


Register now for Cancer Council Queensland's 31st Annual Oncology Nurses Group Conference

Friday, September 12 and Saturday, September 13, 2008
Jupiters Hotel Townsville



Join your colleagues for professional development and networking at the 31st Annual Oncology Nurses Group Conference. This year's program will address a wide range of topics of interest to cancer nurses and allied health professionals. The conference themes and topics grow out of the need to value health professionals working in cancer care and the unique skills, expertise and knowledge that they bring to caring for those affected by cancer.

Cancer care is faced with a variety of resource challenges ranging from an ageing nursing population, retaining skilled nurses to mentor new graduates and a shortage of specialist nurses in the face of increasing demands on services. This conference will address these challenges and provide delegates with practical strategies. A key note presentation will be provided by Dr Craig Hassed, Senior Lecturer School of Primary Health Care, Monash University. Craig's areas of expertise include mindfulness-based stress management, meditation, holistic healthcare, mind-body medicine, psychoneuroimmunology, complementary therapies and



Dr Craig Hassed

self-care management. Dr Hassed has a special interest in the effects of workplace stress and will share with delegates about this topic at the conference.

To take advantage of the beautiful spring weather in Townsville, a social evening on the Friday of the conference will be held at the Picnic Bay Lifesaving Club overlooking The Strand Esplanade. This event will be a welcome opportunity for delegates to relax, refresh and network with colleagues both old and new. The Oncology Nurses Group extends a warm welcome to all interested nurses and allied health professionals to register now for the conference by:

Visiting the website www.cancerqld.org.au/professionals.asp

Or contacting:

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Welcome to the Winter edition of the Newsletter

The newsletter sub-committee warmly welcomes you to the winter edition of the Oncology Nurses Group newsletter and hope that you find the newsletter interesting reading. The team have been working hard to ensure the newsletter continues to meet the needs of nurses in Queensland who have an interest in cancer. You may have noticed and continue to notice some gradual changes to the newsletter which is part of an overall strategy developed by the newsletter sub-committee at a planning meeting last year. Changes include more regional Oncology Nurses Group reports and photographs, profiles of different oncology units in Queensland, an events calendar, a 'Website of the edition' column and a new layout and 'look'. Readers are very welcome to provide feedback about these changes as well as suggestions for future editions by emailing ong@cancerqld.org.au. The sub-committee looks forward to the input from Oncology Nurses Group members state-wide.

Focus on the Tablelands Oncology Nurses Group

Lorraine Binnie, Secretary, Tablelands Oncology Nurses Group

The Tablelands Oncology Nurses Group was established 13 years ago by a group of nurses passionate about caring for people with cancer and supporting their families. The group has evolved over the years, but the passion remains.

Education of nurses and promoting prevention and early detection of cancer is our focus. This has been achieved by annual education sessions with topics such as Back to Basics promoting Cancer Council Queensland's new name, Boys Bits and Bobs promoting men's cancers, new and emerging cancer treatments and palliation. These education sessions are open to all nurses and people with an interest in cancer nursing. The Tablelands Oncology Nurses Group relies on education and many members attend the conference every year.

Atherton Hospital prides itself on the day chemotherapy unit staffed by nurses who love their work. Atherton not only provides rural Far North Queensland with a functional and professional unit with high standards, but a multidisciplinary team approach involving patient transport scheme, social work and palliative care. This unit allows patients to receive their chemotherapy at a local level avoiding a long trip to Cairns for their treatment.

The year 2007 was thrilling for the Tablelands group with their secretary (me!) named as Nurse of the Year 2007. All of the fundraising events throughout the year were supported by the Tablelands Oncology Nurses Group including Clip for Cancer, Relay For Life, Australia's Biggest Morning Tea and



Top: Relay for Life.
Bottom From left: Ann Aitken, Linda Weyman, Lorraine Binnie, Dale Binnie, Raelene Coleman, Sharon Cook and Lynne Saez at the Nurse of the Year Gala Ball

Daffodil Day. Local events included The Maize Festival and the Atherton Show. All events focused on promoting Cancer Council Queensland and its values.

