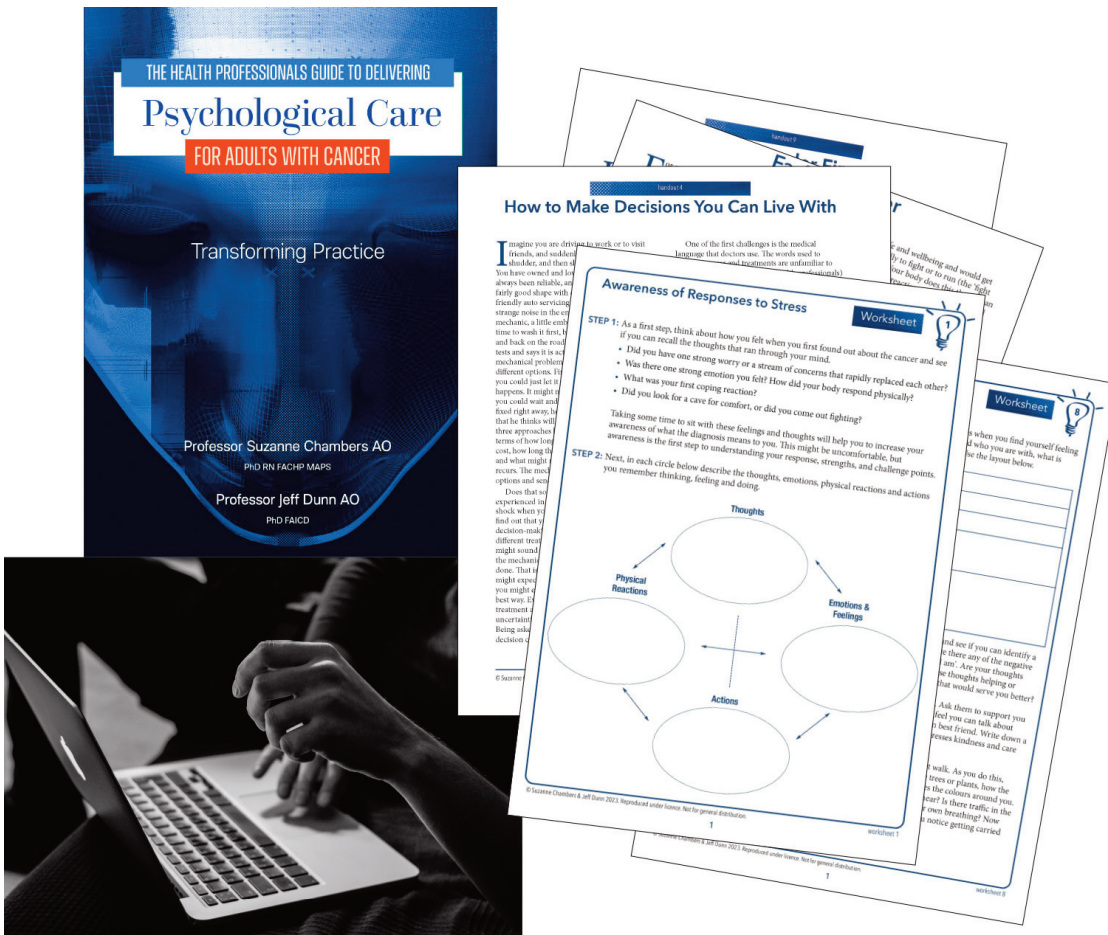


# Transforming Oncology Practice Through Person-Centred Psychological Care



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Anita Cahill BSC Hons, RNP, HDip SHWW, RGN  
Msc Nursing Studies, PGcert Advanced Practice/Midwifery,  
Past President, Irish Association of Urology Nurses

"This guide will enable healthcare providers to identify psychological distress and to deliver effective clinic-based psychological care that is systematic, routine and evidence-based. Cancer care providers and their patients will benefit enormously from this highly readable, rigorous and practical guide.”

Gary Rodin MD FRCPc  
Professor of Psychiatry and Director, Global Institute of Psychosocial,  
Palliative and End-of-Life Care (GIPPEC), University of Toronto, Director, Cancer Experience  
Program, Princess Margaret Cancer Centre, University Health Network, Toronto, Canada

"Psychological care, love, and support are like oil that flows between the medical cogs that grind ever onwards. Chambers and Dunn have captured the need for both; the need for relationship, connection, and pragmatic psychological support, hand in hand with outstanding medical care for every patient with cancer. You cannot care for the body, without caring for the soul."

