THE GREG BLEWETT OUTREACH PROGRAM SPORTING CHANCE CANCER FOUNDATION WOMEN'S AND CHILDREN'S HEALTH NETWORK 2019 ANNUAL REPORT

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### EXECUTIVE SUMMARY

The Greg Blewett Outreach Program supports children with cancer and their families from regional and remote areas, who are receiving treatment at the Women's and Children's Hospital (WCH), Adelaide. This is achieved through education, liaison and coordination between services. The program supports children and their families as well as health care practitioners across the multi-disciplinary team. Support is provided to other tertiary centres, regional hospitals, primary and community health care agencies, general practitioners and remote health care centres. Funding is provided from the Sporting Chance Foundation to employ a Nurse Consultant at the Michael Rice Centre for Haematology/Oncology (0.8FTE). The last 12 months has seen an increased number of children as part of the service. Many had complex medical and social needs and required high levels of care coordination and negotiation of care provision in remote locations. Enabling access to care within their home community helped to ensure their physical and spiritual needs were met. Key achievements during the last 12 months include:

#### Clinical placement for Royal Darwin Hospital nursing staff

As the largest tertiary hospital within the WCH referral area, Royal Darwin Hospital is a key centre providing care to children receiving treatment at WCH. As such, education and upskilling staff helps ease transition for families and ensure safe and consistent care can be provided closer to home. During May, 4 nurses from Royal Darwin Hospital spent 4 days undertaking a clinical placement within the Michael Rice Unit at the Women's and Children's Hospital. The purpose of the placement was for education and hands on experience caring for patients receiving chemotherapy and the common side effects associated with therapy.

#### Telephone triage assessment tool

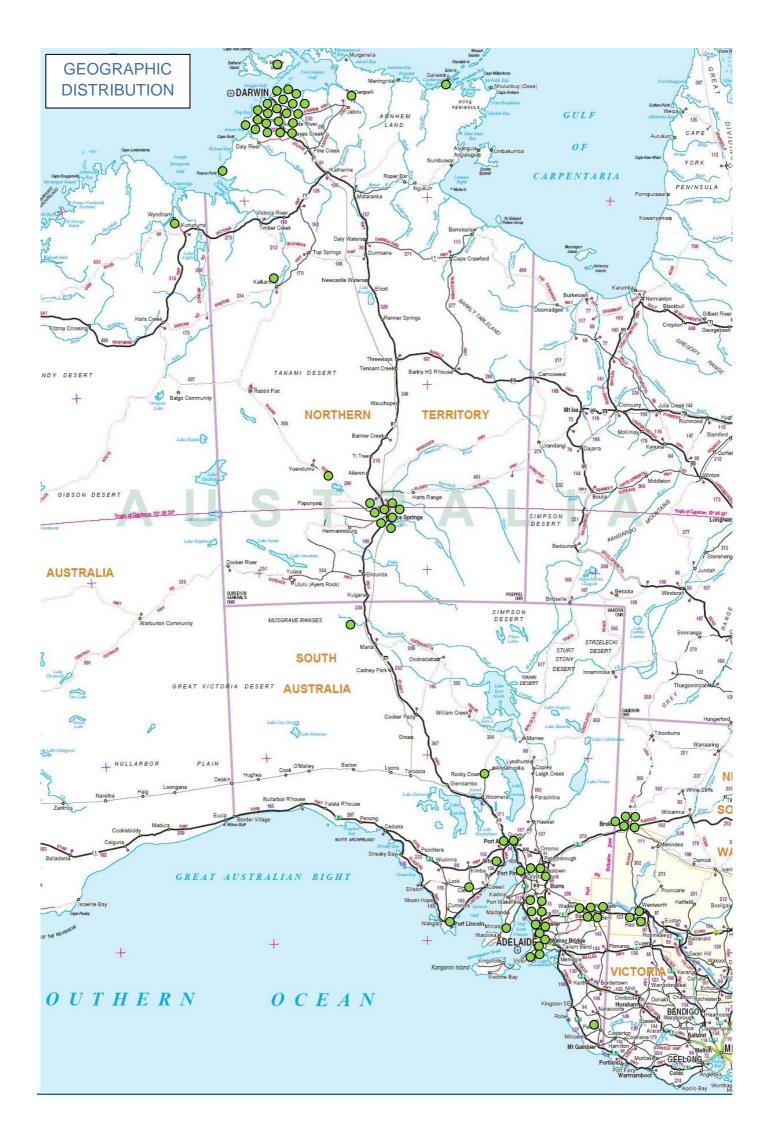
One of the core standards of person-centred care is facilitating telephone advice to children undergoing cancer treatment and their family. Telephone support allows families to manage symptoms and the toxicities associated with cancer treatment at home. Telephone support is a key component of the outreach role, assisting families troubleshoot symptoms which may need ongoing referral to local health care services. Standardised tools can improve patient outcomes ensuring thorough assessment and consistent advice is offered to all families. As part of a quality improvement initiative, paediatric oncology services across Australia and internationally were benchmarked by the Nurse Consultant for current services and the tools used. Following this, an international, research based, standardised tool was identified and adapted for use within the Michael Rice Unit by the Nurse Consultant in consultation with the wider haematology/ oncology multi-disciplinary team. The newly developed tool is due to commence trial July 2019 following endorsement by the Clinical Practice Review Group.

