

Allied Health Professionals Oncology Group



Newsletter Winter '11

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Welcome to the newsletter of the Allied Health Professionals Oncology Group

The Allied Health Professionals Oncology Group has been in a very productive phase during the first part of 2011 and this newsletter is an opportunity to provide an update. Your Advisory Group welcome feedback about this newsletter and any issues related to cancer control for allied health professionals.

E: Anne-MarieDewar@cancerqld.org.au



Ros Griffiths, Nancy Young (above), Amanda Purcell, Hildegard Reul-Hirche and Suzanne McCorkell at the Conference on April 7th and 8th at the Novotel



About your Advisory Group

AHPOG is a special-interest group which operates throughout Queensland and aims to support allied health professionals by providing opportunities for scholarships and travel grants. The Allied Health Professionals Oncology Group is led by an Advisory Group representative of the membership. See the following pages for information about your Advisory Group members.

Allied Health Professionals Oncology Group Advisory Committee Terms of Reference

Definition:

A committee representative of the Cancer Council Queensland Allied Health Professionals Oncology Group to advise on matters related to cancer control

Reporting Relationship:

Reporting to the Allied Health Professionals Oncology Group membership and to Cancer Council Queensland Community Services

Membership:

Representatives from Allied Health disciplines and representing metropolitan, regional, rural and remote areas and across health sectors of Queensland

Mandate:

To improve the care of people with cancer in Queensland through the support of Allied Health Professionals working in cancer care, prevention, screening, early detection and public health.

Advisory Group Objectives:

- Provide an information and education structure to meet the needs of specialist and generalist allied health professionals of varying disciplines caring for people with cancer in rural, remote and metropolitan settings, including evaluation of education events for future development.
- Encourage participation, presentation and networking, in particular at the Annual Oncology Nurses Group Conference.
- Develop partnerships across facilities, sectors and health disciplines
- Where possible, liaise and collaborate with the Oncology Nurses Group, Cancer Council Queensland and other education providers in relation to the planning and delivery of education events
- Participate in activities related to advocacy eg access to allied health professionals in a timely and equitable fashion, service planning and development, patient outcomes and research

Purpose:

- To provide expertise and guidance on the development and delivery of education objectives
 - To attend scheduled meetings of the Advisory Committee
 - To provide timely feedback on work raised by the Committee to the membership
- To delegate and action activities with due regard for timelines

Chair of the Advisory Group

- Minutes of each meeting will be recorded by member Cancer Council Queensland, Professional Education and Liaison Team.
- Support for the work of the Advisory Committee will be provided by the Cancer Council Queensland Professional Education and Liaison Team

Frequency of meetings:

Meetings will be held face to face with teleconference access as needed. The committee will determine frequency.

Allied Health Professionals Oncology Group

Advisory Group Members

Dr Amanda Purcell is a PhD graduate with clinical experience as an occupational therapist in cancer services. Amanda has worked across all areas of occupational therapy cancer care service provision however her passions include lymphoedema treatment and cancer-related fatigue interventions. Amanda is currently employed as the Advanced team leader/clinician in Lymphoedema Services at the Princess Alexandra Hospital. She has completed her PhD investigating cancer-related fatigue in a radiotherapy population.

Ms Alana Fraser graduated with a Bachelor of Speech Pathology in 2002. Ms Fraser initially worked as a locum at various Brisbane hospitals and then moved to Dalby in June 2003 where she was the sole Speech Pathologist at Dalby Hospital for 2 1/2 years. In February 2006 Alana moved back to Brisbane and worked at the Royal Brisbane and Women's Hospital as a Speech Pathologist. In June 2008, Ms Fraser had a bit of a career change and was appointed as Cancer Care Coordinator at the Royal Brisbane and Women's Hospital. This was a first for allied health as these positions have traditionally been only held by nurses. In November 2010 she started in the Cancer Care Workforce Development Officer role which she currently holds part time, while continuing to work part time as a Cancer Care Coordinator. Ms Fraser is also studying a Masters in Health Services Management due for completion in June 2011.

Ms Janine Devey is the Adolescent and Young Adult Cancer Care Coordinator at Royal Children's Hospital, a new position to which she was appointed in December 2010. Ms Devey's work differs from other Care Coordinators in that she works with a particular age group ie 15 - 25 years as opposed to a tumour stream. Her workload covers all tumour streams for this age group. Ms Devey has a background in Social Work having graduated in 1996, with the majority of her work being within Queensland Health. She has also travelled for a number of years and worked within various other fields across the United Kingdom. Ms Devey has a Bachelor of Social Work Degree from the University of Queensland and a Diploma of Education from Queensland University of Technology.

