



CNSA NEWS

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March 2008

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FROM WHERE I SIT....A REPORT FROM CNSA'S CHAIRPERSON

Gabrielle Prest

In forthcoming issues of CNSA News, we will be setting aside a "cosy corner" in which you can find out a little bit more about your representatives on the NEC. This time, we profile Glennys Stallan, Maggie Stowers and Julie Clowry, who are all new NEC members. The new NEC had their first two-day meeting at the beginning of February and are settling into their new roles.

As for me, it's year two for me as Chair of the CNSA on the national executive. In my paid job I have recently moved to the College of Nursing to be Director of Professional Services. My current passion is learning the intricacies of sailing (and it's certainly not all fair weather/chardonnay sipping!) and I continue to love getting out on my pushbike for some fast and furious exercise!! My 19-year-old son has just moved over to Ireland as a base for travelling, etc, for the year, so I am missing him!!

I would draw your attention to two things in this newsletter: firstly, we are calling for a host city for the 2009 Winter Congress. Secondly, you will soon receive the second yearly members' survey. The NEC would appreciate your views and ideas as we head to strategic planning for the 2009-2012 period.

ELECTRONIC MAILOUT – A reminder...

Please ensure your e-mail address remains up to date. If you have received CNSA News by post and wish to receive it electronically in future, please email us at:

info@cnsa.org.au

EXCELLENCE AND LEADERSHIP RECOGNISED

Professor Patsy Yates



Ms Laurie Grealish



The CNSA is very fortunate to have a substantial number of members who have contributed in many ways to help us establish as the peak cancer nursing organisation in Australia. We are delighted to recognise two outstanding nurses who were made inaugural life members in 2007 and to detail their achievements in this newsletter.

During the 10th Winter Congress in Melbourne Ms Laurie Grealish and Professor Patsy Yates were recognised and honoured for their outstanding contributions to CNSA with the conferment of life membership. Laurie and Patsy are foundation members of CNSA and served on the steering committee established in 1996 to guide the formation of a national cancer nursing organisation. Both are recognised nationally and internationally as leaders in cancer nursing and have, through their contribution to CNSA, empowered cancer nurses across Australia to work towards excellence in cancer care in Australia.

Laurie Grealish RN MN Onc Cert FRCNA

Senior Lecturer in Nursing, University of Canberra

Laurie served as the chairperson of the steering committee established in 1996 to guide the formation of CNSA. She

provided strong leadership and a reasoned voice during the important formative years of this organisation and during its transition from the Clinical Oncological Society of Australia (COSA) Nursing Group to the independently incorporated CNSA. Laurie continued to provide service to CNSA as an ex-officio member of the national executive until her term on the board of ISNCC concluded in 2004. In 1999 Laurie was instrumental in the development of the Australian Standards for Specialist Cancer Nursing Education. Laurie is also the founder and continues as co-Editor of the Australian Journal of Cancer Nursing, the refereed publication of CNSA. She has contributed to various CNSA projects including the development of policy relating to administrative support for the national executive and providing governance training to the incoming executive in 2004.

Laurie has also contributed at an international level representing cancer nurses in Australia and the wider region of Far East Australasia from 1999 to 2004 on the board of the International Society of Nurses in Cancer Care (ISNCC). Laurie's term as representative on the board of the ISNCC culminated in Sydney 2004 when CNSA co-hosted the 13th International Conference on Cancer Nursing in partnership with the ISNCC.

Patsy Yates PhD RN FRCNA

Associate Professor in Nursing, Queensland University of Technology, Brisbane and

Acting Centre Director/Director of Research, Centre for Palliative Care Research and Education, QLD.

