq.org.au/courses/supportive-care/cancer-survivorship.

Evaluation and revision of DICSC program

In 2021, we evaluated and revised our face-to-face skills-based Delivering Innovative Cancer Survivorship Care (DICSC) program to better align with other ACSC educational offerings. The program began in 2015 as a full-day workshop providing education, information and resources for health professionals. We hope to deliver a redesigned program in 2022.

Factsheets for health professionals

The ACSC continues to support health professionals delivering cancer survivorship care by developing helpful resources and tools. In 2021, we added 'Follow-up of survivors of early stage melanoma' to our suite of tumour specific factsheets for health professionals, available [here](#).

3. Support improved models of survivorship care

Survivorship initiatives within the Parkville Precinct

We support improved models of care within the Parkville Precinct, where the ACSC is located.

In August, the Parkville Survivorship Clinical Champions Forum brought together over 60 health professionals from across the precinct. Participants' contributions were captured as seven medium-term (to 2025) and four short-term (end

2022) priorities, which were subsequently discussed with the Parkville Tumour Stream Directors in November. These meetings allowed us to discuss our work and to further align priorities in cancer survivorship with precinct clinical services.

Key priorities agreed upon include routinely providing information about the post-treatment survivorship phase, stratifying patients to personalised pathways of care, routine use and provision of cancer survivorship care plans, and routine needs assessment.



Embed and spread optimal cancer survivorship care across Victoria project

Throughout 2021, the ACSC delivered the 'Embed and spread' optimal cancer survivorship care across Victoria project, funded by the Victorian Government.

Virtual roadshow

Project 1, delivered in collaboration with CCV, engaged with all major cancer services across Victoria to understand how survivorship care is provided and to raise awareness of survivorship care. Due to COVID-19, the project was delivered virtually. All 20 services completed a baseline site survey before taking part in a live, tailored webinar that discussed evidence to support novel models of care, survivorship care plans, and ACSC and CCV survivorship resources and services. Webinars were attended by 472 health professionals

across the state with 97% rating the webinar as either 'good', 'very good' or 'excellent'. One service will have their webinar in early 2022.

Sites then received a summary report with recommendations to enhance survivorship care practices. Recommendations focused on 'quick wins' that could be readily adopted such as information provision, referral to CCV and survivorship education and professional development. We were happy to be able to provide each site with survivorship care resources from the ACSC and CCV to support the implementation of these recommendations.

We also remotely supported seven cancer services to implement a survivorship quality improvement initiative.

In December 2021, we began distributing a follow-up survey to determine progress and intention to implement the recommendations

provided. Sites will receive a final report in March 2022. This work will continue into 2022 and we look forward to continuing to share our learnings from this project.

Expansion of mycareplan.org.au

We are proud to announce that our free online survivorship care plan generator, mycareplan.org.au, initially for people treated for early stage breast, colorectal and localised prostate cancer, has expanded to include early stage melanoma, uterine (endometrial) cancer and non-Hodgkin (diffuse large B-cell) lymphoma. Project 2 of the 'Embed and spread' optimal cancer survivorship care across Victoria project commenced in February 2021 to deliver this expansion. User testing of the website was conducted to assess usability, functionality and identify any content gaps, and the website was subsequently enhanced. We thank the experts who helped us develop this valuable resource.

Now Available

EXPANSION

myCarePlan.org.au

A free online cancer survivorship care plan generator

New



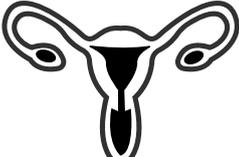
Early stage melanoma

New



Non-Hodgkin lymphoma
(diffuse large B-cell)

New



Uterine cancer
(endometrial)






Since its launch in 2019, mycareplan.org.au has had over 5,300 users, with 705 care plans generated in 2021 with a relatively even usage between health professionals and survivors. User data shows this tool being used in all Australian states and territories and internationally.

Quality framework for cancer survivorship care in Victoria

As part of the broader project 'How do we define and measure optimal care for cancer survivorship?', we developed and finalised the [Victorian Quality Cancer Survivorship Care Framework](#), which serves as a guide to quality survivorship care in Victorian health services. The development of this framework utilised an environmental scan, literature

review and an online modified reactive Delphi survey methodology resulting in the identification of 30 quality criteria structured over three domains – policy, process and outcomes. Each criterion are prioritised as an important component to achieving quality survivorship care.

To support its implementation, we developed a generic cancer survivorship policy that cancer services can modify to suit their circumstances. The framework and policy template (petermac.org/victorian-quality-cancer-survivorship-care-framework) will be communicated to Victorian health services in 2022 by the Department of Health and the ACSC. This work is funded by the Victorian Government and delivers on one of the many commitments outlined in the Victorian

Cancer Plan 2020-2024. In November, we provided an education session to the Victorian Integrated Cancer Services, who will be supporting health services to implement the framework and modify the policy.

