

Oncology Resource Guide for Dietitians



**Supporting community and private practice
dietitians in managing oncology patients**

Oncology Resource Guide for Dietitians

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Introduction

The Oncology Resource Guide for Dietitians is intended for Australian private practice and community health dietitians to support nutritional management of oncology patients. It is a comprehensive collation of pre-existing evidence-based materials and resources developed by health organisations for the management of oncology patients.

The guide provides information regarding services and programs for those affected by cancer. It also includes information on supplement programs and details on how to find a dietitian.

For ease of use the information is accessible through hyperlinks.

How this guide was developed

This guide was developed, and subsequently reviewed, based upon findings from surveys conducted with private practice and community health dietitians around Australia. It was developed as a result of La Trobe University Community and Public Health Nutrition Projects in 2014 and 2015.



Cancer Council **13 11 20** nurses can offer additional assistance to busy clinicians by providing patients and carers with emotional and practical support. Nurses are respectful of individuals' care plans and do not provide medical advice. Nurses are also available to offer information to dietitians on a range of issues affecting patients and carers.



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Resources for dietitians

Evidence based practice guidelines

Resource	Developed by	Published / Reviewed
<u>Evidence based practice guidelines for the nutritional management of patients receiving radiation therapy and/or chemotherapy.</u>	Endorsed by DAA	Published January 2013
<u>Evidence based practice guidelines for the nutritional management of patients with cancer cachexia.</u>	Endorsed by DAA	Last reviewed June 2014
<u>Evidence based practice guidelines for the nutritional management of adult patients with head and neck cancer.</u>	Endorsed by DAA	Last reviewed September 2011

DAA: Dietitians Association of Australia.

General guidance and information

Resource	Developed by	Published / Reviewed
<p><u>Complementary and alternative medicine (CAM): Communicating with patients</u></p> <ul style="list-style-type: none"> Strategies when communicating with patients about the potential risk of CAMs. 	Cancer Council Victoria	Published October 2012
<p><u>Talking about complementary and alternative medicine – A resource for clinicians</u></p> <ul style="list-style-type: none"> Resource to facilitate discussion about CAM use between clinicians and patients. 	NHMRC	Published July 2013
<p><u>CAMs during cancer treatment – nutrition related supplements: A clinician's guide</u></p> <ul style="list-style-type: none"> Common supplements, research about their effects and grade for recommendation. 	NEMO	Reviewed October 2014
<p><u>Cancer Forum – complementary and alternative medicine</u></p> <ul style="list-style-type: none"> Australia's leading journal for multidisciplinary oncology clinicians. This issue provides reviews on CAMs. Notable inclusions: <ul style="list-style-type: none"> interaction between CAMs and conventional anti-cancer medication educating about CAMs integrating CAMs patients perception of CAMs. 	Cancer Council Australia and COSA	Published March 2011

COSA: Clinical Oncology Society of Australia. NEMO: Nutrition Education Materials Online. NHMRC: National Health and Medical Research Council.

General guidance and information

Resource	Developed by	Published / Reviewed
<p><u>Cancer Forum – nutrition and cancer</u></p> <ul style="list-style-type: none"> • Australia’s leading review journal for multidisciplinary health. • This issue provides reviews on nutrition and cancer. • Notable inclusions: <ul style="list-style-type: none"> – mentoring and professional support programs in cancer nutrition for regional dietitians – nutrition after cancer treatment – body composition and breast cancer – taste problems. 	<p>Cancer Council Australia and COSA</p>	<p>Published July 2011</p>
<p><u>Cancer cachexia and EPA – clinician’s guide</u></p> <ul style="list-style-type: none"> • Information on fish oil capsules, liquids and oral nutrition supplements for consideration as a component of nutrition intervention. 	<p>NEMO</p>	<p>Reviewed September 2015</p>
<p><u>Taste and smell changes</u></p> <ul style="list-style-type: none"> • Guide for clinicians which focuses on taste and smell changes including underlying mechanisms, investigation and diagnosis, signs and symptoms and management. • To access this guide completion of a short registration form is required. • Registering to use eviQ is free. 	<p>eviQ</p>	<p>Published October 2015</p>

COSA: Clinical Oncology Society of Australia. NEMO: Nutrition Education Materials Online.

