

Cancer survivorship in Australia

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Session code: PS.3.241-2



2014 | DEC
3-6
**MELBOURNE
AUSTRALIA**

**JOINING
FORCES –
ACCELERATING
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www.worldcancercongress.org

Summary

Australia shares similar challenges to many other countries:

- Large numbers of cancer survivors
- Limited health workforce
- Inefficient care delivery
- Less than ideal outcomes for survivors

Pockets of excellent work to improve survivorship outcomes,
but not well coordinated



Australia

Population of approximately
23.6 million

6 states and 2 mainland
territories

Mainly urban, though a large
rural population

~25% born overseas



Healthcare in Australia

Total expenditure on health – 9.8% GDP

Universal healthcare, Medicare

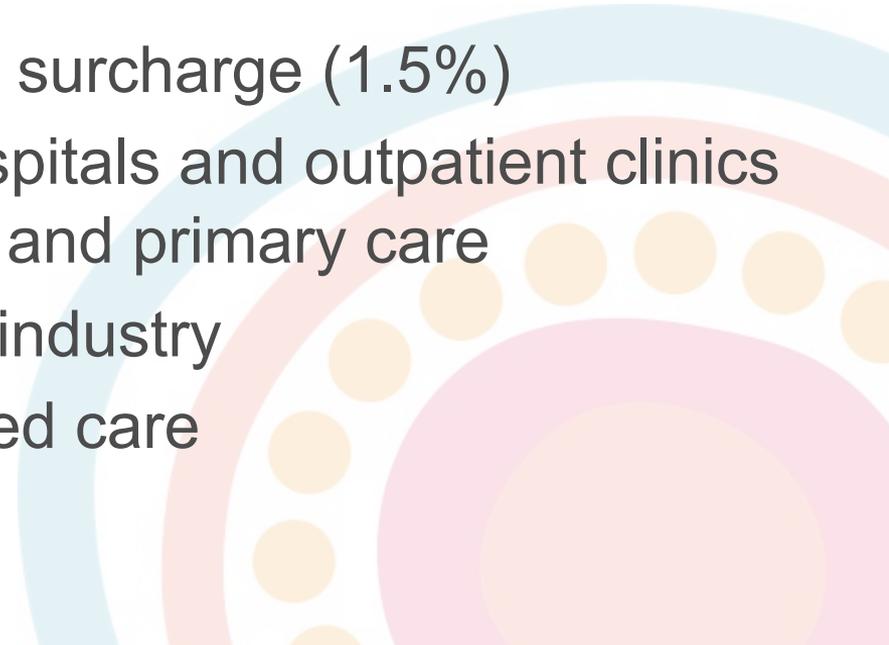
- Funded through income tax surcharge (1.5%)

States and territories operate hospitals and outpatient clinics

Federal government funds drugs and primary care

Large parallel private healthcare industry

Creates opportunity for fragmented care



Cancer in Australia

High incidence of cancer, though high survival rates

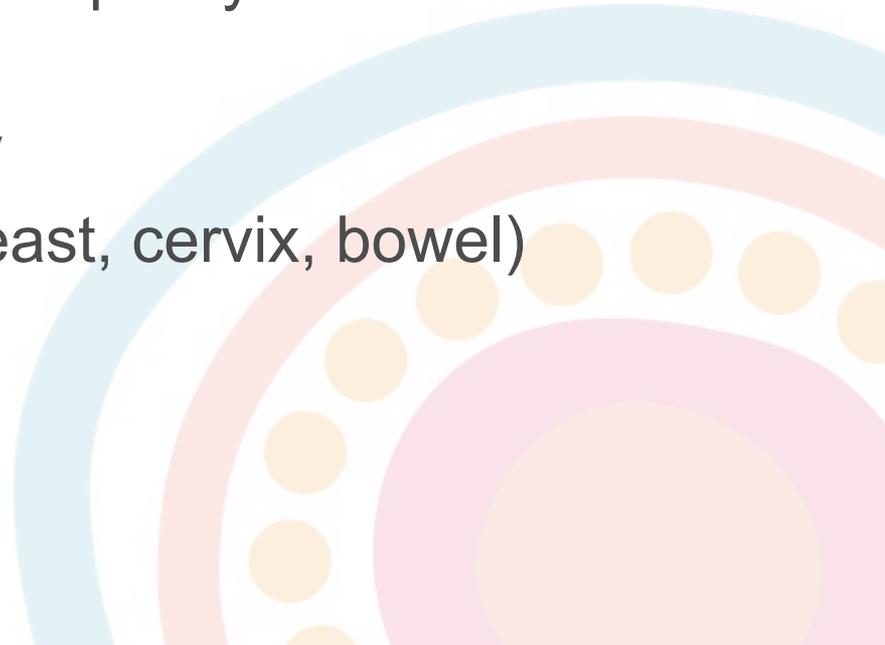
No national cancer plan (or national policy around survivorship)