Dr Briony Scott  
Educational leader and lung cancer patient advocate, Sydney, Australia

# The Health Professionals Guide to Delivering Psychological Care for Adults with Cancer

Being diagnosed with cancer is a frightening experience — a threat to life, a person's sense of self, relationships, and the future. The negative psychological impact that a person and their family may experience includes heightened anxiety, depression, fear, sadness, shock, and anger. Across different cancer populations, heightened psychological distress is common and is associated with impaired quality of life, with these effects extending to carers and partners. Up to one in four people with cancer will experience clinically significant distress. This distress may be long-term, requiring psychological intervention and ongoing support. As well, specific incidents or challenges may lead to periodic periods of heightened distress where support may need to be escalated until distress resolves.

Quality oncology care includes effective psychological care tailored to the needs of patients as an essential part of good **survivorship** care. There is abundant research demonstrating that psychological interventions for people with cancer are effective in improving a wide range of patient outcomes. Approaches are many and varied, although cognitive behavioural approaches have historically been most frequently described. Psychological interventions for cancer patients are effective in reducing decision-related stress, depression, anxiety and post-traumatic stress disorder and improving mental health, domain-specific and health-related quality of life.<sup>1,2</sup> Yet many patients and families will find psychological care tailored to their needs difficult to access. Despite routine clinical follow-up, many people with cancer do not receive psychological interventions in a timely manner, if at all.<sup>3</sup>

In many oncology settings responsive psychological care may be hard to achieve. Even when specialist mental health professionals are available, they may be stretched thin due to demand. In these cases, nurses, oncologists, radiologists and other health professionals may be left unsure how best to support a person's mental health after a cancer diagnosis. To date, appropriate evidence-based resources accessible for everyday practice by a range of health professionals have been limited.

*The Health Professionals Guide to Delivering Psychological Care for Adults with Cancer* addresses this urgent need. Its evidence-based, person-centred approach is manualised and easily accessible, greatly extending psychological care reach beyond specialist mental health staff. More staff are supported to help more patients. It is relevant to specialist and general nurses, allied health professionals, and medical practitioners working in cancer care. It uses a **stepped psychological care approach** to ensure the patient is connected to a system of care that responds to their needs, is

tailored to their concerns, and can be escalated to other care systems when indicated. Indicators for increasing or deepening the level of care include distress that does not remit, high or severe levels of distress, suicidal ideation or risk, new emerging problems or health challenges. Stepped psychological care is part of quality survivorship care and should be included in survivorship care planning.

The guide shows health professionals how to deliver accessible **low-intensity psychological care** to patients and carers early and when it is most needed. Low-intensity interventions aim to democratise psychological care. Care that is widely accessible and designed to enhance personal agency encourages the person receiving care to become an agent in managing their personal experience in a way that encourages mastery of their wellbeing. In this partnership, each person — the health professional (who may come from a variety of backgrounds and experiences) and the patient (who also will come from a variety of backgrounds and experiences) — contributes knowledge and learning. Health professionals are also assisted in delivering high-quality **universal psychological care** by increasing their awareness of patients' psychological needs and specific target areas where support may be helpful.

The guide improves competency in guided psychological support and increases a professional's confidence in recognising and responding to the psychological needs of their patients. It provides direction on coaching the patient to understand their experience of suffering, learning skills to manage the challenges they may experience, and developing personal agency in how they and their family choose to face the present and future. It provides information on the unique aspects of the emotional impact of cancer, guidance about the key elements of a supportive alliance with patients, the importance of distress screening and how best to use it, key psychological issues facing patients, and agenda-setting in person-centred care. The guide is an excellent addition to any psychosocial care or wellbeing support initiatives that may already be used in oncology treatment settings.

## Guide Content

The guide's main publication is a book comprised of 13 chapters, with a comprehensive reference list and 6 appendices listing information and examples of all ancillary materials. It features two **Foundation Components** covering *distress screening* and *agenda setting*, with ten **Flexible Components** addressing common problems people experience after a cancer diagnosis. The health professional then has the option to build the number and topic of intervention sessions that best fit their client's needs. Each session will include the two foundation components and at least one selected flexible component, followed by homework. Both foundation components are undertaken at the start of every session to help identify which flexible component is most appropriate for use in that session and to identify if care needs to be escalated. To enhance effectiveness, each session makes use of **Handouts** and **Worksheets**.