The Tablelands Oncology Nurses Group membership fluctuates from time to time which is not unusual in a rural area, but the core of the group remains to promote excellence in the speciality of cancer nursing.

Sunshine Coast Oncology Nurses Group Education Evening Overview of gynaecological cancer

Karen Ristuccia, Committee Member, Sunshine Coast Oncology Nurses Group

I have been on the committee now for four years. Our goal is to have monthly education nights aimed at nurses working with people with cancer, at one stage or another. In May, the group was fortunate to have Dr Bev Powell talk on her field of speciality, gynaecological cancers and the presentation was informative and relevant.

The Sunshine Coast Oncology Nurses Group education evenings are scheduled after work and are brief, interesting and pertinent to nurses working in cancer care. Usually 12 to 20 people attend, depending on all the usual factors; work, family, health, commitments and of course, the weather.

The group canvasses for topics of interest via questionnaires and colleagues, helping to meet the needs of nurses.



The Oncology Nurses Group Sunshine Coast plays an important role in ongoing learning and I am proud to be part of this group of committed people who are making a difference.

Fraser Coast Oncology Nurses Group Annual General Meeting and Education Evening

Kym Robinson, President, Fraser Coast Oncology Nurses Group

The geographical area covered by the Fraser Coast Oncology Nurses Group encompasses the Hervey Bay and Maryborough regions. We are a group of dedicated nurses from diverse health settings within the Fraser Coast area who meet regularly (approximately four times a year) for the purpose of education and networking. Living in a regional area 3.5 hours north of Brisbane, means it is difficult to attend the education sessions in Brisbane. Therefore organising easily accessible, local education sessions is a priority for the group and vital for our professional development. We have been privileged to have such high calibre guest speakers presenting on very informative topics to our group.

Recent topics for our education nights have been modern management of colorectal cancer by Dr Drago Popovic, modern management of prostate cancer by Dr Boon Kua and modern management of breast cancer by Dr Henk Van Rooyen. All of the sessions have been well attended and have been very informative.



Some of the nurses who attended the evening education session Modern management of breast cancer by Dr Henk Van Rooyen.

The group is trying to encourage as many of our colleagues both nurses and allied health professionals to be involved and is targeting as many different health settings as possible.



Ongoing education at the Gold Coast Oncology Nurses Group

Frank Hughes RNBN MRCNA, Secretary, Gold Coast Oncology Nurses Group

On May 14, the Gold Coast Oncology Nurses Group hosted their latest education session on understanding lung cancer and the nursing skills required to care for these patients at the Southport Office of Cancer Council Queensland.

Dr John Tan gave a very honest view from a surgical perspective of this disease. From the evaluations most of the nurses found this a good refresher of surgical procedures, why certain procedures are being performed and current equipment being used.

Ron Breen the Respiratory Nurse Practitioner from Gold Coast Hospital gave an in-depth presentation on respiratory function, current equipment and the practical skills nurses require when assessing respiratory function. Although the information was not



Helen Gullison, President of the Gold Coast Oncology Nurses Group presenting Ron Breen with a certificate of appreciation.

all cancer specific, the evaluations showed this was valuable information from a practice perspective.

Brisbane Oncology Nurses Group Education Evening

On May 7 the Brisbane Oncology Nurses Group and the Allied Health Professionals Oncology Group hosted an Advanced Practice Forum focussing on the prevention and early detection of bowel cancer.

The topic of lifestyle and cancer risk: current evidence and initiatives, was addressed by the Cancer Council Queensland Community Education Co-ordinator. This was followed by The Queensland Bowel Cancer Screening Program staff presenting about bowel cancer epidemiology, an overview of the program, role of the Health Promotion Officer, Role of the GE Nurse Co-ordinator, program findings and the future of the program.



Myles in front of Independence Hall [built 1732] - Declaration of Independence was signed here.