Dr Robyn Box graduated from the University of Queensland in 1982 as a Physiotherapist and has worked in the area of oncology and lymphoedema for the last 25 years in public and private health care facilities in Queensland and Victoria. Having completed her Research Masters and PhD in Physiotherapy, Robyn currently works in private practice in Brisbane and is committed to evidence-based best practice to optimize individual outcomes for patients diagnosed with cancer. Her particular clinical and research interests are: physiotherapy rehabilitation after cancer treatment to prevent and minimize physical sequelae; optimizing health and well-being for patients during and following cancer treatment; assessment and early detection of secondary lymphedema; efficacy of treatment interventions to prevent and minimize secondary lymphoedema. Robyn has a number of publications, presents at national and international conferences and is a reviewer for a number of journals and research grant bodies. She is actively involved in the professional development of other health professionals at undergraduate and postgraduate levels in the area of oncology and lymphoedema.

Ms Suzanne McCorkell is The Cancer Services Southern Workforce Development Officer. Suzanne trained as a Radiation Therapist in Brisbane between 1991-1993, and then worked for two years before going overseas. Ms McCorkell spent three years working in prestigious Oncology Hospitals, such as Addenbrookes in Cambridge and Cookridge in Leeds. Suzanne's Radiation Therapy career spanned 12 years, and 16 Radiation Oncology Departments. The experience and knowledge gained from these departments lead to an interest in learning and development within oncology.

AHPOG Advisory Group Members July 2011 (contd)

Ms Alex Thornton is a senior physiotherapist working in private practice at Active Rehabilitation Physiotherapy within the Mater Private Hospital. Her post graduate diploma in clinical rehabilitation focused on the holistic nature of care for the medical patient. More recently her Masters in Public Health has focused on the health promotion and service development for medical patients and particularly cancer patients. Alex currently works as a Clinical educator and physiotherapist in cardiorespiratory, surgical and inpatient oncology patient settings. While having an interest in health promotion across the lifespan, she has a particular interest in women's health and manages a niche outpatient load of women's health and breast surgery clients.

Ms Jodie Nixon is the advanced team leader clinician for cancer services occupational therapy at Princess Alexandra Hospital. She has worked in cancer services across the continuum, but her main focus over the last 4 years has been with cancer patients undergoing radiation treatment. She has an active interest in managing claustrophobia and the stressors associated with radiation treatment through a psycho social focus. She was the recipient of the 2009 Robert Bourne Travel Grant to review the management of head and neck lymphoedema. Jodie is also a Communication Skills Trainer for Queensland Health for staff working in Cancer Care.

Ms Tanya Trevena is the Acting Allied Health Team Leader Central Highlands Allied Health Emerald. Tanya is a Physiotherapist and obtained a Graduate Diploma of Health Economics through the University of Queensland in 2009. Tanya also recently completed an 'Impact Leadership' course and Diploma of Management through the Proteus Leadership Centres. For the last four years Tanya has been working in variety of roles including rolling out the Statewide Allied Health Cancer Care Training Program, working as the Director of Learning and Development with the Centre for Palliative Care Research and Education, and completing various smaller projects with the Critical Care and Clinical Support Services Directorate at Royal Brisbane and Women's Hospital, including the initial project management of the Hyperbaric Medicine Service and a comprehensive review of the Private Practice Specialist Suite.

Tanya participates in various committees with the Cancer Council Queensland and until moving to Emerald was volunteering with the Pyjama Foundation and Palliative Care Queensland. Tanya is also an active member of the Respiratory Clinical Network, and in particular, the Lung Function Testing Working Group and was the Allied Health representative on the Inaugural End of Life Alliance, completing a comprehensive report titled 'Economic review of costs associated with end of life care'. Tanya has particular interests in workforce development, health economics and preventive health care enacted along the entire continuum of care.

Ms Roslyn Griffiths is a physiotherapist for palliative care services at St Vincent's Hospital Brisbane

Ms Hildegard Reul-Hirche is a senior physiotherapist at Royal Brisbane and Women's Hospital.

To contact your Advisory Group:

E: Anne-MarieDewar@cancerqld.org.au or P: 3634 5262

Allied Health Professionals Oncology Group

Advisory Group Membership

Expressions of Interest Invited

Expressions of Interest are now invited for membership of the Advisory Group of the Allied Health Professionals Oncology Group.

The Allied Health Professionals Oncology Group (AHPOG) is a special interest group that provides support for allied health professionals in cancer patient care, cancer prevention, cancer screening, early detection of cancer and public health.

The Advisory Group represents the AHPOG state-wide membership and meets regularly (currently every six weeks for one hour). Teleconference access is provided for Advisory Group members living and working in regional, rural and remote areas of the state.

