

## Welcome to the third edition of Nurse News for 2019!

Lymphoma Australia's Nurse News aims to keep nurses with a special interest in lymphoma up to date with all aspects of lymphoma care locally and from around the world.

Welcome to our latest edition of Nurse News. The year is almost over already, and Blood 2019 in Perth is almost upon the Australian and New Zealand haematology world! We would like to thank you all again for the incredible support and feedback that we have been receiving. Keep letting us know what you want to see and how we can best support you.

It has been an incredibly busy and exciting time for the Lymphoma Australia team. As you may recall, we received Federal Government funding to support more Lymphoma Care Nurse (LCN) positions over the next 4 years. We looked far and wide across New South Wales (NSW) and Queensland (QLD), attracting a lot of interest, and we are pleased to announce that our successful applicants have just started. I would like to warmly welcome Sarah Williams and Rebekah Turner who will be representing QLD and Cassandra Redpath will be representing NSW. We will be highlighting and introducing Sarah later in the edition. Thank you to everyone who showed interest in these



Lymphoma Care Nurses (left to right) Sarah Williams, LCN QLD, Donna Gairns, National Lymphoma Nurse Manager (Vic), Cassandra Redpath, LCN NSW and Rebekah Turner, LCN QLD.

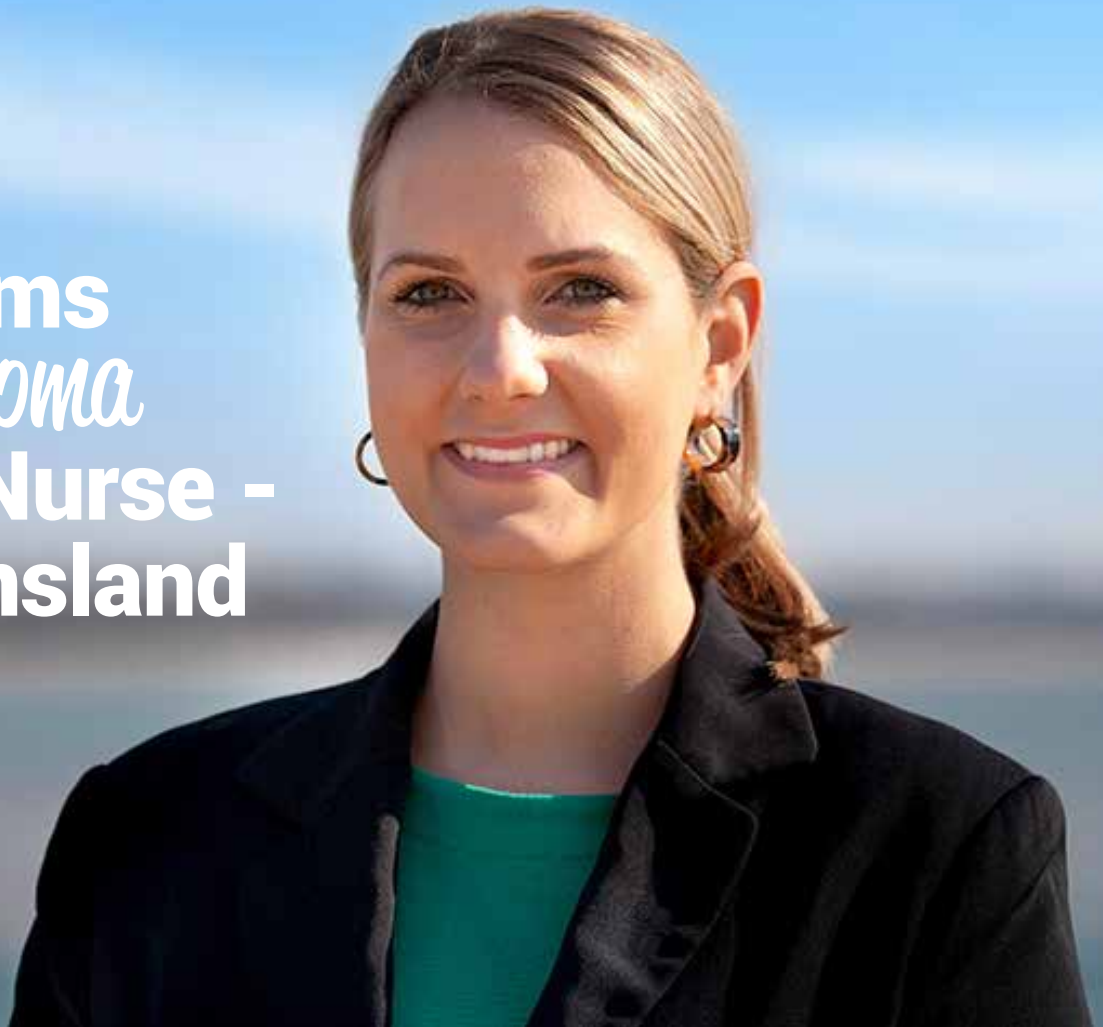
exciting new roles. We hope that there are more positions in the future. I am looking forward to seeing what we can achieve and improve support for those affected by lymphoma and especially the nurses who care for them.

