Sydney Cancer Partners – Conference Support Report

Name: Andrea L Smith
Position & Affiliation: Senior Research Fellow, The Daffodil Centre, University of Sydney and Cancer Council NSW
Full reference: Smith AL, Franklin M, Newton G, Kenny K, Boyle F, Lewis S. *Buying time: incurable prognosis, temporal uncertainty and the financial and emotional costs of metastatic cancer*.
Conference/Meeting Name: COSA–IPOS 2025 Joint Meeting (52nd COSA Annual Scientific Meeting & 26th IPOS World Congress)
Location: Adelaide Convention Centre, Adelaide, South Australia, Australia
Dates: 11–14 November 2025
Presentation Type: Oral presentation (15 min)
Session I presented in: "The big picture of unmet survivorship needs", Friday 14 Nov, 1:30–3:00 pm, chaired by Prof Bogda Koczwara.



Presenting "Buying time: incurable prognosis, temporal uncertainty and the financial and emotional costs of metastatic cancer" at COSA–IPOS 2025



At the COSA–IPOS 2025 exhibition hall during a break between sessions

The COSA–IPOS (Clinical Oncology Society of Australia – International PsychoOncology Society) 2025 Joint Meeting brought together Australia's multidisciplinary oncology community and international psycho-oncology community for four days in Adelaide, and was attended more than 1,200 delegates. The theme, "Optimising care, optimising outcomes – Partnering to improve outcomes for all," emphasised equity, collaboration and practical translation into

clinical care. There was strong representation from clinicians (medical, radiation and surgical oncology), nursing, allied health, primary care, researchers, policy leaders and consumers.

Areas of momentum and key messages:

- Equity and access: models to reduce variation in supportive-care access across geography, socioeconomic status and cultural groups.
- Implementation and quality improvement: practical sessions on selecting, tailoring and evaluating implementation strategies; measuring sustainment.
- Emerging therapies and supportive-care needs: immune-related adverse events, neurocognitive effects and symptom clusters.
- Consumer partnership: co-design methods and measures of impact were highlighted across multiple sessions.

Engagement and networking: Met with consumers with metastatic breast cancer (MBC) from MBC Action Australia; attended the COSA Survivorship Group meeting to discuss priorities and collaboration opportunities. Met with numerous researchers, clinicians, representatives from professional organisations.

Standout sessions: A standout moment was presenting in the same session as **Professor Margaret Fitch**, a widely respected pioneer of supportive cancer care. An Adjunct Professor at the University of Toronto and Editor-in-Chief of the Canadian Oncology Nursing Journal, Prof Fitch has led internationally through influential work on supportive-care frameworks and survivorship transitions. Other standout sessions included "Challenges in the changing landscape of clinical trials" (especially the presentation by Dr Christopher Jackson) and "Exercise as medicine in cancer" (especially the presentation by Prof Janette Vardy). These reinforced the need to pair scientific advances with equitable access, trial literacy and scalable interventions.

Knowledge and skills gained and benefit to my current research: Insights from the conference will directly inform my program on metastatic survivorship and supportive-care implementation, in particular I made key contacts in the 'Education' session and subsequent meetings have directly influenced my work developing and piloting of a metastatic-specific facilitator support group training curriculum.

Relevance to the wider Sydney Cancer Partners membership: Much of what I learnt at COSA/IPOS 225 are applicable across tumour streams and settings: i.e. designing equitable access pathways; embedding consumer partnership; selecting implementation strategies for supportive-care innovations; designing accessible, relevant and engaging educational interventions for clinicians and patients, and addressing financial toxicity as a routine component of care.

Personal highlight: Presenting to, and receiving thoughtful feedback from, an international, multidisciplinary audience; and reconnecting with collaborators to scope a cross-jurisdictional project on metastatic support and financial navigation.