Membership on this committee provides a great chance for you to help enhance opportunities for allied health working in cancer care across Queensland

Your Expression of Interest including your name, contact details, qualification, brief curriculum vitae (no more than 250 words) and goal statement for your participation on the Advisory Group should be submitted to:

Anne-Marie Dewar

Professional Liaison Cancer Council Queensland

E: Anne-MarieDewar@cancerqld.org.au

By:

Wednesday 7th September 2011

For further information contact Anne-Marie Dewar at (07) 3634 5262

Please note that Advisory Group members must be financial members of AHPOG. (Please see pages 2 - 4 of this newsletter for further information about the Advisory Group or visit the website at: http://www.cancerqld.org.au/page/need_support/education_programs/AHPOG/)

REPORTS ON

34TH ANNUAL ONCOLOGY NURSES GROUP CONFERENCE
7TH -8TH APRIL 2011 NOVOTEL BRISBANE

NANCY YOUNG SOCIAL WORKER MACKAY BASE HOSPITAL AND
TANYA TREVENA ACTING ALLIED HEALTH TEAM LEADER
CENTRAL HIGHLANDS EMERALD
RECIPIENTS OF THE AHPOG TRAVEL GRANTS TO ATTEND THE
ANNUAL CONFERENCE

It was with great excitement that I attended the 34th Annual ONGC this was made possible by the travel grant I was awarded from Cancer Council Queensland. I currently work as the Cancer Services Social Worker at Mackay Base Hospital. I joined the Cancer Services Team in October last year and consider attendance to cancer specific conferences crucial to my learning. As a clinician living in regional Queensland it is important that professional development opportunities are of a high standard as distance, expense and time away from the workplace make attendance difficult. This said I found the Conference invaluable and attended as many sessions as time would permit. Getting to meet like-minded colleagues during breaks and at dinner provided me with a chance to network with other clinicians and discuss common issues.

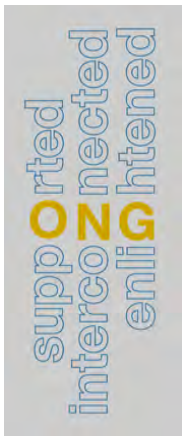
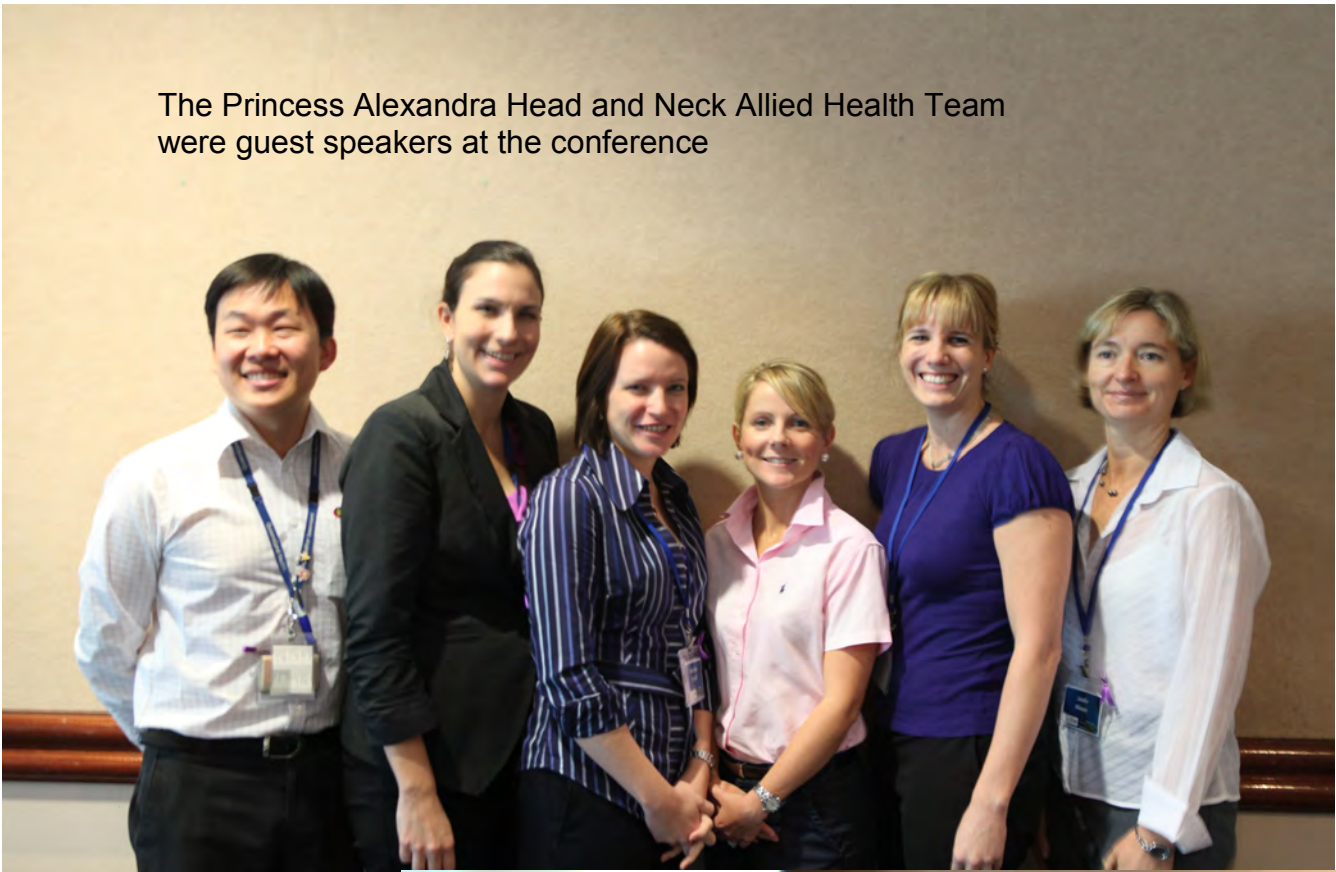
The welcome to country was a very moving experience and set the scene for a jam packed couple of days. The opening plenary, delivered by fellow social worker, Liz Crowe, "Cancer, Crisis and Chaos – The psychosocial implications of cancer on the family" reminded clinicians of the reality faced by many of our families and the need for holistic practice to prevail. I then attended a session on Supportive Cancer Care, and listened to Samantha Clutton, Clinical Psychologist discuss Mindfulness groups for men with advanced prostate cancer. The next session was delivered by Sarah Deacon and Rebecca Capper, allied health professionals who provided the patients perspective of their journey for the treatment of head and neck cancer at the Townsville Hospital Cancer Centre. This was of particular interest as Mackay patients regularly attend Townsville for their treatment.

