

Cancer Nurses
Society of Australia



elevate cancer nursing

innovate | integrate | educate | advocate

28th ANNUAL CONGRESS • 17-19 JUNE 2026
Perth Convention and Exhibition Centre

Scaling a Nurse-Led Survivorship Model Across Metropolitan Melbourne Cancer Network: Pilot Outcomes

Alexia Koutoulas
Project Officer

Western and Central Melbourne Integrated
Cancer Services (WCMICS)



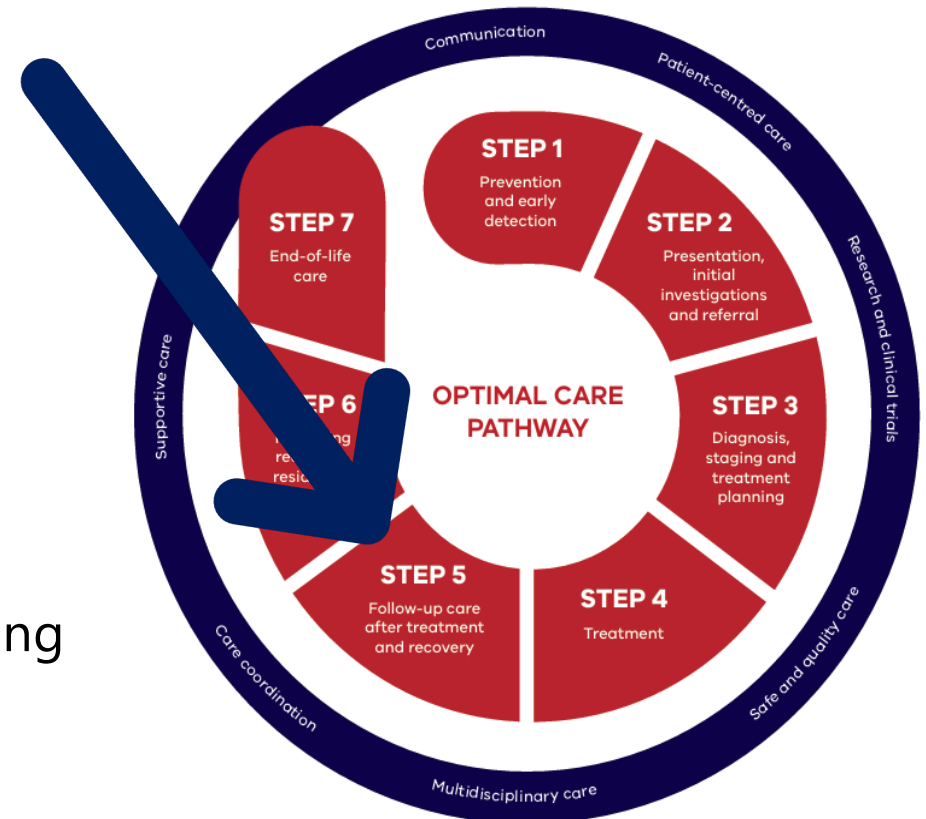
Background

The Victorian Cancer Plan (VCP) 2024-2028 commits to driving progress towards more equitable health outcomes for all Victorians.

Survivorship Care:

- Follows active cancer treatment
- Emotional and physical wellbeing, dealing with treatment side effects and maintaining a healthy lifestyle.

Figure 1: The Optimal Care Pathway



Problem statement

- A growing population of cancer survivors.
- Increasing need for survivorship care.
- Unique physical, psychosocial and practical needs.
- Fragmented and inconsistent access to coordinated survivorship care.
- Nurse-led survivorship care ensures holistic needs are identified, addressed, and coordinated.

Aim

To establish and evaluate nurse-led survivorship models for patients who have completed curative anti-cancer treatment by:

1. Embedding a **survivorship needs assessment (SNA)** tool for at least 80% of piloted participants, and
2. Providing a **survivorship care plan (SCP)** to at least 50% of these participants within the 9-month pilot period.



