

# Newsletter

## Volume 23 – May 2020

www.stgeorgescancerinstitute.co.nz

### Greetings

The year seems to have slowed down with the COVID-19 Pandemic lockdown. Having now moved to Alert Level 2 there is a degree of the 'new normal' returning to our lives, however the flow on effects will last for some time to come.

The good news is that St George's Cancer Care remained open and treating patients.

It is hard to believe that the St George's Cancer Care is celebrating its 10<sup>th</sup> anniversary. Chemotherapy consultations and treatments first commenced in the original Hospital Heritage Building and then relocated to the new facility in February 2010. The first consultant oncologists' consultations commenced on Tuesday 23 February 2010 preparing patients for radiotherapy treatments on Monday 29 March 2010.

Over the past ten years the following figures show how busy the Centre been.

- Radiation treatments, Chemotherapy sessions and Specialist Oncologist consultations 135,000
- Physiotherapist consultations 9,800
- Exercise and yoga (since late 2015) 5,000
- Speech language therapist consultations 320 (since late 2016)
- Dietitian consultations 3,300
- Psychologist consultations 3,400

There is now a dedicated team of 63 staff (including consultants).

The Institute has recently bought two exercycles for the Centre and have also approved new chemotherapy chairs.

Unfortunately, the 4WD annual fundraiser organised by John Belcher for Sunday 22 March 2020 had to be cancelled due to the COVID-19 lockdown.

Thank you all for supporting the Centre by reading the newsletter.

**Cilla Glasson**  
Chair, Cancer Institute Trustees Ltd  
and Fundraising Committee

### Lovely feedback from a patient

*(published with the consent of the patient)*

"Dear St George's Cancer Care Team

Over eight weeks I've had daily contact with Radiation Therapist and Reception teams. You have welcomed and cared for me and treated me with respect. Thank you for your encouragement, guidance and professionalism all carried out with genuine warmth.

Noeline and I are also grateful for the support we've received from the wider Cancer Care Team including Dietitian, Psychologist, Consultant and Practice Manager along with the 'back-room' individual(s) whom we never sight. Our thanks to each and every one of you.

Warmest regards

*Murray and Noeline Taylor"*

### Welcome to Clinical Nurse Team Leader, Tracey King

Tracey joined our team in October 2019. Since starting she has made significant contributions in further developing and educating our nursing team and reviewing our processes in medical oncology to ensure we stay at the forefront of treatments and nursing care.

Tracey started her nursing career in Poole, Dorset in the UK in 1990, she quickly realised that her passion was in

cancer nursing so moved to The Royal Marsden in London 1995 to undertake a BSc in Cancer Nursing.

Following this she returned to Dorset, working as a senior nurse and an Oncology Nurse Practitioner at the Dorset Cancer Centre. She continued with her education, undertaking a Postgraduate Certificate in Cancer Studies at the University of Newcastle Upon Tyne, followed by another BSc as an Advanced Nurse Practitioner with The Royal College of Nursing/ Bournemouth University.

Tracey and her family made the decision to join her sister in New Zealand and moved to Christchurch in August 2011.

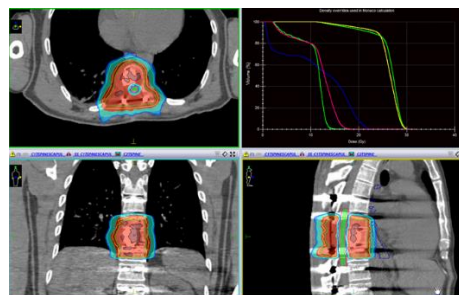
Tracey started in the Oncology Department at Christchurch Hospital in December 2011, whilst there she undertook several roles: Nurse Educator, Cancer Nurse Coordinator and Research Nurse Coordinator. During that time, she continued with her education and completed her Postgraduate Diploma in Nursing Studies, with distinction, from Otago University in 2018.



### SABR treatment update

In 2015 St George's Cancer Care embarked on a SABR programme (stereotactic ablative body radiation treatment).

This technique is an advanced form of radiation treatment allowing very accurate delivery of high doses of radiation, given in a few treatments over a few days rather than many treatments over several weeks.