Kay Hoberg's session which described diverse access to a Medical Oncologist, 'The Bundaberg Experience' was also informative as regional locations are often faced with challenges in accessing oncologists so any new ideas are worth consideration. Bernice Kelly delivered a paper on overcoming challenges in supporting health and wellbeing for cancer survivors. This information was useful as survival rates for cancer patients improve patients will need guidance in the management of the survival phase to reduce anxiety and increase confidence.

On Day 2, I was again drawn to a presentation on "The Journey of a Head and Neck Cancer Patient which was delivered by the Allied Health Team Head and Neck Cancer at Princess Alexandra Hospital. This was my favourite presentation, very cohesive and interesting. Closely followed by a Workshop on compensable cancer, total & permanent disability, superannuation & insurance this provided information which potentially can reduce financial stress for some of our cancer patients. This was a very interesting and interactive session which demonstrated the complexity of this area. The paper delivered by Professor Debra Anderson on Cancer and Lifestyle provided us with evidence based information on the importance of healthy diet and exercise in the prevention of cancer. A session on "Dealing with Jerks in the Workplace and Surviving Challenging Staff" presented by Catriona Booker from Royal Brisbane and Women's Hospital provided some comic relief on a sometimes troubling subject.

I also enjoyed the trade exhibition and managed to take some interesting information and samples back for the other members of the team. During breaks I had time to view and enjoy the posters presented. On day one I also attended the AHPOG meeting for the first time. In summary, this jam packed program provided me with many opportunities to enhance my knowledge and meet with colleagues whilst also confirming that the staff of Cancer Services at Mackay Base Hospital does indeed provide quality cancer care.

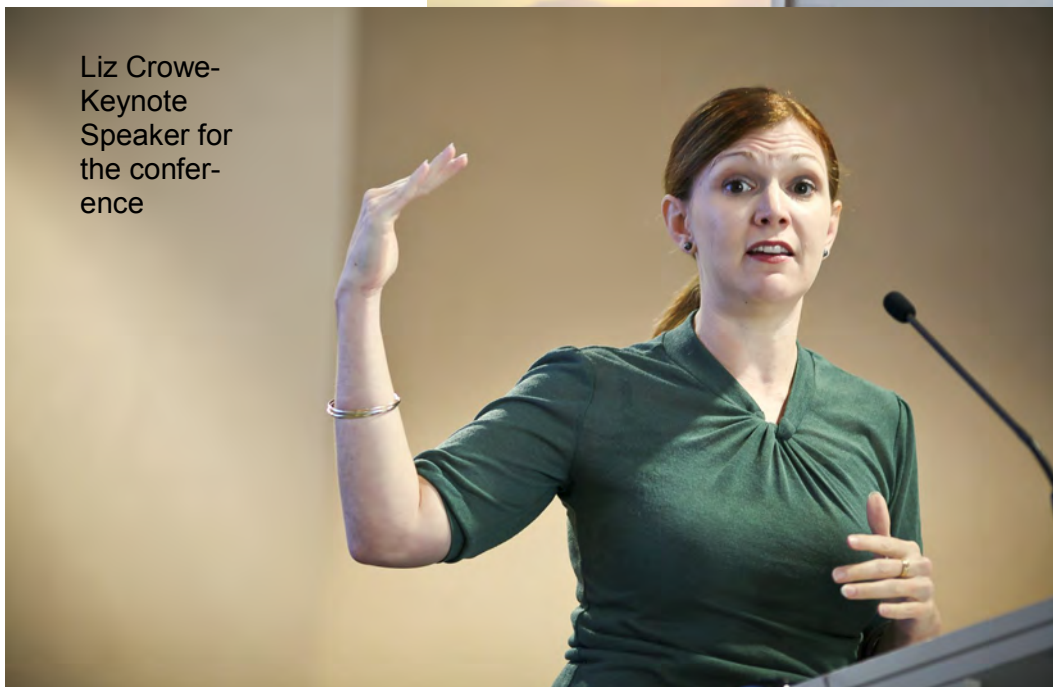
The Princess Alexandra Head and Neck Allied Health Team were guest speakers at the conference



