

Flinders Cancer Wellness Centre Newsletter | April 2022

Meet Manisha, our Social Worker



Manisha is the Social Worker based in the Cancer Wellness Centre. She provides support to both inpatients and outpatients in Flinders Medical Centre. Manisha is available during the Social Work Drop-In times Tuesdays 10am-12pm and Fridays 1pm-3pm. Manisha can provide support by counselling, providing information and referral to community services.

Social Work are able to assist with the following types of concerns:

- New Diagnosis and Emotional Support
- Carer stress
- Community Support Linkage
- Respite Information
- Centrelink/Financial Stressors
- Legal Directives
- Conflict
- Accommodation and Transport options

Please contact the [Cancer Wellness Centre](#) for more information, or to refer someone if you are worried about a vulnerable person. Manisha can also be contacted through the Flinders Medical Centre Social Work Department on 08 8204 4144 Monday to Friday.

Health Professionals can refer to Manisha by using the [Social Work and Counselling Services Referral form](#) for Cancer Patients.

April Timetable Now Available

Our April timetable is now available. Visit our website for more information on the services and programs we run in the Cancer Wellness Centre.

[Website](#)

Flinders Cancer Wellness Centre April Timetable

All activities and services are free for patients, their families, and carers. For more information visit www.sahealth.sa.gov.au/SALHNCancerWellnessCentre or call 0481 056 058.

Monday Morning		Monday Afternoon	
9:30am-10:30am	Physiotherapy drop-in session	1:30pm-3pm	Art workshop
10:30-12pm	Art workshop	2:30pm-3:30pm	Lymphoedema info sessions*
*Lymphoedema information sessions are held on the first Monday of the month			
Tuesday Morning		Tuesday Afternoon	
10am-11am	Social Work drop-in session	1pm-5pm	Canteen Support*
10am-11:30am	Dietetics drop-in session	1:30pm-2:30pm	Cancer Council drop-in session**
11am-11:30am	Meditation		
11:30am-12pm	Live music - Harp		
*Canteen support is held every second Tuesday			
Wednesday Morning		Wednesday Afternoon	
9:30am-10:30am	Cancer Council drop-in session**	12pm-12:30pm	Live music - Harp
10am-11:30am	Dietetics drop-in session	1:30pm-2:30pm	Cancer Council drop-in session**
11am-12pm	Live music - Harp		
Thursday Morning		Thursday Afternoon	
10am-11am	Cancer Council drop-in session**	1:30pm-2:30pm	Cancer Council drop-in session**
10:30-12:30pm	Art workshop		
**Polly is unavailable from 1-7 April. Call 13 11 20 for support during this time.			
Friday Morning		Friday Afternoon	
11am-12:30pm	Art workshop	12pm-1pm	Physiotherapy drop-in session
		1pm-2pm	Social Work drop-in session



Carolyn's Chemo Caps

The Lions Club of Battunga Country Inc get together once a month to make hundreds of Carolyn's Chemo Caps. They provide them to health and medical centres across the state, including the Cancer Wellness Centre.

We are so grateful for the caps and thank the club for these donations. If you would like a cap, pop into the Cancer Wellness Centre and ask for Amy.

Free Mental Wellbeing Resource

Finding My Way is an internet based intervention that provides a convenient, user friendly way to gain information and/or skills to improve your physical and mental well being during your treatment for cancer.

[Learn More](#)



Flinders Wellness Blog

This new section of the newsletter will host short submissions on topics related to wellness from Flinders clinicians and researchers. This submission is from [Andi Agbejule](#). Andi is a radiation therapist, completing her PhD in cancer-related fatigue and self-management support at Flinders University's Caring Futures Institute under the supervision of Professor Raymond Chan, Dr Nicolas Hart, and Associate Professor Stuart Ekberg.

Managing Cancer-related Fatigue

What is Cancer-related fatigue?