National cancer prevention policy

National screening programs (breast, cervix, bowel)

National agencies

- Cancer Australia
- Cancer Council Australia

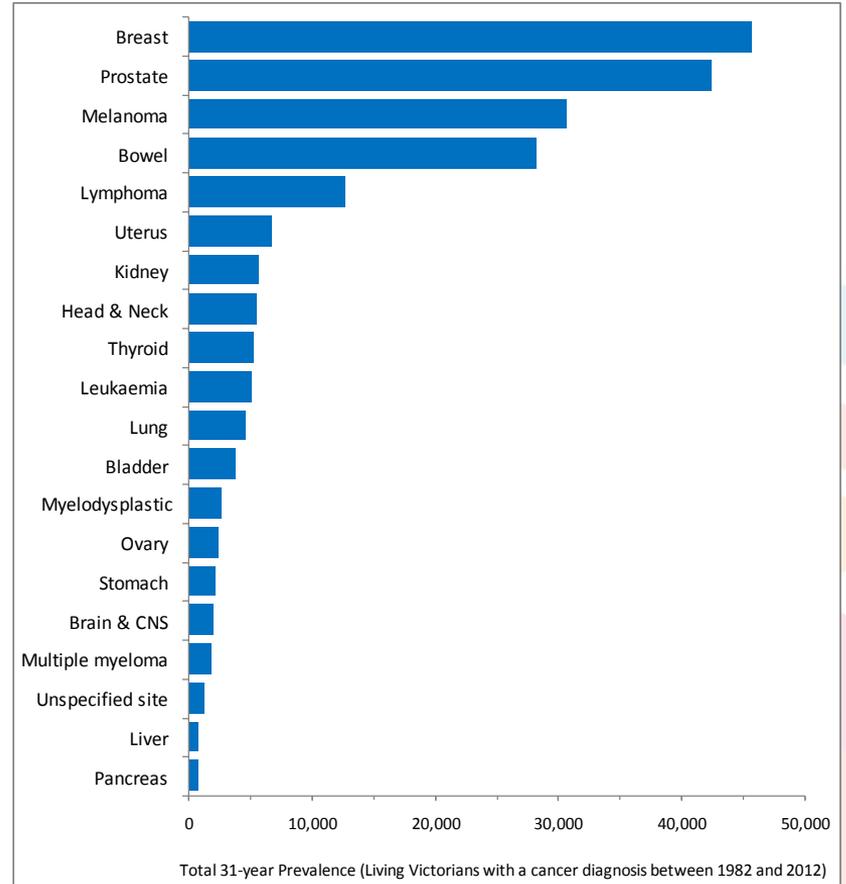


Cancer survivors in Australia

No recent federal data

Estimated >900 000 people
with a personal history of
cancer

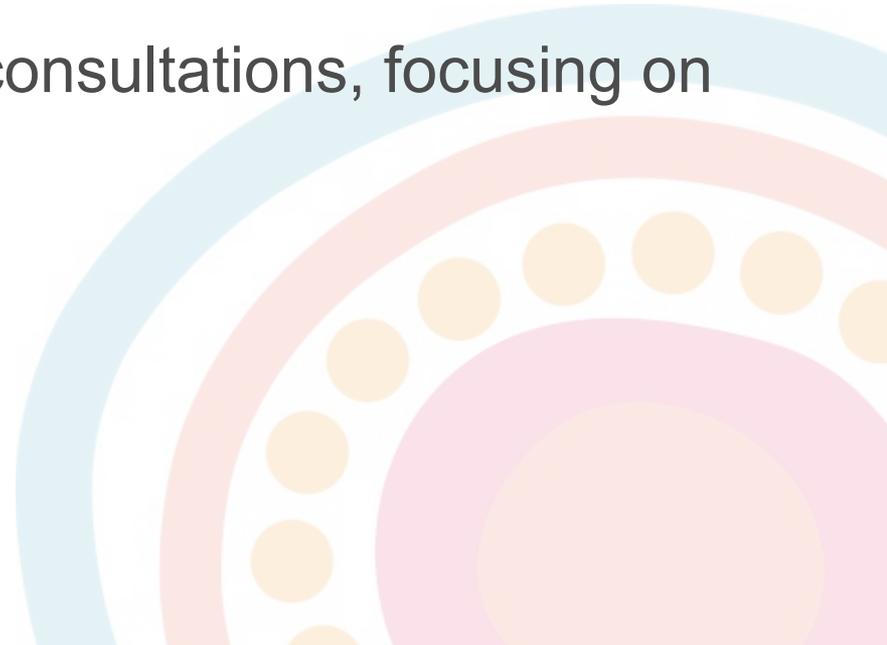
Most prevalent groups –
survivors of breast, prostate
and bowel cancer and
survivors of melanoma