Alana Fraser
Session Chair



Liz Crowe-
Keynote
Speaker for
the confer-
ence



Tanya Trevena Physiotherapist Acting/Allied Health Team Leader

The conference was attended over the full program. The following provides an outline of some of the sessions attended and the key messages that were attained: - Cancer, Crisis, Chaos – the psychological implications of cancer on the family discussed what normal grief was, risk factors for normal grief, biological differences in dealing with grief, children and grief. The presentation challenged misconceptions and beliefs while bringing humour to case examples.

- **Interconnected Cancer Care** : 4 presentations were provided in this session. The first presentations by 2 nurses from the Gold Coast outlined how they had implemented the Transition to Nursing modules within their team. It demonstrated a comprehensive training program to 'grow their own' workforce for the expanding Gold Coast Hospital.

The second presentation was a case-based presentation by a Dietitian and Speech Pathologist from Townsville. It provided detail of an indigenous patient's journey through head and neck cancer – in their local town, in Townsville and while they had treatment in Brisbane. It demonstrated how unsettling and scary the cancer journey could be for patients and their families especially when from more regional/ rural parts of Queensland. The third presentation provided an overview of an outreach model from RBWH to Bundaberg and the challenges that went with that. The fourth presentation was from a Speech Pathologist talking about a 'mouth cares' project that they were undertaking at Redcliffe Rehabilitation unit. This session provided an insight into different 'journeys' patients and health professionals were taking in cancer care.

- **Statewide AHPOG meeting**: The Statewide meeting for the Allied Health Professionals Oncology Group was attended by a range of Allied Health Professionals from within Queensland. The intent of the meeting was to discuss a paper titled "Statewide cancer care education access for Allied Health Professionals". The meeting highlighted the achievements to date, and what the barriers to access were. It was highlighted that there are lots of opportunities for education, but that it is what difficult to find what was relevant – in terms of content, access, mode etc. Lots of alternate mechanisms for education were highlighted – as well as possible topics.

- **Interconnected – Children, Adolescents and Young Adults with Cancer**: The three presentations looked at incidence and mortality in children, adolescents and young adults; diseases and treatment options and fertility in the young adult cancer patient. The statistics presentation looked at trends and patterns with different types of cancers and highlighted the deficiencies in understanding aetiology. Australia's survival rate from disease was very good – and compared similarly to the USA and France. The presentation by Dr Pinkerton was quite clinical and demonstrated different treatment regimes for different diseases – with evidence as to why management was different. It was discussed that AYA patients had poorer outcomes due to biological differences, treatment tolerance, compliance, lack of coordinated management, low recruitment on clinical trials and suboptimal regimes. The last presentation in this session was on fertility – and the options that young adults have when needing to preserve fertility prior to cancer treatment. Some of the issues surrounding fertility were the limited time lag between diagnosis and treatment commencing meant that there was limited time for fertility management, age, and the stage of research and development of some of the management options.

Other presentations that were attended included Cancer and Lifestyle; Dealing with Jerks in the Workplace: Surviving challenging staff; and Delirium across the Cancer Trajectory. Outcomes that were planned (and achieved) from this conference were: Excellent networking opportunities Active participation in the AHPOG statewide meeting and its further development Improved knowledge of current EBP psychosocial care Improved knowledge of delirium and how we might (as a rural team) manage it better

I was proud to be apart of the conference committee and look forward to the conferences in the future.

Cancer Council Queensland is hosting the Oceania 2011 Tobacco Control Conference at the Brisbane Convention Centre from October 18 – 20 2011. The conference is recognized as the Oceania region's leadership summit on tobacco control, engaging some of the world's leading health experts and disease control specialists. Importantly the conference will provide a forum for Indigenous health advocates and Australia's neighbor nations in the Pacific Islands to build capacity and strengthen international cooperation on health.

The conference is expected to inspire new partnerships in tobacco control, enhancing Australia's profile as a leader in preventive health. The theme of this year's conference is "Burying the Habit: Moving to a Tobacco Free Future"

The conference will be held at the Brisbane Convention and Exhibition Centre, from Tuesday 18th to Thursday 20th October 2011, with a series of workshops on the preceding Monday. More information will be added to the website in the coming weeks, but to ensure you receive the latest information please complete the Expression of Interest form.

The summary report and presentations from the successful 2009 conference held in Darwin are available for viewing

So visit the website for further information. www.cancerqld.org.au

Mark your diary!