Patsy served on the steering committee from its inception in 1996 as the Queensland representative. Patsy was then the inaugural chairperson from 1999 of the newly incorporated CNSA and although strong foundations for the organisation were laid by the steering committee Patsy's leadership firmly cemented CNSA nationally and internationally in the cancer landscape as the peak cancer nursing organisation within Australia. Patsy continued in the role of chairperson until December 2002 and continued to provide service to CNSA as the past Chairperson until her term concluded in 2003. She then rejoined the national executive in 2004 in an ex officio capacity through her membership of the ISNCC board. Patsy has represented CNSA extensively as demonstrated below:

1999 – 2002 National Nursing Organisation

1999 – 2002 COSA Council

1999 – 2002 COSA Executive

2000 – ongoing Co-editor, Australian Journal of Cancer Nursing

2001 – 2006 The Cancer Council Australia / COSA Medical Scientific Committee

2001 – 2003 CNSA Research Advisory Committee

2002 – 2003, 2005 – 2006 National Services Framework Cancer Expert Advisory Committee

2002 – 2003, 2005 – 2006 National Institute for Clinical Studies (NICS) Pain Management Advisory Committee

2005 – ongoing ISNCC Board

2005 – 2006 National Breast Cancer Centre (NBCC) Improving Access to Specialist Breast Nurse Project

CNSA wishes to acknowledge the vital role played by Laurie and Patsy in the formation and development of this organisation and to thank them for their contribution. We also encourage and acknowledge the many members who contribute to CNSA to ensure we remain strong and vibrant as the peak cancer nursing organisation in Australia.

Cath Johnson, CNSA NEC

“LOCATION, LOCATION, LOCATION”:

NOMINATE NOW TO HOST WINTER CONGRESS 2009

Bring Winter Congress to your part of Australia

CNSA Winter Congress has emerged as the leading cancer nursing event in Australia over the past 10 years. In 2007 Melbourne was co-host with MOGA to the 10th Winter Congress and first joint meeting between CNSA and another group – a stunning success! This year, of course, we gather on the Gold Coast. Other previous Winter Congress hosts include Sydney, Adelaide, Melbourne, Canberra, Brisbane and Hobart. NOW is YOUR opportunity to be a part of Winter Congress 2009! Get involved in your society and host Winter Congress in your part of Australia. Regional Groups and/ or states are encouraged to register interest in hosting this event. Expressions of interest should be endorsed by the regional group chair or state representative for the state or territory in which the host city is located.

Selection of the host city will be made by the CNSA Winter Congress Committee. Considerations include the following:

- ability of the host city to conduct an educationally and financially successful congress for between 300 and 600 delegates
- the locations of previous congress meetings. It is expected that the host city will be rotated to ensure that each major city has the opportunity to host the Winter Congress on a regular basis.

Please forward your expression of interest (including 5 copies of your documentation) to:

Keith Cox, CNSA Winter Congress Coordinator,
Sydney Cancer Centre, G.H 5

Royal Prince Alfred Hospital

Missenden Road

Camperdown NSW 2050

Or email: keith.cox@email.cs.nsw.gov.au

SUBMISSION DEADLINE: 14th April 2008

LEADERSHIP DEVELOPMENT WORKSHOP: 2 – 3 NOVEMBER 2007 NATIONAL EXECUTIVE COMMITTEE

The workshop brought together the incumbent, outgoing and incoming executive members, and was seen as an important opportunity particularly for the incoming executive, as representatives of the states and territories, to form a working alliance to progress the national approach. In joining with retiring members of the executive, it was intended that the executive establish collegial relationships that support transition to their roles and a more seamless handover with respect to portfolios and ongoing projects of the CNSA. Further, the workshop intended:

- to provide participants with a brief introduction to the CNSA's strategic priorities
- to invite participants to clarify their expectations of the workshop
- to enable an update on the National Education Framework for Cancer Nurses (EdCan), to discuss CNSA's relationship with the EdCan project team and the future and outcomes of EdCan
- to provide an orientation to the essential concepts of stewardship and governance of an organisation
- to outline responsibilities of directors on the CNSA National Executive as leaders of the CNSA.

On reflection and evaluation at completion of the two days, participants expressed a greater understanding around the EdCan project and expectations of their roles on the CNSA NEC. It was clearly recognised (and celebrated) that the CNSA had achieved many positive outcomes that are contributing to cancer care and to the professional support of cancer nurses. There was healthy discussion about issues that need attention with respect to internal governance, and about the further growth and development of the CNSA - as a robust and important group in the cancer care arena – as it moves into its tenth year of operation and service to the cancer nurses of Australia.