Nurse-led models of survivorship care videos

We completed a series of three short videos (~3 minutes each), which includes nurses, sector leaders and a consumer providing valuable insights into the effectiveness of nurse-led survivorship care. The videos can be viewed on the [ACSC website](#) and as part of the eviQ survivorship module, 'Models of care'.

4. Conduct and support survivorship research

Victorian Cancer Survivorship Research Forum

In collaboration with the Victorian Cancer Agency, we delivered the 5th and 6th Victorian Cancer Survivorship Research Forum in June and October 2021. This forum allows healthcare professionals, researchers and organisations to share and learn of the excellent work being done in cancer survivorship research. The forum, held as interactive webinars, attracted over 127 attendees, who rated the forum as 'good' or 'very good'.

Conference presentations

In 2021, ACSC staff presented at several national and international conferences, forums and meetings including:

- Japanese Society of Medical Oncology Annual Meeting (February) - invited oral presentation.
- US Cancer Centre Survivorship Research Forum (February) - one of only two abstracts selected for oral presentations.
- Roundtable Discussion on Cancer survivorship for Aboriginal and Torres Strait Islander people (March).
- Cancer Survivorship 2021 Conference by COSA and Flinders University (March) - participated in the conference debate and presented five posters.
- 9th National Congress Spanish Society of Psycho-Oncology (April).
- 22nd World Congress International Psycho-oncology Society 2021 (May).
- National Occupational Therapy Oncology & Palliative Care Special Interest Group (August).
- COSA 48th Annual Scientific Meeting (November).
- Cancer Nurses Society of Australia 2021 Virtual Congress (November) - invited oral presentation.



Student research

We continued to work with and support students. Megan Petrie is pursuing her Doctor of Medicine, with the ACSC's Prof Jefford and Helana Kelly supervising her project reviewing Australian state and territory cancer plans in relation to survivorship. Her findings will support the ACSC's present work, including the implementation of the Victorian Quality Cancer Survivorship Care Framework, and will be of relevance to the Australian Cancer Plan.

The ACSC and the VCCC Alliance provided an internship to the winning group of the 2020 University Cancer Case Competition for their remarkable ideas in tackling cancer survivorship issues. These students – Gil-Gyu Han, Arun Sharma, Krisha Changrani and Anushka Sharma – have worked in close collaboration with us to review and update factsheets for survivors of early stage melanoma, and a systematic review on cancer survivorship digital applications.

Department of Health Services Research

ACSC collaborates on survivorship-focused research with Peter Mac's Department of Health Services Research. Prof Jefford and Dr Lisy lead a number of research projects and have several Australian and international collaborations.

2021 research outputs

The ACSC contributed to a range of publications in 2021.

Publications

The following were led by ACSC or in partnership with others in Peter Mac:

- **Lisy K, Ly L, Kelly H, Clode M, Jefford M.** How do we define and measure optimal care for cancer survivors? An online modified reactive Delphi study. *Cancers (Basel)* 2021; 13(10): 2299. Doi: [10.3390/cancers13102299](https://doi.org/10.3390/cancers13102299)
- **Jefford M.** Editorial: Optimal care for people affected by cancer. *Aust J Gen Pract* 2021; 50(8): 517. doi: [10.31128/AJGP-08-21-1234e](https://doi.org/10.31128/AJGP-08-21-1234e)
- **Lisy K, Kim J, Jefford M.** Integrating cancer survivorship into primary care. In L Schapira (ed), *Essentials of cancer survivorship: A guide for medical professionals*, 2021. CRC Press.
- Clinical Oncology Society of Australia Patient Reported Outcomes Working Group; Koczwara B, Bonnamy J, Briggs P, Brown B, Butow P, Chan R, Cohn R, Girgis A, **Jefford M**, et al. Patient-reported outcomes and personalised cancer care. *Med J Aust* 2021; 214 (9): 406–408. doi: [10.5694/mja2.50893](https://doi.org/10.5694/mja2.50893)
- Chan RJ, Crawford-Williams F, Crichton M, Joseph R, Hart NH, Milley K, Druce P, Zhang J, **Jefford M, Lisy K**, et al. Effectiveness and implementation of models of cancer survivorship care: An overview of systematic reviews. *J Cancer Surviv* 2021; Nov 16:1–25. doi: [10.1007/s11764-021-01128-1](https://doi.org/10.1007/s11764-021-01128-1)
- Chan RJ, Crichton M, Crawford-Williams F, Agbejule OA, Yu K, Hart NH, de Abreu Alves F, Ashbury FD, Eng L, Fitch M, Jain H, **Jefford M**, et al. The efficacy, challenges, and facilitators of telemedicine in post-treatment cancer survivorship care: An overview of systematic reviews. *Ann Oncol* 2021 Dec; 32(12):1552–1570. doi: [10.1016/j.annonc.2021.09.001](https://doi.org/10.1016/j.annonc.2021.09.001)
- Fox J, Thamm C, Mitchell G, Emery J, Rhee J, Hart NH, Yates P, **Jefford M**, et al. Cancer survivorship care and general practice: A qualitative study of roles of general practice team members in Australia. *Health Soc Care Community* 2021; Aug 22. Epub ahead of print. doi: [10.1111/hsc.13549](https://doi.org/10.1111/hsc.13549)

For more information on our research projects and opportunities for students and collaborations, see [Survivorship and Living Well after Cancer Research](#).



