



CNSA NEWS

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November 2007

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

Gabrielle Prest

Spring into summer! Remember to stop occasionally to smell the flowers and enjoy the fabulous outdoors!

This edition of the CNSA newsletter is full of detail of the very successful combined CNSA Winter Congress and MOGA meeting in August. The reports by Nicole Kinnane (convenor) and Marie Condon (grant recipient attendee) provide good feedback as to the diversity of content.

Just as much as WC was a great success, we shared the Society's successes of past years at our AGM. Members of the CNSA continue to contribute to national projects through Cancer Australia, the NBCC, Senate enquiries, and other key national developments. The CNSA was very proud to see our Central Venous Access Device Guidelines launched at this meeting.

We draw your attention to Winter Congress on the Gold Coast in June 2008, and the international meeting in Singapore on 17 – 21 August 2008.

As we continue to contribute to national cancer control strategies through our relationship with COSA, we will want to draw on the expertise amongst our membership in regards to cancer in the elderly, and in adolescents and young adults. Several nurses are participating in the COSA project exploring chemotherapy guidelines.

An important development for the Society is the formation of a standing committee to advise the national executive on matters around education for the cancer nursing workforce. We will of course be looking to the outcomes of the EdCaN project, in addition to those of the Continuing Professional Development project (also funded under Cancer Australia). As part of this, there is the need for our Society to consider our involvement in credentialing for cancer nurses.

As we move to the end of the year and the end of term for some of the national executive, I would like to thank outgoing members for their significant input into your Society over the last 2 to 4 years: specifically Liz Zwart, Linda Barrett, Kate Cameron, Catherine Jones and Megan Rogers. Cathy Johnson and Megan Plaster continue on the committee.

ELECTRONIC MAILOUT

CNSA Newsletter has commenced electronic mailout, so 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.

CNSA 10TH WINTER CONGRESS "FROM GOOD CLINICAL SCIENCE TO THE PATIENT"



Nicole Kinnane, Karen Dow & Gabrielle Prest

The Inaugural MOGA and CNSA joint conference was held in Melbourne 1-4 August 2007. This was also the 10th Winter Congress of the Cancer Nurses Society of Australia. From go to whoa, sessions reflected the topic of research and its application to cancer care planning, from both medical and nursing perspectives.

The CNSA Keynote speaker, **Dr Karen Dow** from the School of Nursing, University of Central Florida, Orlando, applauded the professional regard in which CNSA and MOGA held each other, demonstrated by the combined conference – a feat not yet achieved in the USA.

The conference opened with 4 pre-conference workshops which provided a variety of professional development experiences for attendees. Workshops included:

- Communication skills : discussing sexuality with cancer patients and their friends
- Nursing research – from start to publication
- The nurse-role in genetic counselling
- The question of cancer nurse credentialing: opening Pandora's Box?

Workshops were fully subscribed and well received, with over 110 delegates participating in the EdCaN session. A big “thank you” to the workshop facilitators for their generous contributions to the conference. Some delegates expressed disappointment at missing out on workshops due to limited space and numbers. This will – happily! - be addressed in future conference planning.

The combined MOGA/CNSA symposiums included breast cancer, complementary therapies, palliative care case presentations and the multidisciplinary treatment of sarcomas. International and local invited speakers presented current research outcomes, models of care delivery and initiatives in practice. The combined sessions successfully demonstrated that evidence-based care in multi-disciplinary setting results in better patient outcomes.

The CNSA symposium, “*Intervention Research – focusing practice on improving patient outcomes*”, showcased examples of nursing research and highlighted how this impacted on patient and family care.

