

Collaborating

to deliver an effective survivorship program

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Background and context

Research indicates survivors have an increased risk of weight gain, functional impairment, fatigue, other chronic diseases, secondary cancers, and premature mortality.

Responding to this, Cancer Council NSW (CCNSW) runs the ENRICH (Exercise and Nutrition Routine Improving Cancer Health) program for cancer survivors and their carers.

ENRICH is an evidence-based, multiple health behaviour change program, utilising chronic disease self-management and social cognitive theory frameworks. The key principles of skill development, personal monitoring, goal setting and problem solving help participants make sustainable changes.

Each of the six sessions are facilitated by a dietitian and an exercise physiologist and include:

- home-based walking program using a pedometer
- resistance training, using resistance bands
- information about healthy eating.

The Sydney Survivorship Centre (SSC) at Concord Cancer Centre, aims to provide a holistic approach to survivorship care and have partnered with CCNSW to deliver the program.

Strategy

Discussions between the two organisations originated because:

- SSC needs entry level programs for cancer survivors
- SSC has limited resources available to develop programs
- ENRICH has undergone a comprehensive evaluation and is replicable
- CCNSW needs a model of delivery that is sustainable and cost-effective
- CCNSW and SSC identified a mutual benefit

Program process:

SSC health care professionals generate referrals through the survivorship clinic, promote it to oncology clinicians and deliver the program. Attendance at ENRICH is a prerequisite for some survivorship programs.

SSC offers qualified oncology specialist staff, space, accessibility to patients in local region and links to additional support services within the hospital setting.

CCNSW assesses potential attendees for eligibility, provides program resources and compiles evaluations. Survivors are also informed about other CCNSW programs.

CCNSW offers high visibility and accessibility, infrastructure to support collaborations, links to the community and a range of programs for survivors and carers.

Aim

The aim of the collaboration is to implement regular ENRICH programs that are mutually beneficial to both organisations and provide opportunities to triage people into other programs.

Outcomes:

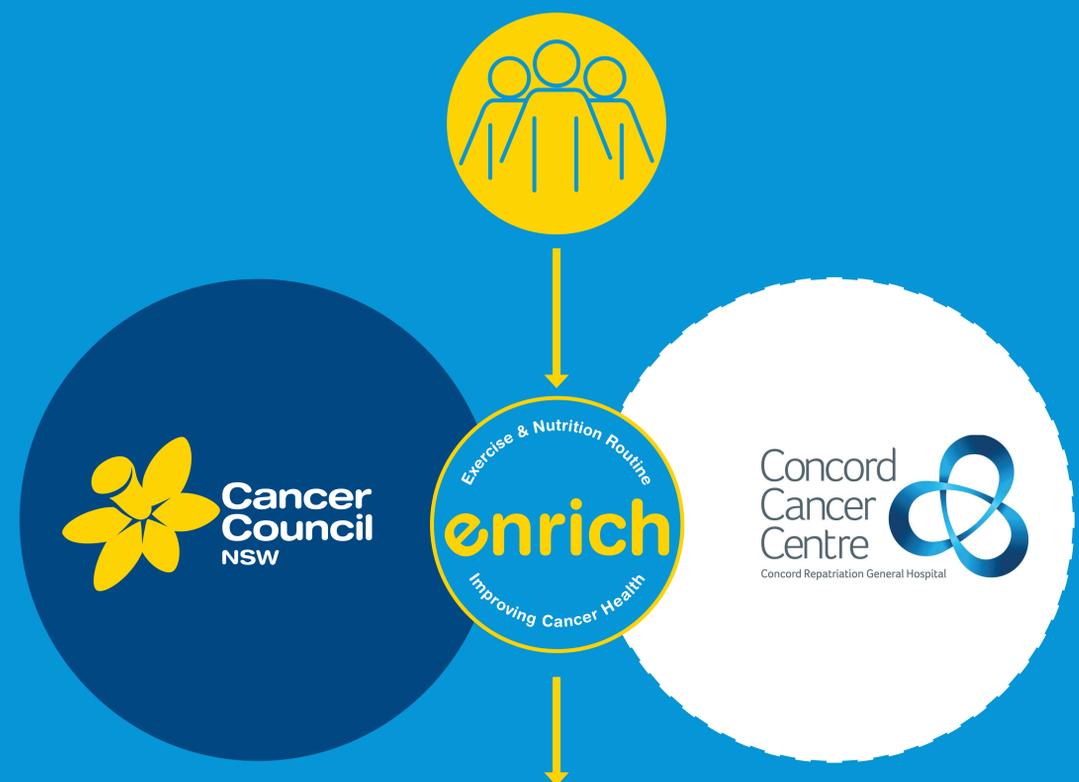
99 people have attended to date.

Demographics:

- Age range: 24 – 82
- Average age: 59.2
- Median age: 61
- Cancer types:
Top 3: Breast (41), Bowel/Colon (13), Lymphoma (7)
Others: Uterine, Endometrium, Ovarian, Kidney, Prostate, Multiple Myeloma, Lung, Thyroid, Bladder, Leukaemia, Pancreatic

Implications:

Through this collaborative approach, additional pathways to programs have been realised, improving the quality of care available to cancer survivors.



Triage opportunities

CCNSW: Living Well After Cancer, Webinars, returning to work, peer support programs, financial and legal assistance and counselling.

SSC: weight management classes, medical qigong, yoga, mindfulness, music and wellbeing; other related physical activity groups.

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