#### Telehealth Pre-Chemotherapy Reviews

Paediatric chemotherapy protocols are more complex and associated with higher toxicity than those commonly used in adult cancer therapy. With the expansion of chemotherapy services at Royal Darwin Hospital, pre-chemotherapy telehealth consults were introduced to facilitate seamless service provision between centres and minimise the risk of error with potentially complex treatment protocols. The telehealth consult is undertaken on the morning of chemotherapy administration and includes medical, nursing and pharmacy staff at both sites participating in the patient assessment and review. The consult is done at the patient's bedside and the practice change has been positively received by patients, families and clinicians.

## **PROGRAM SNAPSHOT**

- 73 patients under care of outreach service (distribution map page 6)
  - o 43 on active treatment
  - o 29 required coordination of travel and appointment scheduling, including telehealth consults
  - 16 patients of ATSI origin
- 50 patients received shared care and/or follow up within their local health care service
- 14 families were able to reside at home during treatment with support of Greg Blewett Outreach Program
- 20 families supported to return home during and post treatment
- 21 health care services supported to care for paediatric patients with cancer
- 4 health services received support with end of life care
- 32 episodes of telehealth
  - o 12 consults
  - o 9 family meetings
  - o 2 multi-disciplinary complex transfer planning
  - o 5 pre-chemotherapy patient assessments
  - o 1 chemo check
  - 3 education sessions
- 2 episodes of outreach travel
- 4 patients received intravenous/subcutaneous chemotherapy at their local health care service
- 15 rural/regional school visit/calls undertaken as part of Greg Blewett Outreach Program
- 4 patients received transition planning to adult services



## **OUTREACH TRAVEL**

Limited travel was required in this year following the strong educational foundations laid over the previous 12 months. 2 episodes of travel were undertaken with the focus on education and training of regional clinicians to provide safe care to paediatric patients with cancer.

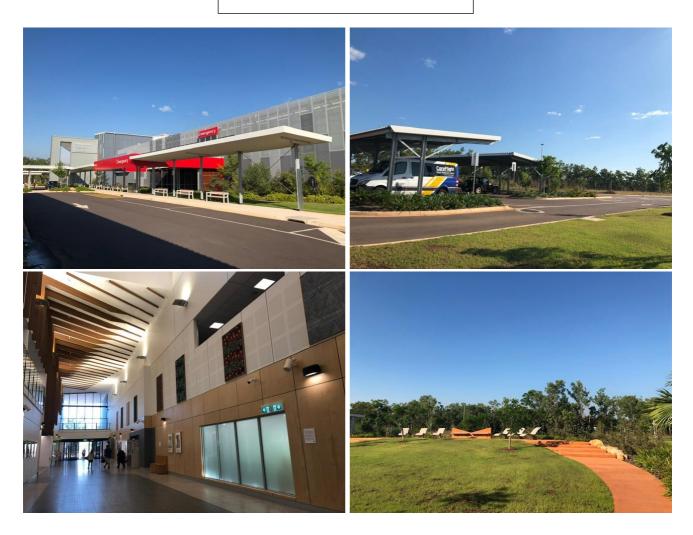
#### Mount Barker

A follow up visit was made to Mount Barker to update education previously provided on the administration of subcutaneous cytarabine as per the Country Health SA procedure. This has enabled children to continue receiving chemotherapy treatment closer to home.

#### Darwin

Travel was undertaken to Darwin in May, 2019. During this visit the Nurse Consultant coordinated the Children and Youth Cancer Study Day in conjunction with the Youth Cancer Service. There was excellent feedback on the content of the course with many participants keen to take on leadership roles with the children receiving cancer care locally. We are currently looking at feedback provided by attendees to supplement the study day with more detailed workshops for the paediatric team. Visits were also made to community agencies including a school, as well as the newly opened Palmerston Regional Hospital which will hold paediatric outreach clinics. Key contacts within the paediatric and adult cancer services were met with individually to consolidate existing relationships and continue to grow services for young people closer to home.