Cancer-related fatigue (CRF) is a persistent feeling of exhaustion, that does not go away with sleep alone [1]. It is one of the most prevalent symptoms experienced by people diagnosed with cancer, with at least 50% of cancer survivors reporting moderate to severe CRF [2]. Depending on your diagnosis and treatments, CRF can persist for several months or years after treatment [3]. CRF can be caused by the cancer itself, or the side effects of cancer treatments. Other causes or risk factors can include [1,3]:

- Insomnia
- Depression, Anxiety and Stress
- Pain
- Being overweight
- Anaemia (low red blood cell count)
- Sudden weight loss
- Poor diet (loss of appetite)
- Other medical conditions (e.g., heart problems, diabetes)

CRF can present differently in each person, and there is no way to predict how long it may last. Common effects of CRF include [4,5]:

- Difficulty making decisions
- Difficulty sleeping
- Difficulty maintaining attention and concentration

- Poor memory
- Feeling drained, with no energy or strength
- Inactivity
- Having low mood

Management of CRF is possible and you can be supported by your healthcare team to manage your fatigue and improve your quality of life.

Managing Cancer-related fatigue

Various interventions for managing CRF have been investigated.

Medication

Your health professional may prescribe medications to manage the underlying cause of your CRF. For example, if you are experiencing anaemia, medications that stimulate your bone marrow to produce more red blood cells may be prescribed [4]. Additionally, for depression-related CRF, medications that improve mood and energy may be prescribed [4]. Your healthcare team will provide information on the risks and benefits associated any drug options.

Fatigue Self-management

Extensive research has shown the effective management of cancer-related fatigue mainly involves the use of non-pharmacological strategies [6,7,8,9]. These management strategies aim to address behavioural risk factors for CRF (e.g., insomnia, physical inactivity, depression) and require individuals to play a key role in guiding their care through the adoption of self-management behaviours.

Some examples of self-management activities for CRF include [10]:

- Keeping active by increasing weekly physical activity and exercise
- Maintaining a healthy diet and keeping a healthy weight
- Keeping to a regular sleep routine
- Trying complementary therapies
- Planning your activity – spreading tasks over the week, scheduling activities during times of less fatigue

Support to help you manage your fatigue

It is important to remember that you are not alone in the management of your CRF, and that information, advice, and management support can be provided by your healthcare team. Health professionals can support your CRF management through [4]:

- Setting realistic diet, physical activity, exercise and or activity goals with you
- Providing you with support in recording your fatigue and associated symptoms (e.g., providing a fatigue diary to record fatigue patterns)
- Providing equipment to help with motivation and adherence to your fatigue management (activity tracker, pedometer)
- Providing strategies to help you manage psychological effects of cancer (e.g., stress, fear of cancer-recurrence, hopelessness)
- Referral to other services (e.g., exercise physiology, Cancer Wellness Centre [physiotherapy drop-in session](#))

[Click here for references](#)



Experience the Symphony Orchestra from FCIC

Arts in Health have partnered with Jumpgate Virtual Reality (VR) to offer patients and carers the opportunity to experience live music from the Cancer Wellness Centre.

Jumpgate are excited to support this project and have donated a VR headset and videos of the Adelaide Symphony Orchestra. When you put on the headset you are transported into the orchestra to experience wonderful classical music performances.

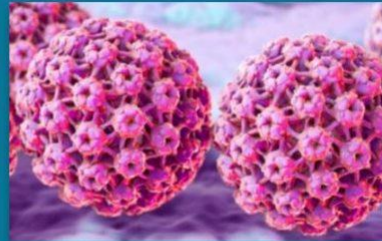
Ask staff at the ground floor front desk if you would like to try the VR experience. We hope to trial it in the Flinders Infusion Suite soon.

WEBINAR - Human Papilloma Virus and Head and Neck Cancer

FREE WEBINAR: LEARN MORE ABOUT THE HUMAN PAPILLOMA VIRUS (HPV) AND HEAD AND NECK CANCER

🕒 12:00PM - 1:00PM Thursday 7th April 2022

[REGISTER](#)



Head and Neck Cancer Australia is hosting this free webinar designed to educate, inform and support people living with Head and Neck Cancer and their families and friends. Everyone is welcome to join including healthcare professionals.

Date: Thursday, 7 April

Time: 12.00pm - 1.00pm (AEST)

Topic: Learn more about the Human Papilloma Virus and Head and Neck Cancer

- What is the Human Papilloma Virus (HPV)?
- What types of HPV can cause cancer?
- How common is HPV and how is it transmitted?