## **Foundation Components**

### **Distress Screening**

Routine and regular screening for psychological distress is a core component of good cancer care.<sup>4,5</sup> Distress screening facilitates the rapid identification of patients who require additional in-depth psychological intervention. The low intensity psychological care approach proposes using a brief tool to assist health professionals in rapidly identifying who might be at risk of current and ongoing high psychological distress. Rescreening to monitor progress and respond accordingly is part of this approach.

### **Agenda Setting**

Agenda setting helps ensure clarity for both the health professional and the patient or carer on what the session will look like before it commences. Agreement is established about session goals guided by the individual's priorities and the key care components identified by the health professional as important in addressing these priorities.

### **Flexible Components**

**Psychoeducation — Coping with a Cancer Diagnosis.** Most people are unprepared for a cancer diagnosis. For both the person with cancer and those close to them, the difficult feelings and emotions accompanying a diagnosis can be frightening and bewildering in and of themselves. Explaining why these emotions might occur and normalising this response (without minimising the importance of the problem) is essential. The ideal approach is to use flexible coping where the person is encouraged to change tack if their current approach is not working and to be open to possibilities and change.

**Stress Management and Wellbeing.** A diagnosis of cancer involves many different challenging situations. A person experiences stress when the demands of the challenges created by living with cancer overwhelm their ability to cope with them. This component aims to teach the person to understand and recognise their own stress response and effectively use coping strategies to decrease the negative effects of stress and promote positive adjustment using relaxation and/or exercise.

**Treatment Decision Making.** People who are newly diagnosed with cancer, or those whose cancer has recurred, are often surprised to find that there may be a choice to be made about the type of treatment they receive and that their doctor wants to involve them in making the decision. Applying a systematic approach can help people navigate decision-making with the goal of making a decision where they understand the potential risks and benefits and how these connect to their personal preferences and values. In doing so, the aim is to assist people with cancer and their families to feel confident about their ability to be involved in treatment decision-making and the decisions they make now and into the future.

**Problem Solving.** A problem-solving approach to intervening with patients is based on the premise that cancer is a major negative life event that can result in a number of stressful situations. It is hypothesised that distress is more likely to occur if the demands of a situation/s overwhelm the person's coping efforts. Some problems (or potential problems) will be shared by most people facing cancer. These can include treatment side effects such as fatigue, changes in weight and body composition, insomnia or sleep disturbance, brain



fog, and changes in sexual function. Often these problems overlap and can make the person feel overwhelmed, not knowing where to turn or start. This is where a systematic process to explore these problems can be helpful.

**Managing Difficult Thoughts.** In this component, the focus is on the central role of our thoughts and how we respond to them, how they influence our experience not only of stressful events but of life more broadly. An important aspect is to encourage the person to see thoughts as ‘just thoughts’ rather than ‘facts’. This and other strategies are tools that the health professional can teach patients and family members about and then coach them to develop efficacy in applying them to different situations in which they find difficult thoughts are causing them distress.

**Self-identity and Cancer.** People who receive a diagnosis of cancer often talk about feeling like they are not the same person they were before the diagnosis. From a theoretical viewpoint, cancer can be seen as a threat to a person’s self-identity, that is, their sense of who they are and the characteristics that define them or makes them unique, as well as their social relationships and the social groups to which they belong<sup>6</sup>. In the goal of helping people to accept and then rebuild their sense of self and self-identity after cancer, a number of different strategies may be helpful, including those addressing survivor identity, stigma, and body image.

**Managing Relationships Under Stress.** A diagnosis of cancer is a major life stress not only for the person with cancer but also for their partner and family, and relationships can be strained by this experience, sometimes in a way couples and families have not felt before. If the person with cancer does not have a partner, support from other close family or friends will be important. In this situation, finding ways to show and share support, understand differences and communicate effectively about what is happening is crucial.

**Cancer and Sexual Relationships.** It is essential to be aware that medical and surgical treatments for cancer frequently disrupt sexual function beyond the psychological distress of the cancer diagnosis.<sup>7</sup> The extent of impairment will relate to the type of cancer and cancer treatment, but it is essential to be aware that chemotherapy, radiation therapy, hormonal treatments and different surgeries can all impair sexual health. Coping with major changes in sexual health requires planning and communication between the person and their partner, preferably in advance of treatment as well as after treatment. The couple may need to try new approaches to sex and intimacy and be flexible about what sex looks like after cancer.