Target: 10 patients per site

Program Design

9 months backfill funding (0.2 EFT) provided by WCMICS.

1

SNA

Determine optimal timing to initiate screening

Use of NCCN distress thermometer + problem list or using existing health service screening tool

Referrals triggered

2

Resources

Adaptable, double sided information page

Exploration of additional relevant information

3

SCP

Treatment / discharge summary to GP

Surveillance schedule provided to patient

Health Services

Tranche 1

- **Royal Melbourne Hospital;** Head and Neck (Surgical liaison nurse)
- **Western Health;** Colorectal (SURC)
- **St Vincent's Hospital;** Lung, Colorectal, Lymphoma (SURC)

Tranche 2

- **Peter MacCallum Cancer Centre;** Head and Neck, Upper GI, Gynaecology, Lower GI (CNC)
- **Werribee Mercy Hospital;** Breast, Lung, Colorectal, Haematology (MDS)

SURC: Symptom Urgent Review Clinic; CNC: Clinical Nurse Consultant; MDS: Medical Day Stay



Eligibility and Scope – Tranche 1

In Scope	Out of Scope
- WCMICS health services. Use of a distress thermometer (if none pre-existing at HS).	- Paediatric patients. - Patients requiring ongoing treatment. Tumour specific SNA and SCP. - Patients who are not provided SNA tool prior to consultation. - Patients who decline a SCP. Establishment or operation of an independent survivorship clinic.
Patient eligibility criteria: - Adult patients. - Completed anti-cancer treatment with curative intent. - Attended SURC clinic or equivalent. - Site specific criteria to be determined individually.	

Eligibility and Scope – Tranche 2

In Scope	Out of Scope
• WCMICS health services. • Use of a distress thermometer (if none pre-existing at HS). Or the development of tumour specific SNA tool (if none pre-existing at HS). • Development of tumour specific SCP (if none pre-existing).	• Paediatric patients. • Patients requiring ongoing treatment. • Patients who are not provided SNA tool prior to consultation. • Patients who decline a SCP • Establishment or operation of an independent survivorship clinic
Patient eligibility criteria: • Adult patients • Completed anti-cancer treatment with curative intent.	

Timeline

Activity	M1	M2	M3	M4	M5	M6	M7	M8	M9
Project planning									
Gap analysis and eligibility criteria									
Development of model of care									
Resource development									
Implementation									
Data collection									
Analysis and reporting									

Activities



Governance & Stakeholders

Local governance & multidisciplinary engagement; informed pathways, eligibility, sustainability



Digital & Data

REDCap, EMR integration; e-forms, reporting, monitoring



Workflow Redesign

Process mapping; define timing, referrals, GP communication



Workforce Capability

Training, Communities of Practice



Tools & Resources

Assessment tools, care plans, SOPs, documentation and letter templates



Pilot & Evaluation

Tested in practice; used data to refine and scale

NCCN National Comprehensive Cancer Network®

NCCN Distress Thermometer and Problem List for Patients

NCCN DISTRESS THERMOMETER

Instructions: Please circle the number (0–10) that best describes how much distress you have been experiencing in the past week including today.

Extreme distress

10
9
8
7
6
5
4
3
2
1
0
No distress

PROBLEM LIST
Please indicate if any of the following has been a problem for you in the past week including today.
Be sure to check YES or NO for each.

YES NO Practical Problems

☐ ☐ Child care

☐ ☐ Housing

☐ ☐ Insurance/financial

☐ ☐ Transportation

☐ ☐ Work/school

☐ ☐ Treatment decisions

Family Problems

☐ ☐ Dealing with children

☐ ☐ Dealing with partner

☐ ☐ Ability to have children

☐ ☐ Family health issues

Emotional Problems

☐ ☐ Depression

☐ ☐ Fears

☐ ☐ Nervousness

☐ ☐ Sadness

☐ ☐ Worry

☐ ☐ Loss of interest in usual activities

☐ ☐ Spiritual/religious concerns

Other Problems:

YES NO Physical Problems

☐ ☐ Appearance

☐ ☐ Bathing/dressing

☐ ☐ Breathing

☐ ☐ Changes in urination

☐ ☐ Constipation

☐ ☐ Diarrhea

☐ ☐ Eating

☐ ☐ Fatigue

☐ ☐ Feeling swollen

☐ ☐ Fevers

☐ ☐ Getting around

☐ ☐ Indigestion

☐ ☐ Memory/concentration

☐ ☐ Mouth sores

☐ ☐ Nausea

☐ ☐ Nose dry/congested

☐ ☐ Pain

☐ ☐ Sexual

☐ ☐ Skin dry/itchy

☐ ☐ Sleep

☐ ☐ Substance abuse

☐ ☐ Tingling in hands/feet

► Gynaecological Cancer Distress Screening Tool

U.R Number _____
Surname _____
Given Name(s) _____
Date of Birth _____

The experience of gynaecological cancer is a difficult time for women. Completing this tool will help us identify sources of distress you may be experiencing in order to better support you.

Thinking about how you have been feeling over the past week including today, how distressed do you feel on a scale of 0, no distress to 10, extreme distress? (circle)



Adapted from National Comprehensive Cancer Network (NCCN) Guidelines Version 3.2016 Distress Management. © Distress Thermometer and Problem List.

This is a list of concerns that some women with gynaecological cancer experience. Do any of these concerns apply to you? (Read the list below, tick if yes)

- Practical concerns**
- ☐ Access to cancer support staff
- ☐ Employment/financial
- ☐ Information about my cancer and treatment
- ☐ Transportation to health services
- Family concerns**
- ☐ Partner/Family
- ☐ Feeding
- Psychological/Emotional concerns**
- ☐ Anxiety
- ☐ Appearance
- ☐ Depression/sadness
- ☐ Fear of cancer returning/spreading
- ☐ Uncertainty about the future
- ☐ Worry
- Physical and daily living concerns**
- ☐ Abdominal discomfort
- ☐ Changes in bowel/bladder
- ☐ Fatigue
- ☐ Leg swelling/lymphoedema
- ☐ Memory/concentration
- ☐ Menopause and related symptoms
- ☐ Nausea
- ☐ Pain
- ☐ Sensuality
- ☐ Sleep/insomnia
- ☐ Tiredness
- ☐ Vaginal changes
- ☐ Weight gain/loss

Other concerns (please list):

Person completing the form (please tick)

Date completing form:

☐ Patient

☐ Patient with clinician or interpreter

Name & Designation:

☐ Patient Family member/carer

Name & relationship to patient:

Concerns most important for you right now?

PCI Aintree University Hospital **NHS**
NHS Foundation Trust
Where quality matters

Patient Concerns Inventory [PCI] Head and Neck

Please choose from the list of issues you would specifically like to talk about in your consultation in clinic today. You can choose more than one option (tick boxes).

- Physical and functional well-being:**
- ☐ Activity
- ☐ Appetite
- ☐ Bowel/habit
- ☐ Breathing
- ☐ Chewing/eating
- ☐ Coughing
- ☐ Dental health/teeth
- ☐ Dry mouth
- ☐ Energy levels
- ☐ Fatigue/tiredness
- ☐ Hearing
- ☐ Indigestion
- ☐ Mobility
- ☐ Mouth opening
- ☐ Mucus
- ☐ Nausea
- ☐ Pain in the head and neck
- ☐ Pain elsewhere
- ☐ Regurgitation
- ☐ Salivation
- ☐ Shoulder
- ☐ Sleeping
- ☐ Smell
- ☐ Sore mouth
- ☐ Swallowing
- ☐ Swelling
- ☐ Taste
- ☐ Vomiting/sickness
- ☐ Weight
- Treatment related:**
- ☐ Cancer treatment
- ☐ Regret about treatment
- ☐ PEG tube
- ☐ Wound healing
- Social care and social well-being:**
- ☐ Carer
- ☐ Dependents/children
- ☐ Financial benefits
- ☐ Home care/District nurse
- ☐ Lifestyle issues (smoking/ alcohol)
- ☐ Recreation
- ☐ Relationships
- ☐ Speech/voice/being understood
- ☐ Support for my family
- Psychological, emotional and spiritual well-being:**
- ☐ Appearance
- ☐ Angry
- ☐ Anxiety
- ☐ Coping
- ☐ Depression
- ☐ Fear of the cancer coming back
- ☐ Fear of adverse events
- ☐ Intimacy
- ☐ Memory
- ☐ Mood
- ☐ Self-esteem
- ☐ Sexuality
- ☐ Spiritual/religious aspects
- ☐ Personality and temperament
- Others (please state):**