Concurrent communication sessions were all well attended, and the quality of the presentations was of a very high standard. CNSA presentations included chemotherapy treatment issues, nursing updates in haematology, intervention research, women’s business, nursing research in palliative care, guidelines and evaluations, and cancer nursing roles. The sole combined MOGA/CNSA concurrent session highlighted areas of broad appeal to both MOGA and CNSA members. It is hoped that at future combined conferences there will be more combined communication sessions. We would like to thank the chairs and co-chairs of the sessions and the **CNSA First Time Presenters** judging panel. **Congratulations** to the 2007 recipient of the Award, **Susan Adams**, who presented on “*Improving awareness and accessibility of nutritional information for patients having chemotherapy.*”

The **MOGA/CNSA “Poster Walk Around”** combined with welcome drinks provided a specific opportunity to view the posters in a relaxed atmosphere. Thanks must go to the poster judging panel for their efforts, and **congratulations** to the winner of the CNSA poster presentation 2007 – **Helen Woolls, Leanne Stone and Stella Rowlands** for ‘*Developing a Chemotherapy Education Checklist*’.

Hypothetically speaking... The hypothetical session, facilitated by Jon Faine (*aka Geoffrey Robertson QC*), proved a novel way of addressing the problems associated with discussing end of life issues with patients and families. Jon challenged the panel in their approaches to dealing with this very topical, and at times extraordinarily difficult, subject.

No-one missed out at the launch of the ‘**CNSA Central Venous Access Device Guidelines**’. This valuable resource for all health care professionals was received enthusiastically, and all delegates attending the launch received a DVD.

ANNUAL GENERAL MEETING

The AGM did double duty as the celebration of the CNSA’s 10th anniversary. The chance to trip down memory lane prompted members to acknowledge CNSA’s numerous achievements over its relatively brief history. It certainly demonstrated the determination of a dedicated group of cancer nurses with a vision of an association which would provide a voice for cancer nurses nationally and act as a leadership forum. To the CNSA leadership, past and present – **BRAVO!**

NURSING BELLES AWARDED “GONGS”

Patsy Yates was awarded **Life Membership to CNSA** in recognition of her leadership and contribution to nursing research, and cancer nursing nationally and internationally. **Laurie Grealish** was also made a **Life Member of CNSA**. Laurie was a driving force for the voice of cancer nurses in the development of CNSA when cancer nurses were under the auspices of COSA. Laurie was not present at the conference to receive her award.

The treat at the conclusion of the AGM was a multimedia extravaganza produced by the inexhaustible **Tish Lancaster** – a pictorial history of CNSA achievements, complete with its own perfectly apt music backing track. Thank you, Tish, for your *Magnum Opus* – a creative triumph and a joyful reminder of CNSA moments past and present.

The combined CNSA/MOGA conference proved an overwhelming success with more than 430 delegates attending from around Australia, over 300 of whom were nursing delegates. Two nurses enrolled into the **buddy program** which provides a quality orientation for first timers to the CNSA Winter Congress.

The pharmaceutical industry provided a very comprehensive trade display which was well patronised during the breaks. **Ipsen** generously supported travel grants for two members to attend the Winter Congress and are offering this opportunity again in 2008. We offer our most grateful thanks to the pharmaceutical industry for their continued support.

"LOSE YOURSELF (WITH FABULOUS COLLEAGUES) IN MELBOURNE"

Melbourne provided the perfect backdrop to the conference with many delegates taking advantage of the shops and eateries. The social functions were a **HUGE** success. The conference dinner at the National Gallery was the ideal venue for CNSA 10th anniversary celebrations, and the band certainly kept the dance floor full. The *Socketts* – our delegates' choir - kick started the evening with a rousing set. Bouquets and applause to all of the *Socketts* - musical as well as brilliant! Your efforts set the tone for a fun filled evening. The irrepressible, sensational **Keith Cox** was crowned this year's *Dancing Queen*. Two major awards in one year, Keith – how do you do it?! The MOGA dinner provided an opportunity to walk on the hallowed turf of the MCG, and to visit the Collingwood change rooms (*swoon and pass the smelling salts!*). We learned that the best view of the MCG was from the men's toilets in the Members section, and we sampled the delights of the Members' restaurant.

We would like to take the opportunity to thank the MOGA organising team. The success of this conference will almost certainly see more combined MOGA/CNSA conferences in the future.