**Pivoting to Valued Directions.** The experience of cancer and the stresses associated with this, including permanent changes in physical functioning for some people, can exacerbate long-standing but unhelpful ways of being.<sup>8</sup> Such a tendency to cope and to persevere in these ways has been conceptualised as psychological rigidity, which represents patterns of responses that aim to avoid pain but paradoxically serve to sustain it. The key is for the person to flexibly adapt their approach towards achieving what they most desire and ideally have harmony between their valued directions and their life choices and patterns. This is termed psychological flexibility.

**Survivorship Care.** Treatments for cancer have dramatically improved and changed over the past two decades. Despite this, it is not unusual to hear people talk about their experience of cancer as being challenging, medically focused, and uncoordinated, with patient and family support needs often still not being adequately met.<sup>9, 10-12</sup> In all medical progress, change and evolution, the patient experience should be the central focus. Patient priorities and preferences should guide each step and each decision. Survivorship care recognises the physical, psychosocial, spiritual and economic impacts of cancer, which can be long-lasting, and addresses these so that the patient can achieve optimal quality of life.

### ***Patient Handouts***

These reader-friendly handouts have been written explicitly to convey support and practical self-help using cognitive behavioural principles. They form an integral part of the guide's low-intensity and universal care approach. They also augment existing patient education materials by encouraging and guiding self-management of psychological concerns based on a firm evidence base of the psychological processes underpinning distress in cancer patients. They are best used where the health professional identifies that the patient/family need corresponds to the focus of the handout. Users are permitted to download and print out handouts and provide them to patients or, if dealing remotely, email them. The handout titles are:

- Facing Cancer
- When someone you love has cancer
- Keeping Well
- How to Make Decisions You Can Live With
- Solving Problems
- 'I think therefore I am!'
- Being in the Moment
- We're in this together
- Grace Under Fire
- Getting Unstuck
- Survivorship

### ***Session Worksheets***

The session worksheets are designed to be used under health professional guidance and so are connected to the flexible components in the guide. The worksheets focus on specific challenges or problems that may be presented by cancer survivors as important to them and include reflective exercises and activities to aid learning and integration of the content



presented in each session. They are designed so that they can be either printed out for patients to handwrite their answers or used digitally as a fill-in PDF form to type in their answers on a computer or mobile device such as an iPad. Users are permitted to download and print out handouts and provide them to patients or, if dealing remotely, email them. The worksheet titles are:

- Awareness of Responses to Stress
- Setting Goals
- Coping Toolbox
- Goal Setting to De-stress
- Making Decisions about Treatment: The Pros and the Cons
- Problem Solving
- Automatic Thinking
- Thought Awareness
- Masculinity in Health Inventory

### ***Cancer Essentials Wellbeing Plan***

A cancer wellbeing essentials plan is a summary of information about a patient's diagnosis, treatment and ongoing care. It is important to ensure patients and their families have access to a plan so that they can take it with them to health care appointments and that it is kept up-to-date. For the health professional, the plan provides a structured prompt for clinical practice to guide assessment of survivorship care needs and facilitate access to support services, aligned with the principles of the Cancer Survivorship Essentials Framework. It is to be filled in by the health professional in consultation with the patient. The wellbeing plan is available as a fill-in PDF form for text entry on a computer or mobile device such as an iPad. Users are permitted to download and print out the plan and provide it to patients or, if dealing remotely, email it.

## **Accessibility**

The guide is available in both print and digital formats to provide accessibility and flexibility of use to the preferred needs of various healthcare organisations and systems. It enables health institutions to use existing staff resources to set up their own customised stepped care approach to the delivery of evidence-based psychological care within everyday oncology practice. More healthcare professionals are able to help more patients.

### ***Enterprise-wide Implementation***

For larger hospitals and treatment centres, enterprise-wide implementation of the guide can be provided via an easy-to-use online library with simultaneous multi-user, multi-site, secure access to support staff wherever they are. Options for customised organisational branding, as well as a mix of online and print availability, allow further

flexibility to best match an organisation's requirements for oncology care. Seamless staff access across an organisation's intranet is by automatic authentication options such as IP addresses, secure URL, Shibboleth, OpenAthens, or password. All electronic access and storage is provided without any requirement by organisations to purchase software or to store or host any digital files.

