



CNSA NEWS

Volume 14 Issue 2, May 2009

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FROM WHERE I SIT....

A REPORT FROM THE CNSA CHAIR

Greetings to everyone. I hope your year is shaping up well – it has been for the CNSA Executive and all the working parties and committees. I have a few brief issues I'd like to highlight with you here.

The planning for Winter Congress is well advanced and the program is certainly diverse and I know will be of interest to any nurse involved in cancer care. Congratulations to the Newcastle and Hunter local organising committee. I wonder where CNSA Winter Congress will be off to next year?

The annual *call for nominations* for positions on the National Executive Committee is now open – it is a rewarding opportunity to be involved in cancer nursing, through the peak cancer nurse body, at the national level. The professional development opportunities and networking are particularly advantageous, yet the real gains of knowing you are helping to drive and shape your specialty body are what is professionally rewarding. I would encourage you to think about nominating especially if you are progressing your career at the specialist or advanced level – representation positions like this are important to consider. Please see page 7 for details.

Gabrielle Prest

INVITATION TO FELLOWSHIP – HIGH PRAISE INDEED!

I am sure you will all want to join me in congratulating **Professor Sanchia Aranda**, (with positions at the Peter MacCallum Cancer Centre, University of Melbourne, and as President of the ISNCC), on her recent achievement of being accepted as a Fellow of the American Academy of Nursing.

The American Academy of Nursing has approximately 1,500 Fellows. They are nursing's most accomplished leaders in education, management, practice and research. They have been recognised for their extraordinary nursing careers and are among the nation's most highly-educated citizens; more than 80 percent hold doctoral degrees, and the rest have completed masters programs.

Invitation to Fellowship is an acknowledgement of accomplishments within the nursing profession and we feel Sanchia is a very deserved recipient.

Gabrielle Prest, Chair CNSA NEC

ELECTRONIC MAILOUT – A reminder...

Please ensure your e-mail address remains up to date. If you wish to change the manner in which you receive your newsletter, please email us at: info@cnsa.org.au.

WINTER CONGRESS

ALMOST HERE!

Heart Mind & Voice...A Shared Vision

The Local Organising Committee continues to work hard with the Winter Congress Planning and Development Committee and the CNSA Education Committee preparing for Winter Congress in 2009.

Key reasons to attend the CNSA 12th Winter Congress

- It is Australia's premier cancer nursing conference
- Participate in collaborative learning through networking with cancer nurses from around Australia
- Engage in professional networking forums
- Gain knowledge of professional nursing practice issues including Nursing-Sensitive Patient Outcomes, Practice and Performance Improvement, and evidence-based practice.

Registration on website

Register online or download a hard copy.

Roche Products have kindly offered sponsorship to ten first time registrants of the Congress. It pays to watch out for Early Bird!

http://www.cnsa.org.au/CNSA_Winter_conference.htm

Pre- Conference workshops Thursday 18th June

Information on the following workshops are available on the website, numbers are limited so book early.

- Radiation Oncology Nursing Specialist Interest Group: Models of care in radiation oncology nursing
- Venous Access Device Workshop
- Caring for ourselves whilst caring for others
- Breast Cancer and Beyond.

Welcome Drinks

The Wine Selectors will be providing wine tasting of premier Hunter Valley Wines at the Welcome Drinks on Thursday evening. Come and catch up with friends and make new ones while enjoying some of Australia's best wines.



Conference Dinner

The Conference Dinner will be at the Uni of Newcastle on Friday night - you will be treated to a sumptuous three course meal and fine Australian wines with the lush backdrop of Newcastle's beautiful bushland views.

See website for details on these and other social functions

Breakfast Symposia

Pharmatel Breakfast Symposia Friday 19 June

Combining Chemotherapy Agents in Treatment Protocols (hear how and why different drugs are combined).

Sanofi-Aventis Breakfast Symposium Saturday 20 June

"The psychology of oncology: managing caregiver stress and burnout in an oncology unit"

Abstract Submission Closed

The deadline for abstract submissions closed 20 March 2009. Acceptance notification was emailed on 17 April. Please note if your abstract is accepted for presentation it is a condition of acceptance that you register for the Congress no later than the **8 May 2009**.