General guidance and information

Resource	Developed by	Published / Reviewed
<p><u>Search about herbs – herbs and supplement directory</u></p> <ul style="list-style-type: none"> • This website is a database of herbs and supplements. • It includes information on herb-drug interactions, purported uses and clinical summaries. • Pharmacists and botanical experts manage and review the database to ensure the provision of evidence-based information. • 'About Herbs' also comes in the form of an app, click here for further information. 	<p>Memorial Sloan Kettering Cancer Centre</p>	<p>Ongoing review</p>
<p><u>Food, nutrition, physical activity and the prevention of cancer: A global perspective</u></p> <ul style="list-style-type: none"> • A review of research into diet, physical activity and cancer prevention. • The report findings underpin a series of nutrition and physical activity recommendations. • Notable sections: <ul style="list-style-type: none"> – Dietary components and prevention of cancer summary table (page 370); summarises the text in chapters 4, 5, 6, 7 and 8 of report. – Chapter 12: Public health goals and personal recommendations for cancer prevention (page 368) designed to be used by clinicians in practice. 	<p>WCRF and AICR</p>	<p>Published 2007 with ongoing update</p>

AICR: American Institute for Cancer Research. WCRF: World Cancer Research Fund.

Position statements

Resource	Developed by	Published / Reviewed
<p><u>Cancer Council Australia nutrition position statements</u></p> <ul style="list-style-type: none"> • Cancer Council Australia has published a number of position statements addressing the link between dietary components and cancer risk. • These position statements provide comprehensive information on the roles of dietary components in cancer and include epidemiological evidence, potential mechanisms of action, key messages and recommendations. • Available statements: <ul style="list-style-type: none"> - Meat - Fruit and vegetables - Fibre, wholegrain cereals - Dairy foods and calcium - Soy and phyto-oestrogens - Salt - Sugar sweetened beverages - Tea - Omega-3 fatty acids and fish - Beta-carotene - Folate - Selenium. 	Cancer Council Australia	Reviewed April 2015
<p><u>COSA position statement: The use of complementary and alternative medicine by cancer patients</u></p> <ul style="list-style-type: none"> • COSA's position statement on the use of CAMs by cancer patients which provides support to health professionals for the management of cancer patients who are using or seeking advice about commencing CAMs. 	COSA	Published May 2013

COSA: Clinical Oncology Society of Australia

Nutrition screening and assessment tools

Screening

Malnutrition Screening Tool (MST)

- The MST was developed for acute adult hospital patients.
- It has also been validated for use in patients undergoing radiotherapy and chemotherapy.

Malnutrition Universal Screening Tool (MUST)

- The MUST was developed for use in all healthcare settings, including acute hospital, outpatient clinics, general practice, the community and residential care.

Assessment

Patient-Generated Subjective Global Assessment (PG-SGA)

- The PG-SGA has been validated for use with oncology patients in acute, community, rehabilitation and residential aged care settings.
- [Click here](#) for information on how to conduct PG-SGA and to download in other languages.

Accessing oral nutrition support supplements

- This section provides details on how dietitians and patients can access nutritional support products directly through nutritional supplement companies.
- Cancer Council Victoria does not endorse any particular brand or company. This list is for information purposes only and should not be considered exhaustive. Price and information details are current as of September 2015 and may be subject to change without notice.

Ensure Health@Home – Abbot

- Patients of private practice and community health dietitians are able to order Abbott products through the Ensure Health@Home program via CH2 Intouch direct.

Delivery	Cost
<ul style="list-style-type: none"> • Phone orders: <ul style="list-style-type: none"> – Delivery cost of \$9.50 to anywhere in Victoria. • Online orders: <ul style="list-style-type: none"> – No delivery fee for orders over \$50, – If order under \$50 a \$9.50 delivery fee to anywhere in Australia applies. • Delivery: <ul style="list-style-type: none"> – Two working days in metropolitan, regional and rural areas. – Three working days for remote areas. 	<ul style="list-style-type: none"> • The cost is approximately 50% less than buying through pharmacies and other online dispensers, however whole cartons must be ordered.
	Contact
	<ul style="list-style-type: none"> • 1300 134 260 • www.intouchdirect.com.au

Accessing oral nutrition support supplements

Nutricia at home – Nutricia

- Patients of private practice and community health dietitians can access Nutricia products at a subsidised price provided they are registered to Nutricia at Home by their dietitian.
- Dietitians can register [online](#).
- Once Nutricia at Home receive the registration, patients will be contacted within one to two working days.
- [Click here](#) to browse available supplements.
- Product samples can be requested by contacting Nutricia's Clinical Care Line on 1800 060 051.