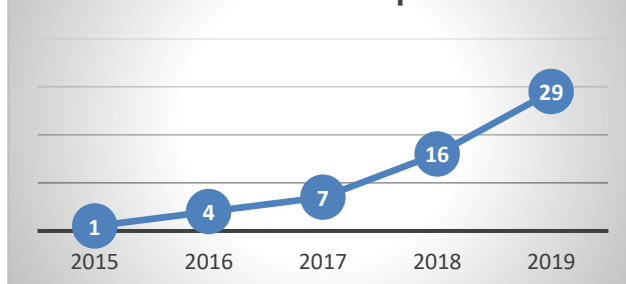


In 2017 the St George's Cancer Institute supported the Centre to acquire additional technology to enable this treatment to

be used in more complex scenarios such as the spine.

The number of patients benefitting from this treatment is increasing every year and will continue to do so, as it is expanded to other treatment sites such as the liver.

### SABR treatments provided



**Viv Ali**  
Practice Manager, St George's Cancer Care

## Dr Raj Kumar, Consultant Medical Oncologist joined the team in March 2020

Dr Kumar's specialist areas are thoracic oncology, breast cancer and melanoma.

Raj did his undergraduate training at the University of Otago (NZ) graduating with a Bachelor of Medicine and Bachelor of Surgery, and Bachelor of Medical Science in 2004. His postgraduate training was done at Wellington Hospital (NZ), becoming a Fellow of the Royal Australasian College of Physicians in 2012.



He worked at the Flinders Medical Centre (AUS) for a 1-year clinical fellowship in gastrointestinal and thoracic oncology. He then went on to join the Phase 1 Unit at the Royal Marsden Hospital (UK) for 18 months as a Clinical Research Fellow. Following this, he held a post in the Lung Cancer Unit at the Royal Marsden Hospital (UK) as a Clinical Research Fellow where he embarked on an MD (Res) degree combining immunotherapy and palliative thoracic radiotherapy. He successfully defended his thesis in 2018. For the first part of 2019, he worked as a Locum Consultant Medical Oncologist at the Royal Marsden Hospital, specialising in lung cancer, breast cancer, and acute oncology.

## St George's Cancer Institute newsletters

We trust you find the updates on St George's Cancer Care – The Glasson Centre and the fundraising activities of the St George's Cancer Institute interesting. (www.stgeorges cancercarecentre.org.nz)

**To reduce printing costs and improve distribution, you can receive future newsletters via email. We encourage you to add your name to the email distribution list - please advise details:**

Dr Kumar

**EMAIL:** \_\_\_\_\_

**NAME:** \_\_\_\_\_

**Thank you for your interest in St George's Cancer Care – The Glasson Centre and your support of the St George's Cancer Institute.**

**If you no longer wish to receive future newsletters, please tick (✓) the box and advise your name.**



**NAME:** \_\_\_\_\_

**Please complete and return in the enclosed self-addressed envelope or email [dawn.hinton@stgeorges.org.nz](mailto:dawn.hinton@stgeorges.org.nz) advising you wish to be removed from the database. Thank you.**

## Reunion for Oncology staff



Late last year St George's Cancer Care Centre hosted a reunion for oncology staff who had worked together over the previous 5 decades.

Chemotherapy was introduced to Christchurch by Professor Barry Colls (centre of photo) in the late 1970's. Diseases that had often been incurable, such as lymphoma and testicular cancer, were now able to be cured even when in advanced stages. The team discussed the considerable improvement in chemotherapy and radiotherapy

over the last 50 years and shared wonderful memories of challenges and triumphs.

## DONATION CARD

To support the St George's Cancer Institute, please fill out the form, including your cheque or credit card details, and post to: **Fundraising Coordinator, St George's Cancer Institute, Private Bag 4737, Christchurch 8140.**

*I will be paying by (tick appropriate)*

Visa  MasterCard  Cheque  Internet Banking

Card no | | | | | | | | | | | | | | | | | | | | | | Expiry Date | | | | | | | cvv | | | |

Amount NZ\$ \_\_\_\_\_ Signature \_\_\_\_\_

**Internet banking to St George's Cancer Institute, Account no 06-0801-0643073-00**

First Name: \_\_\_\_\_ Mr/Mrs/Miss/other Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

A receipt quoting the St George's Cancer Institute number CC26864 will be posted to the above address.

Thank you

**St George's Cancer Institute, St George's Hospital Inc., Private Bag 4737, Christchurch 8140, New Zealand**  
**DIRECTORS: Cilla Glasson, Rob Black, Chris Weir, Dr Peter Pryor,**  
**Dr Chris Atkinson, Dr Chris Wynne**