

# Survivors Teaching Students - Update 2019

Presented by

Dr Helen Gooden, STS  
National Coordinator

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*Improving life for women through research*

# Overview

- Introduction
- Our 1<sup>st</sup> Year
- Achievements
- Spreading the word
- Call to action

# Introduction

- Survivors Teaching Students: saving women's lives<sup>®</sup> (STS) is an experiential learning program for medical and nursing undergraduates.
- ANZGOG has now launched this program in Australia in medical nursing and allied health schools.
- The National Framework for Gynaecological Cancer Control (2016) identified priority areas:
  - raise awareness of ovarian cancer signs and symptoms; and
  - enhance learning opportunities in medical curricula.STS is targeting both of these identified priority areas.

# Program Structure



STS National  
Coordinator



Regional  
Coordinator



Facilitator

Presenter x 3



# Our 1<sup>st</sup> year: July 2017 - to date



# Achievements to date March 2019

## Aims 2017 - 2020

Established in 4 States

### Survivors Teaching Students



**4** Establish in 4 states  
NSW, VIC, QLD and WA  
and including regional  
cities (Armidale, Orange,  
Lismore in NSW)



**60** Recruit and train  
volunteers, made up of:  
5 Regional Coordinators,  
7 facilitators, and 48  
presenters

60 volunteers trained

Delivered 24 sessions



**15** Deliver  
sessions of the  
program



**400** Reach  
medical, nursing  
and allied health  
students

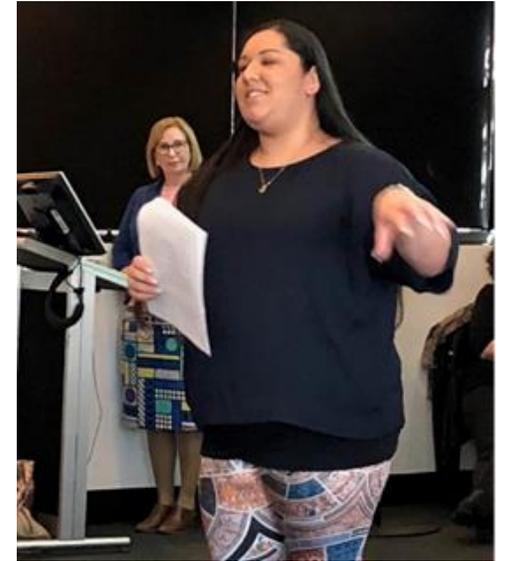
1000 students reached

# Students response

- *“The STS presentations have given me an insightful perspective into the cancer patient and carers role and how these fit in with the health professionals.”* Year 3 medical student 2018.
- *“There are many different presentations of ovarian cancers - patients know best about their symptoms. Communication and the significance of providing hope to patients is key.”* Year 4 medical student 2018.
- *“Takes it out of the theoretical and into the human, which is sort of the real reason we do medicine.”* Year 3 medical student 2017.
- *“Important to consider the perspective of patients and how the diagnosis affects their lives.”* Year 2 medical student 2017.

# Spreading the word

- Results:
  - **STS demonstrates benefits for both students and survivors**
    - Evaluations show 23% effectiveness (medical students), 32% (nursing students)
    - US Comparison - 22% effectiveness (medical students), 40% (nursing students)



*“Survivors Teaching Students provides medical care-givers with uniquely novel insight, taking them beyond the diagnosis, prognosis and treatment plan, to the impact of the medical condition on the patient [and caregiver]. More so, it allows practitioners to stop and think about not just what care should be delivered but also how it should be delivered. That care delivered with kindness, thoughtfulness and respect is completely different from identical care delivered with abruptness, impatience and lack of compassion.”* Clinical Director Women’s and Newborn Services - USYD

# Survivor benefits

- Qualitative data (survivors/presenters) indicates high levels of satisfaction, with significant benefits reported as:
  - *regaining control of one's life,*
  - *sense of purpose, validation,*
  - *hope and feelings of empowerment.*

*“Telling your story can be very powerful, scary and emotional but also amazingly empowering and healing.”* Young woman diagnosed with Stage 3c ovarian cancer

# Presentations

- 5 Conferences:
  - CINSW 2017, COSA 2017, VCCC Survivorship 2018, CNSA 2018 (Oral), COSA Survivorship 2019.
- Invited Speaker:
  - Gynaecology Oncology Nurses Group 2018, ANZGOG Gynae Nurses Symposium 2018, Mater Research 2018 TRIP Symposium and EACH Australian Health Communications Forum 2019.
  - Westmead Gynae Support Group 2017-18
  - Hunter Gynaecology Patient Support Day 2017-18.

# Call to action

- We are always RECRUITING volunteers to meet our university commitments.
- Pool of volunteers is always changing as the demands of the disease, advancing illness and at times, death take their toll.
- Committed to our duty of care to our STS volunteers.
- Psycho-oncologists, Cath Adams and Toni Lindsay work with us to ensure our survivors work safely in the STS program.



*“Even though it might seem confronting to ‘bare your soul’ to 100 young people, it is an extremely worthwhile and rewarding thing to do. The informal chat afterwards with students was amazing. They hugged us!!” (Survivor – Presenter NSW)*

Do whatever it takes!!



# Questions?

Please contact me if you see an opportunity to include STS Presentations for medical, nursing or allied health students at your School.

E: Helen Gooden [sts@anzgog.org.au](mailto:sts@anzgog.org.au)



Survivors Teaching Students® is a Cancer Australia Supporting people with cancer Grant initiative, funded by the Australian Government.  
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