



## NICS-CA NCGC FELLOW 2009

### Dr Mary Ryan

*Clinical Nurse Consultant,  
Gynaecological Oncology  
The Royal Hospital for Women, NSW*



#### Implementation Project:

*Improving nutritional status and physical conditioning in women affected by gynaecological cancer.*

Weight loss and loss of physical condition are known consequences of gynaecological cancers which can delay treatment delivery and recovery. Early intervention and the motivation to self manage aspects of care can have a significant impact on quality of life.

Improved health outcomes including decreased length of hospital stay following surgery and less wound infections can result when women with cancer and their health care providers proactively manage nutrition and physical condition. However, assessment of these conditions is not routinely undertaken at the time of diagnosis or during the course of the disease. Dr Ryan will develop and implement an assessment tool at the Royal Hospital for Women, working with staff and patients to make assessment and management a routine component of patient care.

#### Funding Partner:

Dr Ryan's Fellowship is supported by Cancer Australia's National Centre for Gynaecological Cancers.

Cancer Australia is a national government agency, working to reduce the impact of cancer on all Australians. The National Centre for Gynaecological Cancers is an Australian Government initiative to improve outcomes for women affected by gynaecological cancers and their families and caregivers. It has been established by Cancer Australia.

#### Project Mentor:

**Professor Kate White**  
The University of Sydney, NSW

#### NICS Mentor:

**TBA**