Oceania Tobacco Control Conference 2011

October 18 – 20, 2011

Brisbane Convention and
Exhibition Centre

We are accepting expressions of interest
for pre-conference workshops and
meetings to be held on **Monday October 17, 2011**

Contact Joanna Lam: joannalam@cancerqld.org.au

The Making Sense of Brain Tumour Project

The ***Making Sense of Brain Tumour*** research project is a collaborative project being conducted by Griffith University, Cancer Council Queensland and Briz Brain and Spine which aims to develop and evaluate a counseling and rehabilitation program for supporting adjustment to a brain tumour.

Support will be provided to brain tumour patients and their families in the home and is currently available to people who live within approximately one hour drive of Brisbane.

The program will be designed according to the goals and support needs of each person and their family, which may include:

- Education about the brain and effects of brain tumour
- Individual, couple and family adjustment counseling
- Rehabilitation strategies for managing changes in thinking abilities and behaviour

Allied Health Professionals may refer their patients and patients can also self refer. For further information contact the **Cancer Helpline on 13 11 20.**

New Support Group

Information about a new support group in Brisbane

www.unicornfoundation.org.au

The Unicorn Foundation is starting up a patient support group in Brisbane. They will meet at Cancer Council Queensland on:

Dates:

Tuesday July 26th 3-5pm

Tuesday 20th Sept 3.00-5.00pm

Tuesday 8th November 3.00pm - 5.00pm

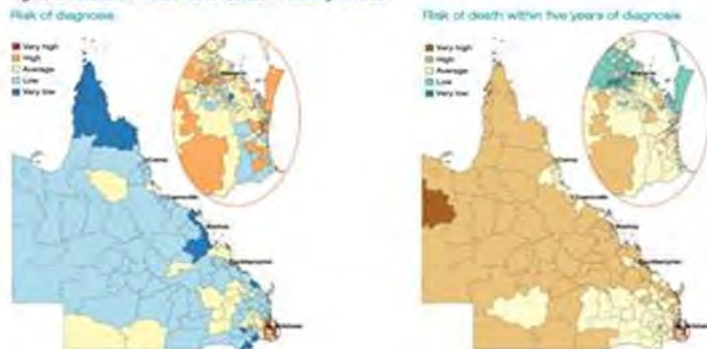
Tuesday 31st January 2012 3.00pm-5.00pm

The Unicorn Foundation is the only Australian not-for-profit medical charity focused on neuroendocrine tumours (NET).

Formed in 2009 their mission to improve awareness of neuroendocrine tumours within the medical profession and the general public; foster patient understanding through support groups and raise much needed funding for Australian research in this area. "Neuroendocrine tumours by nature are rare; manifest myriad clinical symptoms, many of which are non-specific, and are usually diagnosed late in their clinical course. Such behaviour has created a culture of misunderstanding and non-treatment by physicians. As a result, many patients have felt neglected and abandoned by a medical system that is only beginning to understand and grasp the complexities of the patient with neuroendocrine tumours" (from Unicorn Foundation website)

Celebrating 50 years of research and support: The first Atlas of Cancer in Queensland maps the way forward to improved survival

Figure 1: Variation in breast cancer outcomes among females



Cancer Council Queensland (CCQ) has published the first Atlas of Cancer in Queensland, launching the start of statewide celebrations for our 50th Anniversary.

The Atlas provides a comprehensive picture of how cancer incidence and survival varies across the 478 statistical local areas in Queensland, based on latest data.

CEO, Prof Jeff Dunn, says publication of the Atlas is a historic milestone for cancer control in Queensland.

"The Atlas is significant for its contribution to our understanding of how cancer incidence and survival affects Queenslanders differently depending on where a person lives.

"It showcases how far we have come over the past 50 years and provides an inspiring reminder that we have more work to do."

Director of the Queensland

Cancer Registry and Scientific Consultant for the Viertel Centre of Research in Cancer Control, Professor Joanne Aitken, says while there have been many improvements in health during the 20th century, these improvements have not been shared equally, and some population groups continue to have poorer health.

"The Atlas shows a consistent pattern that when survival varied across Queensland, cancer patients living in more rural or disadvantaged areas had lower survival compared to the Queensland average.

"If survival outcomes in these rural areas were improved to the current Queensland average survival, an estimated 1,223 cancer-related deaths within five years of diagnosis (795 males, 428 females) could have been prevented.

"This represents nine per cent of cancer related deaths during this period."

Prof Aitken says the Atlas provides a key tool for reducing these differences, by creating a better understanding of where the disparities are.

"The Atlas will help to inform our ongoing research into geographical disparities, so that we can better understand the factors that influence variations in cancer incidence and survival.

"Variations may be caused by a range of factors, including, but not restricted to, environmental factors, access to screening and diagnostic services, stage at diagnosis, access to effective treatment and care, migration of cancer patients, the mix of cancer types present in that region, or even chance."

