

Little Big Forum 2021 Program

Welcome and introduction

Theme 1 ANZCHOG Digest

The Australian & New Zealand Children's Haematology/Oncology Group Annual Scientific Meeting held in June 2021 will bring together national and international experts in paediatric oncology and haematology over three days for world-class presentations on the most relevant challenges and advances in this field. This theme will provide an overview of the latest research from the ANZCHOG scientific meeting as it relates to physical activity and exercise in the paediatric cancer setting.

Speakers

Dr Thomas Walwyn – *The Medical Perspective*

Anne-Maree King – *The Allied Health Perspective*

(25 minutes)

Theme 2 Technology and distance-delivered health interventions for cancer patients and survivors: research and clinical considerations

Exercise is increasingly becoming a more important component of cancer care. However, innovations in healthcare such as using technology like fitness trackers and using telehealth for remote sessions may increase the accessibility to services, and increase the uptake rate to exercise adherence. This session will focus on distance-delivered health interventions for childhood cancer survivors, as well as research and clinical considerations of using telehealth for cancer patients and survivors, and what the future holds in this area.

Speakers

Lauren Ha - *Feasibility and acceptability of a novel digital health intervention to support physical activity and fitness among childhood cancer survivors*

Ashley Bigaran - *Clinical and practical implications of exercise-delivered telehealth interventions for cancer patients: where to from here?*

Associate Professor Maria McCarthy – **EMergE: An Ehealth Model of Care for Paediatric Patients and Families at the End of Treatment for Acute Lymphoblastic Leukaemia**

(30 minutes)

Theme 3 International collaborations and future research directions

To progress the quality of research and services provided to promote physical activity and exercise for children with cancer in Australia we need to look both nationally and internationally for collaboration and knowledge sharing opportunities. This theme will present the findings of an international collaborative project which aimed to formulate consensus guidelines and recommendation statements to promote physical activity for children and adolescents with cancer. This theme will also cover the work that is being done here in Australia through Little Big Steps to improve how we connect, share and collaborate to improve outcomes for children and adolescents impacted by cancer.

Speakers

Dr Nicole Culos-Reed & Dr Amanda Wurz - *Helping children and adolescents with cancer to move more: The International Paediatric Exercise Oncology Guidelines (iPOEG)*

(15 minutes)

Little Big Steps Update and closing remarks

See following pages for presenter bios

Presenter and Facilitator Biographies

Facilitators:



Sarah Grimshaw

Sarah Grimshaw is a physiotherapist currently undertaking her PhD through the Murdoch Children's Research Institute and La Trobe University. Her PhD is investigating novel ways to improve physical activity participation and reduce the sedentary behaviour seen in children undergoing acute cancer treatment. Sarah worked for many years as the senior physiotherapist to oncology at the Royal Children's Hospital, is chair of the research advisory council for the charity Little Big Steps and tutors for the Masters of Physiotherapy degree at La Trobe University.



Dr David Mizrahi

Dr Mizrahi is a Clinical Research Officer (UNSW) and Accredited Exercise Physiologist (Valion Health). His research focuses on exercise during and after cancer treatment for child and adult survivors, as well as on treatment side-effects like peripheral neuropathy. David is an Australian-American Fulbright Postdoctoral Fellow. He has 18 peer-reviewed publications, has presented his research locally and internationally and has ongoing collaborations between clinicians and researchers in Australia and abroad to advance the understanding of the role of exercise for cancer survivors. David sits on executive committees for Clinical Oncology Society of Australia, Exercise & Sports Science Australia and the Little Big Steps Exercise-Medicine Advisory Committee. David actively contributes to student development with 10 years-experience as a casual academic at UNSW, including guest lectures at other universities.

Presenters:



Dr Thomas Walwyn

Dr Walwyn is a Senior Paediatric & Adolescent Oncologist at Perth Children's Hospital and Clinical Senior Lecturer at the University of Western Australia. He leads the Survivorship and Transition clinical and research program, with clinical interests in Neuro-oncology, Hodgkin lymphoma and Histiocytoses. His multi-institutional research team have particular interests in population-based outcome data and interventions aimed at improving quality of survivorship with an established program in exercise interventions at all stages of therapy.



Anne-Maree King

Anne-Maree King is an experienced Physiotherapist who has worked for Queensland Health for 40 years with the majority of that time in paediatrics. She is the Physiotherapist Clinical Lead for Oncology and has provided state-wide service provision to children with cancer for over 15 years. She has extensive experience across all areas of oncology leading a team of Physiotherapists that deliver tertiary interventions to paediatric patients across oncology, palliative care, haemophilia, burns and continence domains. Anne-Maree completed a pilot study to measure fatigue and its characteristics in children with Acute Lymphoblastic Leukaemia undergoing chemotherapy. She is a strong advocate for exercise and optimising function in children with cancer.