Delivery

- Home delivery is available anywhere within Australia and costs are dependent on location.
- Expected delivery will be advised when the order is taken.
- Allow five working days if outside of metropolitan areas.
- It is recommended that 'Authority to leave' is written on the patients' registration.

Cost

- The cost is approximately 50% less than buying through pharmacies and other online dispensers, however whole cartons must be ordered.

Contact

- Nutricia at Home: 1800 884 367
- Nutricia Clinical Care Line: 1800 060 051
- www.nutriciaathome.com.au
- homeau@nutricia.com

Accessing oral nutrition support supplements

NCare – Nestle

- NCare is a new program designed for health professionals who manage patients' nutrition in the community.
- Health professionals can register and create patient profiles which assist in the management of a nutrition regime.
- NCare also has a patient transfer function which allows health professionals to transfer or co-manage patients.
- Dietitians can [register here](#).
- Health professionals can register to receive free samples and education materials; register at [Nestle](#).

Delivery

- For approximate delivery timeframes and costs to metropolitan, regional and remote locations please contact Independence Australia on 1300 788 855.

Cost

- Products can be purchased individually or in carton quantities.
- They are competitively priced as the program offers subsidised rates.

Contact

- NCare hotline: 1800 671 628
- www.ncare.net.au
- [Click here](#) to send an online message.

Accessing oral nutrition support supplements

Proform – MG Nutritionals

- Proform milk powder is available through private pharmacies, online retailers, or through hospitals and community health care services if patients are a part of the Home Enteral Nutrition/Health Purchasing Victoria program.

Delivery

- Delivery options and costs are dependent on the individual retailer.

Cost

- The cost of Proform is dependent on the individual retailer.

Contact

- [Click here](#) for information on where to purchase Proform.

Accessing oral nutrition support supplements

Independence Australia

- Independence Australia is a company that supplies nutritional supplement products from a range of manufacturers.
- Both personal and business supplement orders can be placed with Independence Australia online, via phone or in person at one of their nationwide showrooms.

Delivery

- For approximate delivery timeframes and costs to metropolitan, regional and remote locations please contact Independence Australia on 1300 788 855.
- It is recommended that 'Authority to leave' is written on the patients' registration.
- Phone, fax or email orders:
 - Free delivery Australia wide for orders over \$250
 - Delivery rates for orders under \$250
 - metropolitan areas \$5.50 per carton
 - non-metropolitan areas \$8.25 per carton.

Cost

- Products can be purchased individually or in carton quantities and are competitively priced as the program offers subsidised rates.
- [Click here](#) to visit the online shop for pricing.

Contact

- 1300 788 855 (freecall) to place an order over the phone.
- <http://store.independenceaustralia.com/personal-hygiene/nutrition/supplements.html>
- customerservice@independenceaustralia.com
- [Click here](#) to locate your nearest showroom.



Patient education materials

Nutrition related symptom management and food safety

Resource	Developed by	Published / Reviewed
<u>Nutrition and cancer</u> <ul style="list-style-type: none">Eating problems during treatment, getting the most from food and recipes and snacks.Printed copies can be ordered here.	Cancer Council Australia	Published June 2013
<u>Loss of appetite</u> <ul style="list-style-type: none">Tips to help with loss of appetite.	NEMO	Reviewed April 2014
<u>Understanding malnutrition and cancer</u> <ul style="list-style-type: none">Why malnutrition is a risk in cancer, its prevention and management.Printed copies can be ordered here.	DHHS Victoria and Cancer Council Victoria	Published September 2013
<u>Nausea and vomiting</u> <ul style="list-style-type: none">Tips to reduce nausea and vomiting.	NEMO	Reviewed April 2014
<u>Understanding taste and smell changes</u> <ul style="list-style-type: none">How we experience flavour, how cancer treatment can affect senses and tips for managing flavour changes.Printed copies can be ordered here.	Cancer Council Australia	Published July 2015
<u>Food handling and infections</u> <ul style="list-style-type: none">Basic food safety guidelines.	Cancer Council Victoria	Published June 2013
<u>Food safety</u> <ul style="list-style-type: none">Food handling, food storage and temperature control.	NEMO	Reviewed March 2014
<u>Listeria and food</u> <ul style="list-style-type: none">Precautions, good food hygiene and how to make safe food choices.	FSANZ	Updated 2012

DHHS: Department of Health and Human Services. NEMO: Nutrition Education Materials Online.

