



Australian Government
Cancer Australia

Principles of Cancer Survivorship



Statement of Acknowledgement

Cancer Australia acknowledges Aboriginal and Torres Strait Islander people as the Traditional Custodians of Country throughout Australia. We pay our respects to Elders, past and present.

We celebrate the ongoing connections of Aboriginal and Torres Strait Islander peoples to Country, culture, community, family and tradition and recognise these as integral to health, healing and wellbeing.

Cancer Australia acknowledges great diversity among Aboriginal and Torres Strait Islander peoples, and the contribution of the many voices, knowledge systems and experiences that guide all efforts to create a culturally safe and responsive cancer system that is equitable to all.

Principles of Cancer Survivorship was prepared and produced by:

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Principles of Cancer Survivorship

Purpose

Cancer Australia's *Principles of Cancer Survivorship* (the Principles) provide a national framework to guide policy, planning, and health system responses to cancer survivorship, focusing on the health and wellbeing of people living with and beyond cancer.

The Principles are intended for health professionals, policy makers, health system decision makers, cancer organisations, and consumer organisations.

Context

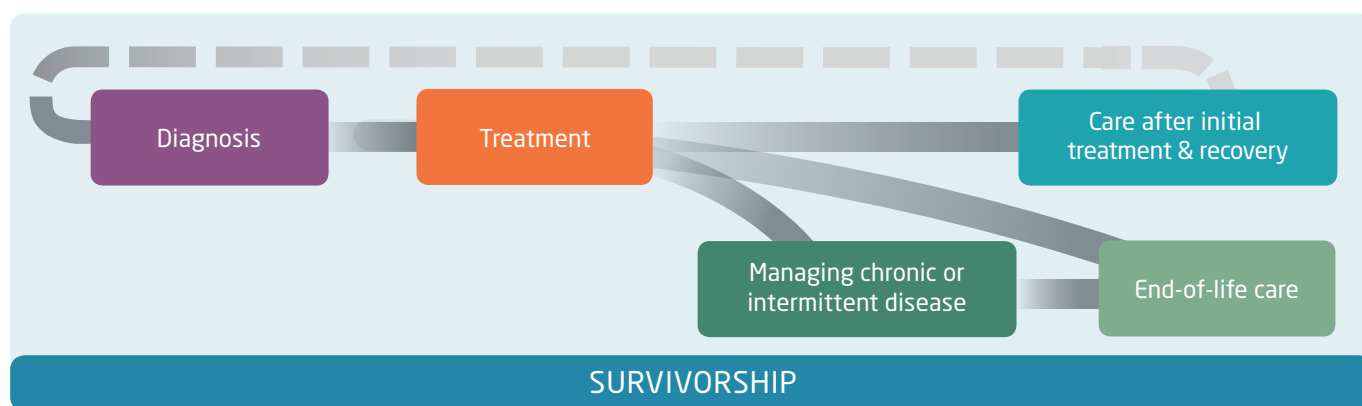
An estimated 1.9 million people in Australia (1 in 18 Australians) will be living with and beyond cancer by 2040¹. Australians experience among the highest cancer survival rates in the world, and improvements in diagnostic methods, earlier detection, and advances in treatment are contributing to more Australians living with and beyond cancer than ever before. As survival for cancer overall continues to improve, an increasing proportion of the population will require ongoing treatments, support and long-term follow-up care², including for people with advanced or metastatic cancer³.

With a 51% projected increase in cancer diagnosis between 2020 to 2044⁴, and an increasing number of people living longer with cancer and other chronic diseases, there is an ongoing need to address the immediate and longer-term health and wellbeing of people affected by cancer.

Survivorship provides a focus on the health and wellbeing of people affected by cancer, which includes the person living with and beyond cancer, as well as their family members and caregivers^{2,3}.

Cancer Australia's *Principles of Cancer Survivorship* have been developed to guide national approaches to reduce the impact of cancer and improve the health and wellbeing of people affected by cancer across the cancer care continuum (Figure 1).

Figure 1 Cancer care continuum ⁱ



ⁱ Optimal Care Pathway⁵

The Principles of Cancer Survivorship

The *Principles of Cancer Survivorship* provide a national framework to guide policy, planning, and health system responses to cancer survivorship, focusing on the health and wellbeing of people affected by cancer.

The Principles are supported by intended outcomes and underpinned by elements to achieve personalised care and opportunities for self-management, with an emphasis on recognising and incorporating lived experience.