Thank you to all who "LIMED IT UP" during the month of September to put Lymphoma in the limelight and raise awareness for the disease. We had a successful campaign supporting patients by advocating that "No cancer is a good cancer". Our recent patient survey highlighted that 68% of patients are told that they have the good cancer or that lymphoma is not really cancer. This can make patients feel that their cancer experience is dismissed.

# Sarah Williams

## *Lymphoma*

### Care Nurse - Queensland



Lymphoma Australia would like to introduce Sarah Williams, one of our new Lymphoma Care Nurses to join our team for Queensland.

Sarah will be joined by Rebekah Turner who will both be making their way around Queensland to provide awareness, advocacy for lymphoma & CLL, support and education to health care professionals and those affected by the disease.

Sarah completed both her degree in Nursing and Psychology at QUT in Brisbane in 2012. She has since completed a graduate certificate in haematology cancer nursing through the Australian College of Nursing.

Sarah has a varied range of nursing experience including high acuity in-patient haematology wards, outpatient chemotherapy units and community cancer care support roles. She has

also gained valuable clinical experience in aged care, colorectal surgery, remote emergency nursing and mental health. A keen interest in travel has led Sarah to challenging and diverse nursing roles in Brisbane, Sunshine Coast, and Far North Queensland where she nurtured a passion for providing education to rural and regionally located staff working with haematological patients and their families.

Sarah lives on the Sunshine Coast where she works part time as a cancer care nurse in the Adem Crosby Centre at Sunshine Coast University Hospital delivering chemotherapy and assisting with the bone marrow biopsy procedures. She will be working 3 days a week as a Lymphoma Care Nurse with Lymphoma Australia and is looking forward to bringing her unique skill set and enthusiasm to the role. Welcome Sarah!

# September was *Lymphoma* Awareness Month

It was Lymphoma Awareness Month during September and World Lymphoma Awareness Day was held on Sunday 15 September.

It is acknowledged and celebrated around the world to raise awareness of cancers of the lymphatic system – Lymphoma is the number one blood cancer.

Lymphoma Australia and medical experts are using World Lymphoma Awareness Day to 'put lymphoma in the limelight' and call for all Australian to better recognise the symptoms of a blood cancer that takes an Australian life every 6 hours.

Lymphoma Australia would like to thank everyone who took part in raising awareness for lymphoma during September and we enjoyed seeing all the photos with all that lime green! In doing so, you made a positive difference of the lives of people living with lymphoma, their families, friends and carers, through increased awareness and support. The more people we have talking about lymphoma, the more awareness we can create around this very common, but lesser known cancer.

Thank you for the wonderful care you all provide to those affected by lymphoma and CLL.

It was REALLY hard to pick a winner! So, we have chosen a few who put in a lot of effort and limed their ward up or the local sport stadium the most are Monash Health – Clayton, Royal Adelaide Hospital, Royal Brisbane & Women's Hospital and North Lakes. Please check out some of the workplaces who joined in the fun during September across Australia!



# Lymphoma Updates

There have not been any further new medications approved for the Pharmaceutical Benefits Scheme (PBS) listings, that is a first for a while.

There are a couple of medications submitted for certain indications the next PBAC meeting in November, so fingers crossed.

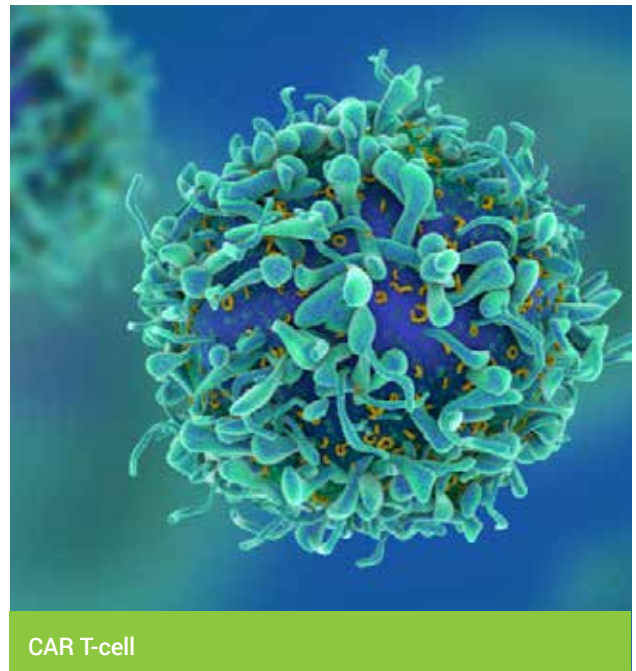
## CAR T-cell therapy update in Australia

The Therapeutic Goods Administration (TGA) has approved Novartis' CAR-T product Kymriah.

