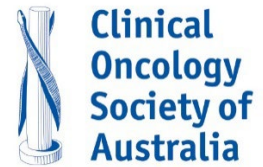


COSA Exercise & Cancer Group

2023 Annual General Meeting Minutes



Wednesday 1 November 2023
3:00pm to 4:00pm (AEDT)
Melbourne Convention & Exhibition Centre

AGENDA ITEM	CHAIR
1. Welcome and Acknowledgement of Country	DM
2. Apologies and Conflicts of Interest	DM
3. 2022 AGM Minutes	DM
4. Executive Committee Membership	DM
<p>David Mizrahi (Chair); Tina Skinner (Deputy Chair)</p> <p>Di Adams (Medical Oncology); Lara Edbrooke (Physiotherapy); Steve Fraser (Exercise Physiology); Sandie McCarthy (Nursing); Rob Newton (Exercise Physiology); Elizabeth Pinkham (Physiotherapy); Lina Pugliano (Medical Oncology); Kellie Toohey (Exercise Physiology)</p>	
5. Update on 2023 Activities	DM
<ul style="list-style-type: none"> • Currently 232 Exercise Group members (up from 183 in Nov 2022). • Inaugural COSA Exercise and Nutrition fellowship, with Dr Kim Edmunds appointed as the Exercise Fellow. The project will investigate exercise oncology programs for people with cancer within acute cancer health services using a quadruple aim value-based framework to support economic analysis. • Pre-conference workshop titled: “Exercise-Oncology Advanced Behaviour Change Techniques and Exercise Prescription in High-Risk Populations”. 15 speakers including EP/Physio/OT/Medical Oncology. Sold out event with >50 delegates. • COSA has endorsed a number of studies to collect data: <ul style="list-style-type: none"> ○ Uptake of COSA exercise guidelines (Mary Kennedy) ○ Professional Development for Exercise in Bone Metastases (Kirsten Campbell, Kelcey Bland) Get in touch with the committee if your research group wants to survey COSA members. • Work towards reconvening the Exercise Implementation Working Group. New members appointed: Lisa Guccione (Chair); Mary Kennedy (Implementation Science); Nigel Spry (Radiation Oncology); Ria Joseph (Dietetics); Brenton Baguley (Dietetics); Camille Short (Behavioural Science). • Continued advocacy with RACGP: <ul style="list-style-type: none"> ○ Podcast with NSW Health/RAGCP on exercise in cancer care. ○ Paper accepted by AJGP on GPs role in promoting physical activity to people with & beyond cancer. ○ Opportunities to write in the RACGP newsletter. • Australian Physiotherapy Association (APA) joined COSA as an Affiliated Organization. 	

AGENDA ITEM	CHAIR
6. Plans for 2024 Activities	DM
<ul style="list-style-type: none"> • Exercise fellowship continues (Dr Kim Edmunds) • Disseminate more studies to COSA members • Webinars • Continued ExOnc advocacy • Reconvene the Exercise Implementation Working Group 	
7. COSA ASM Highlights	DM
<p>Fantastic presence at COSA ASM. Pre-conference exercise workshop, Wednesday breakfast session titled “Innovations in Implementing Nutrition and Exercise Evidence to Enhance Cancer Care and Outcomes”, many podium and poster presentations, Thursday run/walk club. Huge turnout for the AGM.</p>	
8. Other Business/Q & A	DM
9. Next Meeting: 2024 COSA ASM	DM



2023 Exercise Group AGM Attendees