

Collaborating with Cancer Treatment Centres

research



advocacy



prevention



support



Lauren McClean

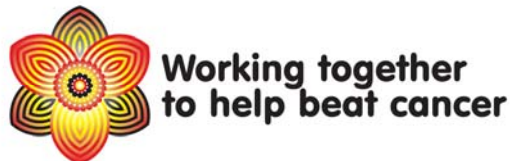


Working together
to help beat cancer



Cancer
Council
NSW

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



Background and context

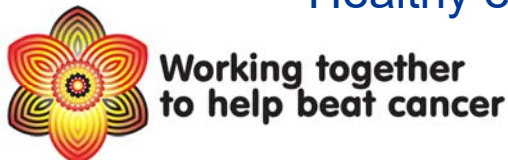
- **Cancer survivors experience complex health needs including chronic health conditions, some of which are preventable by adopting a healthy lifestyle.**
- Cancer survivors experience increased risk of secondary cancers, other chronic health diseases and functional impairment¹
- Lifestyle interventions and weight management may prevent chronic health conditions and improve quality of life of cancer survivors²
- Social interaction, eating a healthy diet and participating in physical activity can improve psychological functioning³

ENRICH

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 week⁴

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;

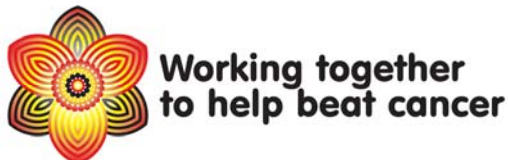
Cancer Council NSW	Cancer Treatment Centres
Comprehensively evaluated & replicable program	Limited time & resources to develop & coordinate programs
Program resources	On-staff health professionals & venue
Program administration	Health professional referrals
Ability to triage participants into other support programs	Ability to triage participants into other support programs

Outcomes

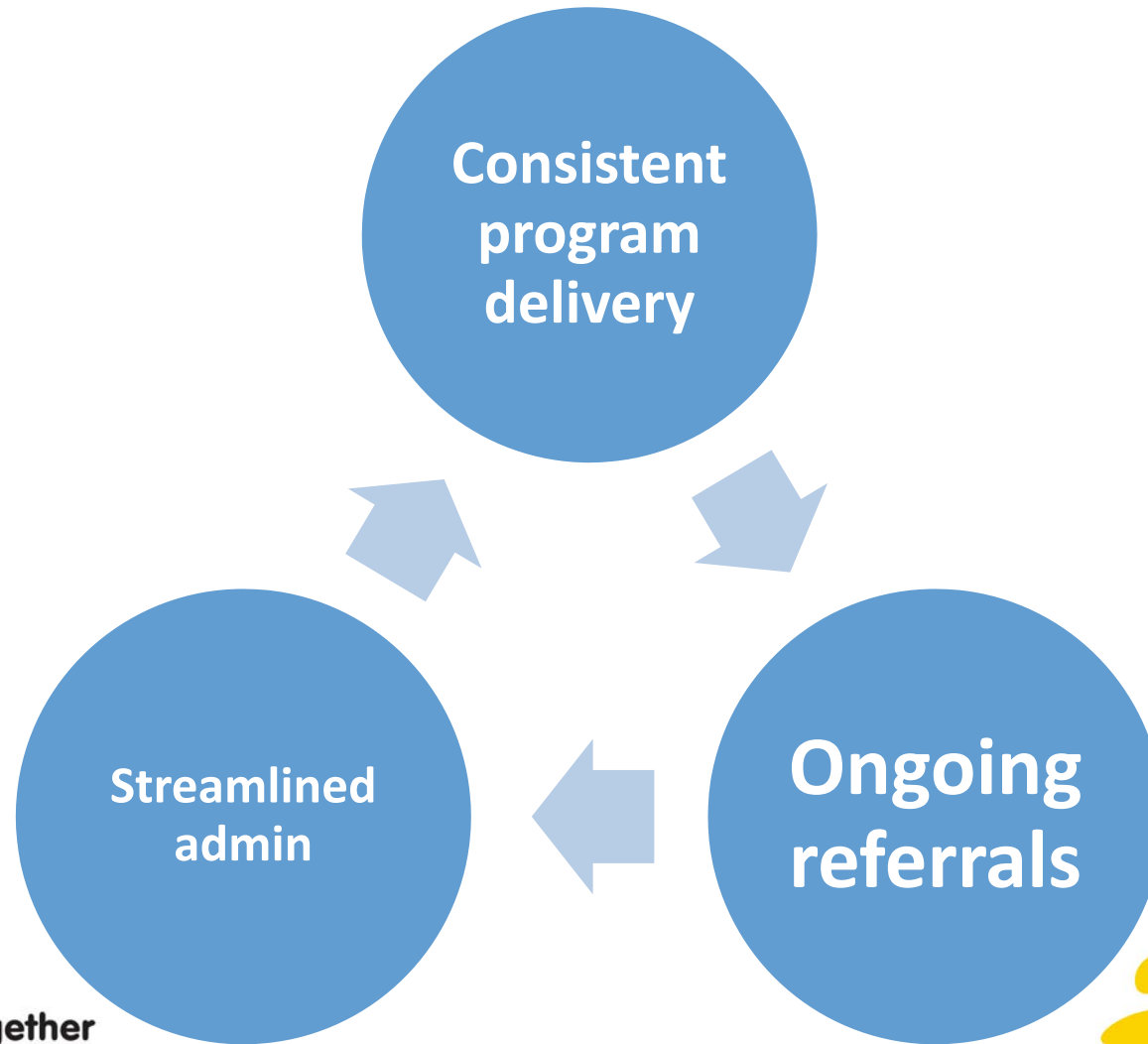
2009 - 2016: 74 programs, 818 participants

	Programs delivered in collaboration with CTCs	Programs funded by Cancer Council NSW or external grants
Average cost per program	\$740	\$3820
Average cost per participant	\$37	\$190

80% reduction in costs



Additional benefits:



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).**

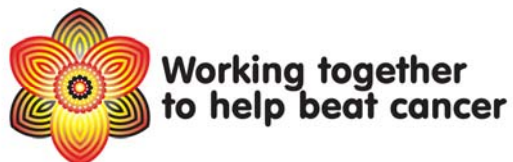
Thank you

Lauren McClean

Project Coordinator Survivorship Programs

Email: lauren.mcclean@ccnsw.org.au

Phone: (02) 9334 1863



References

1. Stull, V. B., Snyder, D. C., Denmark-Wahnefried, W. (2007) Lifestyle Interventions in Cancer Survivors: Designing Programs That Meet the Needs of This Vulnerable and Growing Population. *American Society of Nutrition*, 137 (1), 243S-248S.
2. Hoedjes, M. (2017) Toward the optimal strategy for sustained weight loss in overweight cancer survivors: a systematic review of the literature. *Journal of Cancer Survivorship*, 1-26.
3. Vijayvergia, N., Denlinger, C. S. (2015) Lifestyle Factors in Cancer Survivorship: Where We Are and Where We Are Headed. *Journal of Personalised Medicine*, 2;5(3):243-63.
4. James, E. L., Stacey, F. G., Chapman, k., Boyes, A. W., Burrows, T., Girgis, A., Asprey, A., Bisquera, A., Lubans, D. R. (2015) Impact of a nutrition and physical activity intervention (ENRICH: Exercise and Nutrition Routine Improving Cancer Health) on health behaviors of cancer survivors and carers: a pragmatic randomized controlled trial. *BMC Cancer*, 15:710.