The approved indications are the treatment of paediatric and young adult patients, up to 25 years of age with B-cell precursor acute lymphoblastic leukaemia (ALL) that is refractory, in relapse post-transplant, or in second or later relapse. It is also for the treatment of adult patients with relapsed or refractory diffuse large B-cell lymphoma (DLBCL) after two or more lines of systemic therapy.

Funding approval is currently only for the paediatric and young adults (up to 25 years) with ALL who relapse or do not respond to initial therapy. The MSAC is currently considering funding for relapsed or refractory DLBCL.

Clinical trials are open across sites in Australia for follicular lymphoma, diffuse large B-cell lymphoma and NHL, with more trials looking at opening for other indications soon; Peter MacCallum Cancer Centre, Fiona Stanley Hospital, St Vincent's Hospital Sydney, Royal Prince Alfred, Royal Brisbane and Women's Hospital, Royal Children's Hospital, Sydney Children's Hospital and the Austin Hospital.



### “Understanding CAR T-cell Therapy In Lymphoma” and “CAR T-cell therapy in Australia”

*Dr Michael Dickinson, Consultant Haematologist at Peter Mac, YouTube video*

 <http://bit.ly/2q1s6BA>

For further information check out the Peter Mac website: [www.petermac.org/car-t](http://www.petermac.org/car-t)

# CNSA WA Haematology Nursing Conference – More Than Just a Blood Count

We recently had the pleasure of hosting a trade table at the CNSA Haematology Nurses conference held at The Parmelia Hilton in Perth on Saturday 27th July.

This conference included all the latest up to date information with presentations on Stem Cell Transplant by Nurse Practitioner Tina Crosbie from Sir Charles Gairdner Hospital, Lymphoma Overview by Dr Dustin Hall from Fiona Stanley Hospital, Palliative Care in Haematology by Nurse Practitioner Natalie Panizza from Royal Perth Hospital, CART Cell Therapy by Dr Philippe Giguere -Simmonds from Fiona Stanley Hospital and Sexual Health by Nurse Practitioner Melissa Hadley Barrett. There were more than 70 nurses attended including rural and regional areas and the day was a great success!

Of special note to all nurses is that the CAR-T Cell therapy clinical trial called BELINDA is now open at Fiona Stanley Hospital for enrolment of patients with relapsed DLBCL. This clinical trial is led by their Lymphoma Lead Haematologist Dr Dustin Hall and will be the first CAR-T cell clinical trial in WA.

It was great to see so many members of our Lymphoma Specialist Interest Group and to receive enrolment for many nurses on the day who were not already members. We look forward to keeping you up to date with everything lymphoma and working with you all in the future. Any enquiries about joining our Lymphoma Nurse Specialist Interest Group please register



Sharna Johansen, LCN, WA

on our website or email our nurse Donna Gairns on [donna.gairns@lymphoma.org.au](mailto:donna.gairns@lymphoma.org.au) for further information.

A massive thank you to CNSA Industry Rep Liaison Therese Thompson for arranging for us to attend and we look forward to seeing you all at the Blood Conference this year in Perth from 20-23 October.

# Lymphoma Australia's New YouTube videos

Lymphoma Australia have been fortunate to interview some of Australia's leading Haematologists who discussed a range of topics on lymphoma subtypes, treatments and management. We also have the "Life after Lymphoma treatment" presentations that I welcome you to watch and please let your patients know too.

## Late effects and lymphoma survivorship

*A/Prof Kylie Mason, Peter Mac & RMH, VIC*

## Getting a better night sleep

*Justine Diggins, Psychologist, Peter Mac, VIC*

## Lymphoma cancer related fatigue

*Olivia Turner, Occupational Therapist, Peter Mac, VIC*

## Sexuality and Lymphoma

*Simone Sheridan, Sexual Health Nurse Consultant, Austin Health, VIC*

## Understanding CAR T-cell therapy for the treatment of lymphoma

*Dr Ken Micklethwaite, Westmead Hospital, NSW*

## Mantle Cell Lymphoma – Front line management

*A/Prof Chan Cheah, Sir Charles Gairdner Hospital, WA*

## Understanding Clinical Trials in Lymphoma

*Prof Judith Trotman, Concord Hospital, NSW*

## Lymphoma and Watchful Waiting – What does this mean?

*Prof Judith Trotman, Concord Hospital, NSW*

## Transplant in Lymphoma

*Dr Nada Hamad, St Vincent's Hospital – Sydney, NSW*

 <http://bit.ly/2VBOblX>



## Subtypes and Management

- Primary Mediastinal B-cell Lymphoma
- Grey Zone Lymphoma
- Marginal Zone Lymphoma
- Burkitt Lymphoma
- Peripheral T-cell Lymphoma
- Anaplastic Large Cell Lymphoma
- Adult T-cell Lymphoma
- Cutaneous T-cell Lymphoma – early stage
- Cutaneous T-cell Lymphoma – advanced stage
- Cutaneous B-cell Lymphoma
- Oral Therapies in Lymphoma