A report of the Oncology Nursing Society 33rd Annual Congress Philadelphia, USA, May 2008

Myles Sweedman

- > 5000 attendees from over 20 countries
- > 250 trade displays
- > 104 poster presentations
- > 80 discussions, instructional and podium sessions
- > 3.5 days

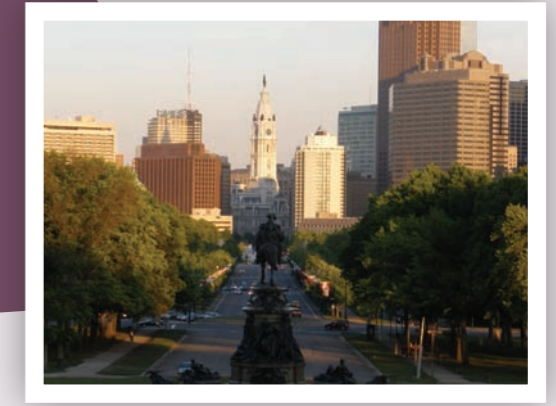
Welcome to the 33rd Annual Oncology Nursing Society conference, Philadelphia, USA.

I, along with my colleague Esther White, had the opportunity to attend this fantastic conference. To be in a large convention centre hall with so many other passionate oncology nurses is inspiring. The key note speakers were US airforce pilots and although their relevance to nurses seemed hard to fathom, their message of 'Flawless Execution - Plan, Brief, Execute, Debrief and Win' had many relevant points for nursing practice. Especially the importance of valuing colleagues and working together professionally as a strong, unified team.

Major themes of the conference were management of symptom clusters and pain management across various care settings. Sessions that spoke to these key themes provided many tools for nurses to assist cancer patients along the disease trajectory.

Most attended sessions were:

- Keeping all the balls in the air: assessment and management of multiple symptoms for busy clinicians
- Acute pain management and the oncology patient
- Everything you wanted to know about structural oncology emergencies
- Mentoring, coaching and preceptoring: the future of oncology nurses
- Ethics at the bedside: how to understand the issues



Philadelphia skyline at dusk



Philadelphia's Fairmont Water Works [built 1815]

Attending the Oncology Nursing Society conference means a long flight, travel and expense but the rewards outweigh such inconveniences. The knowledge gained and the respect shown by US nurses towards us for making such a trip to their conference is empowering and sustaining. Esther and I would recommend it strongly.

You may even be featured in the opening address, my photo from the 32nd conference was shown whilst the Chapter president spoke and Esther was profiled in the Oncology Nursing Society newsletter as a 'New Attendee'.

A truly great experience. Book your flight to the 34th conference in San Antonio, Texas from April 30 to May 3, 2009.



Queensland Health Update

State-wide Cancer Services Plan Update

Cancer Clinical Networks: Queensland Health's Cancer Care program

Excerpts reproduced by permission of K.Whitfield; Program Manager; Cancer Control Team; Queensland Health

The Oncology Nurses Group Newsletter introduces a regular column to provide you with information to keep you up-to-date with Queensland Health's Cancer Care Program and State-wide Cancer Treatment Services Planning activities.

Planning for Cancer Treatment Services - A Preview

Queensland's population has been experiencing an average annual (population) growth rate of 2.6 per cent while cancer incidence has been increasing by some 4 per cent. In every week of 2004, approximately 367 Queenslanders were diagnosed with cancer and by 2016 this is expected to rise to 540. Given this and Queensland's rapid population growth and ageing population, it is imperative to plan for the development of cancer treatment services.

The *State-wide Cancer Treatment Services Plan 2008-2016* will inform the development of safe and sustainable state-wide cancer treatment services and facilitate the systematic implementation of the *Queensland Cancer Control Strategic Directions (Strategic Directions) 2005-2010*.

The delivery of safe and sustainable cancer care and treatment at a consistent standard relies on an organised network of services comprising a hub (Cancer Centre), spokes (Cancer Unit) and other linked services. Multidisciplinary care is also recognised as an essential component in the provision of safe and effective care.

Consultation and Liaison

The planning process has involved collecting a range of data and descriptive information about services, and involved extensive consultation and liaison with key stakeholder groups; area clinical networks, district staff, senior management, the

wider Queensland Health community and private and non-government organisations to capture stakeholder views on Queensland's cancer treatment services.

A planning and governance group was established to drive the planning process and included representatives from key Queensland Health stakeholder groups.