Prof Aitken says the report will provide a rationale for greater allocation of funding and resources to improve detection and survival outcomes for cancer

patients across the whole of Queensland.

To view the Atlas or find out more about our 50th Anniversary, go to www.cancerqld.org.au.



CANCER FACT:

There is no way of knowing how many people were diagnosed with cancer in 1961, but we estimate there may have been about 5,000 Queenslanders newly diagnosed with cancer in 1961, compared to about 21,000 today. By 2016, as many as 30,000 Queenslanders will be diagnosed with cancer each year.

50
YEARS OF
HOPE

FOR A CANCER FREE FUTURE

50 years
of supporting Queenslanders
affected by cancer

Cancer
Council
Queensland

www.cancerqld.org.au



Breast Cancer Support Service

"It was reassuring to talk to someone who had breast cancer. They gave me hope and encouragement."

 **Cancer Council
Helpline**

13 11 20

For information and support call
Monday to Friday, 8am – 6pm

The Allied Health

Professionals

Oncology Group

Newsletter:

we want to hear from you!

The Allied Health Professionals Oncology Group newsletter is published as a benefit for members – allied health professionals who care for people with cancer in Queensland. The AHPOG Advisory Group welcomes contributions from allied health professionals about issues relating to cancer. Submitted articles should be approximately 250-500 words in length. For further information contact: (07) 3634 5267.

Editorial deadlines 2011:

- November 28th

Please submit all items to:
Anne-Marie Dewar at
Cancer Council Queensland
E: Anne-MarieDewar@cancerqld.org.au
Or
P: (07) 3634 5262
to discuss content suitability.



Quit Educator Training Program

If you are an allied health professional who has the capacity to impact on the health of your patients who smoke, then this is the program for you.

The Quit Educator two-day course has been designed to equip workplace or community based health professionals with the skills to deliver smoking cessation courses and brief intervention counselling with individual clients or community groups. The two-day training program covers topics concerned with:

- Addiction and quitting
- Helping clients develop a quit plan
- Motivational interviewing and brief intervention techniques
- Withdrawal symptoms and strategies to help clients cope
- Pharmacotherapy

For more information, please contact the [Cancer Council Helpline](tel:131120) on 13 11 20 or email judithwhitehead@cancerqld.org.au.

You can also download a registration form on our website at www.cancerqld.org.au/page/prevention/smoking_and_tobacco/education

New cancer statistics now available

The Australian Institute of Health and Welfare has released new national cancer incidence data for 2006. This data, which is published along with 2006 mortality data, can be found in their Australian Cancer Incidence and Mortality (ACIM) books.

The ACIM books are interactive Excel workbooks of tables and graphs by age and sex for all the major cancers for incidence from 1982 to 2006 and mortality from 1968 to 2006. These workbooks are available free of charge. To view the workbooks, please visit the Australian Institute of Health and Welfare website

www.aihw.gov.au/cancer/data/acim_books/

Attention Allied health Professionals: Print this page to put on your patient noticeboard

Living mindfully after cancer – 8 week Course

Cancer and Mindfulness

The experience of cancer can be demanding, both for your body and your mind. Diagnosis and treatment may stir up a range of challenging thoughts and feelings both for the person and their loved ones. Learning new ways of managing difficulties can be useful for all of us, regardless of life stage or the situation we find ourselves in.

The aim of the *Living mindfully after cancer* course is to increase a person's ability to manage difficult feelings and to help people to live more fully in the present moment.

Through mindfulness meditation practice and guided group discussion, participants learn to:

- focus and calm the mind
- ground attention and awareness in the present moment
- have more choice about responses to life's challenges

What does the course involve?

The *Living mindfully after cancer* course is run over 8 weeks. Each session lasts for 2 hours with a limited number of participants. Sessions involve meditation practice and led group discussion. Regular practise of meditation at home is an important part of the program to ensure you get the most from the course.

Background to the course

The program is based on Mindfulness Based Cognitive Therapy (MBCT). Clinical research trials of MBCT for people with cancer have shown participants can experience positive changes in psychological wellbeing and quality of life as a result of group participation.

Who can take part?

The course is specifically designed to suit people affected by cancer and/or those close to them.

Where and When is it held?

The course is run in Brisbane and other Cancer Council centres in Queensland at different times of the year. For further information please contact us (details below).

How much does it cost?

There is no fee for attending, however we would gratefully welcome a donation at the end of the course to help us continue our work.

For more information

Please contact Anna Stiller on 3634 5291 or email livingmindfully@cancerqld.org.au if you would like further information or would like to register your interest.



Podcast Library

Each year, Cancer Council Queensland facilitates hundreds of seminars, forums and information sessions across the State for a range of stakeholders, including cancer patients and carers, health professionals, volunteers and interested members of the community. To help share this knowledge with all Queenslanders, podcasts (audio only) of selected sessions will be made available on this page for streaming and download. If you have any questions regarding these podcasts, or you would like further information on the issues they discuss, please contact the Cancer Council Helpline on 13 11 20.