First Time Presenter Award

The First Time Presenter Program welcomes delegates new to presenting through an incentive awards program. Some new presenters in the program will receive awards for excelling in this area. See website for further details

http://www.cnsa.org.au/CNSA_Winter_conference.htm

Further information can be obtained from **Kim Adler**, Chairperson, Local Organising Committee at Kim.Adler@newcastle.edu.au

NATIONAL BREAST AND OVARIAN CANCER CENTRE

New online resource to support young women with ovarian cancer

Almost 250 women under 50 years of age are diagnosed with ovarian cancer in Australia each year and will receive treatment that can result in early menopause and loss of fertility. This February saw Australia's first ovarian cancer awareness day - **Teal Ribbon Day**.

In line with this important date, the National Breast and Ovarian Cancer Centre released a resource to provide support for women dealing with the physical and emotional impact of treatment-induced early menopause. The resource, **Ovarian cancer and menopause – information for younger women**, provides information on early menopause and strategies on how to manage symptoms. It describes the physical and emotional changes that may be experienced by younger women with ovarian cancer and offers practical suggestions for coping with these changes.

The resource was developed by a multidisciplinary working group chaired by Professor Martha Hickey from University of Western Australia.

To view this resource, visit www.nbocc.org.au/ocm

Revised Guide for women with early breast cancer available 1 March

NBOCC's eagerly anticipated revised **Guide for women with early breast cancer** is now available to order or download online.

Based on NBOCC's **Clinical practice guidelines for the management of early breast cancer**, this thoroughly revised version of the consumer Guide incorporates the latest evidence in a new, user-friendly spiral bound format.

NBOCC would appreciate your feedback on the revised style and content of the Guide for women with early breast cancer and invites you to complete an online evaluation form. To access NBOCC's online feedback form, please visit www.breasthealth.com.au/ebcsurvey

To order the guide please call 1800 624 973 or visit www.nbocc.org.au/resources

NATIONAL EXECUTIVE COMMITTEE

NEXT BUSINESS MEETING

21 MAY 2009

Please raise any issues with state representative members or the National Chair via info@cnsa.org.au

REGIONAL GROUPS

Melbourne Regional Group Update

Last year saw the MRG hold four education evenings, two in combination with our breast and radiotherapy SIG members. Our aim for 2009 is to meet the needs of our members by providing innovative and thought provoking education sessions, offering grants, providing a voice through the 'MRG News' but mostly take a more active approach in listening to what our members want so we are able to provide the best amount of support to our fellow cancer nurses.

Ellen Heywood - Chair, Melbourne Regional Group

Brisbane Regional Group Update

During 2008, the Brisbane Regional Group held three very informative education meetings.

- "What's new in Immunology"
- AGM and "Review and discussion of strategic issues in cancer nursing education in Brisbane"
- Joint nursing and pharmacy forum "Draft guidelines for the prescribing, supply and administration of chemotherapy and associated treatment".

Of the regular attendees to our meetings a proportion are very committed and travel from outside greater Brisbane from the Gold Coast, Sunshine Coast and Toowoomba. We are very grateful for their dedication. The addition of the pharmacy group to our last meeting was very successful and we had 35 attendees and a very dynamic discussion.

Lyn Clarke - Chair, Brisbane Regional Group

For further information about the CNSA Regional Group closest to you, contact a regional chair:

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CNSA NEWS 2009

News articles and items of interest are welcome. Please forward in MS Word format, (pictures as JPEG) to diane.hamer@outofsite.com.au

Submission deadline for the next newsletter Fri 19th June 2009

CALENDER REMINDERS – EVENTS

18th – 20th June 2009

CNSA 12th Winter Congress

Heart, Mind and Voice...A Shared Vision

Australia's Premiere Cancer Nursing Conference

Civic Precinct, Newcastle, NSW

http://www.cnsa.org.au/CNSA_Winter_conference.htm

Facilitating the Living with Cancer Education Program

Cancer Council Victoria – 12 & 13 May, 19 & 20 August and 9 & 10 November 2009

The Living with Cancer Education Program, delivered by health professionals is for people with cancer, their family and friends. The course covers the range of issues people face when living with cancer as well as group facilitation skills, adult learning techniques, and program promotion. The course is accredited with the Victorian Registration and Qualifications Authority. Please contact **Sue Hegarty, Cancer Services Coordinator** on 13 11 20 or email lwcep@cancervic.org.au