A great pride in, and passion for, cancer nursing was evident in the group as we discussed issues such as the cancer nursing workforce, the need for the CNSA to be more proactive, rural and regional cancer services, and national approaches.

“INTRODUCING” –

SPOTLIGHT ON YOUR NATIONAL EXECUTIVE COMMITTEE

This issue of CNSA News is delighted to introduce to you some of the new members of the NEC. A shy and modest lot, more used to getting the job done quietly behind the scenes, getting them to write a few lines about themselves was akin to pulling teeth. However, job done – here are Glennys Stallan, Maggie Stowers and Julie Clowry.

GLENNYS STALLAN

I have worked in cancer care for seventeen years in numerous positions gaining experience in providing and coordinating care for patients and their families.

My current position is Nurse Educator for Cancer Care Services at Royal Brisbane and Women's Hospital. I have actively participated in state-wide projects including:

- development, ongoing review, management and state-wide coordination of Transition to Practice Nurse Education Program – Cancer Care
- review of the Queensland Government Department of Industrial Relations Guide for Handling Cytotoxic Drugs and Related waste in 2005.

As a member of the nursing leadership team in Cancer Care at RBWH I am aware of the challenges facing cancer nursing and the provision of cancer services across Queensland. I look forward to actively participating in CNSA National Executive by:

- promoting the mission of the Cancer Nursing Society of Australia and cancer nursing.
- promoting the ongoing professional development of nurses involved in caring for people with cancer and their families through education, research and involvement in state and national issues that impact on the cancer nursing workforce.

In my spare time I enjoy cooking and am well known for my culinary delights. I enjoy trying new recipes and consequently have an extensive recipe book collection. I also enjoy shoe shopping and feel you can never have too many pairs of shoes.

MAGGIE STOWERS

I am Cancer Coordination Manager for the Barwon South Western Regional Integrated Cancer Service in Victoria. I have worked as a cancer nurse coordinator and as state coordinator of a nurse education and advocacy program at The Cancer Council Victoria. I have facilitated the

development and implementation of health promotion and cancer education programs.

My main interest is to improve patient outcomes through the development of innovative educational opportunities for nurses in regional and rural areas.

As a descendant of a Lighthouse Keeper who worked along the shipwreck coast, I have a great affinity with this beautiful area of Victoria.

JULIE CLOWRY

I am the Lung Cancer and Mesothelioma Nurse Care Coordinator for the Capital Region Cancer Service based at the Canberra Hospital.

I started nursing studies at a mature age in 1993 with the University of Canberra. My last clinical rotation in my graduate year at the Canberra Hospital was in oncology - I was hooked almost immediately and developed an enduring passion for oncology nursing.

I moved to Sydney and worked in oncology at St George Hospital Kogarah from early 2000 until I returned to take up my current position in April 2006. I am proud to be the new ACT representative on the National Executive Committee of CNSA and hope that I am able to make a worthwhile contribution.

I have four adult sons and will very soon become a grandmother for the first time with two babies due early this year (very, very exciting). My other major loves are my husband, old friends, our puppy Missy, gardening and craftwork.

SPECIAL INTEREST GROUP NEWS: BREAST CANCER NURSING

The BCN SIG is now well and truly established with growing membership and support from nurses working in a wide range of settings and nursing roles around the nation. New members are welcome and this is simply done by emailing the chair of the SIG committee on Tina.Griffiths@petermac.org

The SIG activities include the involvement of members in a number of the NBCC working groups that are reviewing and updating breast cancer information in a number of their publications. Our member input includes involvement in the following working groups:

- Early Breast Cancer Follow Up
- Early and Advanced Breast Cancer Clinical Practice Guidelines.
- Post surgical care of women with early breast cancer

- Pilot of Indicators for Multidisciplinary Care & Psychosocial Care

The SIG has also commenced an e-journal club with three journal articles reviewed and circulated to members via email. It is still in its early phase however I am confident that this will continue to grow and prove helpful to members.

Please feel free to offer your comments and/or ideas to the SIG – keep in mind ‘sharing our voice and vision’ is our goal.

If you do not currently receive email communication, this most likely means that your contact details need updating or confirming – please email me at the above address.

Finally, I would like to wish you all a very happy and healthy 2008.

