

Cancer Education Programs

2019 Year in Review

Enquiries

Cancer Education Programs
Strategy and Support
Cancer Council Victoria

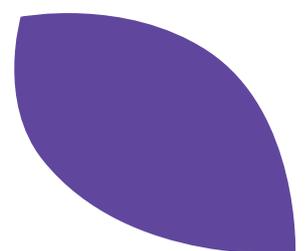
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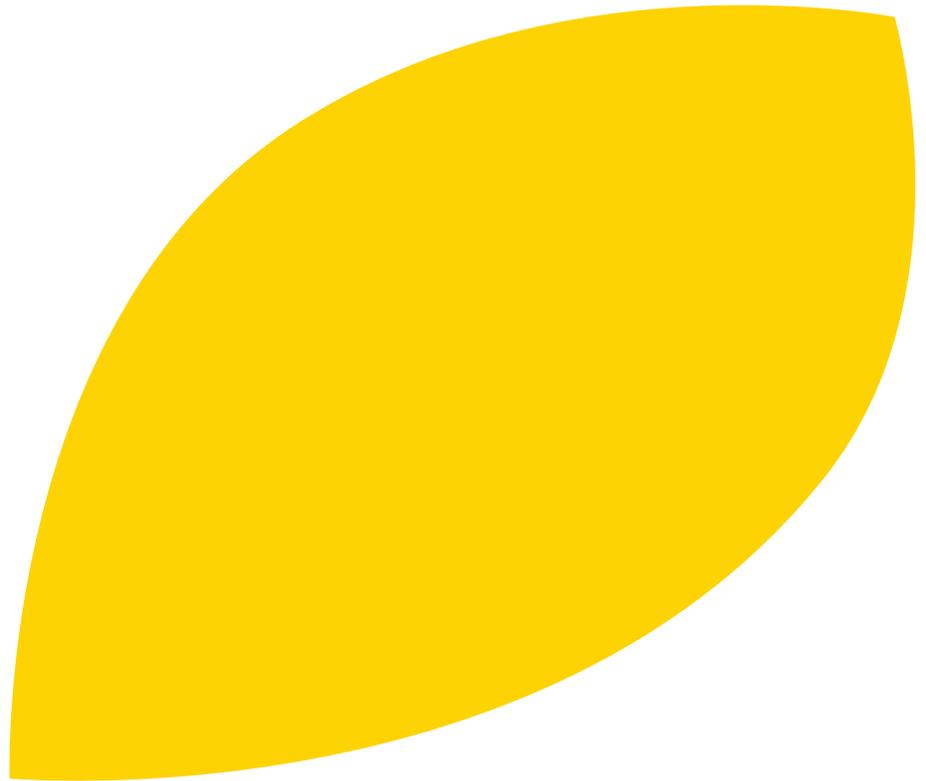
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Cancer Council Victoria; working towards a cancer-free future

Every year, more than 34,500 Victorians will be diagnosed with cancer, and nearly 11,000 will die. The number of cases will increase as our population grows and ages. Survival will also improve as we get better at **early detection** and **treatment of cancer**.

Our mission is to prevent cancer, empower patients and save lives. Whether it's investing in high quality research, helping people reduce their cancer risk, or providing expert information and support, we are committed to a cancer-free future.

At Cancer Council Victoria we:

- Implement powerful cancer prevention programs for major cancer risk factors: tobacco, UV, diet, obesity and alcohol.
- Mobilise community participation in cancer screening and immunisation programs.
- Empower patients by delivering dynamic, credible information and compassionate support.
- Maximise the impact of cancer research and data.
- Work with the community to change laws and policies to reduce cancer risk and improve cancer care.

The role of the Strategy & Support Division is to empower patients and clinicians by delivering dynamic evidence-based, tailored information, maximise the impact of cancer research and advocate for policy change to improve cancer outcomes and reduce system inequities.

