

## MINUTES

### EXERCISE ANNUAL GENERAL MEETING

**Date:** Tuesday 24 November 2020

**Time:** 11:00am to 12:00pm (AEDT)

**Location:** via Zoom



AGENDA ITEM	SPOKESPERSON																											
<b>1. Welcome, Apologies and Conflicts of Interest</b>	<b>Andrew Murnane</b>																											
<p>Andrew Murnane, Chair of the Exercise and Cancer Group, welcomed everyone to the meeting.</p> <p>A total of 39 people registered for the AGM with apologies from Di Adams, Sarah McAllister and Sara Wahlroos. There were 25 participants in attendance:</p> <table border="1"><tbody><tr><td>Emma Bruns</td><td>Prue Cormie</td><td>Anne Cust</td></tr><tr><td>Sharon Czerniec</td><td>Amy Dennett</td><td><i>Rhonda DeSouza (COSA)</i></td></tr><tr><td>Kim Edmunds</td><td>Morgan Farley</td><td>Elise Gane</td></tr><tr><td>Sandi Hayes</td><td>Dale Ischia</td><td>Julia Maclean</td></tr><tr><td>Sandie McCarthy</td><td>David Mizrahi</td><td>Melanie Moore</td></tr><tr><td><i>Andrew Murnane (Chair)</i></td><td>Jennifer Nicol</td><td>Christine Paul</td></tr><tr><td>Kama Pearce</td><td>Sharni Quinn</td><td>Carolina Sandler</td></tr><tr><td>Jess Seater</td><td>Cindy Tan</td><td>Elysia Thornton-Benko</td></tr><tr><td>Eva Zopf</td><td></td><td></td></tr></tbody></table>		Emma Bruns	Prue Cormie	Anne Cust	Sharon Czerniec	Amy Dennett	<i>Rhonda DeSouza (COSA)</i>	Kim Edmunds	Morgan Farley	Elise Gane	Sandi Hayes	Dale Ischia	Julia Maclean	Sandie McCarthy	David Mizrahi	Melanie Moore	<i>Andrew Murnane (Chair)</i>	Jennifer Nicol	Christine Paul	Kama Pearce	Sharni Quinn	Carolina Sandler	Jess Seater	Cindy Tan	Elysia Thornton-Benko	Eva Zopf		
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<p>No conflicts of interest were declared.</p>																												
<b>2. 2019 AGM Minutes</b>	<b>Andrew Murnane</b>																											
<p><b>Att: 2019 AGM Minutes</b></p> <p>Slides from the 2019 AGM were circulated with the agenda. This is the first year the AGM is being held online and outside of the COSA ASM.</p>																												
<b>3. Executive Committee and Group Membership</b>	<b>Andrew Murnane</b>																											
<p>There have been some changes to the Executive Committee in the past 12 months. Prue Cormie, who was the inaugural chair responsible for shaping the exercise and cancer agenda, has stepped down from the committee after 5 years. Tina Skinner, Senior Lecturer in Clinical Exercise Physiology from the University of Queensland and an existing committee member has been appointed as the Group's Deputy Chair. Andrew thanked Prue and the current Executive Committee (Di Adams, Morgan Atkinson, Lucy Bucci, Sandie McCarthy, David Mizrahi, Sharni Quinn, Tina Skinner, Elysia Thornton-Benko, Sara Wahlroos) for their contributions and volunteering their time.</p>																												

There are currently 85 Exercise Group members, plus an extra 102 COSA members who list exercise as an area of interest. It is a diverse multidisciplinary group with representation from Medical Oncology, General Practice, Physiotherapy, Exercise Physiology, Nursing and Pharmacy.

#### 4. Update on 2020 Activities

Andrew Murnane

##### **Att: Updated COSA Exercise Position Statement**

The key activity in 2020 has been a major revision of the COSA Exercise Position Statement, with the updated document circulated with the agenda.

The position statement was revised following the release of the updated ESSA exercise and cancer position statement in May 2019, as well as the updated ACSM evidence-based guidelines in Oct 2019. Greater emphasis was placed on the triad recommendation of “Discuss, Recommend, Refer” and the importance of engaging an exercise specialist experienced in cancer care for an individualised exercise program. Changes were also made to soften the language (e.g. “*Adhere to the exercise guidelines...*” was changed to “*Follow the exercise guidelines...*”) with the aim of gaining wider endorsement. In addition, two of the images with heavy duty gym equipment were replaced with people using resistance band and stretching outdoors to illustrate exercise in a variety of settings.