Cancer Service Priorities

One of the aims of the plan was to outline the infrastructure and workforce needed to enable the development of service capacity in line with population distribution and growth. These groups also identified short, medium and long term priorities, gaps and pressures with respect to cancer services which will need to be addressed.

Does this plan cover screening and prevention?

No. The services considered within this plan are those associated with treatment from diagnosis and care planning, through to treatment in both ambulatory and inpatient settings.

Will paediatric cancer treatment services be covered in this plan?

The plan is mainly concerned with adult services; however, it is expected to interface with the Queensland Children's Hospital planning project which will encompass the paediatric component.

Does this plan include private and non-government organisations?

The involvement of private and non-government organisations in cancer treatment is acknowledged in the plan along with the need to strengthen

existing links between Queensland Health facilities and other institutions. It is anticipated that the plan will promote opportunities for greater collaboration between Queensland Health and other public, private and non-government organisations to drive further improvements in cancer care.

How will the plan impact on regional, rural and remote hospitals that treat cancer patients?

Many regional, rural and remote facilities currently have informal links with major treating centres and units throughout the state to support the effective and efficient provision of care to cancer patients. The plan looks at strengthening these links by formally defining service networks. Effective communication and co-operation within formally linked services will be critical to safe and effective 'best care' cancer management.

Where is the Plan now?

The plan was endorsed by the Queensland Health Executive Management in February 2008. The draft plan is already being used within Queensland Health to inform current planning activities. For further information Queensland Health employees can visit: <http://qheps.health.qld.gov.au/cancercontrol/planning.htm>

Forum Feedback

Advancing Key Initiatives Forum in Cancer Care Queensland Health's Cancer Care Program

The State-wide Cancer Clinical Leadership Group (CCLG) hosted its second *Advancing Key Initiatives in Cancer Care* forum on May 14 – 15 2008 at the Brisbane Convention and Exhibition Centre for Queensland Health staff. The forum consisted of workshops and plenaries for medical, nursing and allied health professionals working with patients with cancer. During the opening session, members of CCLG, and others, spoke about work in progress being conducted on the State-wide Cancer Treatment Services Plan 2008-2016; Clinical Service Capability Frameworks; workforce planning, Clinical network development and consumer engagement.

Throughout the following two days, delegates heard from a variety of speakers on topics ranging from research; training, development and mentoring; health and safety; cancer care initiatives and influences on cancer services. The sessions were informative and developed with all levels of health professional staff in mind. Naturally, networking during breaks was an integral part of a professional education/forum activity such as this.

It was wonderful to see so many allied health professionals presenting information on their research or service activities that provide such richness and capacity to enhance the care of people with cancer. The forum also enabled colleagues from regional, rural or remote centres to share their experiences in working in such challenging environments, and the way in which they creatively manage to link with treatment centres outside their Districts to support the continuum of care for the patient.

The greatest quality of this forum is that it is developed by Queenslanders, presented by Queenslanders, with a Queensland focus on health issues relating to Cancer Care. It cannot be left unsaid that delivering seamless care to people with a diagnosis of cancer in such a geographically onerous state is challenging, however the *Advancing Key Initiatives in Cancer Care* forum goes a long way to assisting Queensland Health make the Cancer Clinical Networks strong, and the professional relationships between the deliverers of the care even stronger.



Queensland Health Update continued...

Queensland Paediatric Haematology/Oncology Network

Update May 2008

Anita Cox, Clinical Co-ordinator, Queensland Paediatric Haematology/Oncology Network, Royal Children's Hospital, Brisbane, Queensland

It has been a busy few months in QPHON-land with various seminars and new appointments.

A two day workshop was held in April for the newly appointed (and keen to be appointed!), Regional Case Managers looking at various aspects of paediatric haematology/oncology and ways to develop the new roles. We now have five appointed Regional Case Managers, two posts are in recruitment and we are in discussion with two other areas.

The seminar had a packed programme and a follow-up day is planned for later in the year when hopefully each Regional Case Manager will come armed with the good and bad from their new venture. In between times, they will play a vital role in the Shared care and Regional Services Working Group which meets bi-monthly.