We look forward to the 11th CNSA Winter Congress 2008.

Nicole Kinnane, on behalf of the CNSA Winter Congress organising committee 2007.

10TH CNSA WINTER CONGRESS GRANT RECIPIENT REPORT

Marie Condon was assisted in attending her first Winter Congress by way of a travel grant. Here are notes from her Winter Congress diary.

It was an exciting time for the nurses and doctors, who are so closely linked in clinical practice. So much variety and so many choices over three short days!

DAY ONE

A workshop discussing "The Question of Cancer Nursing Credentialling: Opening Pandora's Box". Speakers came from various peak cancer bodies, plus workforce directors. The forum presented a few lived experiences of Credentialling of other nursing groups, eg, Mental Health and Critical Care, and **Dr Karen Dow** from America identified the USA experience. Lively discussions and interesting presentations evoked more questions than answers for me:- Would the workplace pay for this expertise? Would it create too specialised a nurse and thus decrease the availability of nurses to move where the shortages fell? Would it require achievement of Master's level tertiary studies? In an already diminishing workforce,

would it help to attract and retain nurses into cancer studies?

The combined MOGA/CNSA symposium today focused on Breast Cancer. Keynote speaker, **Karen Dow**, now an academic, is a nurse who has specialised in primarily radiation oncology. Her theme across the WC was **Cancer Survivorship**. Dr Dow presented her research results in various studies, examining the survivorship experience of patients following the completion of their cancer treatment in Florida, USA.

The afternoon session focused on Chemotherapy treatment issues and was extremely interesting and most relevant to my clinical practice. Seven papers were presented, including "Education of the patient pre-chemotherapy".

Chemotherapy Education - The Peter MacCallum Cancer Institute conducted a satisfaction study on whether pre-chemotherapy education was best done verbally with or without multimedia presentation. Their video is available on sale to any health facility who may wish to purchase it.

Rapid Infusion of Mabthera® – The Royal Brisbane and Women's Hospital (RBWH) had conducted a study into the safety of decreasing the time to infuse Mabthera®. Currently the recommendation is to administer slowly, increasing incrementally each 30 minutes. The study found there were no adverse effects in their population, which will decrease the infusion time from 4.5 hours to 90 minutes. This has positive flow-on effects for their appointments scheduling.

PICC insertion service provided by nurses in a rural hospital. Manning Rural Hospital in Taree, NSW, conducted a study highlighting the specialist nurse's role in providing a vascular access to the cancer and general hospital population. This service provides insertion of PICC lines. Their study showed that there had been an increase in use of these devices, as availability of specialist surgeons to place implantable ports was limited. It also demonstrated that the vascular access team had managed to reduce actual infection and the number of infections reported.

Extravasation: Hospital wide implementation of an easy to follow flow chart. A large private hospital in Brisbane presented a document and flow chart to assist in the management of extravasation. This hospital has 50 beds dedicated to oncology and haematology patients who may or may not be in specialist units. It was therefore necessary to develop easy to follow extravasation management. The result is an easy to follow colour-coded and laminated chart placed strategically around the wards.

Risky Business – Cytotoxic risk assessments. RBWH presented their path taken to ensure that risk management plays a primary role and meets legislative requirements in any cytotoxic administering health facility, or indeed any

health facility involved in cytotoxic therapies - making, administering, storing and disposing of waste.

Febrile Neutropaenia – immediate management in the Emergency Departments. A large private hospital in Brisbane with an Emergency Department and a very busy haematology and oncology in- and out-patients service has developed a checklist for doctors and nurses involved in the triage and care of a patient who may present to their department with febrile neutropaenia. These groups of patients are potentially gravely ill if not managed in a timely manner. This would be an easily transportable document for use in any Emergency Department.

Later in Day One, the CNSA launched their much awaited guidelines, **Central Venous Access Devices: Principles for Nursing Practice and Education.** This comprehensive document was distributed to all members. It is able to be used as a formal education guide and practice guideline as it has been thoroughly researched and is the best practice guide for all nursing practice related to Central Venous Access Devices.

