Collaborating with Cancer Treatment Centres

Lauren McClean
Collaborating with Cancer Treatment Centres to deliver a cost-effective and sustainable model of program delivery for cancer survivors.
Background and context

• Cancer survivors experience complex health needs including chronic health conditions, some of which are preventable by adopting a healthy lifestyle.

• Cancer survivors experience increased risk of secondary cancers, other chronic health diseases and functional impairment\(^1\)

• Lifestyle interventions and weight management may prevent chronic health conditions and improve quality of life of cancer survivors\(^2\)

• Social interaction, eating a healthy diet and participating in physical activity can improve psychological functioning\(^3\)
ENRICH: Exercise & Nutrition Routine Improving Cancer Health

Partnership with the University of Newcastle and the Hunter Medical Research Institute

- 6 face-to-face education and skill development sessions
- Facilitated by health professionals
- Program includes:
  - Resistance training
  - Home walking program
  - Healthy eating education
ENRICH RCT

- Compared with the control group of cancer survivors, ENRICH participants:
  - Were more active, walking 1761 more steps in their day
  - Weighed on average 1.5kg less
  - Were consuming 3.5 more serves of vegetables each week\(^4\)
Aim

To deliver the ENRICH program in a cost effective and sustainable manner through collaboration with Cancer Treatment Centres (CTC) & Health Professionals.
### Strategy

The ENRICH program realises mutual benefits;

<table>
<thead>
<tr>
<th>Cancer Council NSW</th>
<th>Cancer Treatment Centres</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comprehensively evaluated &amp; replicable program</td>
<td>Limited time &amp; resources to develop &amp; coordinate programs</td>
</tr>
<tr>
<td>Program resources</td>
<td>On-staff health professionals &amp; venue</td>
</tr>
<tr>
<td>Program administration</td>
<td>Health professional referrals</td>
</tr>
<tr>
<td>Ability to triage participants into other support programs</td>
<td>Ability to triage participants into other support programs</td>
</tr>
</tbody>
</table>
### Outcomes

2009 - 2016: 74 programs, 818 participants

<table>
<thead>
<tr>
<th></th>
<th>Programs delivered in collaboration with CTCs</th>
<th>Programs funded by Cancer Council NSW or external grants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average cost per program</td>
<td>$740</td>
<td>$3820</td>
</tr>
<tr>
<td>Average cost per participant</td>
<td>$37</td>
<td>$190</td>
</tr>
</tbody>
</table>

80% reduction in costs
Additional benefits:

- Consistent program delivery
- Streamlined admin
- Ongoing referrals
Collaboration enables:

- A cost-effective and sustainable model of program delivery.

- Improved access for cancer survivors to healthy lifestyle programs.

- Increased opportunities to triage cancer survivors into other support programs.
Where to next?

• Explore the impact of health professional referral.

• Extend collaborative approach into regional and remote areas of NSW.

• Address emotional wellbeing of cancer survivors by developing a holistic program (ENRICHing Survivorship pilot).
Thank you

Lauren McClean
Project Coordinator Survivorship Programs
Email: lauren.mcclean@ccnsw.org.au
Phone: (02) 9334 1863
References