This month we are holding a free two-day Outreach seminar at the Royal Children's Hospital, we have

42 registered delegates covering many disciplines: nursing, radiation, non-government organisations, pharmacy, social work and physiotherapy. A number of speakers from within paediatric haematology/oncology have 'volunteered' their time to speak and we are hoping that some good networking will occur over the catered mealtimes.

QPHON have sponsored three social workers, three nurses from the RCH and eight nurses from regional centres to attend the ANZCHOG conference in Perth at the end of May. From the groups there will be two oral presentations and two posters to be presented, great representation from the state-wide service.

I am pleased to announce that we will have a newly appointed Educator from June - Linda Ewing is to be the Shared Care Educator for QPHON and will concentrate on state-wide education but will also have input into the tertiary education at QCCC.

Site surfer report: Website of the edition CI-SCaT

The Cancer Institute NSW Standard Cancer Treatment protocols program (CI-SCaT) enables cancer clinicians and general practitioners to access complete treatment protocols, their supporting evidence and dose calculation. Patients and the public can also find detailed information on their treatment and its side effects. There are currently over 600 detailed cancer treatment protocols specific to Medical Oncology, Haematology, Radiation Oncology, and Nursing. Each protocol provides a pdf downloadable Patient Information Sheet that informs patients and carers in layperson language about the protocol and possible side effects.

The Patients and Carers tab and the Health Professionals tab do not require a password, and these present all approved and superseded protocols. An additional function available to health professionals is the drug calculator, which requires a password for which there is an online application form. CI-SCaT CHaT, is a bi-monthly newsletter about additions and upgrades to the site which can also be accessed from the website.

The site reports it experiences significant patronage and is now widely accessed throughout New South Wales and in other states. It can be found at: http://www.cancerinstitute.org.au/cancer_inst/ciscat.html

Information above provided directly from the CI-SCaT website

Scholarships for young Queenslanders affected by cancer - Jess Seizes the Day

Young Queenslanders affected by cancer can share in \$50,000 worth of scholarships through Cancer Council Queensland's 2008 Seize the Day Study Awards.

Jess McKean was diagnosed with acute lymphoblastic leukaemia when she was seven years old. In 2000, Jess received a Seize the Day Study Award which has helped her pay for textbooks and travel to university, while she earned her Bachelor of Radiation Therapy at QUT. When talking about receiving a Seize the Day Study Award, she says, "I never expected to be rewarded for having cancer, but for me, receiving the award gave me recognition to say that I have achieved a lot and had to do it much tougher than a lot of other people. It was a really nice boost to have going into uni."

Jess successfully earned her bachelor degree and is now undertaking her second year of medical school at Griffith University. Jess says that becoming a doctor will allow her to give back to the profession that saved her life.

The Seize the Day Study Awards are offered to people aged between 16 and 21 who have been diagnosed with cancer or have a close family member who has had cancer. This may include a parent, sibling or themselves.

The annual awards are open to these young people who plan to undertake or continue post-secondary school education at a university, TAFE, tertiary college or vocational training centre.

Last year, 38 young Queenslanders received awards ranging from \$300 to \$2500.

Cancer Council Queensland's Seize the Day Study Awards Co-ordinator, Leslie Donnelly, said the



Jess McKean

awards program acknowledged the courage of young people coping with cancer and encouraged them to look to the future with hope.

"The awards aim to foster the personal growth and development of young people coping with cancer in Queensland," Ms Donnelly said.

"They encourage young people to look past their present concerns and strive towards the future," she said.

The funding grants help cover the cost of textbooks, stationery, fees, transport and accommodation expenses incurred during post-secondary education and training.

To find out more about the Seize the Day Study Awards or to download an application form, please visit Cancer Council Queensland website www.cancerqld.org.au or contact Cancer Council Helpline on 13 11 20.

Completed applications must be received by September 26, 2008.



Cancer Nurses Society of Australia (CNSA) 11th Winter Congress 2008

June 13 and 14, 2008

Conrad Jupiters Hotel, Gold Coast, Queensland

Alayne Reid

The chair of CNSA, Gabrielle Prest, welcomed us all, and exhorted us to meet at least three new people every day. We were welcomed to the country by Patricia Levy, a traditional tribal elder.