Survivorship care in Australia

Largely

- Specialist / medically-led
- Typically brief face to face consultations, focusing on detection of recurrence
- Fee for service



Survivorship care in Australia

(as in many other countries)

Little focus on return to optimal health and wellness / many issues are not addressed

- Rehabilitation
- Supportive care issues
 - Return to work, sexuality, relationships, etc

Difficulty accessing services

Arguably not a good use of healthcare resources



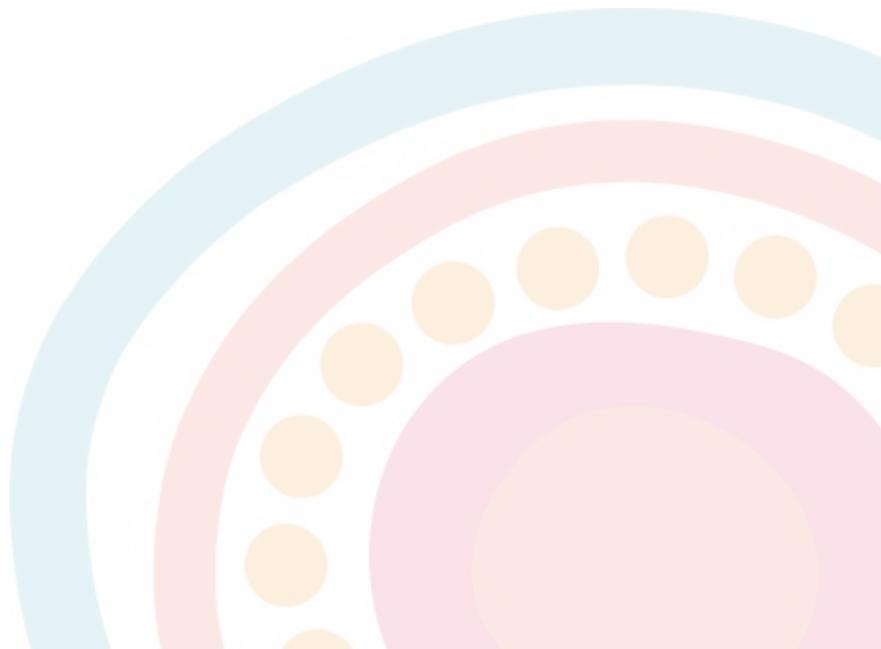
Efforts to improve care

Policy

Service delivery

Research

Education



Policy

Clinical Oncology Society of Australia draft position statement
'Critical components of cancer survivorship care'

National position statement on nutrition and physical activity in
cancer survivors