We support all people affected by cancer, via the following programs:

- **13 11 20** cancer nurses provide practical information and support to more than 11,500 Victorians and health professionals annually.
- **Financial Assistance Program** refers people to pro-bono programs providing legal, financial and workplace advice.
- **Holiday Break Program** gives patients and families a short break away.
- **Wig Service** provides wigs and scarves to people effected by cancer. A new, regional wig service via mail supports people in regional areas.
- **Effective Cancer Communications** program delivers best practice communication skills education to health professionals, non-clinical staff and volunteers; fostering patient autonomy within health services and enables supportive relationships with cancer patients and their families.
- Our **eLearning** platform delivers online learning for health professionals. Current topics include prostate and oesophagogastric cancers and radiotherapy in childhood cancer.
- **Cancer Support** groups and peer to peer telephone support connect patients and carers to others that have had a similar cancer experience.

Cancer Education Programs

Cancer Education Programs are delivered by health professionals working with cancer patients, carers and survivors. The health professionals are trained as program facilitators by Cancer Council Victoria and supported by their health service.

These are an essential part of Cancer Council Victoria's support services, providing the facilitators, with the necessary training and tools to assist people affected by cancer.

There are currently 250 trained facilitators of the Cancer Education Programs across 70 Victorian Health Services.



Our Programs

- The **Living with Cancer Education Program** empowers those affected by cancer who have been recently diagnosed and undergoing oncology treatments. The program provides participants with useful skills, validated resources and the opportunity to connect with others. The program consists of presentations on relevant topics, delivered by health professionals within the health service to participants, including family and friends.
- The **Cancer Wellness Program** enables those who have completed or are completing their initial treatment to increase capacity to self-manage their own health and wellbeing. This program has a suite of topics and delivery models to assist participants to navigate life after a cancer diagnosis and live as healthy and well as they are able to.
- The **Cancer Wellness and Exercise (new)** program links exercise and education sessions together over an eight-week period. Programs are offered at community and acute health services across Victoria to assist participants in managing their health and improving their wellbeing. Sessions are delivered by exercise specialists, health professionals and program facilitators at the health service.

“I liked all of the program and learnt that art and music therapy can help me during treatment.”

Living With Cancer Education Program participant

“The program has helped to always feel better in my self and gave me an insight into what I can do to help myself”