### **Individuals and Smaller Organisations**

For smaller healthcare centres, individual users or organisations with staff working across different employers, the guide is available as a printed manual with perpetual licensed online password access to all handouts, worksheets and other support materials.

Future additions to all online library materials will be available as added options.

## **About the Authors**

Professor Jeff Dunn AO and Suzanne Chambers AO have dedicated their careers to caring for the patient and encouraging policymakers, practitioners, and researchers to do the same — to consider the patient and not just the disease. As our horizon of knowledge expands, the quest for *quality of life* rises to stand alongside the preservation of life itself. Each, in different but connected ways, has pursued the goal of ensuring health and medical science bring measurable benefits to the lives of individuals, their families and communities.

At the core of what they do is the philosophy of person- and family-*centred* and driven care, directly connected to best practice and an evidence base.

Professor Chambers is a health psychologist and registered nurse who has been working as a practitioner-researcher in psycho-oncology for over 30 years. She was awarded her PhD in 2004 within the School of Psychology at Griffith University and has over 300 peer-reviewed publications and numerous books, book chapters and monographs. Her work has focussed on developing models to predict help-seeking and adjustment after cancer: designing remote access psychological interventions for people affected by cancer, integrating peer support into controlled design methodologies, and integrating distress screening into interventions to target high-distress cancer patient groups.

Professor Chambers was appointed an Officer in the General Division of the Order of Australia (AO) in 2018 for distinguished service to medical research, particularly in the area of psycho-oncology and to community health through patient care strategies to assist men with prostate cancer. She is an Honorary Fellow with St Vincent's Health Network Sydney. Professor Chambers is Executive Dean of the Faculty of Health Sciences at the Australian Catholic University and an adjunct Professor at the University of Southern Queensland.

Professor Jeff Dunn AO is a recognised World Cancer Leader and the current President of the Union for International Cancer Control (UICC). His work in cancer control spans 30 years, during which time he has dedicated his career to developing strategies that underpin cancer survival and improve awareness of the disease. The Union for International Cancer Control represents the world's major cancer societies, ministries of health, and patient groups, and includes influential policymakers, researchers and experts in cancer prevention and control with a membership base of over 1200 organisations in 172 countries. The organisation

leads and convenes capacity-building and advocacy initiatives that unite and support the cancer community to reduce the global cancer burden, promote greater equity, and ensure cancer control continues to be a priority in the world health and development agenda.

He is a past Director, Board Member and Secretary for the International Psycho-Oncology Society and is an Editorial Board member of Psycho-Oncology Journal of the Psychological, Social and Behavioral Dimensions of Cancer. Following his interest in peer support as a method of care delivery, Jeff is Scientific Adviser and Immediate Past Chair of the Reach to Recovery International Breast Cancer Support Service.

Professor Dunn is Professor of Social and Behavioural Science at the University of Southern Queensland, where he leads research into ways to improve survivorship outcomes for people affected by cancer. Alongside this, he is Chief of Mission and Head of Research at the Prostate Cancer Foundation of Australia where he leads survivorship research and plays a connecting role between research and practice, working closely with leading academics and clinicians to improve outcomes for men with prostate cancer. Over the course of his career Jeff has published more than 200 publications that include peer-reviewed manuscripts, chapters, books and reports; received more than \$37 million in grant funding; been an invited speaker at innumerable national and international conferences and led and chaired various international meetings and workshops. He has led research translation in psychosocial care in oncology through distress screening and stepped care models on a state, national and international level.

Professor Dunn was appointed as an Officer in the Order of Australia in 2014 for distinguished service to medical administration through leadership of cancer control organisations and promotion of innovative and integrated cancer care programs.

## Optional Training

*The Delivering Psychological Care for Adults With Cancer Training Program* is for health professionals who have knowledge and experience working with people with cancer. The workshop is designed around the delivery of evidence-informed care that addresses the psychological challenges commonly experienced after a diagnosis of prostate cancer. This approach intersects with the survivorship domains of vigilance; evidence-based interventions; personal agency; and health promotion and advocacy.

