



Using texture modified high fibre diets to assist prostate cancer survivors with bowel incontinence

Background: Faecal incontinence is a known consequence of radiation therapy for prostate cancer. Pelvic floor muscle training can assist in reducing incontinence. There is some clinical evidence that the use of a texture modified high fibre diet can support this treatment.

What you will do: You will work with a team of experienced researchers and clinicians from PACES. This study will including a literature review and a qualitative research study exploring current relevant dietetic practice to determine the role of diet in managing faecal incontinence for prostate cancer survivors post radiotherapy treatment.

Student outcomes: At the completion of your honours year you will have supported the developed of a manuscript suitable for publication. You will have developed an understanding of: (1) best practice dietary recommendations for prostate cancer survivors; (2) how the manipulation of diet can impact stool consistency; and (3) the application of Interprofessional Collaborative Practice in the care of Prostate Cancer Survivors. You will also develop research capabilities: (1) to systematically search for, evaluate, interpret and apply research evidence into dietetic practice; and (2) use a qualitative research methodology to advance the practice of dietetics.

Project team: Rachel Bacon, Irmina Nahon, Elissa Robbins, George Britton, Linda Smillie

This project is funded by the PACES research team with \$5000 to support this work

For further information please contact project primary supervisor Rachel Bacon at Rachel.Bacon@canberra.edu.au



Supporting men with prostate cancer to improve physical activity levels during treatment

Background: It has been identified that physical activity levels are sub-optimal for men diagnosed with prostate cancer, barriers to physical activity participation can lead to many debilitating effects during treatment and beyond.

What you will do: You will work with a team of experienced researchers and clinicians from PACES. This study will include a literature review and a research study exploring current relevant barriers to exercise participation to determine the role of exercise counselling and support to improve physical activity outcomes for prostate cancer survivors during treatment.

Student outcomes: At the completion of your honours year you will have supported the developed of a manuscript/s suitable for publication. You will have developed an understanding of: (1) best practice exercise recommendations for individual prostate cancer survivors and behaviour management strategies to improve participation; (2) how improvements in physical activity can impact men with prostate cancer going through treatment; and (3) the application of Interprofessional Collaborative Practice in the care of Prostate Cancer Survivors. You will also develop research capabilities: (1) to systematically search for, evaluate, interpret and apply research evidence into exercise physiology practices; and (2) use a quantitative and qualitative research methodology to advance the practice of exercise physiology.

Project team: Kellie Toohey, Phil Kavanagh, Catherine Paterson, Melanie Moore

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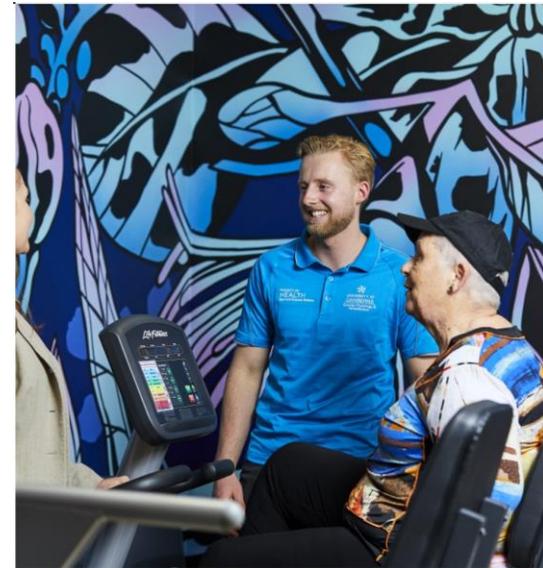
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Exploring the impact of chemotherapy induced alopecia among men affected by cancer

Background: Some patients are not well-prepared for chemotherapy induced alopecia (CIA) due to a lack of information and resources to reduce the psychological burden associated with CIA. Hair loss will affect each patient and their family differently, therefore, intervention and support must be tailored at an individual level of need to optimise psychological and physical well-being and recovery. Hair loss can have a negative impact irrespective of gender, which can result in feelings of vulnerability and visibility of being a “cancer patient”. Currently, little is known about the impact of CIA among men affected by cancer.

What you will do: You will work with an experienced team of researchers and cancer clinicians from PACES. This study will include a literature review and a research study to explore men’s experiences of CIA and supportive care needs.

Student outcomes: At the completion of your honours year, you will be supported to develop a manuscript/s suitable for publication to support evidence dissemination and develop your CV.

You will also develop research capabilities: (1) to systematically search for, evaluate, interpret, and apply research evidence into cancer care; and (2) use a quantitative and/or qualitative research methodology to advance the practice of cancer care.

Project team: Catherine Paterson, Phil Kavanagh, Kellie Toohey

This project is funded by the PACES research team with \$5000 to support this work

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Exploring the impact of COVID-19 among cancer survivors

Background: Since late December 2019, a novel coronavirus (COVID-19) has resulted in an ongoing pandemic, and unparalleled health emergency. Over this time, there has been a new release of information and new waves of regulations that has impacted oncology service globally. Many people affected by cancer and their loved ones will be distressed and concerned about the real-life impact of COVID-19. It is likely that patients will have a range of unmet supportive care needs because COVID-19, but currently researchers and clinicians don't know what these real-life, real-world impacts are.

What you will do: You will work with an experienced team of researchers and cancer clinicians from PACES. This study will include a literature review and a research study to explore the impact of COVID-19 among prostate cancer survivors.

Student outcomes: At the completion of your honours year, you will be supported to develop a manuscript/s suitable for publication to support evidence dissemination and develop your CV.

You will also develop research capabilities: (1) to systematically search for, evaluate, interpret, and apply research evidence into cancer care; and (2) use a quantitative and/or qualitative research methodology to advance the practice of cancer care.

Project team: Catherine Paterson, Phil Kavanagh, Kellie Toohey

This project is funded by the PACES research team with \$5000 to support this work.

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