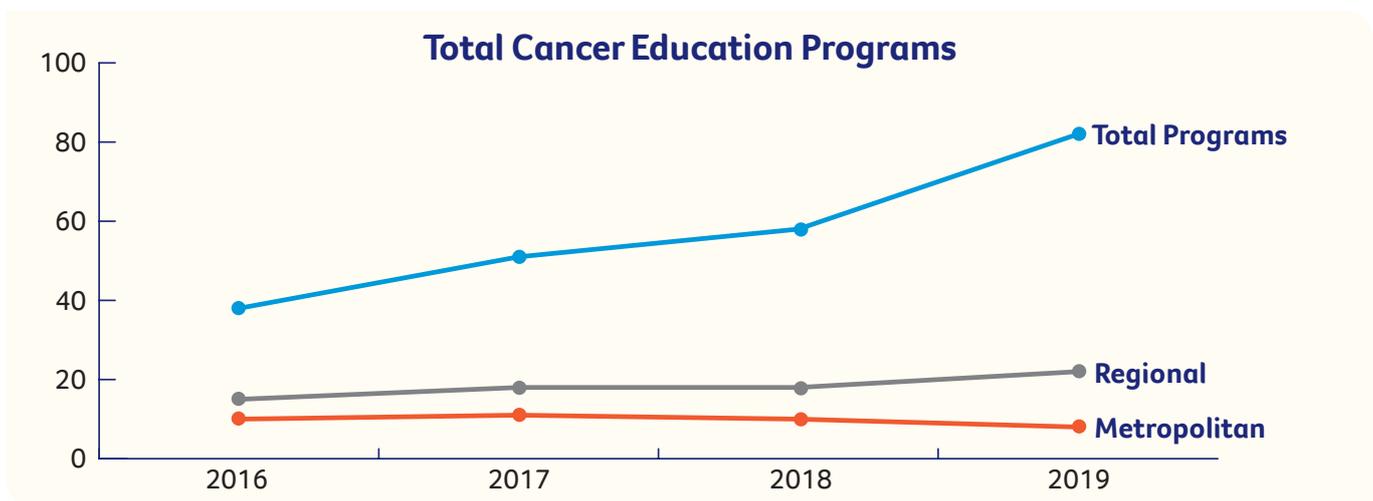
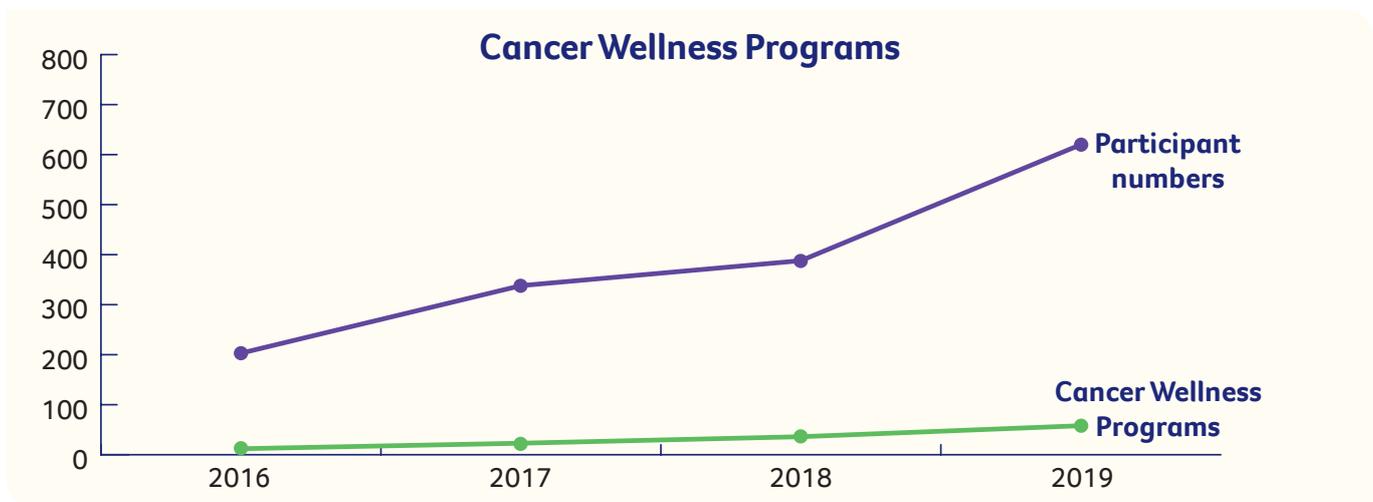
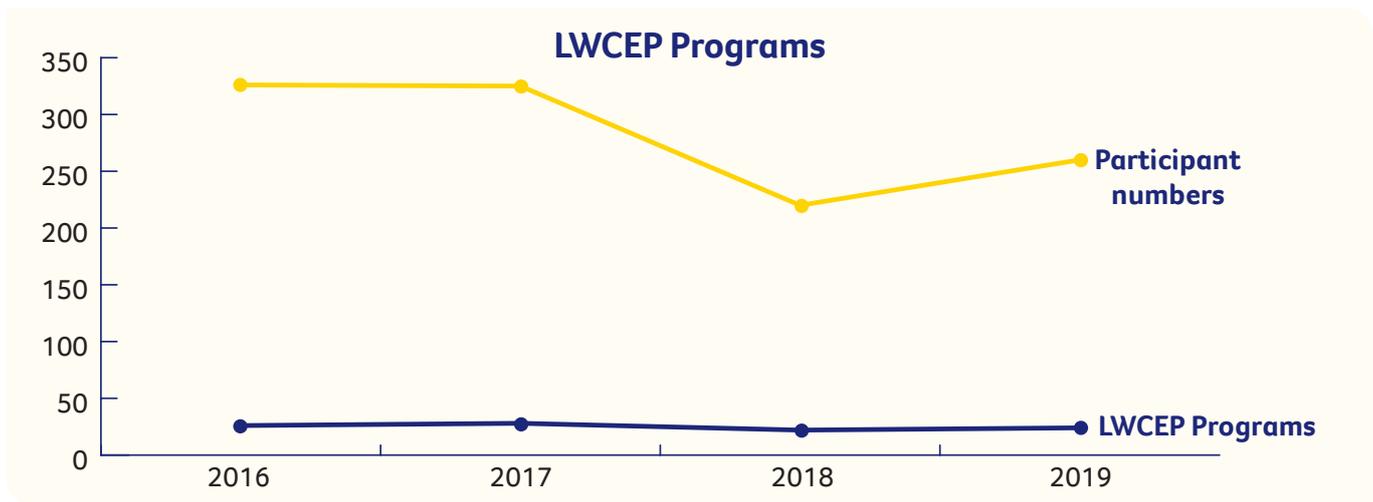
Cancer Wellness participant

