

Children's Cancer Centre – Monash Children's
Hospital

AYA Clinic Funding Report



Overview

It is well recognised that adolescents and young adults diagnosed with cancer have specific medical and psychosocial needs that are different from older adult cancer patients. These differences demand attention in health service development and the delivery of safe, effective, quality care.

In recognition of this unique and vulnerable population, and as part of our clinical service and clinical research, the Monash Children's Cancer Centre (Monash CCC) has implemented an adolescent and young adult (AYA) clinic.

The clinic forms part of the Monash CCC's broader AYA model of care that aims to provide an environment and service based on best practice adolescent principles of care.

The Monash CCC adolescent model of care includes:

- Formal adoption of an agreed philosophy of adolescent cancer care
- Public promotion of key aspects of adolescent cancer care
- Exploring opportunities for partnerships that promote collaboration with adult cancer care providers and support patient transitions
- Implementation of an adolescent clinic with themed psychosocial education opportunities
- Research into specific needs of AYA patients; research directed towards a personalised medicine approach for specific AYA cancers

The AYA clinic at the Monash CCC is held monthly with the following key aims:

- To provide an age appropriate environment where young people can attend appointments and receive treatment with other young people
- To provide age appropriate activities and opportunities for socialisation
- To promote principles of adolescent care, such as time alone, during medical consultations
- To provide targeted psychosocial information and education

The clinic is structured with monthly psychosocial themes that are facilitated by the multidisciplinary Monash CCC team. Clinic themes are varied, with internal and external

guest speakers and include topics such as education and careers; nutrition and exercise; body image; socialisation and social media, and, drugs and alcohol. The clinic is led by a dedicated group of Monash CCC staff who aim to ensure each clinic is well balanced with relevant psychosocial information, any treatment/appointments, fun and engaging activities and an opportunity for young cancer patients to meet together in a supportive environment.

The Monash CCC is pleased to be a partner with the Ricky Taylor Foundation to support the AYA clinic in 2016. Funding from the Ricky Taylor Foundation ensures that specialised staff can attend the clinic to facilitate a comprehensive psychosocial education program for the adolescents and young adults that receive care at the Monash CCC.

This report to the Ricky Taylor Foundation provides a summary of the AYA Clinic activity from January to June 2016 and a reconciliation of the donated funds.

AYA Clinic Summary – 1 January to 30 June 2016

From January to 30 June 2016 a total of 5 AYA clinics were held. A summary of these clinics is detailed in the below table.

AYA Clinic Topic/psychosocial education theme	Staff/special guest in attendance	Feedback	Cost (excluding in kind services)
February – Open night and welcome to 2016 (AYA clinic introduced for 2016)	Live wire attended and provided fabulous art and craft activities. Dr Leanne Super and Nursing staff	Three attended Good start to the year	\$460
March - Street Art	Dr Leanne Super Stephanie Arrott-Watt (CCC social worker) CCC Nurse Elizabeth Sonntag (MHF) and Visiting Artist: Lawrence	Five attended Adolescents enjoyed the visiting artist and all took home a piece of art work	\$460

<p>April – Education and Careers and Easter!</p>	<p>Dr Leanne Super Heidi Gilmour – CCC Teacher Kristy Taylor – CCC Teacher Nicole Edwards – On track Teacher form PMCC. CCC Nurse</p>	<p>Five attended Positive clinic focusing on education options and support for adolescents effected by a cancer diagnoses.</p>	<p>\$800</p>
	<p>Easter gifts from the RTF distributed in the weeks surrounding and during this clinic.</p>	<p>RTF Easter gifts were gratefully received from adolescents!</p>	
<p>May – Look Good, Feel Better</p>	<p>Dr Leanne Super Lynette Ozols (CCC social worker) CCC Nurse “Look Good, Feel Better” team</p>	<p>Ten attended Positive clinic with good feedback from the adolescents.</p>	<p>\$460</p>
<p>June: The Body Image Clinic</p>	<p>Dr Leanne Super Dr Kate Holt Lynette Ozols Stephanie Arrott- Watt RTF team Henry Roth and team</p>	<p>Fifteen attended. A huge success and lots of positive feedback from both adolescents and their families: * “It was lovely to see all of the smiles on the girls (and boys) faces at the conclusion of the</p>	<p>\$1224</p>

night" parent
 feedback
 * "The clinic was
 really
 good...Henry was
 entertaining and
 funny..." 14 year
 old girl feedback
 * "The clinic was
 good...the best
 part was
 meeting other
 teenagers on
 treatment and
 getting the
 clothes!" 12 year
 old girl

Total Spent	\$3404
Total funding received	\$6000
Revenue remaining (rolled over to support funded for 2 nd half of 2016)	\$2596

The AYA Clinic Planner for the rest of 2016 is as below:

- July: Open clinic - the mid year relax
- August: Social Media
- September: Drugs and Alcohol
- October: Nutrition and exercise
- November: Mindfulness/Yoga
- December: Open Clinic/Christmas celebration

To support the organization/review and implementation of the AYA clinic an AYA project group meet monthly. This group comprises a multidisciplinary representation of Monash CCC staff who plan each upcoming clinic, review the previous clinic and discuss ongoing opportunities and issues arising to constantly seek to improve the AYA clinic and other initiatives to support our adolescent and young adult population.

Impact Story

The following article will be published in the Monash Health iNews newsletter. It was authored by two adolescents who are patients in the Monash CCC and who attended the June “The Body Image Clinic”.

On Tuesday the 14th June, we attended ‘The Body Image Clinic’ hosted by designer Henry Roth. The Ricky Taylor Foundation organised a great night for the Monash AYA Clinic. They gave us helpful tips on how to style and design your own personal look. From this experience we learnt all about self-respect and body image. Mr Henry Roth – Project Runway Australia Mentor and Today Show Fashion Editor introduced everyone to a great range of clothes and how to look and feel your best. It was a really fun night and we walked away with some amazing clothes.

Thank you to Henry Roth and The Ricky Taylor Foundation for making this night possible for the teenagers at the Monash Children’s Cancer Centre.

-Maddison

-Kate







Summary

We would like to take this opportunity to thank the Ricky Taylor Foundation for their support of the Monash CCC AYA clinic. This support has enable a vision and trial initiative to become embedded into the services we offer adolescents and young adults with cancer.

We look forward to ongoing discussion with the RTF team about further opportunities to support our adolescent population and to continue this important partnership.