Guidance is provided around vigilance and surveillance of psychological wellbeing by incorporating screening for distress into the care model. The intervention strategies applied are informed by evidence on effective psychological care for men with prostate cancer, applying a cognitive behavioural approach and drawing from three main perspectives: stress and coping, problem-solving, and psychological flexibility. A men-centred approach ensures personal agency is supported.

The program includes three core Study Elements that connect sequentially, supported by *The Health Professionals Guide to Delivering Psychological Care for Adults With Cancer* and a reflective learning *Participant Training Workbook* with set pre-reading. Small group learning cohorts (maximum of 20 participants) are utilised with a focus on connecting theory and evidence to practice. Remote and face-to-face delivery modes are available.

## What the Profession Says About the Guide

‘Chambers and Dunn provide step-by-step guidelines on how to provide psychological care for people from the time of diagnosis through survivorship. Written in approachable prose and undergirded with a compelling framework, clinicians of all sorts — oncologists, nurses, social workers, psychiatrists, and psychologists — will find it an essential resource. More important, however, in this book, Chambers and Dunn present a call to arms: the secret to oncology care is caring for the patient.’

Mark Lazenby, PhD, RN, FAAN, Dean and Professor, Sue & Bill Gross School of Nursing, University of California Irvine, USA

‘The practical strategies and guidance in this manual will resonate as much with clinicians as patients, improving patient outcomes by properly considering the lived experience of the person at the centre of care. Professors Chambers and Dunn have delivered what we have so badly been wanting — an approach that humanises clinical excellence and codifies it for easy implementation. This manual feels like a warm embrace. I commend it to one and all.’

Anita Cahill BSC Hons, RNP, HDip SHWW, RGN, Msc Nursing Studies,  
PGcert Advanced Practice/Midwifery, Past President,  
Irish Association of Urology Nurses, Ireland

‘Eloquently written by international doyens of psycho-oncology this must-read guide is a comprehensive tool for all health professionals involved in cancer care. This easy-to-read evidence-based guide provides insights into all aspects of psychological care as part of the cancer journey for patients, including the growing area of survivorship.’

Sandro V Porceddu, Director, Radiation Oncology, Peter MacCallum Cancer Centre,  
Victorian Comprehensive Cancer Centre, Professor, University of Queensland,  
Professor, University of Melbourne, Australia

‘Chambers and Dunn have issued a clarion call for all those who treat patients with a cancer diagnosis. Above and beyond the medical machinery and treatments, countless waiting rooms, and well-meaning advice givers, when confronted with tough diagnoses and a world of uncertainty, caring for a person’s soul is the gold standard. Psychological care, love, and support are like oil that flows between the medical cogs that grind ever onwards. Chambers and Dunn have captured the need for both; the need for relationship, connection, and pragmatic psychological support, hand in hand with outstanding medical care for every patient with cancer — regardless of type or prognosis. This book captures what we know to be true. You cannot care for the body, without caring for the soul. They are one and the same.’

Dr Briony Scott, educational leader and lung cancer patient advocate,  
Sydney, Australia

‘Diagnosis of cancer, frequently a life-threatening illness requiring complex interventions, has a potential to be a life altering experience. The health systems traditionally focus on disease control and often ignore the psychological sequelae. The subject is of immense importance in current era of patient centred care. This manual goes a long way to remind us about the importance of the impact of cancer on individual patients. It provides a comprehensive guide to psychological care and is an important resource for all health professionals and policy makers involved in cancer care and control.’

Mary K. Gospodarowicz MD, FRCPC, FRCR(Hon), Medical Director Princess  
Margaret Cancer Centre Toronto, Professor University of Toronto, Canada

‘If you are a medical expert who aspires to achieve benchmarks of excellence in your clinical practice, you will embrace this book as a cornerstone of care. In my three decades of practice as a clinician, researcher, executive, and mentor, I have seen the transformative effect of ensuring the patient — and the whole person — is placed at the centre of care. The evidence-based insights and practical strategies contained herein are every clinician’s *raison d’être*. I commend this work, and this approach, to you, that it may inspire new models of care around the world, not just to reduce deaths from a disease that exacts an unacceptably high toll on the body, but to reduce the pain it imposes on our hearts and minds. Let this book be your new mandate.’

