Name: Dr David Mizrahi
Position & Affiliation: Senior Research Fellow, Accredited Exercise Physiologist
Full Reference: **Mizrahi D**, Wu V, Martiniuk A, Wu O, Qian X, Ho C, Govender D, Sibbald T, Smith B. *Barriers and Facilitators to Implementing Physical Activity Programs for Children Diagnosed with Cancer: A Qualitative Study of Healthcare Professionals' and Families' Perspectives*
Conference/Meeting Name: Clinical Oncology Society of Australia (COSA) and International Psycho-Oncology Society (IPOS) IPOS joint Congress
Location: Adelaide
Dates: 11-14 November
Presentation Type : Oral



Here is our multi-disciplinary COSA running group with conference conveners Lisa Beatty, IPOS president Wendy Lam, and COSA President Sabe Sabesan among others. Great chats about cancer care and life broadly.

The COSA-IPOS conference was a fantastic opportunity to get together with colleagues to discuss latest findings and chat about ways to improve cancer care. The focus was on psycho-oncology, so we chatted about ways to improve mental wellbeing of patients. It was a big conference this year as there were many international delegates from the IPOS component.

There was a lot of buzz about how we can support patients better from a psychological perspective. Also given that the CHALLENGE trial was recently published supporting improved survival with exercise, there was a lot of buzz talking about that.

There were many colleagues from other countries and with psycho-oncology interest that I would never have met, including from Denmark, UK and Asia. I Chaired 3 sessions, so it was a pleasure to get to know many of the international guests and hear of their work. I also caught up with an old colleague at the COSA Dinner and after that, we ended up submitting an MRFF grant together! And it was a great opportunity to give an oral presentation, where I presented after my former PhD advisor A/Prof Jo Fardell, a full circle moment. I was able to connect with other experts in the field, which is very useful for improving grant success and future partnerships. I learnt to think more broadly, engage more in consumer co-design and consider the patients psychological needs when participating in research.

My running group is always a highlight. The opportunity to have a beautiful morning run along the river and have a great chat with the President of IPOS, hear of her research in Singapore, and even discuss opportunities for exercise oncology research that we could assist her with was great. And also chatting with the COSA president on our run, and catching up with international colleagues/friends including world leading GP oncology researcher Prof Larissa Nekhlyudov from Harvard.