Tina Griffiths
Chair CNSA BCN SIG

REGIONAL GROUP NEWS

REGIONAL CHAIRS FOR 2008

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

MELBOURNE

Tina Griffiths

tina.griffiths@petermac.org

Ph: 03 9656 1925

HUNTER

Lisa Bartley (maternity leave)

lisa.bartley@healthcare.com.au

Ph: 02 49298727

Acting Chair Jenny Fernie

Jennie.fernier@healthcare.com.au

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PERTH

Sandy McKiernan

smckiernan@leukaemia.org.au

Ph: 08 6241 1020, Mob: 0414 443 181

CALENDER REMINDERS - EVENTS

12th – 14th JUNE 2008

CNSA 11th Winter Congress

(incorporating the AGM and Members Forum)

Conrad Jupiters, Gold Coast

www.cnsa.org.au

17th – 21st AUGUST 2008

International Society of Nurses in Cancer Care (ISNCC)

SunTec Singapore – International Convention and Exhibition Centre

www.isncc.org

21ST – 24th AUGUST 2008

The Australian Lung Cancer Conference

Gold Coast

www.lungnet.org.au

18th – 20th NOVEMBER 2008

COSA ASM 2008

'Driving Improved Cancer Outcomes'

Sydney Convention Centre

www.cosa.org.au

THE CANCER COUNCIL VICTORIA: LEARN TO FACILITATE THE LIVING WITH CANCER EDUCATION PROGRAM

Training dates for 2008:

7-8 May, 25-26 August, 11-12 November

The Living with Cancer Education Program is delivered by health professionals for people with cancer, their family and friends. This two-day training course includes information

on the range of issues people face when they are living with cancer as well as group facilitation skills, adult learning techniques, and program promotion. The course is accredited with the Victorian Qualifications Authority. Book early, as places are limited!

For an application form or further details contact:

Sue Hegarty, LWCEP Coordinator

Ph: 03 9635 5312 or 13 11 20

lwcep@cancervic.org.au

“CANCER – HOW ARE YOU TRAVELLING?”

A CONSUMER RESOURCE

The National Breast Cancer Centre has developed a consumer resource about the psychosocial impact of cancer. Titled *Cancer – how are you traveling?* the booklet has been written for people diagnosed with any kind of cancer, as well as their family and friends.

The booklet de-stigmatises the emotional, social and practical impact of a cancer diagnosis and helps readers to be aware of the effect cancer may have on their lives, their relationships and their overall wellbeing. It may be most useful for people recently diagnosed with cancer, however, there are some issues discussed that may be relevant at other times throughout the cancer journey.

The booklet covers:

- the psychosocial challenges faced by people with cancer
- the way a person's cancer diagnosis may affect the people around them
- times when people may be likely to experience higher levels of anxiety
- reasons why some people may find the cancer journey more difficult than others
- the role of different health professionals throughout the cancer journey
- types of support and treatment available
- how to ask for help.

The resource is based on the world-first *Clinical practice guidelines for the psychosocial care of adults with cancer* developed by the National Breast Cancer Centre and the National Cancer Control Initiative.

Cancer – how are you traveling? can be ordered free of charge online at www.nbcc.org.au/resources or by calling 1800 624 973.

The National Breast Cancer Centre is funded by the Australian Government and works with consumers, health professionals, cancer organisations, researchers and

governments to improve health outcomes in breast and ovarian cancer.

“HOPE AND HURDLES” – A NEW RESOURCE FOR WOMEN WITH SECONDARY BREAST CANCER

In July 2007, Breast Cancer Network Australia (BCNA) launched *Hope & Hurdles*, a new information resource for women living with secondary breast cancer – the first of its kind in Australia.

The *Hope & Hurdles* Pack is the result of extensive consultations with women living with secondary breast cancer, and those who treat and care for them. Hundreds of women shared their experiences, practical tips, and strategies to get through tough times and their gems of wisdom. The Pack is endorsed by a number of national peak bodies including the Cancer Nurses Society of Australia.

In planning the contents of the *Hope & Hurdles* Pack, a common thread from women was that ‘Hope is vital’. While hope is all-important, it must be tempered with a dose of reality - that living with secondary breast cancer is challenging and there are many hurdles. The challenge in putting this resource together was to strike a balance.