17th – 18th September 2009

Improving the Delivery of Services for Outpatients

Cairns, Queensland

www.changechampions.com.au

11th – 14th November 2009

AORTIC 2009 Conference

Dar Es Salaam, Tanzania

www.aortic2009.org

Registration opens: March 2009

17th – 19th November 2009

Clinical Oncology Society of Australia 36th Annual Scientific Meeting

Gold Coast, Queensland

<http://www.cosa.org.au/ASMEvents/ASM2009.htm>

7th – 11th March 2010

**International Society of Nurses in Cancer Care
16th International Conference on Cancer Nursing (ICCN)**

Atlanta, Georgia, USA

www.isncc.org

**OUTSTANDING ACHIEVEMENT
AWARD**

Results in a new CNSA Member - Emma Withnell

It was with great pleasure that I recently accepted an invitation, as the WA representative of the National Executive of CNSA, to present the achievement award for the Post-Graduate Cancer Nursing Program to the student with the highest academic achievement for the course. Lucy Patton, the coordinator for the post-graduate course, invited me to present this prestigious award that is run out of the Nursing Professional Development Unit at Sir Charles Gairdner Hospital in Perth (SCGH), WA. The award, presented at the course graduation ceremony on 13/02/2009, was a year's membership with CNSA, generously sponsored by AMGEN Australia.

The award ceremony was an auspicious occasion, marking the achievement of hard earned graduate and post-graduate courses of nurses in various disciplines, including cancer nursing. This particular graduation ceremony saw five successful students receive their certificate in the cancer nursing course that has been offered at SCGH for three years now.

I was very proud to present Emma Withnell with her award for outstanding academic achievement. Emma is a motivated and budding young cancer nurse, who recently secured a promotional clinical position on a cancer care ward at SCGH. She is well deserving of the award and the Perth and Environs Regional Group of CNSA were delighted to augment the award by providing funding for

her registration at the forthcoming 2009 Winter Congress meeting in Newcastle, NSW, to which Emma and her colleague (Deidre Byrne) have submitted an abstract. This announcement was made at the recent CNSA haematology education meeting in Perth.



Myself and Sandy McKiernan, the Chair of the Perth and Environs Regional Group, look forward to welcoming and supporting Emma and Deidre to make the most of their first Winter Congress meeting in June. Emma and her studious colleagues in the course are easily identifiable as the future cancer nursing leaders in WA and we look forward to hearing and seeing more of them, both in CNSA and other cancer nursing forums.

Meg Plaster

WA Rep, National Executive Committee of CNSA

**BREAST CANCER STUDY
YOUNG WOMEN UNDER 50**

An exploratory descriptive study exploring young women (<50 years) with breast cancer and their family members was conducted in four Queensland day oncology units. This study used quantitative and qualitative methods to explore the strengths and resources the family use to assist their early adjustment to a breast cancer diagnosis. The study recruited 111 participants, 47 young women with breast cancer and 64 family members. One theme identified in this study was the role of the nurse in their recovery. The majority of comments from the participants related to the helpful and positive nature of the nurse. In particular, the nurse normalised the medical information so they could understand and relay this information to extended family.

However, some participants did comment that nurses sometimes seemed abrupt and lacking insight into their delicate balance of maintaining a family, often with children under 18 years and their need for understanding as they struggled to retain their role as mother. This in turn affected how they saw the hospital and returning for ongoing care.

The breast care nurse was always seen as a wonderful support for both information and psychosocial care. They

were not seen as a stranger although other health professionals were sometimes seen as a stranger and the participants did not feel comfortable sharing their concerns. **'I didn't need to go to a stranger (counsellor) because I had lots of people who I wanted to actually talk to'. Viv.**

One frequent comment was the lack of availability of the breast care nurse. This highlights the importance of breast care nurses as a resource for supporting young women and the need for continued lobbying from oncology nurses to increase the number of breast care nurses available. This is a small report from the larger study, which aims to improve the understanding of the younger breast cancer patient and her family. This study was supported by a CNSA research grant and the researcher would like to thank the participants and the oncology nurses who assisted with this study.