NHS number: _____

Date: _____

EPRC **Edge Hill University**

28th ANNUAL CONGRESS • 17-19 JUNE 2026
Perth Convention and Exhibition Centre

Survivorship Needs Assessments

Under each heading, please tick the ONE box that best describes your health TODAY.

- MOBILITY**
- ☐ I have no problems in walking about
- ☐ I have slight problems in walking about
- ☐ I have moderate problems in walking about
- ☐ I have severe problems in walking about
- ☐ I am unable to walk about
- SELF-CARE**
- ☐ I have no problems washing or dressing myself
- ☐ I have slight problems washing or dressing myself
- ☐ I have moderate problems washing or dressing myself
- ☐ I have severe problems washing or dressing myself
- ☐ I am unable to wash or dress myself
- USUAL ACTIVITIES (e.g., work, study, housework, family or leisure activities)**
- ☐ I have no problems doing my usual activities
- ☐ I have slight problems doing my usual activities
- ☐ I have moderate problems doing my usual activities
- ☐ I have severe problems doing my usual activities
- ☐ I am unable to do my usual activities
- PAIN/DISCOMFORT**
- ☐ I have no pain or discomfort
- ☐ I have slight pain or discomfort
- ☐ I have moderate pain or discomfort
- ☐ I have severe pain or discomfort
- ☐ I have extreme pain or discomfort
- ANXIETY/DEPRESSION**
- ☐ I am not anxious or depressed
- ☐ I am slightly anxious or depressed
- ☐ I am moderately anxious or depressed
- ☐ I am very anxious or depressed
- ☐ I am extremely anxious or depressed

1. We like to know how is your health today.

2. This scale is marked from 0 to 100.

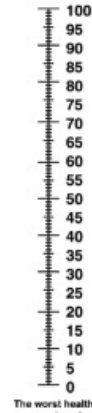
3. 100 means the best health you can imagine. 0 means the worst health you can imagine.