## Supportive Care

- Caring for Someone with Lymphoma
- Emotional Impact of Completing Lymphoma Treatment
- Emotional Impact of Lymphoma: Diagnosis & Treatment
- Fear of Cancer Recurrence and Scan Anxiety
- Sleep Management and Lymphoma
- Sexuality and Intimacy with Lymphoma

## Updated Fact Sheets

- Diffuse Large B-cell Lymphoma
- Follicular Lymphoma
- Hodgkin Lymphoma
- Living with Chronic Lymphocytic Leukaemia (Booklet)

 <http://bit.ly/32dcx5F5>

# Education Events

In case you missed them...



## Life after *Lymphoma* Treatment – Survivorship

Lymphoma Australia recently hosted an event at Peter MacCallum Cancer Centre, “Life after Lymphoma Treatment – Survivorship”. Thank you to A/Prof Kylie Mason (Peter Mac), Justine Diggins, Psychologist (Peter Mac), Olivia Turner, OT (Peter Mac) and Simone Sheridan, Sexual Health Nurse Consultant (Austin Health).

We had a great turn out on a very wet, cold Melbourne morning by patients, carers and health professionals to hear presentations on late effects & survivorship, sleep management, fatigue management and sexuality and intimacy. Thank you to those of you who came along



Peter MacCallum Cancer Centre

and provided wonderful feedback. Please see the section below for the link to Lymphoma Australia’s new YouTube videos to see these filmed sessions.



A/Prof Kylie Mason  
(Peter Mac)



Justine Diggins,  
Psychologist  
(Peter Mac)



Olivia Turner, OT  
(Peter Mac)



Simone Sheridan, Sexual  
Health Nurse Consultant  
(Austin Health)

# Upcoming Education and Conference Events

Upcoming dates to keep on your calendar

## Blood 2019

**Date:** 20–23 October 2019  
**Venue:** Perth Convention & Exhibition Centre  
**Program:** [www.blood2019.com](http://www.blood2019.com)  
**Note:** Please come and say hello to the Lymphoma Australia team at our stand in the Exhibition Hall.

## Lymphoma Australia Nurse Education Breakfast

Lymphoma Australia are pleased to host our second nurse education breakfast alongside Blood 2019 in Perth. We're almost fully booked at time of print.

"An overview of novel therapies in the management of patients with Lymphoma" Presented by A/Prof Chan Cheah

**Date:** 21 October 2019  
**Time:** 06:45am – 08:15am  
**Venue:** Perth Convention & Exhibition Centre Level 2, Meeting Room 9

## Roche Nurse Education Events

Roche are providing nurse education events across Australia over the next 2 months, that Lymphoma Australia are presenting at. The discussion is on the **management and treatment of lymphoma, and an overview of Gazyva dosing and administration.**

Thanks to Roche for supporting lymphoma nurse education. I will be sending your invitation soon to attend events in:

- Geelong, VIC
- Sandringham, VIC
- Melbourne, VIC
- Hobart, TAS
- Sydney, NSW
- Adelaide, SA
- Perth, WA



## Australasian Leukaemia & Lymphoma Group (ALLG) Meeting

**Date:** 12-15 November 2019  
**Venue:** Adelaide, Hilton  
**Register:** [www.allg.org.au/healthprofessionals/meetings-events](http://www.allg.org.au/healthprofessionals/meetings-events)

## 61st ASH Annual Meeting & Exposition

**Date:** December 7-10 2019  
**Venue:** Orange County Convention Centre (OCCC), Orlando, Florida, USA  
**Register:** [www.hematology.org/Annual-Meeting/](http://www.hematology.org/Annual-Meeting/)

Thank you again for all of your support for the work we do. Please do not hesitate to contact me if you have any questions or suggestions. **Donna Gairns**, National Lymphoma Nurse Manager on email [donna.gairns@lymphoma.org.au](mailto:donna.gairns@lymphoma.org.au) or **0404 749 884**.



Join our dedicated closed Facebook group for patients and carers by searching **Lymphoma DOWN UNDER**

For more information visit [www.lymphoma.org.au](http://www.lymphoma.org.au)

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