Elisabeth Coyne

(RN, RM, BN, MN Hons with Distinction, PhD Candidate)

Lecturer, School of Nursing and Midwifery Logan Campus

EDCAN UPDATE

Funded by Cancer Australia, the National Cancer Nursing Education Project (EdCaN) is a unique four year project which is now in its final stages towards providing a framework for the professional development of nurses in cancer control and suite of supporting education resources. Indeed, 2009 sees the bringing together of all the various elements of the project as we head towards the official June launch of the EdCaN education resources for nurses working in cancer control.

Finalisation of the multimedia resources continues with the ongoing construction of our resource test site incorporating the eleven case studies and supporting modules for educators and nurses. For a chance to preview the case studies, make sure you visit the resources section of the EdCaN website at www.edcan.org/Resources.htm and check out the two preview videos now available. The first of these clips introduces Libby from the breast cancer case study and the second highlights Burt from the oesophageal case study.

The project team also continues to engage key stakeholders through attendance at various national conferences and workshops during the first half of 2009. This includes a special appearance at the 12th CNSA Winter Congress to officially launch the suite of multimedia EdCaN education resources. Along with the launch and an information booth, EdCaN will also be running a number of preconference events and a breakfast session at this years Winter Congress.

As part of the pre-congress workshops, EdCaN will run an afternoon workshop to introduce clinical educators to the newly developed EdCaN suite of resources. Entitled "Introducing the New EdCaN Education Resources", this workshop will provide participants with an opportunity to experience and take away these essential educational resources that will support all educators in providing cancer control continuing education or university units.

Nurses from the Newcastle area are also invited to join the EdCaN team at their breakfast session on Friday morning to learn more about the newly developed EdCaN resources. With the ability to be used by individual nurses or as an aid to facilitated learning with a nurse educator, the EdCaN resources provide a practical way for nurses working in a regional or rural area to readily update their knowledge in cancer control.

So if you would like to know more, please make sure you come and join us at this years Winter Congress and find out how these freely available resources could help you.

Finally EdCaN would also like to thank the CNSA Executive and Education Committees for their on going input and support of the project. For further information about the project, framework or learning resources, please visit the www.edcan.org website or contact **Cathie Pigott** by phone on (03) 9656 3561 or via email at cathie.pigott@petermac.org.

Cathie Pigott, EdCaN

And from the CNSA Representative

On a separate note work is also being undertaken to complete two important sections of work.

These are the "Culture-centred approach in cancer control for Indigenous Australians" and the resources for undergraduate nurses. The undergraduate resources include four key areas: understanding cancer; reducing risk; finding the condition early; having the best treatment and support available.

The pilot implementation projects are in full swing. Fourteen sites are promoting the EdCaN framework and resources in a range of settings and these projects will be evaluated and reported.

For further information see www.edcan.org

See you at the launch of the EdCaN Resources at CNSA Winter Congress in Newcastle.

**Linda Barrett, CNSA Representative
EdCaN Steering Committee**

CNSA EDUCATION COMMITTEE

Update on Activities

It continues to be an exciting and productive year for the Education Committee. Our activities continue with respect to the EdCaN project, but we are equally involved in other activities on behalf of CNSA membership.

- In January, Committee member Pauline Rose kindly organised the Committee's review of the EdCaN competency documents. These are very professional and comprehensive documents and EdCaN staff members are to be congratulated on their quality
- Two Committee members (Nicole King and Alexandra McCarthy), together with Gabrielle Prest, have been appointed as faculty for AMGEN's TITAN course – on cancer-related myelosuppression. This will be delivered in Sydney in May, 2009
- The Chair of the Committee represents CNSA on the Cancer Learning Advisory Committee. It is interesting to note that the most 'hits' received on the Cancer Learning website are aimed at the EdCaN site. Current funding for the Cancer Learning website finishes in June, 2009. Approvals for further funding will be sent to the appropriate Minister
- The Chair of the Education Committee has also participated on behalf of the Committee in an independent survey, conducted by Siggins Miller, regarding the value of the site and suggestions to enhance its uptake
- The members of the Education Committee will all complete their first two-year term in November, 2009.
- Call for nominations are noted below.