Brain Tumour Support and Education Forum

May 12, 2011 Recorded at Cancer Council Queensland's Brisbane office

Keynote presentation: ['Recent advances in brain tumour research: Prospects for therapy'](#) - Professor Andrew Boyd, Laboratory Head, Brain Cancer Research Institute.

['An overview of brain tumour types and surgery in children'](#) - Dr Martin Wood, Neurosurgeon.

['Chemotherapy and clinical trials for brain tumours in children'](#) - Dr Tim Hassall, Paediatric Medical Oncologist.

['Radiation therapy for brain tumours in children'](#) - Dr Robyn Cheuk, Radiation Oncologist.

['A parent's perspective'](#) - Karen Prain.

['A parent and adolescent's perspective'](#) - Jordan & Marie Carroll.

['Paediatric rehabilitation'](#) - Mr Owen Lloyd & Ms Melinda Lewis, Neuropsychologist & Occupational Therapist.

['Psychological effects on patients and caregivers'](#) - Ms Amanda Carter & Ms Tara Mooney, Clinical Psychologist & Occupational Therapist.

['Challenges following treatment'](#) - Ms Vonnie Hastings, Clinical Nurse Consultant.

Cancer Council Helpline - Health Professionals' Education Seminars

2011 seminars:

March 29: ['High grade gliomas – diagnosis, surgery and latest treatments'](#) - Dr Sarah Olson, Neurosurgeon. Recorded at Brisbane's Princess Alexandra Hospital.

May 31: ['Complementary and alternative therapies for brain tumours: How do you know what's safe?'](#) - Christine Carrington, Senior Consultant Pharmacist, Queensland Health Cancer Control Team, Princess Alexandra Hospital.

June 21: ['Colorectal Cancer – Current treatments and care'](#) - Dr Paul Mainwaring M.B.B.S (Syd), M.D. (Lond) F.R.A.C.P, Associate Professor of Medicine, University of Queensland, Consultant Medical Oncologist, Consulting at Haematology and Oncology Clinics Australia.



Calendar of events: 2011



July

Cancer Council Queensland Scholarships and Travel Grants launch
www.cancerqld.org.au

Call to Arms Campaign begins

National Tree Day July 31

“Hitting the Target – Using Tomotherapy as a cancer treatment”

Brisbane July 13 6pm www.cancerqld.org.au

August

Dr Marilyn Haas Lectures

Townsville August 3

Cairns August 4 & 5

Daffodil Day Aug 26

Cancer Council Queensland Scholarships and Travel Grants close
(Aug 29)

Palliative Care Australia National Conference

Cairns Aug 30 to Sept 3

September

Prostate Cancer Awareness Month

Cancer and Food

Does what you eat cause cancer?

Dealing with disease and treatment related anorexia

Brisbane September 13 6pm

October

Breast Cancer Awareness Month

Adolescents and Young Adults Conference Brisbane October 4 – 5

Contact: Claire Masula E: Claire_Masula@health.qld.gov.au

Dealing with the day to day stress of being a cancer care professional

Brisbane October 11 6pm

Walk to Work Day (Oct 7)

Pink Ribbon Day (Oct 24)

Australian Physiotherapy Association National Conference

Brisbane October 27 – 30

November

The Hazardous Substances Debate

Brisbane November 2 6pm

Queensland SunSmart Day (Nov 11)

National Skin Cancer Action Week (Nov 20—27)

Clinical Oncological Society of Australia Annual Scientific Meeting (COSA)

November 15 – 17 Perth

Oncology Social Workers Conference

Perth (following COSA)

C Vivor Active Cancer Support



Cancer Council Queensland is inviting people who have been affected by cancer to join a new, community based active support program.

C-vivor connects people in the community who have been diagnosed with cancer through a weekly activity such as, cycling, walking, swimming, or a social outing.

Register your interest in becoming a group leader or member, go to www.c-vivor.org.au, or contact the Cancer Council Helpline on 13 11 20 by June 30.



C-vivor Update—Currently Available Activities

Gold Coast: Thursdays 9am Walk session meeting at the CCQ Gold Coast Office

Redcliffe: Saturdays 7.30am Qi-Gong session at Scarborough Village, Landsborough Ave near the picnic area and children's playground

Brisbane: Saturdays 9.00am Boxercise session starting from 18th June meeting at Prestige Lifestyle Gym Unit 12/76 Dogget Street Newstead

Townsville: Thursdays 7.00am Walk session starting from 7th July meeting at the Townsville Strand, Tobruck Memorial Swimming Pool

Toowoomba: Wednesdays 9am Laughter yoga starting 27th July meeting at the Toowoomba CCQ office 137 Herries Street Toowoomba

A walk program will be starting in **Rockhampton** very soon.



To register for these activities send participants to the Activity page at www.c-vivor.org.au