The Principles seek to reduce the impact of cancer, address disparities, and improve outcomes in alignment with the Australian Cancer Plan^{6,7} through enhancing the ongoing management, recovery, health, and wellbeing of people affected by cancer during and after cancer treatment.

- **Principle 1** Person-centred care
- **Principle 2** Support for living well
- **Principle 3** Evidence-based care pathways
- **Principle 4** Coordinated and integrated care
- **Principle 5** Data-driven improvements and investment in research

Principle 1: Person-centred care

Outcome

People affected by cancer are empowered and enabled to be involved in shared decision-making and supported to self-manage according to their preferences.^{8,9}

Informed and engaged consumers lead to better health outcomes and improved safety.^{10,11}

Elements

- People affected by cancer are provided with timely evidence-based information tailored to their individual circumstances and needs, and supported to participate in shared decision-making according to their preferences.
- People affected by cancer are empowered and supported to self-manage according to their preferences, with identified pathways for timely access to specialist providers as required.
- Care is person-centred with consideration and respect given to the preferences and beliefs of people affected by cancer.

Principle 2: Support for living well

Outcome

The supportive care needsⁱⁱ of people affected by cancer are assessed, and they receive appropriate referrals to promote optimal health and quality of life outcomes.⁵

People affected by cancer are supported to make informed lifestyle choices to promote wellness, manage treatment-related side effects and co-morbidities, and reduce risk of second and recurrent cancers.¹²

Elements

- The supportive care needs of people affected by cancer are systematically assessed at key points across the continuum of care with appropriate interventions and referral as required to promote optimal quality of life.
- People affected by cancer receive information on healthy lifestyles and are actively encouraged and supported in making lifestyle choices to promote optimal health and to prevent disease and distress.

Principle 3: Evidence-based care pathways

Outcome

People affected by cancer receive consistent, safe, high-quality evidence-based cancer care in line with Optimal Care Pathways⁵, supported by context-specific models of care^{13,14}, according to their individual circumstances, needs, and preferences.

Elements

- People affected by cancer receive timely evidence-based care in line with Optimal Care Pathways, including personalised care planning across the continuum of care.
- A multidisciplinary team considers all relevant treatment and supportive care options and develops recommended individual treatment plans which are adjusted over time to address changing patient needs.
- People affected by cancer are offered models of cancer survivorship care that best suit their needs and preferences, including specialist-led, nurse-led, primary care-led, or shared care models, specific to their context.
- Stratified pathways for follow-up are based on tumour characteristics, treatments applied and individual circumstances, with identified pathways for timely access to specialist providers as required.

ii Includes physical, psychological, social (including educational, financial and occupational issues), cultural, information and spiritual needs.

Principle 4: Coordinated and integrated care

Outcome

People affected by cancer receive holistic person-centred care which is coordinated and integrated¹⁵ across treatment modalities, providers, and health settings, including public and private sectors; and specialist, primary, community-based, and not-for-profit services.

Care is delivered in a logical, connected, and timely manner for optimal continuity and to meet the individual needs of people affected by cancer.

Elements

- Care is integrated and coordinated between health and other service providers to enable seamless holistic person-centred care for people affected by cancer.
- Patient navigation support is provided to facilitate timely and equitable access to appropriate cancer care coordination and cancer survivorship services.
- Clear, timely, respectful, and culturally sensitive communication processes are adopted between health and other service providers, and with people affected by cancer.

Principle 5: Data-driven improvements and investment in research

Outcome

- National collection, linkage, and reporting of key cancer data, including timely capture and access to incidence, recurrence, and prevalence of all cancers across all stages of disease^{16,17}, as well as experience and outcome data of people affected by cancer, provides an indicator for high quality care, influences health service improvements, and informs investment in research¹⁸.
- Published research in cancer survivorship enriches the evidence base and informs improvements to enhance the care and outcomes of people affected by cancer.

Elements

- Prevalence, experience, treatment, and outcome data of people affected by cancer (including people with advanced or metastatic cancer) are routinely captured and consistently reported for accountability and to improve quality of care.
- Timely, ethical, and harmonised data capture, access provision, and information sharing is facilitated through technology-enabled solutions to promote responsive cancer survivorship care to people affected by cancer.
- Research in cancer survivorship is conducted and translated to inform practice, innovation, and improvement in cancer care.

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