“My fatigue eased after four weeks in the program – I now have some energy in the afternoon.”

Cancer Wellness & Exercise participant



In 2019, **82 cancer education programs** were delivered to **880 participants**. This was an increase of **44 programs over four years**.



Cancer Wellness and Exercise – in detail

In 2016-2018 Cancer Council Victoria in conjunction with Hume and Grampians Integrated Cancer Services, piloted the 'Telehealth for supportive survivorship care' project; a Department of Health and Human Services funded project. Through this project a new model of survivorship care was developed that used telehealth for the delivery of education and exercise.

This project involved the trial of eight education and exercise programs, across five rural and regional health services, delivered over an eight week period to over 110 participants.

The results:

As a result of the success of this program, Cancer Council Victoria launched the Cancer Wellness and Exercise program in January 2019, as part of the Cancer Education Programs.

The program is offered as one of the delivery models of the Cancer Wellness programs and is dependant on the exercise facilities available at health services.

In 2019, 40 Cancer Wellness and Exercise programs have been delivered across 13 acute and community health services to 350 participants.

“I would like to congratulate the team for running a wonderful exercise program for cancer patients. ... Prior to doing this program, I was so fatigued by lunchtime every-day I could not see a way forward. However, after about 4 weeks in, I suddenly had energy in the afternoons to do things. Thank you so much. PS Already I am missing the classes.”

Cancer Wellness & Exercise program participant 2019

On-going programs:

The Cancer Wellness & Exercise program is also being trialled as a rolling program with participants registering at any time throughout the year for their eight weeks of education and exercise.

Benefits include:

- Much more flexible for participants and facilitators
- Easier recruitment – not in a rush to get participants signed up and assessed before week 1
- Allows for better coordination of initial and post assessments by the exercise physiologist
- Participants who have been in the program longer are able to guide the new ones



“We find the rolling structure of the program is working quite well compared to the set program. It has assisted in reducing wait times for patients to enter the program and allowed patients to complete their eight sessions, whereas previously they would have missed out in the set program. One of the downsides is there isn't a break in the program which has made it difficult for staff to re-group and have some downtime.”

Cancer Wellness & Exercise program facilitator 2019

Victorian Integrated Cancer Services

Integrated Cancer Services (ICS) support regional and metropolitan health services across Victoria delivering Cancer Education Programs. Collaboration with and support by each of the ICS in the local region has enabled program delivery to achieve successful outcomes. The ICS have significantly supported facilitator training and capacity building of the workforce and program delivery across the health services.

