



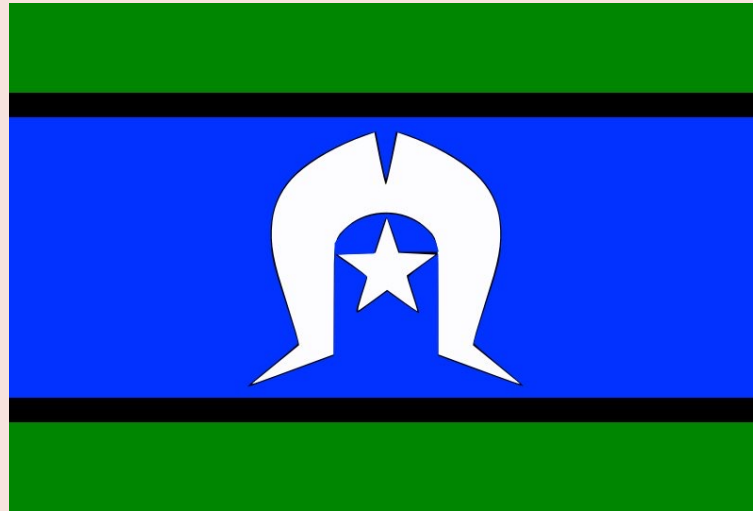
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The Metastatic Wellness Initiative

Integrating multidisciplinary care and lived experience to innovate survivorship support across WA

Presenters: Chandrika Gibson & Vaneeta Davis

Acknowledgement of country



Metastatic Breast Cancer in Australia

- 20,950 Australians are living with metastatic breast cancer (AIHW, 2025)
- Multidisciplinary care important for patients with metastatic breast cancer due to complex management and supportive care needs (Cancer Australia, 2024)
- Developed a working group to address geographic inequity in Western Australia



Unmet Needs in MBC

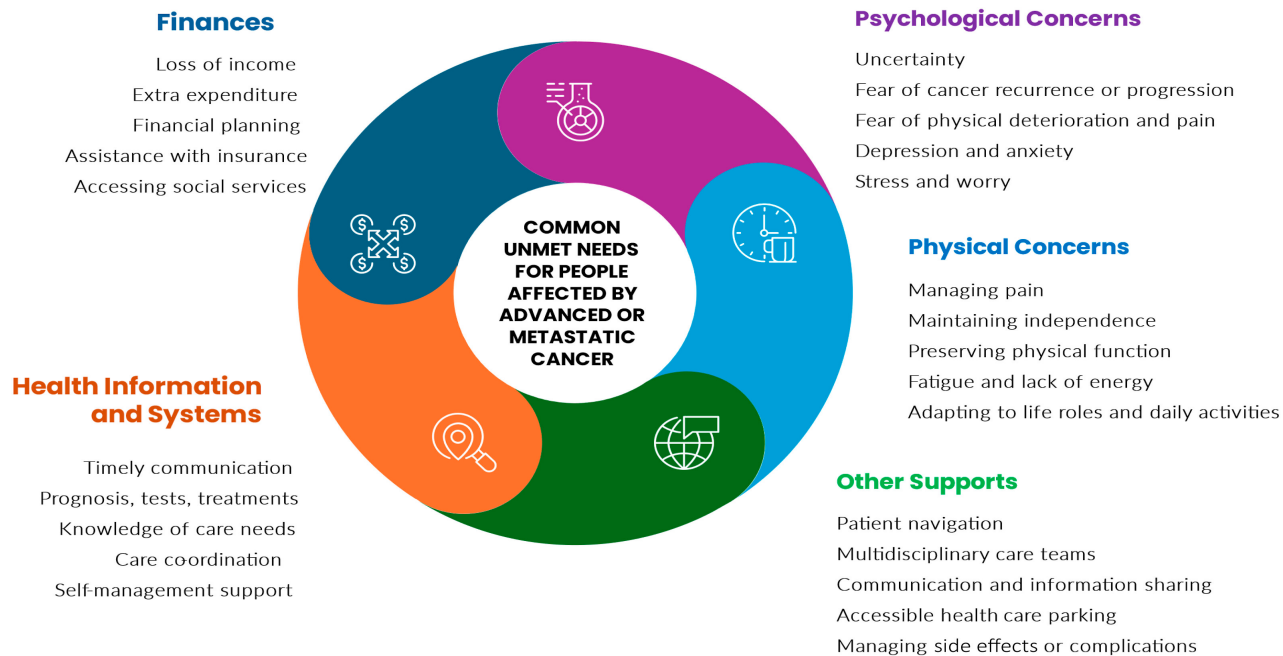


Image: Jefford et al, 2025

Innovation: The Metastatic Wellness Initiative

- Statewide collaboration
- Public, private and NGO stakeholders
- Co-designed with patient survey data &
- Health professional survey data
- Nurse-led metastatic wellness model



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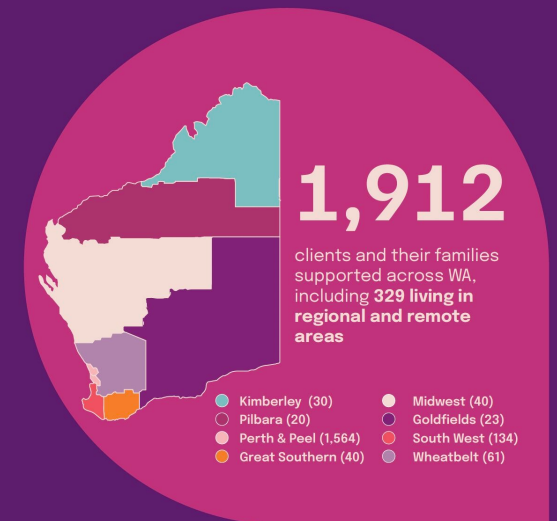
Statewide Access

Breast Cancer Care WA supported 1912 Western Australians in 2025 including contact with 758 people living with metastatic breast cancer.