Lauren Ha

Lauren Ha is a PhD candidate at the School of Health Sciences, UNSW Sydney, and Kids Cancer Centre at the Sydney Children's Hospital. Her research focuses on understanding patterns and behaviours of physical activity among childhood cancer survivors. Lauren is currently leading a pilot digital health intervention using wearable activity trackers and an online program that aims to foster health behaviours in survivors of childhood cancer. Her research interests surround improving health behaviours and quality of life in cancer survivors, using exercise and physical activity, education, and novel technologies. Alongside her research role, she is also an Accredited Exercise Physiologist. She works at the UNSW Fatigue Clinic, an integrated centre of research and clinical services focused on improving the health of people diagnosed with chronic fatigue syndrome, post-cancer fatigue or post-viral fatigue. She also works with UTS Sydney, collaborating on research to understand the cancer workforce capacity to implement exercise counselling and referral for cancer patients.



Ashley Bigaran

Ashley Bigaran is an accredited exercise physiologist and PhD candidate with a developing reputation as a junior researcher with an established clinical career. She has over ten years of experience as an accredited exercise physiologist and has been employed in leading public and private health settings, high-performance teams and university institutions. Her areas of expertise span across exercise-oncology, cardio-oncology, cardiovascular disease and digital health. Her research focuses on investigating novel methods of identifying and preventing cardiovascular disease in men with prostate

cancer receiving hormone therapy. She has ten peer-reviewed publications and has presented her research nationally. Ashley holds three adjunct academic appointments; Baker Institute Research Fellow within the Sports Cardiology laboratory team and a PhD candidate within the Exercise and Nutrition Research Program at Australian Catholic University, and an academic within the School of Exercise Science at Australian Catholic University. Ashley is also the Co-Chair of the Exercise Sport Science Australia Victorian State Board and consults clinically at the Baker Institute and Valion Health.



Associate Professor Maria McCarthy

A/Prof McCarthy is a Senior Mental Health Clinician in the Children's Cancer Centre (CCC) at the Royal Children's Hospital, Melbourne and leads a team of clinicians who provide psychosocial support to children who are being treated for cancer and other haematological conditions, and their families. As a clinician-scientist, Maria also holds positions as a Senior Research Fellow with the Murdoch Children's Research Institute and an Honorary Principal Fellow with the University of

Melbourne Department of Paediatrics. In these roles Maria oversees clinical trials and leads both quality of life and intervention research with a specific focus on translating findings into clinical initiatives. This has resulted in a comprehensive suite of clinical programs which aim to optimise psychological, educational and social outcomes for children and their families who are treated for serious illnesses through the CCC.



Dr Amanda Wurz

Dr Wurz is a Postdoctoral Scholar in the Health and Wellness Lab at the University of Calgary. She has a PhD in Health and Exercise Psychology. Her research is focused on developing and testing physical activity interventions to promote health and quality of life for people affected by cancer. Internationally, Dr. Wurz is one of the leads on recently published movement guidelines for children and adolescents affected by cancer. Locally, she is developing in-hospital physical activity programming for children and adolescents undergoing treatment for cancer.

**Dr Nicoloe Culos-Reed**

Dr Culos-Reed is a Professor of Health and Exercise Psychology and is the Associate Dean Graduate in the Faculty of Kinesiology; Adjunct Professor in the Department of Oncology in the Cumming School of Medicine; and Director of the Health and Wellness Lab/Thrive Centre. She holds a Research Associate appointment with the Department of Psychosocial Resources at the Tom Baker Cancer Centre. Dr Culos-Reed's research takes a multidisciplinary approach to understanding

and improving the quality of life of cancer survivors by developing physical activity programs to address the physical and psychological challenges survivors throughout treatment and survivorship. This research includes national and international collaboration, including a recently awarded Canadian Institute of Health Research-Canadian Cancer Society (CIHR-CCS) Cancer Survivorship Team Grant, with additional support from Alberta Cancer Foundation (ACF), to bring her team's exercise oncology program to rural and remote cancer survivors across Canada (2020-26). This work builds upon the Alberta Cancer Exercise (ACE) program, designed to bring exercise into standard of care for all cancer survivors. The ACE program was funded through the Cancer Prevention Research Opportunity (CPRO) offered by Alberta Innovates – Health Solutions, and is also supported by the ACF. Additional projects are supported by Prostate Cancer Canada, the Movember Foundation, the Canadian Breast Cancer Foundation, the University of Calgary, Alberta Innovates, CIHR-SPOR, and SSHRC. Dr Culos-Reed is also the co-founder of Thrive Health, an online educational company building capacity in health and fitness professionals to deliver safe and effective exercise oncology programming and resources.