FSANZ: Food Standards Australia and New Zealand.

Gastrointestinal symptoms and post-surgery nutritional management

Resource	Developed by	Published / Reviewed
<p><u>Managing side effects of head and neck cancers</u></p> <ul style="list-style-type: none"> Nutritional management of dry mouth, mouth sores, taste and appetite changes. <p><u>Treatment for head and neck cancers</u></p> <ul style="list-style-type: none"> Treatment modalities and potential side effects. 	Cancer Council Victoria	Published June 2012
<p><u>Sore mouth or throat</u></p> <ul style="list-style-type: none"> Causes, managing pain and diet. 	NEMO	Published November 2013
<p><u>Pain with swallowing</u></p> <ul style="list-style-type: none"> Pain relief, nutrition goals and diet management. 	NEMO	Reviewed January 2015
<p><u>Digestive problems</u></p> <ul style="list-style-type: none"> Tips for managing nausea and vomiting, heartburn, constipation, diarrhoea and bowel irritation. 	Cancer Council Victoria	Published June 2013
<p><u>Nutrition post-gastrectomy</u></p> <ul style="list-style-type: none"> Appetite, diarrhoea, anaemia, weight loss, dumping syndrome, home diet post-surgery, food suggestions and basic meal plan. 	NEMO	Updated February 2013
<p><u>Understanding bowel cancer</u></p> <ul style="list-style-type: none"> A guide for cancer patients, families and friends. Printed copies can be ordered here. 	Cancer Council Australia	Reviewed February 2015
<p><u>Coping with diet & bowel changes</u></p> <ul style="list-style-type: none"> Incontinence, having a stoma, diet after treatment. 	Cancer Council Victoria	Published January 2013

NEMO: Nutrition Education Materials Online.

Gastrointestinal symptoms and post-surgery nutritional management

Resource	Developed by	Published / Reviewed
Healthy eating with an ileostomy <ul style="list-style-type: none"> Information on diet, fluid intake, salt and meals. 	NEMO	Reviewed October 2015
Dietary advice for colostomy and ileostomy patients <ul style="list-style-type: none"> Signs, symptoms and treatment measures. Click on the corresponding link under the 'Patients Forms & Resources' menu. 	NSCC	Published November 2012
Controlling gas <ul style="list-style-type: none"> Causes, treatment and tips for management. 	NSCC	Published November 2012
Diarrhoea during cancer treatment <ul style="list-style-type: none"> Hydration, tips for eating and medications. 	NEMO	Reviewed August 2014
Managing different causes of constipation <ul style="list-style-type: none"> Outlines the different causes and provides management tips. 	NEMO	Published October 2013

NSCC: Northern Sydney Colorectal Clinic Southern. NEMO: Nutrition Education Materials Online.

Complementary and alternative medicines

Resource	Developed by	Published / Reviewed
<p><u>Complementary and alternative medicine: making informed decisions</u></p> <ul style="list-style-type: none">• Information about CAMs to help assist patients in making informed decisions about alternative therapies.• Printed copies can be ordered here.	Cancer Council Victoria	Published October 2012
<p><u>Understanding complementary therapies</u></p> <ul style="list-style-type: none">• Evidence, FAQs, explanation of the therapies, use of herbs and alternative diets, seeking support.• Printed copies can be ordered here.	Cancer Council Australia	Published June 2015

High energy high protein and cancer related weight loss

Resource	Developed by	Published / Reviewed
High energy high protein diet <ul style="list-style-type: none"> Eating to increase or maintain weight – food group suggestions to achieve this. 	NEMO	Reviewed June 2015
High energy high protein drinks <ul style="list-style-type: none"> How to make nourishing drinks. 	NEMO	Reviewed May 2015
Quick tips for a high energy high protein diet <ul style="list-style-type: none"> Food sources and diet suggestions. 	NEMO	Reviewed May 2015
Recipes and snacks <ul style="list-style-type: none"> Meal and snack ideas, nourishing drinks, soups and marinades. 	Cancer Council Victoria	Published June 2013
Management of cancer-related weight loss <ul style="list-style-type: none"> Diet strategies and fish oils. 	NEMO	Reviewed July 2014
Tips for gaining weight <ul style="list-style-type: none"> Meal ideas, snack ideas and pictorials. 	WCH	Published December 2010
Simple ways to gain weight <ul style="list-style-type: none"> YouTube simplified clips on how to increase energy and protein intake. 	NEMO	Published March 2014

NEMO: Nutrition Education Materials Online.