Proposed national supportive care policy

Some push to move 'follow up' of patients to primary care



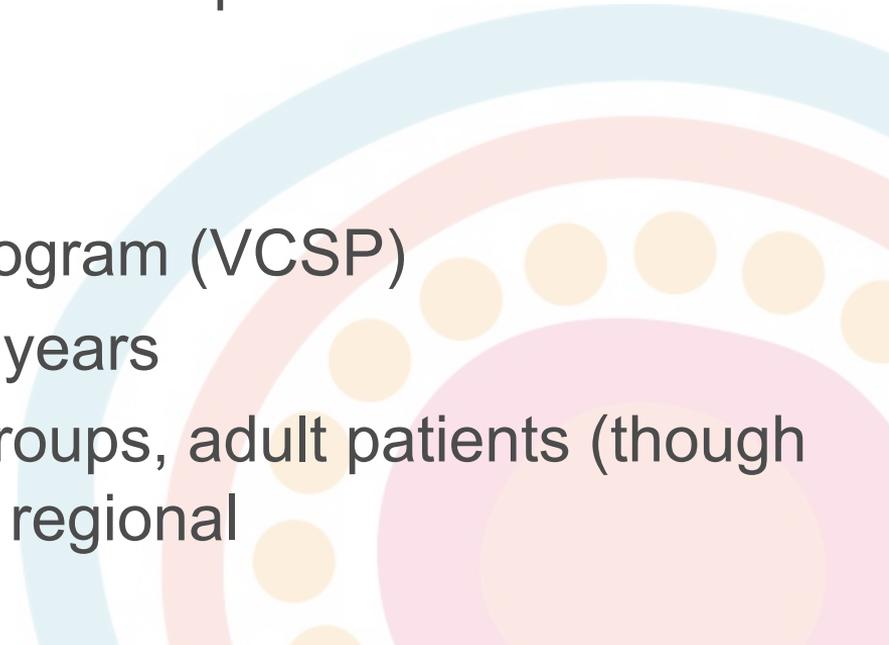
Service delivery

Several examples of novel models of care in several states
Late effects services / paediatric follow up in some states

An example

Victorian Cancer Survivorship Program (VCSP)

- 6 pilot projects, each of 2.5 years
- Variety of models, patient groups, adult patients (though one AYA), metropolitan and regional



Service delivery

VCSP – some examples of success

Survivorship ‘on the agenda’

Better understanding of issues

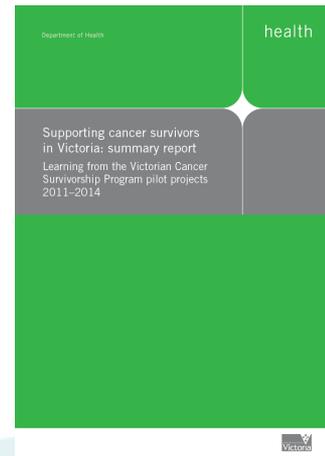
Transition to shared care (hospital / general practice)

Nurse led clinics

Linking with other agencies and providers

Leukaemia Foundation, gyms, Cancer Council Victoria

New information, tools



Service delivery

VCSP – some key lessons

Importance of

- Clinical leadership
- Effective engagement with primary care
- Community partnerships
- Preparing survivors for post-treatment phase
- Considering enablers / barriers

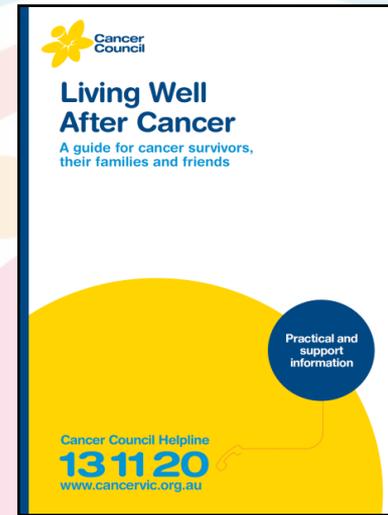
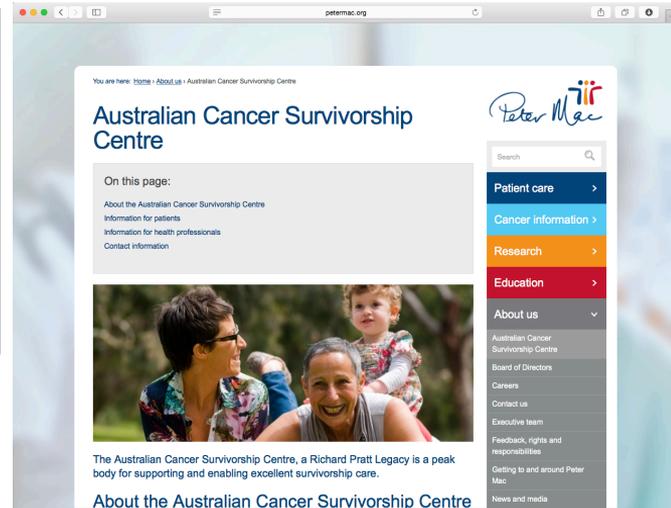
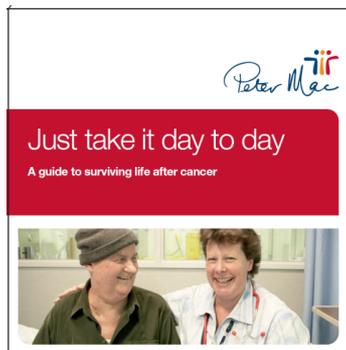


Service delivery

Information, education and support programs

Life after breast cancer

In the video below, Australian women and families share their experience following a diagnosis of breast cancer and how they adapted to the 'new normal' after treatment.