5. Provide leadership around cancer survivorship

Victorian Survivorship Community of Practice

In collaboration with the Department of Health, we delivered virtual Victorian Survivorship Community of Practice (CoP) forums in February and July 2021. The forums brought together health professionals with an interest in cancer survivorship and new models of care. Presenters shared development updates and progress on their projects in which 67 attendees tuned in.

Our Online Collaborative Workspace is an open forum enabling members to share project updates, upcoming events and more. It has more than 581 members, with over 120 new members added this year.

To join the CoP and/or workspace, please email contactacsc@petermac.org

Committee membership

The ACSC continues to provide leadership around cancer survivorship at the local, national and international level through leadership roles within various groups. Prof Jefford was Chair Elect of the American Society of Clinical Oncology's Cancer Survivorship Committee (CSC) until June 2021 (the first person from outside the United States to have this role). From July 2021, the CSC merged into the Health Equity and Outcomes Committee, that Prof Jefford now co-chairs. He is also Chair of the International Psycho-Oncology Society's Survivorship Special Interest Group. He was Chair of COSA's Cancer Survivorship Group until November 2021. He continues a leadership role with that group.

Partnering with cancer survivors

ACSC continues to partner effectively with consumers, peak organisations,

patient organisations and cancer charities. In September 2021, the ACSC updated the [Community Support Organisations' Cancer Survivorship Care Consensus Statement](#).

In September, the ACSC contributed to the Lung Foundation Australia's Lung Cancer Blueprint 2.0: Economic Framework for the Improvement of Lung Cancer Survivorship. ACSC staff attended a survivorship workshop and provided feedback on the written report, which has been submitted to the Australian Government.

In addition, the ACSC continues to engage with cancer survivors, including through representation as experts on advisory groups, e.g. Cancer Survivorship Advisory Committee, Embed and Spread Optimal Cancer Survivorship Care across Victoria Advisory Committee and Embed and Spread Project 2 Expert Reference Groups. Their advice and input is invaluable. Thank you to all who were involved.

6. Deliver a robust, collaborative and sustainable program

Finalisation of strategic plan

At the start of 2021, we finalised our [strategic plan](#) for 2020–2025. It details our six priorities as we deliver on our vision to optimise the health and wellbeing of cancer survivors and their carers.



Thank you to our team



Thank you to everyone in the ACSC team who worked with us in 2021: Michael, Helana, Meg, Nicole, Karolina, Colin, Tegan, Kate, Nina, Jeffrey, Amy, Fiona, Shariffah, Megan, Lin and Anna. For most of the year, we worked from

home and supported one another's work-life balance by regular meetings, hosting a trivia to celebrate R U OK? day as well as team lunches.

A huge thank you to everyone who has worked with us this year.

Website

- Our [website](#) was accessed over 28,000 times.
- There were over 23,000 unique page views. Most popular were the pages for [Survivors and Carers](#) and for [Health Professionals](#).
- More than 4,285 PDF resources were downloaded.
- We developed three newsletters and a Year in Review.
- Keep up to date by subscribing to our [mailing list](#).

Social media



Twitter (@ACSC_PeterMac): In 2021, we had more than 194,000 Twitter impressions.

We posted 113 tweets about our work and presently have more than 673 followers.



LinkedIn (Australian Cancer Survivorship Centre): With over 9,960 impressions this year, and over 316 followers

on our LinkedIn page, we encourage you to follow us for event updates, new resources and research!

Planning ahead

In 2022 and beyond, our plans include:

- co-hosting and presenting work at the 4th Victorian Survivorship Conference on 24–25 March 2022, www.survivorshipconference.com.au
- coordinating the 4th iteration of the Clinical Placement Program in Cancer Survivorship in Victoria, which will have a focus on allied health professionals and regional involvement
- supporting the Victorian Integrated Cancer Services to meet their goals around improved survivorship care
- supporting the implementation of the Victorian Quality Cancer Survivorship Care Framework and Victorian Quality Cancer Survivorship Care Policy
- co-hosting further educational webinars in partnership with COSA, CNSA and CCV
- completing and sharing results from 'Embed and spread' project 1
- contributing to the development of the Australian Cancer Plan, particularly aspects that relate to the post-treatment survivorship phase
- continuing to develop information and provide support for patients, survivors and carers; education and training for health professionals
- working with a broad range of stakeholders to support the implementation of improved models of survivorship care, and to support survivorship research
- presenting and publishing our work
- and continuing to deliver against all aspects of our ambitious strategic plan!



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