Women can phone 1300 887 340 or visit www.bcna.org.au to order their free pack, which will be delivered within 10 working days depending on where they live in Australia.

Cancer Nurses are welcome to order *Hope & Hurdles* promotional materials and a sample *Hope & Hurdles* Pack to show women who may be interested in ordering their own copy of the resource. Phone 1800 500 258 or email hopeandhurdles@bcna.org.au.

10TH BREAST CARE NURSES CONFERENCE WESTERN AUSTRALIA 2008

**Esplanade Hotel, Fremantle
1 – 2 May 2008**

Make sure you book your place for the only national conference specifically designed for Breast Care Nurses.

Theme: ***New Directions: A Multicultural Approach to Younger Women with Breast Cancer***

Information about the event is available on the conference website at www.debretts.com.au/bcnc

CNSA 11TH WINTER CONGRESS 2008 DON'T MISS OUT!

In 2008 the CNSA 11th Winter Congress is being held on the Gold Coast. If you want professional learning and development; fellowship, support and inclusivity; news and information; fun, relaxation and “thinking time” away from the coalface, then book now to attend Winter Congress. To quote the ad: “You’re worth it!”

The theme will be ***‘Cancer and the Family’***.

Winter Congress will commence on Thursday 12th June, with pre-conference workshops, currently being finalised. Topics being considered are:

- presentation skills – abstract writing, posters, PowerPoint
- new to cancer care – safe handling, CVAD management, blood product management
- adolescents and young adults
- communication skills – emotional burnout.

For information about the about the Congress, see the link on our website: www.cnsa.org.au

2008 WINTER CONGRESS PLANNING DATES FOR YOUR DIARY

- 17 March - Registration opens
- 20 March - Close of abstracts
- 14 April - notification of authors
- 1 May - Early bird registration closes

Together, let’s make 2008 the best Winter Congress ever!

15TH INTERNATIONAL CONFERENCE ON CANCER NURSING: SINGAPORE AUGUST 17 – 21, 2008

The 15th ICCN will take place from August 17-21, 2008, at the world-class Suntec International Convention and Exhibition Centre, Singapore. This will be the first time in the event’s 27-year history that it will be held in an Asian city. The vibrant, multi-cultural, cosmopolitan and sophisticated Garden City of Singapore expresses the essence of today’s New Asia.

The theme of the 15th ICCN will be *“Creating Partnerships, Championing Progress, and Celebrating Practice.”* To reinforce the creating of partnerships portrayed in the meeting’s title, The International Society of Nurses in Cancer Care (ISNCC) is very enthusiastic about partnering with SingHealth, in hosting the premier international cancer nursing conference together in Singapore.

The registration fee will be \$695 (USD) from March 1-June 27 2008. From June 28, 2008 up to the conference, the registration rate will be \$895 (USD).

ICCN brings together leaders in cancer nursing from all over the world. It is the longest running international conference in the field. This will be the first time in the event's 27-year history that it will be hosted by an Asian city.

"ICCN is the premier international event for the field of cancer nursing," says Margaret Fitch, President of ISNCC Ltd. "We look forward to welcoming the broadest representation of the international oncology nursing community that we have ever had at one of our events."

ICCN is a unique educational and networking opportunity that highlights the essential role that nurses play in the prevention, treatment and care for cancer patients worldwide.

To register for the 15th ICCN, book your accommodation, and to access further information and regular updates about the conference, please visit www.isncc.org.

CNSA NEWS 2008

News articles, comments and items of interest from members are welcome and encouraged. Items should be forwarded in MS Word format and pictures in JPEG format via email to Maree Bransdon, Editor: maree.bransdon@health.qld.gov.au.

Deadlines for 2008 are:

10th January, 16th April, 18th June and 17th Sept.

