

## Border Cancer Collaboration

Supporting cancer patients, their carers & health professionals in the Albury & Wodonga regions



# INVITATION TO PARTICIPATE IN THE "OUT ON A LIMB" PROJECT: BORDER PARTNERSHIPS for LYMPHOEDEMA SUPPORT and TRAINING

### What is the Project About?

The *Out on a Limb* Project aims to:

- enhance referral pathways, information and assessment for cancer patients affected by lymphoedema and their carers in the Border Region
- improve access to training opportunities for students in the specialty of lymphoedema.

the direct supervision of a qualified physiotherapist with skills in lymphoedema management.

### When and where is the clinic?

The pilot lymphoedema clinic will be held fortnightly for three months on Wednesdays at the Allied Health Clinic at Charles Sturt University, Olive St, Albury. The pilot clinic will commence in September 2008.

### THE PILOT CLINIC

The *Out on a Limb* Project will implement a pilot supervised student Lymphoedema Assessment and Referral Clinic at Charles Sturt University, School of Community Health.

### Who is eligible to attend the clinic?

The pilot clinic is available to cancer patients with lymphoedema living in the Border Region.

### What will the clinic offer?

The pilot clinic will provide you with an assessment of your lymphoedema condition and a referral letter to your General Practitioner which will outline recommendations for treatment of your lymphoedema. In addition, you will be given information and advice on lymphoedema management, self-care, and treatment options.

### Who will I see at the clinic?

The clinic session will be provided by two 3<sup>rd</sup> year Charles Sturt University Physiotherapy students, under

### What will I be required to do?

The Out on a Limb Project is a research project. Participants in the clinic will therefore be asked to give their permission for data and other information to be collected and used to inform the evaluation of the project.

This project has ethics approval from the Joint Hospitals Ethics Committee. Information collected from your participation in the clinic and research will meet Charles Sturt University & Upper Hume Community Health Service confidentiality requirements and state and national privacy legislation.

### Who are the members of the Project Team?

The Project Team comprises

- Dr Rodney Pope, Director, Centre for Inland Health, Charles Sturt University, Wagga Wagga
- Dr Megan Smith, Course Coordinator, Bachelor of Physiotherapy, Charles Sturt University, Albury
- Ms Jay McGough, Project Officer, Border Cancer Collaboration (auspiced by Upper Hume Community Health Service)

### Who do I contact for more information?

If you would like more information about how to participate in the pilot clinic and research project, please contact

Ms Jay McGough

*Out on a Limb* Project Officer

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Auspiced by Upper Hume  
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