

Supporting Cancer Survivors Address Fatigue and Weight Problems: Inspiring, Motivating and Guiding for Change

Recommended resources to support survivorship care

Australian guidance documents:

- Cancer Council Australia: [Clinical Guidelines Network platform](#)
- Cancer Council Australia: [Optimal cancer care pathways](#)
- Cancer Australia: [Principles of cancer survivorship](#)
- Australian Cancer Survivorship Centre (ACSC): [Directory of guidelines](#)
- ACSC: [Models of survivorship care](#)
- Cancer Australia: [Multidisciplinary care](#)
- [Allied Health Oncology Group](#) – for clinicians working in cancer care

Clinical Oncology Society of Australia (COSA) resources:

- COSA website: www.cosa.org.au
- [COSA groups](#)
- [Model of Survivorship Care \(2016\)](#)
- [Position statement on Cancer Survivorship Care \(2019\)](#)
- [Position Statement on Exercise in Cancer Care \(2018\)](#)
- [Position Statement on Cancer-Related Malnutrition and Sarcopenia \(2020\)](#)
- [Evidence-based practice guidelines for the nutritional management of adult patients with head and neck cancer](#)

Online professional development courses:

- eviQ Education: [Cancer survivorship introductory course](#)
- VCCC Massive Open Online Course (MOOC): [Cancer Survivorship for Primary Care Practitioners including GPs, Nurses, allied health professionals \(endorsed by Australian College of Nursing\)](#)

For health professionals and survivors:

- ACSC: [Resources for both Health Care Professionals and consumers \(survivors and carers\)](#)
- ACSC: [Common Survivorship Issues Directory](#)
- Cancer council: [After cancer treatment](#)
- myCarePlan.org.au - Free online survivorship care plan generator for people treated for early stage melanoma, breast, bowel, prostate cancer, endometrial (uterine) cancer and non-Hodgkin lymphoma (diffuse large B-cell)



Fatigue Resources

- ACSC Common Survivorship Issues Directory: [‘Cancer related fatigue’](#)
- ACSC consumer fact sheet: [Fatigue: dealing with cancer related fatigue](#)
- ACSC fact sheet for health professionals: [Follow-up of survivors with cancer related fatigue](#)
- Cancer Council Victoria fact sheet: [Coping with cancer fatigue](#)
- MacMillan Cancer Centre online fatigue-management program: [RESTORE](#) (UK)
- Cancer Council podcast: The thing about cancer: [Managing cancer fatigue](#)
- Videos about cancer related fatigue: [Directory of videos for patients, carers and survivors](#)

Exercise Resources

- [ACSM exercise guideline for cancer survivors](#)
- [ACSM – Physical activity in cancer prevention and survival: a systematic review](#)
- ACSM [Exercise is Medicine](#), Moving through cancer
- ESSA [Exercise & Cancer Ebook](#)
- ESSA [Exercise medicine in cancer management position statement](#)
- EviQ module – [Exercise for people with cancer](#)
- Cancer Council Information & Booklet - [Exercise](#)
- Australian Physiotherapy Association Cancer & Palliative care news, <https://australian.physio/media-tag/cancer-and-palliative-care>
- EX-MED program and education opportunities - <https://www.exmedcancer.org.au/>



Nutrition & Weight Management Resources

- [Nutrition Education Materials Online \(NEMO\)](#)
- Cancer Council Information & Booklet – [Nutrition and Cancer](#)
- Cancer Council National Cancer Control Policy – [Obesity](#)
- Peter MacCallum Cancer Centre - [CANEAT pathway](#)
 - [Discharge planning checklist](#)
 - [Nutrition prescription](#)
 - [Nutrition navigator – Decision Support Tool](#)
 - Patient factsheet - [Nutrition and Cancer: managing your weight](#)
 - Patient factsheet - [Nutrition and Cancer: tips for a healthy, balanced diet](#)
 - Patient factsheet - [Nutrition and Cancer: finding a dietitian](#)
 - [Narrated presentation for patients](#)
- Peter MacCallum Cancer Centre - [Malnutrition Screening Tool](#)
- EviQ course - [Malnutrition in cancer](#)

Motivational Interviewing & Communication Skills Resources

- BMJ Learning: [Motivational interviewing in brief consultations](#)
- Health & Wellbeing Training Consultants blog on [Motivational Interviewing](#)
- Cancer Council: [Effective Cancer Communication workshops](#)
- VCCC Alliance: [Enhancing communication skills for telehealth delivery webinar](#)



Recommended articles for further reading:

Cancer survivorship:

- Emery J, Butow P, Lai-Kwon J, Nekhlyudov L, Rynderman M, Jefford M. Management of common clinical problems experienced by survivors of cancer. *The Lancet*. 2022 Apr 16;399(10334):1537-1550. doi: [10.1016/S0140-6736\(22\)00242-2](https://doi.org/10.1016/S0140-6736(22)00242-2)
- Jefford M, Howell D, Li Q, Lisy K, Maher J, Alfano CM, Rynderman M, Emery J. Improved models of care for cancer survivors. *The Lancet*. 2022 Apr 16;399(10334):1551-1560. doi: [10.1016/S0140-6736\(22\)00306-3](https://doi.org/10.1016/S0140-6736(22)00306-3)

Nutrition and Exercise:

- Demark-Wahnefried W, Rogers LQ, Alfano CM, Thomson CA, Courneya KS, Meyerhardt JA, Stout NL, Kvale E, Ganzer H, Ligibel JA. Practical clinical interventions for diet, physical activity and weight control in cancer survivors. *2015 February 13;65(3):167-189*. doi: [10.3322/caac.21265](https://doi.org/10.3322/caac.21265)
- Clifford BK, Mizrahi D, Sandler CX, Barry BK, Simar D, Wakefield CE, Goldstein D. Barriers and facilitators of exercise experienced by cancer survivors: a mixed methods systematic review. *Support Care Cancer*. 2017 Nov 28;26:685–700. doi: [10.1007/s00520-017-3964-5](https://doi.org/10.1007/s00520-017-3964-5)

Motivational Interviewing

- Spencer JC & Wheeler SB. A systematic review of Motivational Interviewing interventions in cancer patients and survivors. *Patient Education and Counseling*. 2016 July;99(7):1099-1105. doi: [10.1016/j.pec.2016.02.003](https://doi.org/10.1016/j.pec.2016.02.003)