Alexandra McCarthy

Chair, CNSA Education Committee

Call for Nominations

The role of the CNSA Education Committee is to advise and support the CNSA National Executive Committee (NEC) on matters relating to cancer nursing education and development, and recognition of the specialist cancer nurse role. Specific functions include:

- Providing expert knowledge, advice and information to the NEC on matters relevant to cancer nursing education
- Assist in the development and delivery of education programs in collaboration with other providers, such as the TITAN program

- Review and comment on documents or educational resources produced by the National Education Framework for Cancer Nursing (EdCaN) project
- Examine and make recommendations regarding the recognition of the specialist cancer nurse role, such as credentialing.

THE CNSA NEC chooses Education Committee members from expressions of interest submitted by members.

Essential criteria include:

- A minimum of five years in cancer nursing
- Knowledge of, and interest in, nursing education
- Interest in specialist cancer nursing education
- Current membership of CNSA and membership for the term of Committee membership.

The Education Committee undertakes significant functions on behalf of CNSA membership; contributes a valuable voice with respect to new developments in cancer nursing education, and is an invaluable way to network with colleagues on a national basis.

There is a maximum of ten Education Committee members, who each sit a two year renewable term, with a maximum term of four years. **Calls for nominations to the Education Committee are now invited** from CNSA members, to commence on December 1, 2009.

Please send a maximum one-page response addressing the criteria to **Gabrielle Prest, Chair, CNSA National Executive Committee**, at gprest@nursing.edu.au closing date is September 30 2009.

If you would like to discuss any aspect of the Education Committee, please contact the current Chair of the Education Committee, **Alexandra McCarthy**, as below.

Dr Alexandra McCarthy

Senior Lecturer, School of Nursing and Midwifery

**Queensland University of Technology, Victoria Park Rd
Kelvin Grove Queensland 4059**

Email: al.mccarthy@qut.edu.au

Phone: 07 3138 3850 (Mon, Thurs and Fri only)

CNSA NATIONAL EXECUTIVE COMMITTEE

Call for Nominations

Calls for nominations to state representative positions and to the Chair of National Executive Committee are now open and invited from CNSA members, to commence on January 1, 2010.

Please send a maximum one-page supporting statement, with rationale as to why you should be considered and how you can contribute, with respect to the criteria below, together with a current resume to

Gabrielle Prest, Chair, CNSA National Executive Committee, at gprest@nursing.edu.au Closing date is May 31, 2009. In the event of there needing to be an election for state or territory reps or for the Chair position, the Executive Officer of COSA acts as our 'returning officer'. If you would like to discuss any aspect of the NEC, please contact the current Chair.

Amongst general profiling and representational roles, the National Executive Committee Members are expected to:

- Know the mission statement, objectives, and structure of the CNSA
- Understand the relationship between the CNSA National Executive, regional groups and other organisations/societies
- Act as a link between regional groups within their state and the executive committee
- Implement policies and procedures established by the CNSA
- Keep abreast of CNSA activities and review all materials for executive committee discussion prior to meetings
- Maintain awareness of local and national cancer nursing issues
- Attend annual general meeting, and where possible, other meetings of regional groups within their state
- Actively participate in strategic planning and priority setting for the CNSA
- Collaborate with other Executive Committee members to develop or refine CNSA policy and position papers
- Actively participate in the CNSA budget process including development of budget, review and evaluation of expenditures, revenue and investments
- Participate in CNSA project teams/committees as requested by the Chairperson.

GRANTS AND AWARDS COMMITTEE

Report from a grateful recipient

Sulochana Retnamony, from India, last year secured a Travel Grant via the ISNCC to attend the 15th Cancer Nursing Conference in Singapore (17 – 21 Aug 2008). Below are excerpts from her post attendance report.

