## COSA Exercise & Cancer Group 2024 Annual General Meeting Minutes



## Wednesday 13 November 2024 3:15pm to 4:00pm (AEDT) Gold Coast Convention and Exhibition Centre

AGENDA ITEM	CHAIR
1. Welcome and Acknowledgement of Country	DM
2. Apologies and Conflicts of Interest	DM
3. 2023 AGM Minutes	DM
4. Executive Committee Membership	DM

David Mizrahi (Chair); Tina Skinner (Deputy Chair; AGM Minutes)

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)

#### 5. Update on 2024 Activities

DM

- Dr Kim Edmunds Breakfast Session presentation (Inaugural Exercise-Nutrition Fellowships)
- Endorsement of exercise oncology related studies
- Exercise Implementation Working Group reconvened
- Acknowledgement of achievements by exercise members

#### 6. Plans for 2025 Activities

DM

- Collaboration with COSA Global Oncology Group: Solomon Islands Exercise Oncology project
- Progress the work of the Exercise Implementation Working Group
- Disseminate studies to COSA members
- Webinars
- Exercise Oncology advocacy
- Plan 2025 COSA conference

7. Discussion

#### Research processes

- COSA survey approval and dissemination process
- Showcasing latest evidence to members; strategies to engage the group

#### Committee membership

• COSA committee meetings and working groups: process for joining and Terms of Reference

#### **Executive action suggestions**

- Create a strategic plan with consensus of the membership
- Project officer/fellow to drive that project and follow through on deliverables
- Executive and working group agenda for subsequent meetings/forums
- Australian Cancer Plan What can this group do to ensure exercise oncology is on the agenda at a national level
- Members to send contributions to the Executive, and Executive to action
- MASCC example of quarterly meetings for the whole group (not just Exec) of throwing 10+ ideas out each quarter and narrowing down to a small usable number

#### Fellowship

- Dr Kim Edmunds encouraged members to apply for the fellowships
- Discussion regarding the fellowship application process
- 8. Next Meeting: 2025 COSA ASM



2024 COSA Exercise-Nutrition Breakfast Session Attendees

## Exercise and Cancer Group Annual General Meeting

### Wednesday 13th November 2024

David Mizrahi
Chair COSA Exercise and Cancer Group
David.Mizrahi@Sydney.edu.au
@DaveMiz\_EP









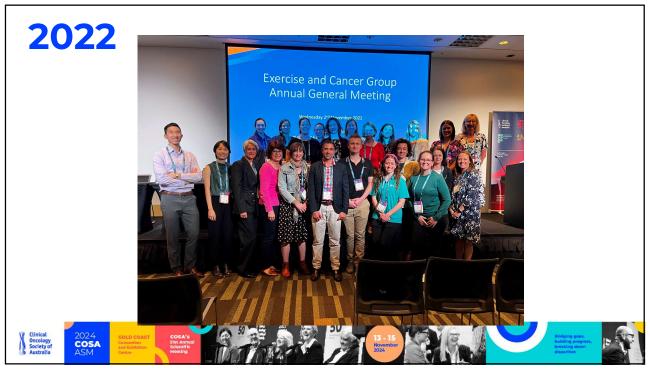




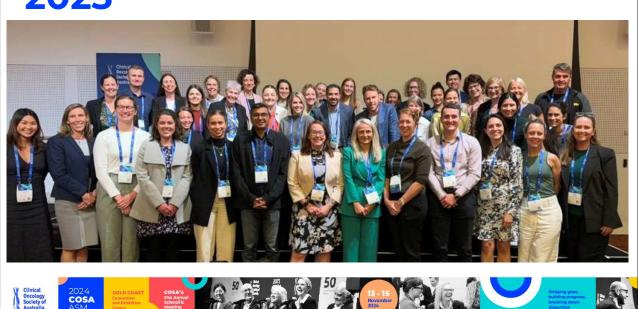




1



## 2023



3





Join tomorrow morning for an easy jog around GC

**Meeting point:** Conference centre at 6.15am



5

## **Current Membership**

**Group formed in 2015** 

Around 221 current members/indicated as an interest

Diverse disciplines including MedOncs, RadOncs, GPs, Exercise Physiologists, Physiotherapists, Nurses, Pharmacists and Dieticians

**Executive Committee meets 4-5x per year by teleconference** 





## **Executive Committee**

Name	Role/Domain	Institution
David Mizrahi	Chair, Exercise Physiology	The Daffodil Centre, The University of Sydney, Sydney
Tina Skinner	Deputy Chair, Exercise Physiology	University of NSW, Sydney
Di Adams	Medical Oncologist	Campbelltown Hospital, Sydney
Lina Pugliano	Medical Oncologist	Royal North Shore Hospital, NSW
Sandie McCarthy	Nursing	Griffith University, QLD
Lara Edbrooke	Physiotherapy	Peter MacCallum Cancer Centre, VIC
Elizabeth Pinkham	Physiotherapy	Princess Alexandra Hospital, QLD
Kellie Toohey	Exercise Physiology	Southern Cross University, QLD
Rob Newton	Exercise Physiology	University of Queensland, QLD
Steve Fraser	Exercise Physiology	Deakin University, VIC

Big thank you to Rhonda DeSouza for steering the ship, Marie Malica for the support and all executive members for volunteering

















7

## **2024 Activities**





















## **Inaugural Exercise-Nutrition Fellowships**

#### **Dr Kim Edmunds**



Title: Economic analysis for exercise oncology programs across Australian tertiary health services.

Aim: Investigating exercise oncology programs for people with cancer within acute cancer health services using a quadruple aim valued-based framework to support economic analysis.

Mentors: Dr David Mizrahi, Prof Sandy McCarthy, Prof Haitham Tuffaha

















### **Endorsed numerous studies to collect data**

Uptake of COSA Exercise guidelines (Mary Kennedy, Jack Dalla Via et al)

**Nurturing Exercise and Diet Support in cancer practice** through exploring use and refining needs-analysis assessment tools (Grace Rose et al)

















# Collaboration with COSA Global Oncology Group

#### **Solomon Islands Exercise Oncology project**

Ongoing discussions by Exec members (led by A/Prof Kellie Toohey) with Prof Desmond Yip (COSA Global Oncology Chair)

- Identifying priority projects
- Training opportunities
- Adaptation of resources

















11

# **Exercise Implementation Working Group**

### Re-instated and having quarterly meetings

Initial proposals developed in 2019, building from that

Lisa Guccione (Chair; Peter Mac, Imp Sci)

Implementation Action plan + ranking priorities (some may be COSA projects, others ideas for individual/collabs researchers, grant apps, student projects)

Focus on Discuss and recommend (and less so the Refer)





















## Many achievements by Exercise members

Numerous publications

JSAMS Plus Exercise Oncology special edition

Media interviews/articles - e.g. Di Adams appearing today on Q&A panel with Annabel Crabb on the topic of Diet & Exercise.

Postgraduate students

Grants awarded

Projects recruiting

New positions established

Fantastic presence at COSA ASM!

















13

## **2025 plans**

ExOnc Implementation Working group

Continue exploring Solomon Islands Global Oncology

More studies disseminated to COSA members

Webinars

Continued ExOnc advocacy

Plan for another big COSA conference 2025

















## **Other Business / Open Discussion**

Would love to hear from you!

















15