Integrated Cancer Services – Cancer Education Programs

Barwon South-West Regional Integrated Cancer Service (BSWRICS)

Health services with registered facilitators:

- Barwon Health
- Barwon Health - Belmont
- Barwon Health - McKellar
- Portland District Health
- St John of God Healthcare – Warrnambool
- Western District Health – Hamilton
- Southwest Health Care – Warrnambool
- Epworth – Warrnambool

Programs delivered in 2019

LWCEP	1	Cancer Wellness	2
Cancer Wellness and Exercise		5	

Hume Regional Integrated Cancer Service (Hume RICS)

Health services with registered facilitators:

- Albury Wodonga Health
- Albury Wodonga Aboriginal Health Service
- Alpine Health
- Goulburn Valley Health
- Indigo North Health
- Kilmore and District Hospital
- Northeast Health Wangaratta
- Ovens and King Community health Service
- Seymour Health
- Numurkah District Health Service
- Tallangatta Health Service
- Upper Hume PCP; Hume RICS

Programs delivered in 2019

LWCEP	2	Cancer Wellness	2
Cancer Wellness and Exercise		19	

Gippsland Regional Integrated Cancer Service (GRICS)

Health services with registered facilitators:

- Bairnsdale Regional health Service
- Central Gippsland Health Service – Sale
- Gippsland Southern Health Service – Leongatha Hospital
- Gippsland Southern Health Service – Korumburra Hospital
- Latrobe Regional Hospital

Programs delivered in 2019

LWCEP	5	Cancer Wellness	2
Cancer Wellness and Exercise		1	

Loddon Mallee Integrated Cancer Service (LMICS)

Health services with registered facilitators:

- Bendigo Health
- Castlemaine Health
- Boort District Hospital
- Echuca Regional Health
- Kerang District Health
- Maryborough District Health Service
- Rochester and Elmore District Health Service
- Swan Hill District Health
- Sunraysia Cancer Resource Service

Programs delivered in 2019

LWCEP	2	Cancer Wellness	2
Cancer Wellness and Exercise		5	



North Eastern Metropolitan Integrated Cancer Service (NEMICS)

Health services with registered facilitators:

- Access Health
- Austin Health
- Northern Health - Epping
- Carrington Health Donvale Rehabilitation Hospital
- Eastern Health – Box Hill
- Eastern Health – Yarra Ranges
- Eastern Health – Maroondah
- Epworth Eastern Hospital

Programs delivered in 2019

LWCEP	5	Cancer Wellness	2
Cancer Wellness and Exercise		1	

Grampians Integrated Cancer Service (GICS)

Health services with registered facilitators:

- Ballarat Health Services
- St John of God Healthcare Ballarat
- East Grampians Health service
- Rural Northwest Health – Warracknabeal
- Stawell regional health
- Wimmera health Care Group - Horsham
- West Wimmera Health Service
- Dunmunkle Health Service
- Edenhope and District
- GICS

Programs delivered in 2019

LWCEP	5	Cancer Wellness	2
Cancer Wellness and Exercise		11	

Southern Metropolitan Integrated Cancer Service (SMICS)

Health services with registered facilitators:

- Cabrini Brighton
- Cabrini Malvern
- Monash Health Clayton
- Monash Health Moorabbin
- Peninsula Health Service Frankston
- The Alfred Hospital
- The Bays Hospital
- Think Pink
- St John of God Hospital Berwick.

Programs delivered in 2019

LWCEP	4	Cancer Wellness	1
Cancer Wellness and Exercise			

West Central Metropolitan Integrated Cancer Service (WCMICS)

Health services with registered facilitators:

- Epworth Freemasons Hospital
- Royal Melbourne Hospital
- Ovarian Cancer Australia
- Peter MacCallum Cancer Centre
- St Vincent’s Hospital
- Sunshine Hospital
- Western Hospital Footscray
- Community Health Reservoir
- Breast Cancer Network Australia

Programs delivered in 2019

LWCEP		Cancer Wellness	3
Cancer Wellness and Exercise			



Interview

Cancer Connect Volunteer – Greg Morvell

The role of a cancer connect volunteer (from my perspective).