DAY TWO

The Radiation Oncology Nurses group presented a breakfast session highlighting their profile within CNSA and within the discipline of Oncology Nursing. Again Karen Dow was able to share her wealth of experience with her Australian colleagues, and gave some ideas on how best to raise their profile and encourage more membership to their CNSA subgroup.

The symposium on day two was a combined MOGA and CNSA event. Speakers focused on the use of Complementary and Alternative Medicines (CAM) in the treatment of cancer and their use in palliative care. The speakers were predominately medical in discipline and they highlighted potential dangers in the use of what patients often refer to as "Natural Medicine". **Dr Lowenthal** pointed out that many natural substances are actually potentially harmful on their own, or may interact detrimentally with medication prescribed by a health professional. The message was to ensure our patients are aware of the potential dangers, and to discuss treatment with their doctors and cancer care team. Many CAM are cleverly marketed and offer patient cures and false hope, along with high price tags! The panel identified that scientific evaluation of many of these products is lacking and the patient should make informed choices, which is often difficult with limited background knowledge.

CNSA reached a milestone of 10 years since its inception. After the more serious business of the AGM was completed, we celebrated!

Poster presentations were excellent! I gathered some great information and ideas for further development for our unit. The opportunity to meet with likeminded professionals from

other institutions across the nation is always highly valued. The willingness of all presenters to share their documents, papers and contacts is incredible and just what nursing needs, since reinventing the wheel is a considerable waste of resources. This day of interesting presentations was capped off with a delightful evening congress dinner at the National Art Gallery of Victoria. Another excellent opportunity to network and consolidate friendships made at this forum.

DAY THREE

The treatment trajectory of patients with Sarcoma. This is not a disease we see very often in my workplace, so I was very interested in its treatment. The panel took a multidisciplinary approach, which is often the case with cancer care. A holistic approach provides a better outcome for the patient. The panel included an orthopaedic doctor, an oncologist, a specialist physiotherapist, and a youth and adolescent psychologist. The treatment for sarcoma is up to 12 months so that would compound life issues for the patient, and since the higher incidence is in the 18–25 year age bracket their issues require careful management from a multidisciplinary team. The conference ended with a panel discussion of End of Life Decisions for Patients – valuable for all members of cancer care teams.

I am extremely grateful to CNSA for the travel grant that assisted me in attending my first Winter Congress.

**Marie Condon, St John of God Hospital –
Murdoch, Perth**

REGIONAL GROUP NEWS

MELBOURNE REGIONAL GROUP (MRG) NEWS

The MRG formed a new management committee this year and we have been busy 'finding our feet' and responding to the needs of our membership. We commenced the year with a recruitment drive to encourage all Victorian CNSA members to link up with the Melbourne group. We promoted the benefits of belonging to a regional group of CNSA and gained some additional members.

Following is the list of activities/education evenings that the MRG has been involved in for 2007:-

March - "Cancer and Genetics": Maria Kentwell, Genetic Counsellor, and Mary Shanahan, Genetic Nurse, Peter MacCallum Cancer Centre presented an interesting and informative overview of the intricacies involved in taking a genetic history, patient reaction and potential treatment options faced when attending for screening.

May - saw our joint members' meeting with the Palliative Care Nurses Special Interest Group entitled 'Update of the "Respecting Patient Choices" program' and "Patient views

on palliative care: issues for clinicians", presented by Liz Stickland and Donna Milne respectively.

July - "Fostering Cancer Nurses": Nurses were invited to come along to discuss workplace strategies in mentoring and developing new cancer nurses, and the barriers/challenges faced with this task. Presentations were by: Gabrielle Prest, National Chair of CNSA, discussing "National Cancer Initiatives – the role of the nurse", Heather Buttigieg, Oncology Educator Box Hill Hospital, on "Mentoring / Preceptorship Program", and Julie Stevens, Nurse Graduate Coordinator, Box Hill Hospital, on the "Graduate Year Program @ BHH".