Dr Anil d’Cruz MS, DNB, FRCS (Hon), Past-President & Director, Union for  
International Cancer Control, Director, Tata Memorial Hospital,  
Mumbai, India

‘One cannot and should not imagine caring for a person with cancer without paying attention to their psychological care. It is one of the essential elements of comprehensive cancer care and one of the most rewarding ones. This comprehensive textbook provides a step-by-step guidance that is evidence based, context appropriate and at all points, focused on the person with cancer. An essential resource for a practicing cancer care clinician.’

Bogda Koczwara AM BM BS FRACP MBioethics FAICD Senior Staff Specialist,  
Department of Medical Oncology, Flinders Medical Centre, Professor, Flinders  
Health and Medical Research Institute, Flinders University, Cancer Council SA  
Clinical Investigator, Australia

‘Having had the privilege of working with the Authors, it is a great relief that these preeminent researcher-practitioners have chosen to share their expertise and deep knowledge in this concise yet comprehensive book. While the book touches on specific critical psychological issues, such as stigma, unconscious negativity that may contribute to distress and worse outcomes in lung cancer, its Foundation and Flexible Components structure means it is entirely applicable to the vast range of human cancers, and translatable for the diverse communities affected by cancer. There is no doubt this individualised, person centred, evidence-based guide will help us empower cancer patients to better connect to self-help and resources.’

Professor Kwun M Fong MBBS(Lon) FRACP PhD FAPSR FThorSoc FERS CHIA,  
Senior Staff Specialist/Clinical Manager, Pulmonary Malignancy Unit. The Prince  
Charles Hospital, Metro North Hospital and Health Service, Brisbane, Australia

‘This text by Suzanne Chambers and Jeff Dunn is a uniquely valuable contribution to psycho-oncology and cancer survivorship by two distinguished leaders in these fields. Drawing upon a stepped care approach and making use of cognitive behavioral strategies, this guide will enable healthcare providers to identify psychological distress and to deliver effective clinic-based psychological care that is systematic, routine and evidence-based. Cancer care providers and their patients will benefit enormously from this highly readable, rigorous and practical guide to the psychological care of adults with cancer.’

Gary Rodin MD FRCPc, Professor of Psychiatry and Director, Global Institute of  
Psychosocial, Palliative and End-of-Life Care(GIPPEC), University of Toronto,  
Director, Cancer Experience Program, Princess Margaret Cancer Centre, University  
Health Network, Toronto, Canada



‘The guide delivers an evidenced base for our care team to support their patients through the cancer journey and connect what their patients are feeling with the personalised care they need. Providing tailored and practical psychological care for patients with cancer through the acute journey and into survivorship is an important part of how to deliver excellence in patient care and outcomes.’

Chris Pyke PhD FRACS FACS FASI (Hon) AFRACMA GAICD, Director of Medical Services, Mater Private Hospitals Brisbane, Redland and Springfield. Professor of Surgery, University of Qld, Mater Health, Brisbane, Australia

‘Professors Chambers and Dunn have done it again! They have tapped into their vast knowledge base and clinical experience, to produce a valuable adjunct for clinicians involved in the care of patients with cancer. They present ample evidence that prompt recognition and management of the psychological stressors associated with a cancer diagnosis can improve a patient’s journey not only when they and their family first hear the word cancer but also through treatment and survivorship. This book will empower clinicians by giving us the tools for the early recognition of the adverse psychological impacts of cancer diagnosis and management and by describing practical steps and schema to assess and manage these impacts in simple and straightforward ways empowering clinicians to provide ‘early accessible low intensity psychological care’. In the era of personalised medicine, we are given the tools to provide an extra layer of tailored, focused care to our patients when they are most vulnerable. This book inspires and empowers us to do better. Thank you.’

Peter Heathcote, Former President Urological Society of Australia and New Zealand, Adjunct Professor Australian Prostate Research Centre Queensland University of Technology, Adjunct Clinical Professor Monash University Public Health and Preventative Medicine, Senior Urologist Princess Alexandra Hospital Brisbane, Australia

## For Further Information

*The Health Professionals Guide to Delivering Psychological Care for Adults With Cancer* is published by Australian Academic Press, a specialised independent publisher based in Brisbane, Australia. For all enquiries regarding the Guide, including sales, access to an online trial, training, and implementation across small to large enterprises, please contact Stephen May [stephen@australianacademicpress.com.au]. As Director and owner of Australian Academic Press, Stephen has over 35 years experience in assisting individuals and organisations in improving psychological care through the application of practical, evidence-based resources.

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