

CARE SERVICES OVERVIEW



PROVIDING PERSONALISED SUPPORT
FOR THOSE TOUCHED BY CANCER



Bloomhill

CANCER CARE

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We offer a nurse-led model of community-based cancer care, providing personalised support through allied health services, mind and body therapies and wellness activities.

Our diverse care team of nurses, allied health practitioners, therapists and facilitators are passionate about supporting you to receive the very best care and treatment throughout your journey with cancer. Our clinical nurses follow best-practice frameworks and can provide you with the most up to date research and evidence in managing cancer. Your nurses will help you understand and support your medical treatment plan.

Your nursing team will work with you to consider all aspects of care, taking a holistic approach which includes supporting your physical, practical, emotional, spiritual and cultural needs as you navigate your cancer diagnosis and treatment.



Nurturing connection
through care.

We acknowledge the Gubbi Gubbi and Kabi Kabi people, Traditional Custodians of the land on which we meet, and pay our respects to their Elders past and present.



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GETTING TO KNOW YOU: HOW IT WORKS

After a brief discussion with reception, a follow-up appointment will be made in which a nurse will complete a personalised assessment of needs.

At this meeting you will discuss a range of topics and explore options of supportive services which may assist you with managing your personal situation.

A wellness or survivorship care plan will then be created specifically for you, helping you understand the path ahead and anticipate the things you may need to do. This care plan can be shared with your GP and treating team, so everyone is on the same page to support your health and well-being. As your needs change, your nursing team will review and update your care plan and guide you through your options and choices.

Your Bloomhill nursing team can liaise with your oncology treating team if required and can often be the first point of contact for troublesome side effects, questions about cancer treatments or to discuss referrals to the Bloomhill allied health team and therapists.



ALLIED HEALTH SERVICES

COUNSELLING & PSYCHOLOGY

A cancer diagnosis can raise fears and concerns as well as challenges for the person with cancer and often for loved ones as well. We understand the importance of mental health and emotional well-being for patients and family when cancer is diagnosed, or when something changes. Our specialist psycho-oncology services provide a range of options to assist people in dealing with cancer diagnosis, progression of disease, or other changes that require adapting to a 'new normal'.

EXERCISE PHYSIOLOGY

Research has demonstrated that exercise during and after treatment can improve some of the side-effects of cancer treatment and in some cases reduce the risk of recurrence of certain cancers and improve survival. Our Exercise Physiologist has specialist training to assist you with understanding the importance of exercise for your particular situation, needs, and prescribing the appropriate exercise to address those needs.

PHYSIOTHERAPY

Physiotherapy provides an opportunity to support you throughout treatment to remain functional and to continue to live a quality life once treatment has finished. Our physiotherapists

are trained in the treatment of lymphoedema, cording, painful and restrictive scars, joint pain, impaired range of motion and post-treatment fatigue. This specialist training allows them to appropriately assess and treat according to your needs.

DIETETICS

Good nutrition is important for all cancer patients and advice from a dietitian specialising in cancer nutrition can provide important support. Oncology nutrition is the application of nutrition and dietetic science to assist people with cancer to maintain adequate nutrition during their cancer treatment and beyond. Research shows that diet and exercise are linked to better cancer survival and decreased recurrence.

ART THERAPY

Art therapy is one of the most popular activities at Bloomhill. It provides an opportunity for social interaction as well as a therapeutic space for clients to process some of the thoughts and feelings related to their experience of living with cancer. Research supports the benefits of art therapy in having a beneficial effect on anxiety, depression and fatigue, it has also been found to have a positive effect on quality of life and symptoms in cancer patients.



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MIND & BODY THERAPIES

ONCOLOGY MASSAGE

Massage is beneficial during all stages of a cancer journey - from diagnosis, throughout treatment and beyond. Bloomhill oncology massage therapists acquire extensive specialised experience and training which assists them in creating tailored massage therapy for each of their cancer clients.

The benefits of oncology touch therapy are frequently reported by clients who experience improved sleep duration and quality when undergoing active treatment.

It also enhances relaxation and provides feelings of peace and security with many clients reporting that they experience reductions in common treatment side effects such as nausea, anxiety, depression, pain, and fatigue.

REFLEXOLOGY

Reflexology is a technique that applies gentle pressure to the feet, hands or face to bring about a state of relaxation and to help the body's own healing process by encouraging a state of equilibrium. There has been some research to show that reflexology can assist with reducing chemotherapy induced peripheral neuropathy. It is considered safe for people with cancer to have reflexology.

LYMPHATIC SUPPORT

One of the side effects of cancer treatment that may impact cancer survivors is lymphoedema, which develops due to a blockage or breakdown in the body's drainage system (the lymphatic system). This causes a build-up of fluid and leads in many cases to sustained swelling. Bloomhill's lymphoedema support therapists are specialists in treating lymphoedema, oedema, scars and other side effects of lymph node removal. In addition to manual lymphatic drainage (a form of oncology massage), we can help you reduce swelling and discomfort, and empower you with self-care options by providing:

- Education and pre-operative baseline measures;
- Ongoing lymphoedema monitoring;
- Garment prescription;
- Scar treatment and lymphoedema assessment via our SOZO Digital Health Platform.

You can access Bloomhill's lymphoedema support services without going through a nursing assessment, by making an appointment for an initial consultation at reception.

ACUPUNCTURE

Acupuncture is an ancient form of Chinese medicine. When provided for people with cancer it has beneficial outcomes in reduction of cancer related pain and when used in combination with conventional drug therapy this effect is enhanced. There is also some potential for acupuncture to be effective for chemo-therapy induced peripheral neuropathy (a side effect of cancer treatment) and may provide benefit for chemotherapy induced nausea, although further research into this is needed.

FACIALS

Our indulgent facials are designed to pamper! Divinely relaxing, revitalising and therapeutic... you will experience new levels of tranquility as we apply nourishing, locally produced products to cleanse, steam, tone, massage, and hydrate your face, neck and décolletage; be spoiled by a spine-tingling scalp, arm and hand massage as you await the unfolding magic of your expertly applied skin treatments.

MEDITATION AND MINDFULNESS

Research shows meditation or mindfulness can reduce anxiety, depression fatigue and stress and improve quality of life. It can also reduce psychological distress and pain. We offer dedicated mindfulness programs periodically each year and our ongoing group meditation classes provide clients with opportunities to practice regularly in a group setting with the help of one of our teachers.

YOGA

Yoga is a powerful form of mind and body exercise and has been found to be beneficial for several physical and psychological symptoms, and studies of women with breast cancer have shown that yoga can improve quality of life, reduce fatigue and sleep disturbances and can assist in improving health generally and managing treatment related side effects. We offer both mat and chair-based yoga to cater for mobility needs.





TRANSPORT SERVICES

Our volunteers provide safe and compassionate transfer services for clients (and carers) to and from cancer treatment, medical appointments and services provided at the Buderim wellness centre.





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