From my experience, I think the essential role of the cancer connect volunteer is to be a good and empathetic listener. Cancer diagnosis and treatment can be incredibly stressful and confusing. For even the most supportive carers it can also be difficult to fully appreciate what you are going through. The cancer connect volunteer can provide that missing connection and reassurance.

When and why did you become a cancer connect volunteer?

I joined the program as a volunteer in early 2013 which was two years after my treatment. There were a couple of key reasons for volunteering. Firstly, having successfully gone through cancer diagnosis and treatment, I felt I had built up some knowledge and experience which I could share with others going through a similar diagnosis. Secondly, in some part this was also driven by a sense of ‘survivors’ guilt’ as I have had such a positive outcome from treatment when others don’t. I felt it was important to be able to give back in some way.

What is a challenge that you have with this role?

For me, a challenge is commencing each call and having to make a connection with a complete stranger and, because everyone’s experience is different, never knowing which way the conversation will go or how you can best provide support to that person.

What is one special moment / highlight for you as a cancer connect volunteer?

The regular highlight for me has been getting positive feedback from callers. People are usually extremely grateful to have someone to talk to who can genuinely relate to their experience. It is incredibly rewarding when you have been able to provide some measure of support and reassurance to someone dealing with cancer.

Case Study

Wimmera Prostate Cancer Support Group

The Wimmera Prostate Cancer Support group was officially recognised by CCV in July 2017, however the steps that led to that point started several months earlier.

Several men in the Horsham community were committed to the idea of starting a group following a prostate cancer information forum and encouraged by Gay Corbett, Prostate Cancer Specialist Nurse. In particular, Brian Nagorcka, Max Judd and Lyle Wheaton were a key component of getting the group up and running.

Three members of the group attended training in March of 2017. The training was also attended by leaders from other groups in Ararat and Warrnambool. A journalist and photographer from the local paper visited the training day, resulting in a photo and story



promoting the group and encouraging men to get health checks and to seek support if diagnosed with prostate cancer.

The group welcomes men with prostate cancer and their loved ones and has approximately 30 members. They meet monthly in the Horsham RSL, which provides the room at no charge, and then they enjoy a meal together. They have had several educational guest speakers visit the group but prioritise their ‘sharing’ time at the start of the meeting.

Facilitator program resources

Upon completion of facilitator training, the following resources are available to enable successful coordination, promotion and delivery of the cancer education programs:

Program Planning and Promotion

- Planning resources
- Participant resources
- Promotion material
- Staff and volunteers promotion
- Media and community
- Presenters information
- Post-program processes

Cancer Wellness Program

- Program Presentations
- Program Worksheets
- Cancer Wellness & Exercise Toolkit
- Cancer Wellness Seminar Resources
- Telehealth Manual

LWCEP

- Program presentations
- Program resources
- Program fact sheets
- Tumor Specific program resources:
Prostate; Lung; Head & Neck; Breast;
Bowel and Colorectal
- CALD programs: Greek; Mandarin; Arabic

Video Library

- I-Heard Tutorial
- Nutrition videos
- Complementary Therapies
- Emotional Health and wellbeing
- Fatigue and Survivorship
- Foot Health
- Healthy Eating & Nutrition
- Life, management, Finances and work
- Physical Activity & Survivorship
- Recovery, Wellbeing and Survivorship

Cancer Education Diary Dates - 2020

Date	Event	Location
March 26 & 27	Cancer Wellness Facilitator Training	Cancer Council Victoria, 615 St Kilda Rd, Melbourne
March 17 & 18	LWCEP Facilitator Training	Cancer Council Victoria, 615 St Kilda Rd, Melbourne
November 20	Facilitator Showcase	Cancer Council Victoria, 615 St Kilda Rd, Melbourne



**For information and support
contact a cancer nurse on**

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