Palmerston Regional Hospital



## GREG BLEWETT OUTREACH PROGRAM 2018/2019 ACHIEVEMENTS

Achievements over the last 12 months include:

- Advocate and facilitate palliative care within multiple remote communities. Working in partnership with the multi-disciplinary team across multiple sites to ensure seamless transition.
- Implementation of pre-chemotherapy telehealth reviews for children receiving chemotherapy at RDH.
- Facilitation of placement of 4 RDH nurses for training and education.
- Development of telephone triage form.
- Paediatric representative on the reference group for the development of the South Australian Standards for Systemic Cancer Therapy.
- Nursing representative for the WCH Febrile Neutropenia working group.
- Increased referrals to Country Health SA chemotherapy units.
- Acceptance of nursing membership with the Children's Oncology Group, USA.



RDH nurses during clinical placement at WCH

## Presentations

- Royal Darwin Hospital Paediatric and Youth Education Day 23rd May 2019
  - Nursing Assessment in Paediatric Oncology
  - Management of Nursing Complications in Paediatric Oncology
  - Facilitation of consumer panel
- Paediatric Antineoplastic Drug Administration Course Workshops
- Education presentations to regional clinicians on childhood leukaemia, treatment and side effects including fever neutropenia

## GREG BLEWETT OUTREACH PROGRAM: looking forward 2019/2020

The next 12 months will have a particular focus on how we can further develop telehealth within the outreach program to further improve access and equity within regional areas. We will also look at how we can further expand paediatric services within country South Australia following the implementation of the updated South Australian Standards for Systemic Cancer Therapy. Plans for the next 12 months include:

- Explore use of telehealth for patient reviews within the patient's own home.
- Increase the uptake of telehealth within regional South Australia
- Consider implementation of telehealth bedside telehealth reviews for newly diagnosed patients at Royal Darwin Hospital with the implementation of their new ward telehealth technology.
- Explore the feasibility of telehealth reviews for children on maintenance leukaemia treatment in lieu of telephone reviews.
- Promote telehealth transfer planning meetings for all patients transitioning between services.
- Review paediatric nursing assessment currently used and adapt for use in regional areas.
- Develop resource to be used by families for administration of sub cutaneous cytarabine in the home.

# **Cancer Care for Paediatrics and Young Adults**

Session Feedback – 23<sup>rd</sup> May 2019

|  | Poor | Fair | Satisfactory | Good | Excellent                    |
|--|------|------|--------------|------|------------------------------|
| Common AYA Malignancies                            |      |      | 1            | 1    | 6                            |
| Overview of childhood Cancer                       |      |      |              | 2    | 6                            |
| Oncology Complications and<br>Nursing Management   |      |      |              | 1    | 7                            |
| Support Groups / NT Services                       |      |      |              | 3    | 5                            |
| Consumer Panel & Case Study                        |      |      |              |      | 8                            |
| Palliative Care                                    |      |      |              |      | 8                            |
| Self-care exercise                                 |      |      |              |      | 8                            |
| Sexual Health & Fertility<br>Preservations Options |      |      |              | 1    | 7                            |
| Working with Adolescents                           |      |      |              |      | 7<br>1 person not<br>respond |

# Comments

- The whole education session was amazing. So much knowledge has been enhanced.
- Thanks, great day looking forward to taking knowledge and information back to ward and putting into practice. PS Thanks for sharing in Darwin.
- Really informative
- An informative study day with lots to think about and many take home messages. I think that aspects of what was learnt today will be helpful in implementing into practice as a nurse. This education day has also been very helpful in making myself aware of the resources available to cancer/chemo/palliative care patients and those caring for them including health care professionals.
- Very informative with consumer panel.
- Very informative information and resources.
- All relative information.
- Presented fantastically.
- Fantastic day presented in a very professional manner with group interaction. We gained great insight into cancer care for children and their families and how much their lives are impacted and the valuable services that are available.
- Thank you for coming to teach us, it was a great day

## **Overall considerations**

|  | Poor | Fair | Satisfactory | Good | Excellent |
|--|------|------|--------------|------|-----------|
| Course Objectives were met   |      |      |              | 2    | 6         |
| My Clinical Knowledge was<br>enhanced                                |      |      |              |      | 8         |
| My knowledge of expected<br>clinical practice was enhanced           |      |      |              | 1    | 7         |
| The sessions overall have<br>prompted me to seek more<br>information |      |      |              |      | 8         |

## What could be changed or included to improve the study days?

- Give prior reading so that the session doesn't go over time
- Give all powerpoint presentations
- Tips on communicating with a new diagnosis or families that are in denial of the diagnosis.
- Could benefit from being over 2 days so we could learn in depth about particular chemotherapies and anatomy/physiology.
- It is a lot to cram into one day maybe 2 days would be better.
- I would like to have more in-depth knowledge/discussion around different chemo drugs. I feel we only brushed over these today.
- Scenarios were really good with the palliative side of things.
- Thank you.
- Thanks for a great day.
- Overall a great day with lots of relevant information to improve RDH practice in paeds, and very beneficial with the resources to take home.