

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
<p>David Mizrahi (Chair); Tina Skinner (Deputy Chair; AGM Minutes)</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 2024 Activities	DM
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • 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	DM
<p>Research processes</p> <ul style="list-style-type: none"> • COSA survey approval and dissemination process • Showcasing latest evidence to members; strategies to engage the group <p>Committee membership</p> <ul style="list-style-type: none"> • COSA committee meetings and working groups: process for joining and Terms of Reference <p>Executive action suggestions</p> <ul style="list-style-type: none"> • 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 <p>Fellowship</p> <ul style="list-style-type: none"> • Dr Kim Edmunds encouraged members to apply for the fellowships • Discussion regarding the fellowship application process 	
8. Next Meeting: 2025 COSA ASM	DM



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
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@DaveMiz_EP



1

2022



2

2023



3



Join tomorrow morning for an easy jog around GC

Meeting point: Conference centre at 6.15am

4

Agenda

AGENDA ITEM
1. Welcome
2. Apologies / Conflicts of Interest
3. 2023 AGM Minutes
4. Executive Committee Membership
5. Update on 2024 Activities
6. Plans for 2025 Activities
7. COSA ASM Highlights
8. Other Business / Q & A
9. Next AGM (late 2025)

Can I please get a volunteer to take minutes? Thanks!



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



6

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



8

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



9

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)



10

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



2024
COSA
ASM

GOLD COAST
Convention
and Exhibition
Centre

COSA's
5th Annual
Scientific
Meeting



13 - 15
November
2024



Bridging gaps,
building progress,
breaking down
disparities



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)



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12

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



14

Other Business / Open Discussion

Would love to hear from you!



15

Thank you very much for attending #COSA24

See you in 2025

David Mizrahi
 David.Mizrahi@sydney.edu.au
 @DoveMiz_LP

Selfie-time!



16