August - Winter Congress in Melbourne for joint CNSA/MOGA showcased everything from chemotherapy, radiotherapy, complementary therapies, psycho-oncology, breast cancer, haematology....

September - "An update on targeted therapies": Presentations by Dr Ray Snyder, Medical Oncologist, St Vincent's Hospital on "Targeted therapies - New treatment modality for cancer" and John Coutsouvelis, Oncology/Haematology Pharmacist, Box Hill Hospital on "Mechanisms, Actions and Cost".

November 13 – AGM. We are well on our way to organising our meetings for 2008.

Tina Griffiths – Chair, and Ellen Stuart

REGIONAL CHAIRS FOR 2007

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

lisa.bartley@healthcare.com.au

Ph: 02 49298727

ADELAIDE

Tracey Doherty

tracey.doherty@fmc.sa.gov.au

Ph: 08 82045511

BRISBANE

Lyn Clarke

clarkel@ramsayhealth.com.au

Ph: 07 3394 6739

SYDNEY

Tracy Cosgrove

tcosgrov@nscchahs.health.nsw.gov.au

Ph: 02 9926 7910

NATIONAL CANCER NURSING EDUCATION PROJECT (EDCAN) - NATIONAL STANDARDS FOR CANCER NURSES

The National Cancer Nursing Education Project (EdCaN) is a Cancer Australia funded project that will provide a framework and resources to prepare a nursing workforce capable of meeting the future needs of people with cancer.

In an attempt to engage cancer nurses in this project a pre-CNSA Winter Congress workshop was held on Thursday 2nd August 2007, which approximately 150 nurses attended. The workshop was titled:

"The question of credentialling – opening Pandora's Box"

The aim of the workshop was to:

- Provide various perspectives on issues around credentialling of Specialist Nurses with a focus on cancer nursing;
- Initiate informed discussion regarding credentialling of Specialist Cancer Nurses;
- Identify opportunities and challenges associated with credentialling of Specialist Cancer Nurses.

Seven guest speakers delivered informative arguments regarding nurse credentialling. They were:

- Dr Heather Wellington (Chair, Board of Directors, Peter MacCallum Cancer Centre) spoke of the impact of Clinical Governance and Safety and Quality issues on credentialling.
- Professor David Currow (CEO, Cancer Australia) put credentialling in the context of national cancer services provision.
- Dr Tim Shaw (Associate Professor, Director Centre for Innovation in Professional Health Education and Research, University of Sydney) considered the definitions of credentialling, accreditation and fellowships.
- Belinda Moyes (Adjunct Professor, Principal Nurse Adviser) provided a National Nursing and Nursing Education Taskforce perspective.
- Dr Karen Dow (Nursing Professor, American College of Health & Public Affairs, University of Central Florida, USA) discussed the American experience of credentialling.

- Tina Kendrick (National President ACCCN) provided the Australian College of Critical Care Nurses (ACCN) Experience; and
- Dr Stephen Elsom (President ACMHN) discussed the Australian College of Mental Health Nurses (ACMHN) Experience.

Some of the issues discussed in the forum included the benefits of credentialling, which include:

- Ensuring the best systems are in place to provide the best quality of care
- A method of ensuring people have the qualifications they say they have
- Increased consumer confidence.

The Workshop discussion also highlighted the importance of:

- Not credentialling ourselves out of practice, i.e. setting standards that can't be realistic or practically met
- Maintaining access to services as well as providing quality care
- The need for employers, individuals and the Government to work together in the credentialling process
- Credentialling not limiting the 'scope of practice' but instead expanding the scope of advanced nursing practice
- Credentialling being linked with accreditation.

The forum appeared to be enjoyed by all participants. The engagement of cancer nurses in the discussion of issues regarding credentialling, whilst not providing definitive answers, was able to provide the project and CNSA Executive Committee a chance to hear the views of cancer nurses regarding this issue.