- Is my partner at risk of getting HPV?
- How are HPV related Head and Neck Cancers treated?
- What about the HPV vaccine?
- Will I get another cancer from HPV?
- Things to remember about HPV

[Learn More](#)



Crochet Caps Now Available

Some beautiful hand-crochet caps have been donated to the Cancer Wellness Centre by the lovely Joles. We are giving these away alongside our beanies, Carolyn's Caps and a small selection of wigs.

Pop in and see Amy at the FCIC front desk if you would like one. They are free and you can make a donation if you wish.

If you crochet and would like to help Joles make some crochet caps contact Amy via email - amy.underdown@sa.gov.au.

Prostate Cancer Specialist Telenursing Service

Whether you are a patient, a family member or a health worker the Prostate Cancer Foundation Australia's telenursing service is available to help you. Call today on 1800 22 00 99 or visit the website by clicking the link below.

[Learn More](#)





10 tips to manage Chemotherapy for Breast Cancer

The lived experience of people with cancer provides important insights for improving care. As a doctor who underwent 16 cycles of chemotherapy for breast cancer I was inspired to compile and share the following top tips to help manage the physical and mental challenges of chemotherapy.

[Learn More](#)

RAH Wig Service

Are you interested in trying a wig but don't want to purchase one?

The Royal Adelaide Hospital offers a wig loan service to all South Australian patients. They also provide a mail-out facility for people living in the country. For more information call 7074 1240.



Making dreams come true for adult cancer's with cancer



Dreams2Live4 makes dreams come true for patients who are living with metastatic cancer, relapsed lymphoma, relapsed leukemia and aggressive brain tumours.

A dream is the chance to celebrate what you love. In the past they have organised weddings, swimming with dolphins, hot air ballooning, photography, reunions, family holidays, romantic weekends, spa days, special dinners, meet & greets with celebrities.

For more information or to apply for a dream click the button below.

[Learn more](#)

Events

- 4 April [Look Good Feel Better](#) workshop, Tennyson Centre
 - 12 April [Look Good Feel Better](#) workshop, Burnside
 - 28 April [Coffee Catch Up](#), Lymphoedema Association SA
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Webinars / Podcasts / Resources

- 4 April [5 Ways to Wellbeing](#) webinar, Carers SA
- 7 April [Ask the Expert Lymphoedema](#) webinar, Breast Cancer Network
- 7 April [Human Papilloma Virus and Head and Neck Cancer](#) webinar
- 12 April [Skincare and Makeup](#) virtual workshop, Look Good Feel Better
- 12 April [Wigs and Headwear](#) virtual workshop, Look Good Feel Better
- 13 April [Helping Families Navigate Cancer](#) Webinar, Cancer Council
- 19 April [Wigs and Headwear](#) virtual workshop, Look Good Feel Better
- 20 April [Skincare and Makeup](#) virtual workshop, Look Good Feel Better
- 25 April [Skincare and Makeup](#) virtual workshop, Look Good Feel Better
- 26 April [Wigs and Headwear](#) virtual workshop, Look Good Feel Better
- 28 April [Skincare and Makeup](#) virtual workshop, Look Good Feel Better

Thank You!

Thank you to the incredible organisations that support the Cancer Wellness Centre. We couldn't do it without you!

[Lions Club of Battunga Country Inc](#) continues to provide us with all the beautiful Carolyn's Chemo Caps we give away to patients.

A big thank you to Joley for providing us with lovely, handmade crochet chemo caps.



Support the
Flinders Cancer
Wellness Centre



CLICK TO DONATE



Did you know the Cancer Wellness Centre is funded by the generosity of the community through Flinders Foundation?

The Centre provides meaningful support for the wide-ranging effects of cancer experienced by more than 2,500 people diagnosed with cancer at Flinders each year. It offers people with cancer, and their families and carers, holistic support that contributes to a healthier life, so they can thrive, during and after cancer.

You can support the ongoing delivery of activities and programs in the Centre by making a donation [here](#).

If you have benefited from the support of the Cancer Wellness Centre, we would love to hear your stories. Please contact Katrina from Flinders Foundation at kgill@flindersfoundation.org.au.

For more information about the Flinders Cancer Wellness Centre please visit www.sahealth.sa.gov.au/SALHNCancerWellnessCentre or email Health.SALHNCancerWellnessCentre@sa.gov.au