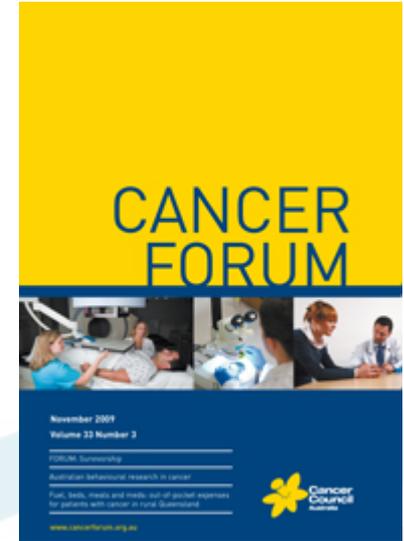


Research

Many years of sustained efforts

CANCER SURVIVORSHIP: RESEARCH PRIORITIES
AT THE NATIONAL AND INTERNATIONAL LEVELS

Afaf Girgis¹ and Phyllis Butow²



No nationally coordinated research program / agenda

Psycho-Oncology Cooperative Research Group (PoCoG)
and Primary Care Collaborative Cancer Clinical Trials
Group (PC4)

Research

Examples of recent / current work

Population studies to understand patient experiences

- Including culturally and linguistically diverse populations

Instrument development (measures of unmet need)

Understanding issues that survivors experience

- Cognitive problems ('chemobrain')
- Fatigue
- Neuropathy
- Fear of cancer recurrence
- Return to work



Research

Examples of recent / current work

Interventions

- Implementing exercise interventions
- To deal with distress and fear of cancer recurrence
- (Nurse-led) supportive care interventions
- Survivorship care plans

Models of care

- Shared care studies



Education

Limited national / statewide strategies

Online

Cancer Learning survivorship module

Think GP module

Conferences

Flinders Centre for Innovation in Cancer

Clinical Oncology Society of Australia

Cancer Nurses Society of Australia

Australian Government
Cancer Australia

My profile login | Create account | My progress

Cancer Learning - Survivorship

Welcome to the new cancer survivorship site

Cancer Learning Survivorship
Why is it important?
What can I do?
Learning modules
Survivorship fundamentals
Key elements
Toolbox
Common health concerns
Promoting self-management
Promoting wellness
Resources
Videos
About us
Acknowledgments

Associate Professor Mei Krishnasamy
Peter MacCallum Cancer Centre

As a cancer nurse I have experienced the importance first hand of how the right interventions have improved the psychological wellbeing and lives of people affected by cancer. By improving our knowledge and understanding of survivorship we can make a real difference to the long-term outcomes of survivors.

The site has been funded by the Australian Cancer Survivorship Centre, a Richard Pratt legacy based at Peter MacCallum Cancer Centre, in collaboration with Cancer Australia, Queensland University of Technology and the University of Sydney and offers up to date, evidence based practical tools, tips, resources and an introductory package of learning modules that aim to demonstrate how you can make a positive impact improving outcomes and care for people effected by cancer.

I hope you find the site a useful and valuable resource that you share with your colleagues.

Australian Cancer Survivorship Centre
A Richard Pratt Legacy

Peter Mac

The Cancer Survivorship Project

Research Study

Get involved in a research study, help improve cancer survivorship care and complete a free online module on cancer survivorship. Click here for more information.

Learning Modules

Six practical learning modules in survivorship care

Downloadable tools

Cancer Nurses Society of Australia

Cancer Nursing - Leading in a time of Change

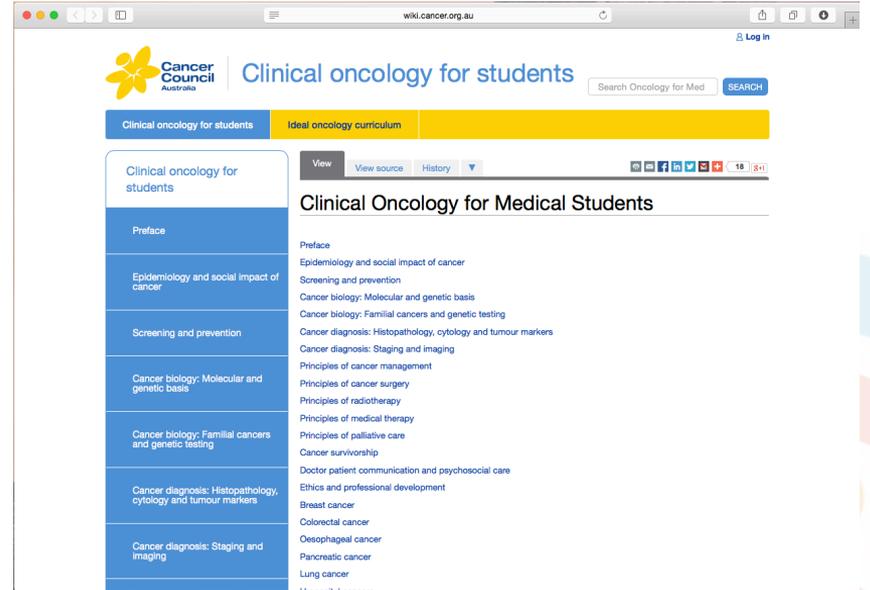
17th Winter Congress | 24-26 July 2014
Pullman Albert Park, Melbourne

