



The Ramsay Integrated Cancer Care Program

In collaboration with Ramsay Health Care, we are pleased to announce the launch of a new pilot: *The Ramsay Integrated Cancer Care Program (ICCP)*.





ABOUT THE PROGRAM

At CBHS Health, we are constantly looking for new ways to support you and your loved ones, particularly through challenging times.

In collaboration with Ramsay Health Care, we are pleased to announce the launch of a new pilot: The Ramsay Integrated Cancer Care Program is designed to support you through your cancer journey – both during and after treatment to help you get back on your feet sooner.

The program includes a Cancer Care Navigator who will be in regular contact, helping you to build a support plan and managing this throughout your treatment and recovery.

Research shows that when people with cancer fully engage in the process, the services of a Cancer Care Navigator, allied health professionals and a health coaching team are effective in supporting quality of life, wellbeing and recovery, during and after cancer treatment.

LOCATION AND LENGTH OF THE ICCP

Ramsay Health Care is currently undertaking a pilot of the program in partnership with CBHS. As your health fund, CBHS will cover the cost of the program, provided you meet the participation criteria and hold an eligible level of Hospital cover (Bronze Plus tier or above). The pilot is based at St George Private Hospital and will run for approximately 18 months.

This pilot program is still in its early stages and we are seeking eligible CBHS members who have been diagnosed with cancer and are undergoing treatment for cancer at St George Private Hospital.

THE BENEFITS

As a person with cancer, integrated cancer care can provide you with tailored support to help with the following:

- Learning about your cancer diagnosis, treatment plan and pathway
- Navigating the evidence-based information you need at each stage
- Referring you to appropriate allied health services to better manage and minimise the impact of your treatment
- Providing exercise activities to keep mobility and flexibility high, whilst increasing circulation and reducing inflammation and swelling
- Supporting you through the changes and helping you live as well as possible
- Helping you to manage chronic symptoms
- Managing your medicines following treatment.



PROGRAM STRUCTURE

1. CANCER CARE NAVIGATOR

You'll initially attend a face-to-face assessment with your designated Cancer Care Navigator at St George Private Hospital. Ramsay's Cancer Care Navigator is a registered nurse, specialised in oncology nursing. At your initial assessment, your Cancer Care Navigator will discuss topics such as your history, diagnosis, treatment plan, medications, family and social circumstances, and current exercise habits. Together, you'll outline your goals of care and from there, your navigator will develop navigation goals of care specific to your needs, objectives and desired outcomes. They'll work with you alongside your treating specialist and clinical team to monitor goal progress, activities and outcomes.

Regular check-ins will assist with discussing and reviewing progress and providing education. Your Cancer Care Navigator is also available to answer any questions and adjust your plan as needed.

2. ALLIED HEALTH SESSIONS

In consultation with your treating specialist, your Cancer Care Navigator will organise a referral for you to Ramsay Health Plus for up to five allied health sessions. These services will help you develop an individual exercise and nutrition plan, along with assessment and interventions. The sessions aim to improve your functional wellbeing and independence.

3. HEALTH COACHING PROGRAM

Once you have finished your active cancer treatment and the transition into survivorship, your Cancer Care Navigator will refer you to a health coach. Health coaches are health professionals from a range of backgrounds including nurses and dietitians. An initial meeting with your Cancer Care Navigator and your health coach will kick things off. Depending on your needs, your health coach will then set up a weekly or fortnightly phone session with you to develop a plan for your chronic care needs and help you manage your side effects and symptoms. Benefits from your active involvement and participation in the health coaching program may include:

- improved muscle strength and control
- improved mobility and flexibility
- help with managing fatigue
- improved cardiovascular and respiratory fitness, as well as circulation
- achieving and maintaining healthy eating and nutritional status

4. PSYCHOLOGICAL SUPPORT USING THE MINDSTEP PROGRAM

During your health coaching sessions, your health coach may consider that you could benefit from participating in the MindStep program (subject to further approval by CBHS). MindStep is a six-week program which helps participants develop new skills to better manage mild symptoms of anxiety or depression and to cope with stress and fear. The program is delivered through weekly phone calls.

NEXT STEPS

Contact the CBHS Wellness Team on **1300 174 534** or email **wellness@cbhs.com.au** if you are interested in participating in the pilot.