"I consider it a privilege to represent Oncology Nurses Association of India and Tata Memorial Hospital and from the outset I wish to state that I was very much impressed by the theme of the Conference – **Creating Partnership, Championing Progress and Celebrating Practice**. I was taken by the exciting experience at registration and whilst

interacting with the 700 delegates from 37 countries I realised we were all of the same opinion. I was encouraged by the welcome address, delivered by the President of the ISNCC who mentioned we can return to our respective countries with a renewed energy and thriving motivation in continuing our commitment to Oncology Nursing with our patients and colleagues. In the key note address on **Cancer Control: Global Challenges and Responses** nursing leaders from different countries shared various challenges which were very relevant and similar to our country. It was good to witness such a historic event as the award for the Distinguished Merit Award which went to **Connie-Henke Yarbro (USA)** for her dedicated service, achievement and being instrumental in the growth of the Oncology Nurses Association. The topic of **Tobacco Use Prevention, Cessation and Control** was discussed in the Plenary Session by nurses from Brazil, South America, USA and Hong Kong and I was able to advise them of our support from the forthcoming **Tobacco Conference** to be held in Mumbai in March 2009. I was able to attend and partake in many of the 35 sessions which took place such as: attending the **ISNCC Regional Meeting of Far East and Australia** which provided opportunities for better networking, Chairing a session on **Cervical Cancer Risk Reduction and Screening**, Presenting my paper **An exploratory study to identify the key gaps in Existing Nursing Practice in relation to the work environment**, and had the opportunity to visit the **National University Cancer Hospital**. I am indebted and thankful to ISNCC so that I was able to represent India.

Sulochana Retnamony

LABTESTSONLINE.ORG.AU

labtestsonline.org.au is a free, non commercial web site that gives people information about the pathology tests they are having. It has particular relevance for those with a chronic or on-going illness such as cancer.

It was established to address a lack of reliable information on the internet and has been developed by the Australasian Association of Clinical Biochemists with support from the Royal Australasian College of Pathologists and funding from the Australian Government.

All information on the site has been prepared by pathologists and senior scientists working in diagnostic laboratories and peer reviewed by an editorial board. It has also been edited by consumer advocates to ensure it can be readily understood by a wide range of people.

With virtually every single cancer diagnosis based on information from pathology tests, the site has information about a wide range of tests relating to many types of cancers from screening tests through to those used to confirm a cancer diagnosis and to monitor treatment.

CNSA Executive Contact Details

<p>Gabrielle Prest (Chair) Director, Professional Services The College of Nursing Phone: 0437 627 100 gprest@nursing.edu.au</p>	<p>Meg Plaster (WA) Paediatric and Adolescent Cancer Nurse Coordinator WA Cancer and Palliative Care Network Phone: 0400 021 874 or Office: 08 9346 4856 megan.plaster@health.wa.gov.au</p>
<p>Catherine Johnson (NSW, Treasurer) Newcastle Mater Misericordiae Hospital Phone: 02 4921 1147 (Tues, Wed, Thurs) catherine.johnson@newcastle.edu.au</p>	<p>Glennys Stallan (QLD, Special Interest & Regional Groups) Royal Brisbane and Women's Hospital Phone: 07 3636 5391 glennys_stallan@health.qld.gov.au</p>
<p>Louise Nicholson (TAS) Nurse Unit Manager Outpatient Oncology Services Royal Hobart Hospital Phone: 03 6222 8238 louise.nicholson@dhhs.tas.gov.au</p>	<p>Julie Clowry (ACT) Lung Cancer and Mesothelioma Nurse Care Coordinator The Canberra Hospital Phone: 02 6244 3895 Julie.clowry@act.gov.au</p>
<p>Letitia Lancaster (ISNCC Representative) Westmead Hospital Phone: 02 9845 5555 Letitia_Lancaster@wsahs.nsw.gov.au</p>	<p>Grants and Awards Committee info@cnsa.org.au</p>
<p>Position vacant (SA)</p>	<p>Position vacant (VIC)</p>
<p>Regional Groups info@cnsa.org.au</p>	<p>Special Interest Groups (SIG) Coordinator info@cnsa.org.au</p>