Education

Limited success embedding survivorship within curricula

Texts

Cancer Council Australia
online text



The screenshot displays the 'Clinical oncology for students' page on the Cancer Council Australia website. The page features a navigation bar with the Cancer Council Australia logo and the title 'Clinical oncology for students'. A search bar is located in the top right corner. The main content area is divided into two columns. The left column contains a table of contents with links to various sections: Preface, Epidemiology and social impact of cancer, Screening and prevention, Cancer biology: Molecular and genetic basis, Cancer biology: Familial cancers and genetic testing, Cancer diagnosis: Histopathology, cytology and tumour markers, and Cancer diagnosis: Staging and imaging. The right column displays the 'Clinical Oncology for Medical Students' page, which includes a 'View' dropdown menu and a list of topics such as Epidemiology and social impact of cancer, Screening and prevention, Cancer biology: Molecular and genetic basis, Cancer biology: Familial cancers and genetic testing, Cancer diagnosis: Histopathology, cytology and tumour markers, Cancer diagnosis: Staging and imaging, Principles of cancer management, Principles of cancer surgery, Principles of radiotherapy, Principles of medical therapy, Principles of palliative care, Cancer survivorship, Doctor patient communication and psychosocial care, Ethics and professional development, Breast cancer, Colorectal cancer, Oesophageal cancer, Pancreatic cancer, Lung cancer, and Head and neck cancer.

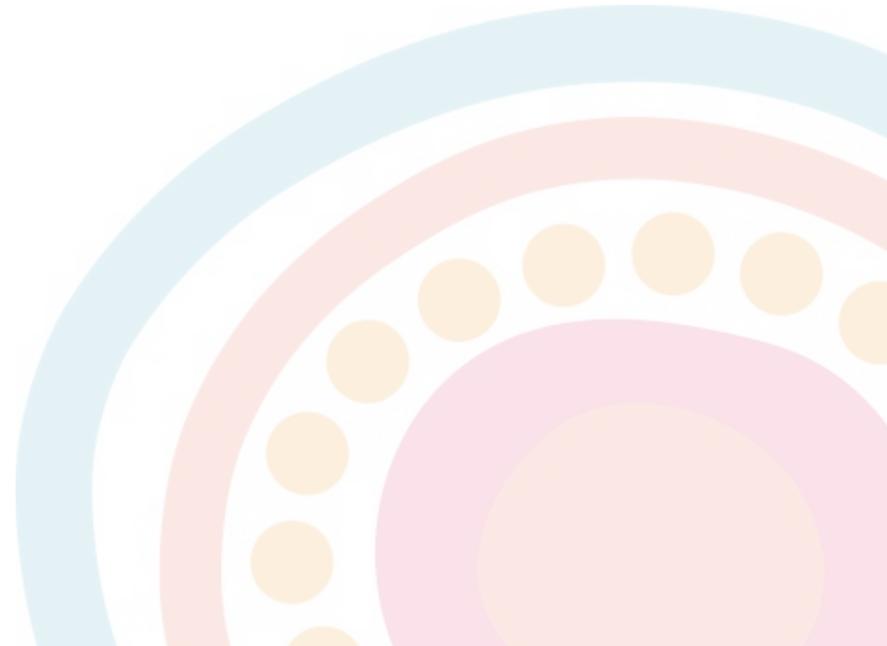
Advocacy

Limited impact to date

Consumer organisations

Cancer charities

Professional groups



Conclusions

Australia faces similar challenges to other countries in delivering improved post-treatment care

Structural change is needed to prioritise and support improved delivery of care

Advocacy and national policy would help

Excellent pockets of work, though not well coordinated

Important to learn from others and also to share our experiences

