



2021 IMPACT REPORT

Executive summary

In 2021, there were almost 200,000 Australians living with breast cancer and the needs of these people are varied and complex. The McGrath Foundation has seen firsthand the impact that a dedicated McGrath Breast Care Nurse has on people and their families experiencing breast cancer.

The McGrath Foundation raises funds to place McGrath Breast Care Nurses who help individuals and their families affected by breast cancer by providing physical, psychological, and emotional support, from the time of diagnosis and throughout treatment. The support of a McGrath Breast Care Nurse is available right across Australia – for free with no referral. No matter whether a patient is in the private or public health system.

This report will outline the McGrath Model of Care, showcase the economic benefits a McGrath Breast Care Nurse has on the Australian health care system as well as their patients and families. It will also provide detail on the McGrath Breast Care Nurse Pfizer funds, Sam Moules.

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Breast cancer in Australia

- Breast cancer is the most commonly diagnosed cancer in Australia.
- In Australia, one in seven women will be diagnosed with breast cancer by the age of 85.
- It is estimated that 55 people will be diagnosed with breast cancer in Australia every day this year.
- 19,866 women, and 164 men are expected to be diagnosed with breast cancer in Australia this year.

About the McGrath Foundation

- McGrath Breast Care Nurses help individuals and their families affected by breast cancer by providing invaluable physical, psychological and emotional support, from the time of diagnosis and throughout treatment.
- The support of a McGrath Breast Care Nurse is available right across Australia – for free. No matter whether someone is in the private or public health system.
- The McGrath Foundation currently funds 177 McGrath Breast Care Nurses in communities right across Australia.
- 100,000 families have now been supported and cared for by a McGrath Breast Care Nurse since 2005.
- Ninety per cent of women in Australia live now within 75km of a McGrath Breast Care Nurse.
- McGrath Foundation research shows early access to a McGrath Breast Care Nurse significantly improves the experience and outcomes of a person with breast cancer.
- Funding for an additional 73 nurses is needed to ensure that no one misses out on the free care of a McGrath Breast Care Nurse.

McGrath Model of Care

- The McGrath Model of Care provides a world-class framework for the delivery of best practice breast cancer care. From diagnosis to treatment, rehabilitation, follow-up and transition to wellness or palliative care.
- The McGrath Foundation led the development of the McGrath Model of Care to enhance and standardise supportive care nursing practice and deliver best-practice care to people affected by breast cancer right across Australia.
- The McGrath Model of Care launched in November 2020 and was developed over a two-and-a-half-year consultation and development process. It draws on 15 years' experience and data from more than 150 specially trained nurses and has been developed in consultation with 25 cancer specialists and clinicians including surgeons, oncologists, GPs, and patients.
- The McGrath Model of Care delivers three main benefits:
 - Empowers patients and improves and enhances patient care
 - Improves nursing effectiveness
 - Provides cost savings to the health system
- All McGrath Breast Care Nurses are required to undertake training of the McGrath Model of Care via online learning and webinars. They also receive support and guidance from McGrath Foundation Clinical Leaders to assist in implementing the Model in their service.
- The McGrath Model of Care has received endorsement from the Australasian Society for Breast Disease, Breast Cancer Network Australia, Breast Surgeons of Australian & New Zealand and the Cancer Nurses Society of Australia.

Impact a McGrath Breast Care Nurse has on the Australian health system

- Our most recent evaluation by Deloitte Access Economics 2020, found that the McGrath Breast Care Nurse Program delivers:
 - improved quality of life to people with breast cancer
 - shows a reduction in patients presenting at emergency departments
 - reduces clinician consulting time with patients
 - improves attendance at medical appointments
- Studies have shown that, McGrath Breast Care Nurses contributed \$1.96 in social benefits for each \$1 in the Programⁱ

Impact a McGrath Breast Care Nurse has on people affected by breast cancer

- People affected by breast cancer are unequivocal in their view that access to a McGrath Breast Care Nurse improves their quality of lifeⁱⁱ
- Studies show that patients view their McGrath Breast Care Nurse to be just as important to their health and wellbeing as their Oncologist and Breast Surgeonⁱⁱⁱ
- Access to a McGrath Breast Care Nurse empowers people affected by breast cancer to make more knowledgeable decisions that are both clinically appropriate and also provide them with control to manage their lives and work with limited impact.

Pfizer's contribution

Pfizer have partnered with the McGrath Foundation since 2010 and are currently funding the position of Sam Moules at Royal North Shore Hospital, Northern Sydney Local Health District.



"I am a dedicated metastatic McGrath Breast Care Nurse and I support patients at Royal North Shore Hospital in Sydney, New South Wales.

I have been a McGrath Breast Care Nurse since 2016, a registered nurse since 1999 and I also have a Graduate Certificate in Oncology Nursing, Graduate Certificate in Breast Cancer Nursing, Level 1 in Lymphoedema, and Cert IV in teaching and assessing.

The most important thing I do for my patients is help in any possible way to make the experience a little bit easier. I'm a hand to hold, an ear to listen, a voice to speak, a shoulder to cry on, an organiser or just a familiar face in unknown territory.

Every day I make a difference by being that familiar face to provide support and comfort for the patients and their families on the unfamiliar path that lies ahead".

In 2021, in addition to her current role, Sam has taken on responsibilities as Clinical Leader for NSW. Given her extensive experience and excellent performance Sam now supports all NSW McGrath Breast Care Nurses as Clinical Lead providing mentoring, advice and support to develop their skills and practice and assisting to embed best practice through the McGrath Model of Care.



"As a nurse the support the McGrath Foundation gives you is incredible, being part of a something that is so well-renowned is an honour."

Sam Moules 2021 in review

The bulk of Sam's role is spent providing clinical care to patients, the other facets she looks after include:

- Education for patients
- Psychological support
- Care coordination

Sam predominately supports her patients face to face however she also interacts with them via email, phone call, text messages and telehealth.

In addition to working directly with individual patients, Sam participates in 'indirect activities' which provide benefit to the wider health care system. This could be running group sessions with multiple patients, consulting with other health care professionals or attending Multi-disciplinary Meetings where clinical cases are presented and advice is sought from a range of clinicians.

Sam is also an Ambassador for the McGrath Foundation and often shares her expertise at conferences and education sessions. In October 2021, Sam and her patient Luise attended a Breast Cancer Awareness Month panel discussion with the employees of Pfizer. This allowed the wider Pfizer team to see the direct impact Sam has on her patients by hearing firsthand from one of Sam's patients.

Summary

The McGrath Foundation are extremely grateful for the generous support from Pfizer. To date, Pfizer have donated more than \$1 million and are currently funding the position of Sam Moules at Royal North Shore Hospital.

McGrath Breast Care Nurses, have a significant and measurable impact on the individuals and families experiencing breast cancer as well as a considerable impact on the Australian health care system. The contribution Pfizer make has a broad and far-reaching impact on families in Australia and the health care system.

On behalf of the McGrath Foundation and the patients and families you have helped support to date, thank you. Together, we have and continue to make a difference.

i National cost-benefit analysis of McGrath Breast Care Nurse Program, Deloitte Access Economics 2020

ii Paynter, H., Fodero, L., Scuteri, J., Kerin-Ayres, K. and Tink, K., 2013. Evaluation of the McGrath Foundation's breast cancer nurses initiative. *Australian Journal of Cancer Nursing*, 14(2), p.4

iii Evaluation of the McGrath Breast Cancer Nurse Initiative 2017-21: 24-month Evaluation Report, July 2019
Deloitte Access Economics.