

Resource List

Topic 1: Wellbeing

Slide: Smoking

- [Smoking Cessation](#) (eviQ) Video
- [Quitline 13 7848](#)
- [Quit guidelines and resources for health professionals](#)
- [Smoking cessation in cancer patients](#) (Clinical Oncology Society of Australia) Position statement
- [Supporting smoking cessation: A guide for health professionals](#) (Royal Australian College of General Practitioners)
- [Tobacco control](#) (Cancer Council Australia) National Cancer Control Policy

Slide: Physical activity

- [Exercise for people with cancer](#) (eviQ) Video
- [Australia's physical activity and sedentary behaviour guidelines](#) (Australian Government)
- [Exercise in cancer care](#) (Clinical Oncology Society of Australia) Position statement
- [Benefits of health diet and physical activity for cancer survivors](#) (Cancer Council Australia) National Cancer Control Policy
- [Exercise medicine in cancer management](#) (Exercise and Sports Science Australia) Position statement

Slide: Healthy eating and alcohol consumption

- [Australian Dietary Guidelines](#) (Australian Government)
- [Benefits of health diet and physical activity for cancer survivors](#) (Cancer Council Australia) National Cancer Control Policy
- [Alcohol](#) (Cancer Council Australia) National Cancer Control Policy
- [The CanEat pathway for health professionals: A guide to optimal cancer nutrition for people with cancer](#) (Victorian Cancer Malnutrition Collaborative)
- [Cancer prevention recommendations](#) (World Cancer Research Fund)
- [Find an accredited practising dietitian](#) (Dietitians Australia)
- [Malnutrition in Cancer](#) (eviQ) A 30-minute module suitable for clinicians working in acute, primary care and community services

Slide: Weight management

- [Obesity](#) (Cancer Council Australia) National Cancer Control Policy
- [National Obesity Summit](#) (Department of Health) Reports
- [Obesity and cancer: A guide for oncology providers](#) (American Society of Clinical Oncology)
- [Cancer-related malnutrition and sarcopenia](#) (Clinical Oncology Society of Australia) Position statement
- [Australian Dietary Guidelines](#) (Australian Government)

- [Australia's Physical Activity and Sedentary Behaviour Guidelines](#) (Australian Government)

Slide: Sun exposure

- [UV radiation](#) (Cancer Council Australia) National Cancer Control Policy
- [Sun exposure and health](#) (Australian Radiation Protection and Nuclear Safety Agency)

Slide: Return to work

- [Work after cancer](#) (Flinders University and Cancer Australia)
- [Returning to work or study](#) (Australian Cancer Survivorship Centre) Common Survivorship Issues Directory
- [Thinking ahead: Your guide to school, study and work \(a guide for young people who have had cancer\)](#) (OnTrac at Peter Mac)

Slide: Financial toxicity

- [Financial toxicity](#) (Australian Cancer Survivorship Centre) Common Survivorship Issues Directory

Slide: Psychosocial wellbeing – services to support patients

- [Headspace](#)
- [Lifeline](#)
- [Cancer Council 13 11 20](#) A free, confidential telephone information and support service; also offers support groups, programs and services, resources and an online community
- [Smiling Mind](#) smart phone app

Slide: Emotional reactions

- [Fear of cancer recurrence or progression](#) (Australian Cancer Survivorship Centre) Common Survivorship Issues Directory
- [Anxiety and depression](#) (Australian Cancer Survivorship Centre) Common Survivorship Issues Directory
- [Fear-less: Managing fear of cancer returning or progressing](#) [Managing fear of cancer returning or progressing](#) (Peter Mac) Webinar

Slide: Altered sleep

- [Sleep issues](#) (Australian Cancer Survivorship Centre) Common Survivorship Issues Directory

Topic 2: Promoting behaviour change

Slide: Positive communication behaviours

- [Clinical consultation skills](#) (Cancer Council Victoria) Webinar
- [Effective cancer communication](#) (Cancer Council Victoria) Courses and retreats delivered by trained health professionals covering topics such as responding to emotions in cancer, breaking bad news and discussing sad and difficult news

- Communication skills: A guide to practice for healthcare professionals (AusMed) Online course including eight chapters covering topics such as patient communication and building rapport
- Enhancing communication skills for telehealth delivery (Victorian Comprehensive Cancer Centre) Webinar

Slide: Therapeutic communication strategy – motivational interviewing

- Transtheoretical model