329 or 12.7% BCCWA clients live in regional, rural and remote WA

Cancer Network WA supported approximately 437 metastatic breast cancer patients in 2025 statewide

WACHS (Albany & Bunbury) supported 118 metastatic breast cancer patients in 2025



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The Metastatic Wellness Initiative



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Cancer Network WA



Government of **Western Australia**
WA Country Health Service



ST JOHN OF GOD

Bunbury Hospital

Informed by ASCO, COSA Frameworks and Optimal Care Pathway



SURVIVORSHIP CARE FOR
PEOPLE AFFECTED BY ADVANCED
OR METASTATIC CANCER

Standards and practice recommendations provided across seven domains:

1 Person-Centered Care	5 Accessible & Equitable Care
2 Coordinated & Integrated Care	6 Sustainable & Resourced Care
3 Evidence-Based & Comprehensive Care	7 Research & Data-Driven Care
4 Evaluated & Communicated Care	45 x Practice Recommendations

Hart et al. JCO Oncol Pract 2024
asco.org/standards

Optimal care pathway for people
with breast cancer

SECOND EDITION



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Co-Design: Information Needs Survey

○ **N=106 people with MBC**

- 61% fear of progression/scanxiety
- 64% Staying physically active and independent
- 53% Time with family & friends, emotional wellbeing
- 56% Symptom management
- 44% Financial, legal and practical



Co-Design: Health Professional Surveys

N= 19 Asked about Patient Support and Information Needs

- 84% Emotional/psychological support
- 68% Practical and financial support
- 47% Symptom & side effect management



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Survey outcomes: What matters most?

N=106 people with MBC + N=19 HPs

- Fear of progression dominates daily life
- Emotional well-being
- Symptom management
- Evidence-based information needs
- Physical activity & tailored exercise for living well
- Practical and financial services guidance
- Accessible care close to home



Survey outcomes: What do you want people to know about living with MBC?

It is challenging to navigate living a "normal" life and whilst there is a lot of support out there, opportunities to sustain a sense of getting on with life is challenging, overcoming other peoples' perception of you living with MBC and believing you are a capable independent person.



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Living Well with Metastatic Breast Cancer Program at Breast Cancer Care WA

A digitally enabled, hybrid-delivery, statewide metastatic wellness model integrating:

- Exercise Medicine
- Yoga Therapy
- Mindfulness-based Interventions
- Therapeutic workshops
- Webinars
- Support Groups
- Day Retreats



Co-design shaped

- Program priorities and content
- Language and framing
- Delivery format and timing
- Group guidelines
- Accessibility and relevance



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Spotlight: Webinars

MWI team invited relevant expert presenters including clinicians, researchers, and lived experience. Run via Microsoft Teams

Webinar topics include:

- **Managing Fear of Progression & Scanxiety** with A/Prof Andy Redfern, Clin Psych Krystyna Glinski, and the MWI team
- **Symptom Management & Palliative Care** with Prof Kirsten Auer and the MWI team
- **Financial Well-being** with Pilbara Social Worker Shirley Witko
- **Non-pharmacological Pain Management** with Clin Psych Clare Pigliardo
- **Panel Discussion** (Podcast/prof recording)



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Impact Expectations & Evaluation

- High engagement in program components across metro & regional WA
- Acceptability of **flexible, hybrid delivery model**
- Improved QoL and confidence managing survivorship
- **Interviews: hearing lived experience**
- **End of year survey**



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Future Directions

- Expand statewide nurse involvement
- Grow webinar, podcast & digital reach
- Continue co-design with patients, caregivers and health professionals
- Research project



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Acknowledging the MWI Team

- Mel Rowley (McGrath Advanced Breast Cancer Nurse, Breast Cancer Care WA)
- Louise Davies (McGrath Advanced Breast Cancer Nurse, Breast Cancer Care WA)
- Chandrika Gibson (Research and Project Lead, Breast Cancer Care WA)
- Aileen McCaul (Services Manager, Breast Cancer Care WA)
- Vaneeta Davis (McGrath Metastatic Breast Clinical Nurse Consultant , Cancer Network WA)
- Lisa Wilson (McGrath Metastatic Breast Clinical Nurse Consultant , Cancer Network WA)
- Anna Adams ((McGrath Metastatic Breast Clinical Nurse Specialist, Cancer Network WA)
- Claire Gray (McGrath Cancer Care Nurse- Advanced Breast, Albany Health Campus)
- Crienda O'Mahoney (McGrath Metastatic Cancer Care Nurse - Breast, St John of God Bunbury Hospital)



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How to contact us:

- chandrika@breastcancer.org.au
- vaneeta.davis@health.wa.gov.au

If you or someone you know needs breast cancer support,
please contact us on **(08) 9324 3703** or email
info@breastcancer.org.au



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References

- American Society of Clinical Oncology (2024). Survivorship Care for People Affected by Advanced or Metastatic Cancer: MASCC-ASCO Standards and Practice Recommendations
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- Jefford, M., Nekhlyudov, L., Smith, A. L., Chan, R. J., Lai-Kwon, J., & Hart, N. H. (2025). Survivorship care for people affected by advanced or metastatic cancer: building on the recent multinational association of supportive care in cancer-ASCO standards and practice recommendations. American Society of Clinical Oncology Educational Book, 45(3), e471752.



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