4. Mark an X on the scale to indicate how is your health today.

5. Now, please note the number you marked on the scale in the box below.

Your Health Today =

The best health you can imagine

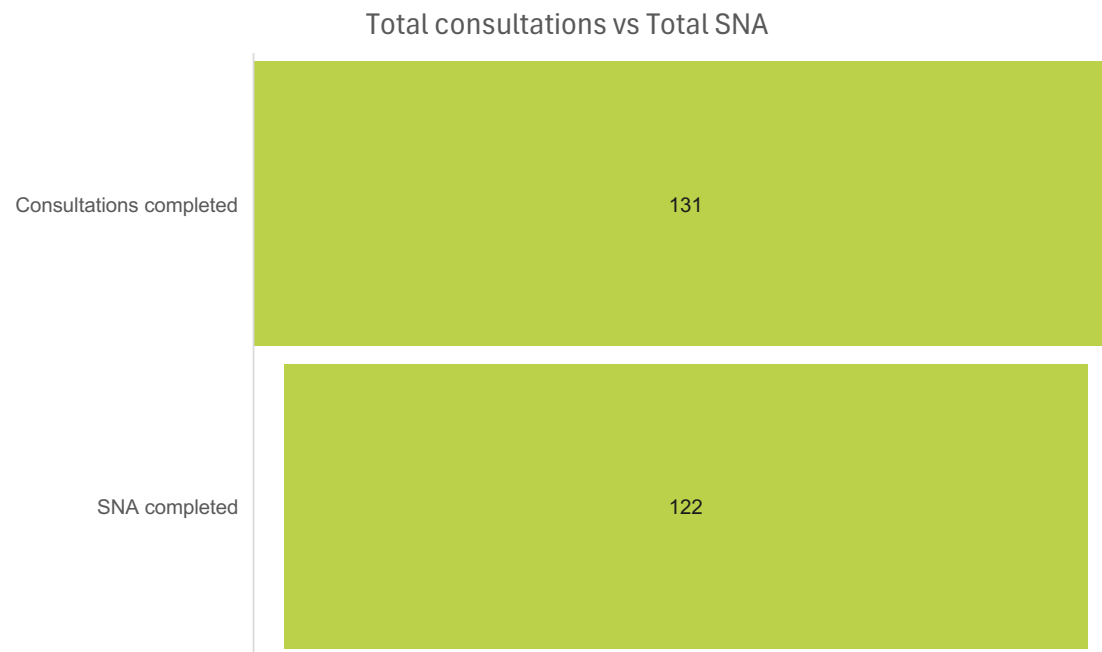


Record the person's Name:			Date:		
Your name:			Proxy: yes/no who?		
Domain	Persons Domain Score Total	Acceptable/ mild	Moderate concern	Significant concern	ACTION?
1. Physical Function		15-20	7-15	4-6	
2. Ability to participate in social roles/activities		10-20	5-9	4	
3. Cognitive Function Abilities		5-10	3-4	2	
4. Anxiety		4-10	11-15	16-20	
5. Depression		4-10	11-16	17-20	
6. Fatigue		4-13	14-18	19-20	
7. Sleep Disturbance		4-15	16-19	20	
8. Pain Interference		4-11	12-18	19-20	
9. Pain Intensity		0-4*	5-6	7-10	