WCH: Women's and Children's Hospital, SA.

General healthy eating and cancer prevention

Resource	Developed by	Published / Reviewed
<p>Healthy eating to reduce cancer risk</p> <ul style="list-style-type: none"> Food and drink to include/limit in diet to reduce cancer risk. 	Cancer Council Victoria	Reviewed May 2014
<p>Healthy eating and breast cancer</p> <ul style="list-style-type: none"> Healthy eating, maintaining a healthy weight, complementary medicines, myth busting and where to seek further information and support. 	BCNA	Published November 2014
<p>Diet, lifestyle and breast cancer risk</p> <ul style="list-style-type: none"> Lifestyle factors and key foods believed to be associated with breast cancer. 	Westmead Breast Cancer Institute	Reviewed September 2012
<p>Following a healthy lifestyle: tips and hints</p> <ul style="list-style-type: none"> General healthy eating principles, tips on how to include more exercise into daily life and how to measure waist circumference. 	Cancer Council Victoria	Reviewed May 2015
<p>Alcohol and cancer</p> <ul style="list-style-type: none"> Recommended amount, size of standard drinks and tips for drinking less. 	Cancer Council New South Wales	Reviewed July 2014

BCNA: Breast Cancer Network Australia.

Culturally and linguistically diverse resources

Resource	Developed by	Published / Reviewed
<p><u>Resources in other languages</u></p> <ul style="list-style-type: none"> This tool allows you to search Cancer Council Victoria resources which have been translated; including the 'Eating well during treatment' booklet which is available in 15 languages. 	Cancer Council Victoria	–
<p><u>Cancer information and support in languages other than English</u></p> <ul style="list-style-type: none"> Cancer Council Victoria offers a free confidential service where patients, families and carers can talk to a cancer nurse with the help of an interpreter. 	Cancer Council Victoria	–
<p><u>High energy high protein foods</u></p> <ul style="list-style-type: none"> A pictorial guide. 	NEMO	Published May 2014
<p><u>Handy hints for nourishing meals</u></p> <ul style="list-style-type: none"> Simplified resource which can be accessed through DAA – DINER. You must be a DAA member to access. Ensure you are logged in prior to accessing resource. 	DAA	Updated August 2015
<p><u>Simple ways to gain weight: Part 1 and Part 2</u></p> <ul style="list-style-type: none"> YouTube simplified clips on how to increase energy and protein intake. 	NEMO	Published March 2014

NEMO: Nutrition Education Materials Online. DAA: Dietitians Association of Australia.

Myths and fads

Resource	Developed by	Published / Reviewed
<p><u>iheard</u></p> <ul style="list-style-type: none"> iheard is a website created to dispel the many myths, rumours and fanciful claims about cancer. Patients, carers, families and clinicians can post questions and receive evidence based responses from experts. 	Cancer Council Australia	Ongoing review
<p>Origin of the myth, current evidence and summary:</p> <ul style="list-style-type: none"> Artificial sweeteners and cancer Chlorine and cancer Coffee, tea, hot beverages and cancer Fluoride and cancer Food additives and cancer Plastics used for food storage and cancer 	Cancer Council Western Australia	Published 2013-2014
<p><u>Apricot kernels</u></p> <ul style="list-style-type: none"> Can eating apricot kernels cure cancer? A post dispelling this myth. 	FSANZ iheard	Updated February 2015 Updated January 2013
<p><u>Unproven dietary treatments – Juicing</u></p> <ul style="list-style-type: none"> Purported benefits and clarification. 	Cancer Council Victoria	Published June 2013
<p><u>Dietary supplements versus whole foods</u></p> <ul style="list-style-type: none"> Brief summary of recent studies and recommendations. <p><u>Vitamin supplements and cancer</u></p> <ul style="list-style-type: none"> Summary of common vitamins and recommendations. <p><u>Dietary supplements for cancer survivors</u></p> <ul style="list-style-type: none"> Fact sheet addressing benefits, disadvantages, and herbal remedies. 	Cancer Council New South Wales	Published October 2013

FSANZ: Food Standards Australia and New Zealand.