2008 TRAVEL AND RESEARCH GRANTS

Applications are invited from financial CNSA members for the following grants:

TRAVEL GRANTS

CNSA Travel Grants are available to attend a local, national or international conference - 2 grant rounds: **closing dates 31st March and 31st August 2008**. The value of the grant will be allocated according to the quality of the application, as determined by members of the Grants & Awards Committee

Travel Grant for a 'new' cancer nurse available to nurses who have been working as a cancer nurse for less than 3 years to attend a local, national or international conference: **closing dates 31st March and 31st August 2008**. The value of the grant will be allocated according to the quality of the application, as determined by members of the Grants & Awards Committee

Ipsen Travel Awards to attend 2008 CNSA Winter Congress in Melbourne: **closing date 31st March 2008**.

RESEARCH GRANTS

CNSA Research Grant to undertake research into any aspect of cancer nursing: closing date 30th June 2008.

Applications

- Any individual or team who is actively involved in an aspect of cancer nursing may apply for a grant within this program. The applicant (or the chief investigator in the case of a research team) must:
 - have been a financial member of the CNSA for a minimum of 12 months; and
 - be currently employed as a nurse and working in a cancer related field.
- Applications for Research Grants to support Practice Development Projects are encouraged and welcome. Applicants requiring assistance in developing a research proposal should contact Tish Lancaster, Chair CNSA Grants and Awards Committee.
- Members who have not received a grant within the past 12 months are encouraged to apply for any of the above grants.
- Applications must be submitted on the standard CNSA grant application form following the 'Guidelines for Applicants'. Both are available by downloading from the CNSA website (www.cnsa.org.au) or phoning the COSA office on (02) 8063 4100.
- A proposed budget must be submitted with the application. For travel grants the application must be supported by a copy of at least 1 quote for airfare and accommodation and (with the exception of CNSA Winter Congress or COSA Annual Scientific Meeting) a copy of the conference brochure.
- The original plus 3 copies of the grant application or research proposal (including all supporting documentation) must be submitted to the COSA office by close of business on the due date. Faxed or emailed applications cannot be accepted. Late applications and those that do not fulfill the above criteria or provide all documentation will not be accepted. All applications must include the signed 'Declaration of Responsibilities' found in the Guidelines.

Enquiries: Tish Lancaster, Chair CNSA Grants and Awards Committee

Ph: 02 9845 5555 email:

letitia_lancaster@wsahs.nsw.gov.au

**NATIONAL EXECUTIVE COMMITTEE
NEXT BUSINESS MEETING**

THURSDAY 17 APRIL 2008

Please raise any issues with state representative members or the national Chairperson.

Members Survey – watch out for it!

You will shortly receive notification of the CNSA Members Survey which will be available for you to complete online. (Members who receive CNSA News in hard copy will also receive a hard copy survey to complete.)

The CNSA is *your* society, so your opinion is not only appreciated, it is vital. Thank you!

CNSA Executive Contact Details

<p>Gabrielle Prest (CNSA Chairperson) Director of Professional Services College of Nursing Phone: 0437 627 100 gprest@nursing.edu.au</p>	<p>Megan Plaster (WA) Paediatric & Adolescent Cancer Nurse Coordinator WA Cancer & Palliative Care Network Phone: 0400 021 874 or Office: (08) 9346 4856 megan.plaster@health.wa.gov.au</p>
<p>Catherine Johnson (NSW) Newcastle Mater Misericordiae Hospital Phone: 02 4921 1147 (Tues, Wed, Thurs) catherine.johnson@newcastle.edu.au</p>	<p>Glennys Stellan (QLD) Royal Brisbane & Women's Hospital Phone: 07 3636 5391 glennys_stellan@health.qld.gov.au</p>
<p>Maggie Stowers (VIC) BSWRICS C/- Andrew Love Cancer Centre Phone: 03 5226 7243 maggies@barwonhealth.org.au</p>	<p>Julie Clowry (ACT) Lung Cancer & Mesothelioma Nurse Care Coordinator The Canberra Hospital Phone: 02 6244 3895 or Phone: 02 6244 2222 julie.clowry@act.gov.au</p>
<p>Louise Nicholson (TAS) Clinical Nurse Manager Outpatient Oncology Services Royal Hobart Hospital Phone: 03 6222 8238 louise.nicholson@dhhs.tas.gov.au</p>	<p>Patsy Yates ISNCC representative Queensland University of Technology Phone: 07 3864 3835 p.yates@qut.edu.au</p>
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