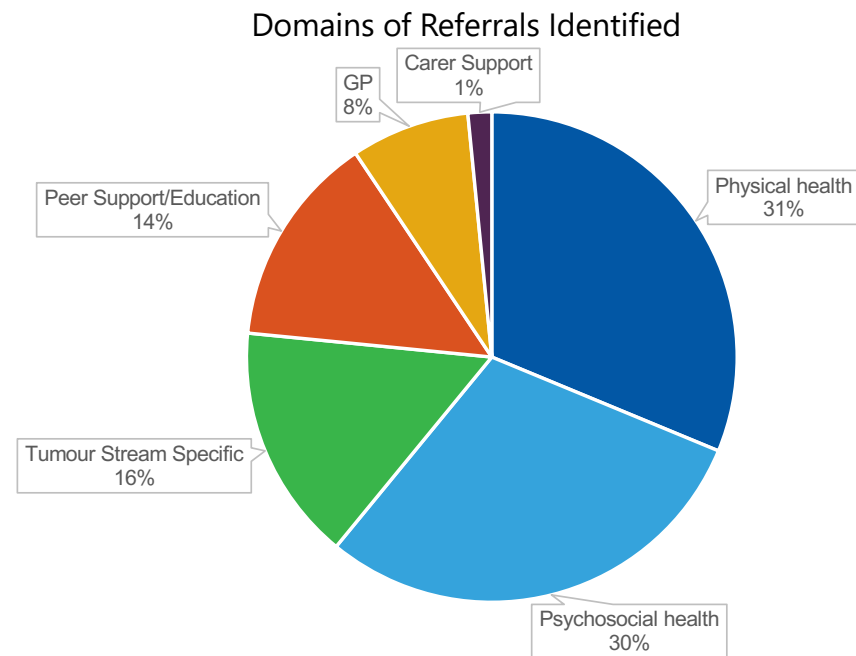
Survivorship Care Plans



Results – Survivorship Needs Assessment



Results – Survivorship Needs Assessment



Results – Survivorship Needs Assessment

Consultations vs Referrals



Results – Survivorship Care Plan

Total consultations vs SCP provided



Results – Survivorship Care Plan

SCP completed vs SCP sent to GP



Impact on Patients

Opportunity to debrief

Explaining not just the 'what' but the 'why' has made a real difference

Validation of my experience and feelings, feeling looked after

Being able to talk about the issues that have come up for me

Knowing that help is still available

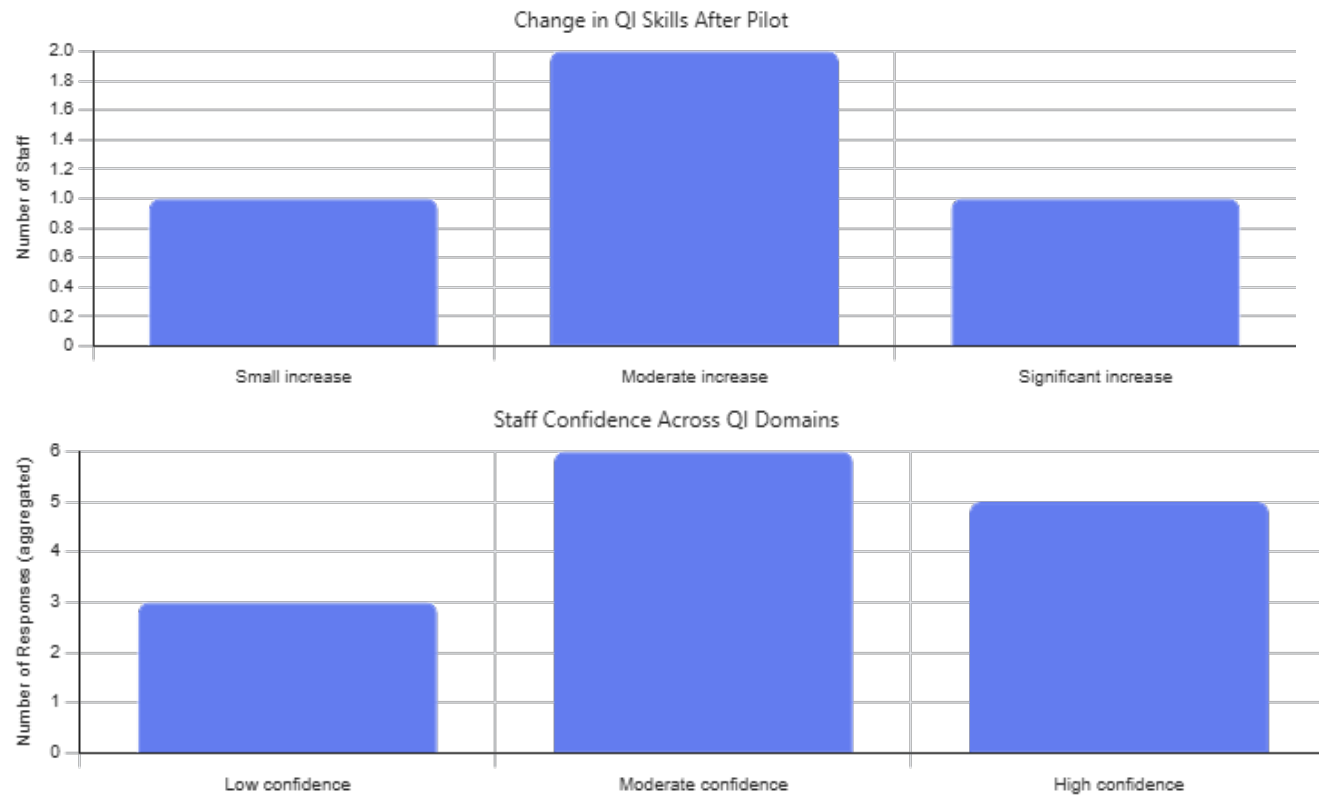
Alleviated my anxieties

Knowing that doors are not closed

You're not alone

I'm not a number

Impact on Nurses



Next Steps: Practical Implementation Toolkit

Scan to register

Be notified when our Nurse-Led Survivorship Practical Implementation Toolkit is released.