Training and support

Dietitians and oncology clinicians

These resources are intended for use by dietitians and other health professionals.

Service/program	Organisation
<p>DAA Oncology Interest Group (IG)</p> <ul style="list-style-type: none">• The IG provides DAA members with a forum for discussion related to oncology and a professional network facilitating peer support, informal mentoring and access to a range of member views pertaining to oncology.• To join the IG you must be a DAA member.<ul style="list-style-type: none">– Go to the DAA website (login required).– Go to 'Interest Groups and Discussion Groups'– Go to 'Join, suspend, recommence or remove yourself from IGs/DGs'	DAA
<p><u>Cancer Council 13 11 20</u></p> <ul style="list-style-type: none">• Free confidential telephone information and support service run by Cancer Councils in each state and territory.• Health professionals including specialist oncology nurses are available to provide information and support to health professionals, patients, families and carers.• Contact:<ul style="list-style-type: none">– Call 13 11 20 for information and support.	Cancer Council Australia

DAA: Dietitians Association of Australia.

Dietitians and oncology clinicians

These resources are intended for use by dietitians and other health professionals.

Service/program	Organisation
<p><u>Malnutrition in cancer eLearning resources</u></p> <ul style="list-style-type: none"> • This comprehensive, evidence-based education program has been developed following a recognised need for improved awareness, knowledge and management of cancer malnutrition. • Interactive programs have been developed for medical, nursing, allied health and general practice health professionals. • For dietitians, the completion of the program will contribute to accruing CPD points (4 CPD points for entire program) and provide you with improved knowledge and practices around malnutrition in cancer. • The development of this education resource was led by the Nutrition Department at Peter MacCallum Cancer Centre and overseen by the Department of Health and Human Services, Victoria. • Completion of a short registration form is required to access the Malnutrition in Cancer eLearning resources. • Click here to register. • Select your profession to access the tailored, discipline-specific content. • Contact: <ul style="list-style-type: none"> – 02 8374 3670 – contactus@eviq.org.au 	EviQ

Dietitians and oncology clinicians

These resources are intended for use by dietitians and other health professionals.

Service/program	Organisation
<p><u>Malnutrition governance toolkit</u></p> <ul style="list-style-type: none"> • An information resource for clinicians and teams which aims to promote evidence based malnutrition practice, guide system-wide practice improvements to embed hospital quality and safety accreditation standards for nutrition care, and help close the gap in treatment variation. • The toolkit comprises four chapters: <ul style="list-style-type: none"> – Nutrition governance practices. – Key performance indicators (KPIs) for malnutrition care – Identification, prevention and management of cancer malnutrition. – Nutrition service delivery models. • Printed booklets can be ordered: <ul style="list-style-type: none"> – 03 9096 2136 – cancerplanning@health.vic.gov.au 	<p>DHHS Victoria</p>
<p><u>Webinar: Nutrition and exercise after cancer</u></p> <ul style="list-style-type: none"> • This webinar presents the latest evidence-based information regarding the effect of diet and physical activity on cancer, practical strategies to improve nutrition and physical activity and programs and resources that can assist in the transition to life after treatment. • Presenters include accredited practising dietitians, an accredited exercise physiologist and a clinical nurse specialist. • Click here for access to a list of downloadable resources referred to in the recording. • Contact: <ul style="list-style-type: none"> – webinars@cancervic.org.au 	<p>Cancer Council Victoria</p>

DHHS: Department of Health and Human Services

Dietitians and oncology clinicians

These resources are intended for use by dietitians and other health professionals.

Service/program	Organisation
<p><u>Webinar: Exercise and eating well – managing changes during cancer treatment</u></p> <ul style="list-style-type: none">• This webinar presents the latest evidence-based information regarding common changes to nutrition, exercise and wellbeing during treatment, the impacts of these changes, suggestions on how to manage these changes and how to access reliable information and helpful programs and resources.• Presenters include an accredited practising dietitian, an accredited exercise physiologist, a health psychologist and a cancer survivor.• Click here for access to a list of downloadable resources referred to in the recording.• Contact:<ul style="list-style-type: none">– webinars@cancervic.org.au	Cancer Council Victoria

Patients, families and carers

These services are directly available to and appropriate for cancer patients and their carers.