The theme of the conference, "Cancer and the family" was carried through the presentations, commencing with consumer representation by Bill McHugh who spoke about his experience as a survivor of prostate cancer. His words will be quoted by everyone who heard them "Cancer nurses do make a difference!". Lauren Northouse from the USA gave three presentations about research into distress in carers and families affected by cancer and Ranita Sidhu presented about psychological stress experienced by siblings of children with cancer.

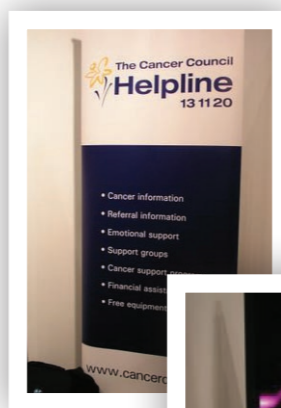
A very enlightening talk about veterinary oncology by Veronika Langova revealed that cancer acts the same way in animals as in humans and is treated in the same way. The work done with animals is being used to better understand and treat humans.

Nicola Poplawski stressed the need to identify families at risk for familial cancers and genetic testing and Carina Boehm highlighted the importance of education and support continuing after treatment finishes in a presentation about long term follow-up clinics. The theme continued with presentations about diversity in cancer care in indigenous communities, Chinese-Australian women with breast cancer and those in rural and remote Australia.

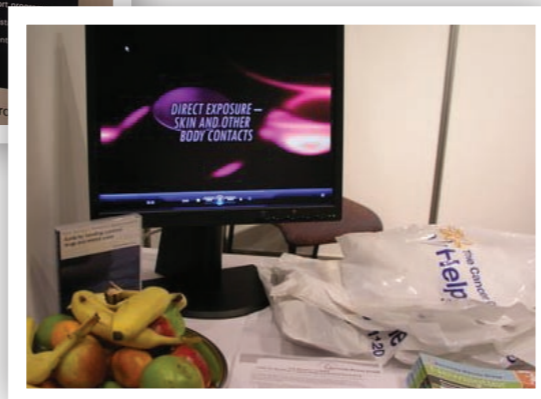
CNSA decided that the issues of cancer care units should be explored, including staff ratios, skill mixes, physical resources, physical design, etc.

The results of a survey of CNSA members was presented, and a position statement for care co-ordinators was released. EdCan launched a national cancer nursing education framework at the welcome reception on Thursday June 12.

The free paper sessions focused on innovations in symptom management and patient/carer/family education, cancer nursing practice and education, support for children of families affected by cancer, survivorship, palliative care, and models of supportive care in advanced cancer.



Cancer Helpline banner on display



Guide for Handling Cytotoxic Drugs and Related Waste showcased at the Cancer Council Queensland trade display.



Deb Gillespie and Ann Kennedy

Calendar of events: August-October 2008

August

*August 20, Brisbane

Talking about sexuality after a cancer diagnosis

August 22

Daffodil Day

August 26, Sunshine Coast

Cancer Voices Queensland Forum

September

September

Prostate Cancer Awareness Month

Support Prostate Cancer Queensland on Father's Day

*September 3, Gold Coast

Prostate cancer

September 12 and September 13

31st Annual Cancer Council Queensland Oncology Nurses Group Conference

October

October

Breast Cancer Awareness Month

Girls Night In

*October 1, Brisbane

Brain Tumour Forum

October 3

Walk to Work Day

*October 7, Sunshine Coast

Breast Cancer

*October 8, Gold Coast

Sexuality – how to discuss with patients

October 27

Pink Ribbon Day

***Note: Oncology Nurses Group education events. Specific details provided prior to each event. For further information please contact the Oncology Nurses Group. Events are subject to change and please confirm when you RSVP.**

Oncology Nurses Group newsletter contributor's guidelines

The Oncology Nurses Group newsletter is published quarterly as a benefit for members of the Oncology Nurses Group – nurses who care for people with cancer in Queensland. The editorial committee welcomes contributions from nurses about issues relating to cancer and palliative care.

Editorial deadlines for 2008:

Deadline for newsletter submission
September 8

Estimated distribution dates
November 10

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