The EdCaN project is developing a framework for the future cancer nurse workforce. Issues such as credentialling will have an impact on the framework development, and the project team intends to continue to work closely with CNSA on the framework. To have your say or to find out the progress of the project please visit our website at: www.edcan.org

CALENDER REMINDERS - EVENTS

22ND AND 23RD NOVEMBER 2007

Skill Mix and Workforce Development: sharing the lessons learnt

Hilton on the Park Melbourne, Victoria, Australia

www.changechampions.com.au

12TH – 14TH JUNE 2008

CNSA 11th Winter Congress

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

15TH INTERNATIONAL CONFERENCE ON CANCER NURSING - CALL FOR ABSTRACTS

The International Society of Nurses in Cancer Care (ISNCC) and SingHealth invite you to participate in the 15th International Conference on Cancer Nursing (ICCN) by submitting an abstract for a verbal or poster presentation. ISNCC and SingHealth particularly invite abstracts related to identified conference themes and will consider all abstracts of high significance to nurses in cancer care worldwide.

Topics for abstract submission:

- Prevention and Screening
- Genetics
- Cancer in Children
- Cancer in Adolescents
- Cancer in the Elderly
- Treatment Developments
- Models of Care Delivery
- Patient Safety
- Supportive Care
- Quality Care
- Survivorship
- Palliative Care
- Cultural and Spiritual Care
- Expanded and Advanced Nursing
- Ethics, Informed Consent and Clinical Trials
- Workforce and Healthy Workplace Issues Politics
- Policy Makers and Economics

Abstracts will be accepted through an online abstract submission system. The online abstract submission system is available through the ISNCC website at www.isncc.org.

The abstract submission deadline is **December 3, 2007**. You may edit your submission at any time prior to the electronic submission deadline.

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

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

In July 2007, Breast Cancer Network Australia (BCNA) launched Hope & Hurdles – the first of its kind in Australia. The pack is beautifully designed, full of photos, quotations and suggestions from women with secondary breast cancer, and produced with great sensitivity. This unique and much needed resource includes a range of booklets, brochures and CDs, packaged together in a convenient satchel. 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 pack to show women. Phone:1800 500 258 or email:

hopeandhurdles@bcna.org.au

CNSA 11TH WINTER CONGRESS 2008

In 2008 the CNSA Winter Congress is being held on the Gold Coast.

The theme will be **‘Cancer and the Family’**. Abstract submission deadline is **6th March 2008**.

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

Further details regarding the conference sessions are available at www.cnsa.org.au

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.



CNSA Executive Contact Details

<p>Gabrielle Prest CNSA Chairperson Phone: 0437 627 100 gprest@leukaemia.org.au</p>	<p>Liz Zwart Treasurer The University of Adelaide (Adelaide) Phone: 08 82222991 liz.zwart@adelaide.edu.au</p>
<p>Catherine Jones The Canberra Hospital (ACT) Phone: (02) 6244 2738 catherine.jones@act.gov.au</p>	<p>Linda Barrett Care Coordinator, Greenslopes Private Hospital (Qld) Phone: (07) 3394 7111 page 316 lindabarrett@bigpond.com</p>
<p>Meg Rogers Peter MacCallum Cancer Institute (Melbourne) Phone: 03 96561111 page 7404 megan.rogers@petermac.org</p>	<p>Megan Plaster 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>Kate Cameron Past Chairperson The Cancer Council SA Phone: 08 8291 4111 kcameron@cancersa.org.au</p>	<p>Patsy Yates ISNCC representative Queensland University of Technology Phone: 07 3864 3835 p.yates@qut.edu.au</p>
<p>Grants and Awards Committee info@cnsa.org.au</p>	<p>Special Interest Groups (SIG) Coordinator info@cnsa.org.au</p>
<p>Regional Groups info@cnsa.org.au</p>	<p>CNSA News Contributions maree_bransdon@health.qld.gov.au</p>
<p>National Executive Committee next meeting: 29 November 2007 Please raise any issues with state representative members or the national Chairperson.</p>	