These changes were circulated for consultation with COSA members, Affiliated Organisations and other interested parties. All existing Endorsing & Supporting Organisations have reconfirmed their support for the revised position statement. Seven new organisations have agreed to be listed as Supporting Organisations: Australia New Zealand Gynaecological Oncology Group; Australian and New Zealand Head & Neck Cancer Society; Cancer Symptom Trials; McGrath Foundation; Oncology Social Work Australia New Zealand; Royal Australasian College of Surgeons; Royal Australian and New Zealand College of Radiologists. This takes the number of Supporting Organisations to 30 which is a fantastic result. The changes were also presented and approved at the Oct 2020 COSA Council meeting.

The Exercise Implementation Working Group was established just prior to the 2019 AGM, however has been on hold this year awaiting final approval of the updated position statement. The group will reconvene in early 2021 to finalise the implementation plan for the position statement and work on the development of new resources. These will include a clinician handout, patient handout, slide deck for presentations and FAQ’s. The Exercise Executive Committee will liaise closely with the Exercise Implementation Working Group over the coming months to develop these much-needed resources.

#### 5. Plans for 2021 Activities

Andrew Murnane

In early 2021 the group looks forward to relaunching the updated position statement. The original media launch generated a lot of interest and it would be good to get the message out again about the role of exercise in cancer care. COVID restrictions may determine how this event is carried out.

Plans for the Implementation Working Group and development of resources were covered under the update on 2020 activities. COSA is also in the process of reapproaching the Royal Australian College of General Practitioners (RACGP) as a Supporting Organisation. GPs are a key professional who need to be involved to achieve our goal for all patients with cancer to be prescribed an exercise program. Engaging with the GP community will be a key focus for 2021.

Next year the group is also keen to identify educational opportunities and key stakeholders that we can continue to promote our work alongside. From an education perspective, there were plans to hold an Exercise and Cancer pre-conference workshop at the 2020 COSA ASM. This could not run due to COVID and the virtual format, however there are discussions about having a workshop at the 2021 COSA ASM or hosting a stand-alone webinar event.

## 6. COSA ASM Highlights

Andrew Murnane

The COSA ASM was held on the 11<sup>th</sup>-13<sup>th</sup> November as a virtual meeting. The conference themes 'Cardio-Oncology', 'Implementation Science' and 'Quality & Safety' enabled several exercise presentations to be included. Some of the highlights were the session on "*Cancer Prevention for Cancer Patients*" and the "*Rapid Fire Best of the Best Poster Orals – Supportive Care and Exercise for Cancer Patients*". This was won by Dr Ben Singh for his presentation titled "*Safety, feasibility and effect of exercise following cancer: do findings differ according to survival prospects*". Also of note was the work from the exercise booth at the Adelaide ASM led by David Mizrahi titled "*Physical activity referral patterns and physical fitness levels of 2019 COSA conference delegates*".

Please check out the conference website for all the exercise related presentations. If you registered for the ASM, you have 12 months access to view the recordings of any presentations you missed or want to watch again.

## 7. Other Business / Q&A

Andrew Murnane

Q: Why is the Royal Australian College of General Practitioners (RACGP) resistant to supporting the position statement?

A: RACGP has declined to be listed as a Supporting Organisation since 2018. Reasons have included no GP on the working group, referral to an exercise specialist should be just one suggested option, and the recommendations are too prescriptive and not appropriate for all patients. Recent updates to the position statement tried to address RACGP's concerns and there has been a GP on the working group for the last 12 months. The position statement is being reviewed at the RACGP Reps and Endorsements meeting on 3 Dec 2020, but informal advice indicates support remains unlikely. If unsuccessful, the Exercise Executive Committee and Implementation Working Group will look at other avenues to engage GPs more broadly. It was also clear from the last media launch that patients are a driving force pushing their GPs for referral.

## 8. Next Meeting

Andrew Murnane

The 2021 AGM date is to be confirmed but will likely be around the 2021 COSA ASM. Following the success of the virtual AGMs this year, the 2021 AGM may again be held virtually.

**The Chair thanked participants for their attendance and declared the meeting closed at 11.40am.**