Service/program	Organisation
<p><u>Cancer Council 13 11 20</u></p> <ul style="list-style-type: none"> • Free confidential telephone information and support service run by Cancer Councils in each state and territory. • Health professionals including specialist oncology nurses are available to provide information and support to health professionals, patients, families and carers. • Contact: <ul style="list-style-type: none"> – Call 13 11 20 for information and support. – askanurse@cancervic.org.au 	<p>Cancer Council Australia</p>
<p><u>Cancer Council patient support</u></p> <ul style="list-style-type: none"> • Cancer Councils in each state offer a variety of cancer information and support services including counselling, support groups and networks, education programs, information resources, practical assistance and accommodation. • To find out more about the cancer information and support services offered in your local area, click on the corresponding state or territory in the map provided within the link above. • Contact: <ul style="list-style-type: none"> – Call 13 11 20 for information and support. <p>Note: Patient support services may differ across each state and territory.</p>	<p>Cancer Council Australia</p>
<p><u>LiveLighter</u></p> <ul style="list-style-type: none"> • A program which encourages Australian adults to lead healthier lifestyles through promoting good nutrition and physical activity. It also provides healthy tips, tools and resources including factsheets and recipes. • Clients can sign up to receive a free personalised meal and activity planner. • Contact: <ul style="list-style-type: none"> – 08 9382 5955 – livelighter@heartfoundation.org.au – Click here to leave feedback or make an enquiry. 	<p>Heart Foundation</p>

Patients, families and carers

These services are directly available to and appropriate for cancer patients and their carers.

Service/program	Organisation
<p><u>ihheard</u></p> <ul style="list-style-type: none"> • ihheard has been created to dispel the many myths, rumours and fanciful claims about cancer. 	<p>Cancer Council Australia</p>
<p><u>Webinar: Nutrition and exercise after cancer</u></p> <ul style="list-style-type: none"> • This webinar presents the latest evidence-based information regarding the effect of diet and physical activity on cancer, practical strategies to improve nutrition and physical activity and programs and resources that can assist in the transition to life after treatment. • Presenters include accredited practising dietitians, an accredited exercise physiologist and a clinical nurse specialist. • Click here for access to a list of downloadable resources referred to in the recording. • Contact: <ul style="list-style-type: none"> – webinars@cancervic.org.au 	<p>Cancer Council Victoria</p>
<p><u>Webinar: Exercise and eating well – managing changes during cancer treatment</u></p> <ul style="list-style-type: none"> • This webinar presents the latest evidenced-based information regarding common changes to nutrition, exercise and wellbeing during treatment, the impacts of these changes, suggestions on how to manage these changes and how to access reliable information and helpful programs and resources. • Presenters include an accredited practising dietitian, an accredited exercise physiologist, a health psychologist and a cancer survivor. • Click here for access to a list of downloadable resources referred to in the recording. • Contact: <ul style="list-style-type: none"> – webinars@cancervic.org.au 	<p>Cancer Council Victoria</p>



Find a dietitian

Find a dietitian

Cancer Council Victoria does not endorse any particular dietitian or community health service. These databases should not be considered exhaustive and are for information purposes only.

Community Health

- The National Health Services Directory (NHSD) compiles state health service information into one database.
- This site can be used by clinicians and consumers to locate a health professional working within a particular community area.
- The health services listed are not oncology specific.
- Audits and reviews of directory information are regularly conducted with reminders sent to providers every six months to update contact details.
- [Click here](#) to access the 'Find a Health Service' directory.
- Download the 'NHSD-find a health service application' from the app store (compatible for both [iPhone](#) and [android](#)).

Find a private practice dietitian

- The 'Find an Accredited Practising Dietitian' portal of the DAA directory allows users to search dietitians by name, state and/or listing.
- To access information about an oncology specific dietitian, select 'oncology' from the 'area of practice' drop down menu.
- It is the responsibility of the dietitians listed to update and manage their information.
- [Click here](#) to access the 'Find an APD' directory.

DHHS: Department of Health and Human Services



**Cancer
Council**
Victoria
13 11 20

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Cancer Council 13 11 20 nurses can offer additional assistance to busy clinicians by providing patients and carers with emotional and practical support. Nurses are respectful of individuals' care plans and do not provide medical advice. Nurses are also available to offer information to dietitians on a range of issues affecting patients and carers.