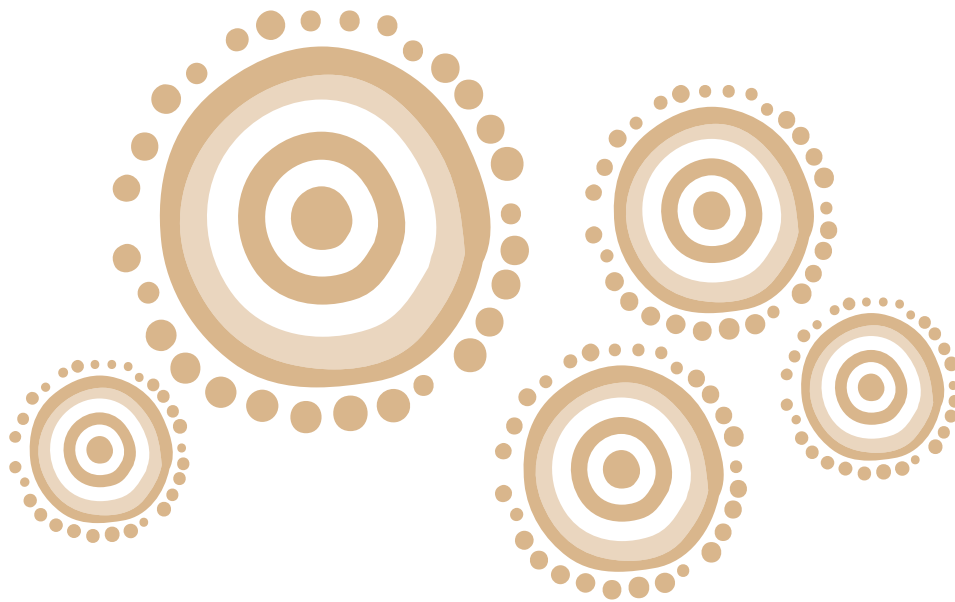




Australian Government
Cancer Australia

OUR LUNGS OUR MOB

Community Education Resource



**Lung cancer awareness workshop for Aboriginal
and Torres Strait Islander communities**

When you order this resource, a USB will be included which contains:

- presenters notes
- a Powerpoint presentation
- workshop posters and invitation
- activity cards
- evaluation forms

A DVD with the personal stories about lung cancer will also be included.

Our lungs, our mob community education resource

Our lungs, our mob community education resource was prepared and produced by:

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Our lungs, our mob

Community Education Resource



This resource has been designed to support Health Workers and Health Practitioners to conduct an 'Our lungs, our mob' workshop for community members to increase awareness of the symptoms of lung cancer and the benefits of diagnosis at an earlier stage.

Cancer and our mob

The Community Education Resource provides all the necessary tools to organise and conduct an Our lungs, our mob workshop.

This includes the following, some of which are provided electronically on a USB:

- Our lungs, our mob community education resource (electronic version)
- power point presentation
- workshop poster and invitation (electronic version)
- activity cards (electronic version)
- a DVD with stories from people with lung cancer.
- evaluation forms (electronic version)

Additional resources on the USB to assist you in understanding more about lung cancer among Aboriginal and Torres Strait Islander people include:

- Report to the nation: Cancer in Aboriginal and Torres Strait Islander peoples of Australia 2013
- Investigating symptoms of lung cancer: a guide for GPs.

Did you know in the last 10 years.....

- Almost 4,000 Aboriginal and Torres Strait Islander people were diagnosed with cancer
- On average, around two Aboriginal and Torres Strait Islander Australians are diagnosed with cancer every day
- The most commonly diagnosed cancers for Aboriginal and Torres Strait Islander Australians were lung cancer, followed by breast cancer (in females), bowel cancer, prostate cancer (in males) and cancer for unknown primary site
- Around 2,000 Aboriginal and Torres Strait Islander people died from cancer
- On average, one Aboriginal and Torres Strait Islander Australian dies from cancer every day
- The most common cause of cancer death in Aboriginal and Torres Strait Islanders was lung cancer, followed by liver cancer, breast cancer (in females), cancer of unknown primary site and bowel cancer.

Overall, Aboriginal and Torres Strait Islander Australians are more likely to die from cancer than non-Indigenous Australians.

Tip: These statements could be displayed around the room on a white board or on posters.

But it's also important to know.....

Choosing to quit smoking can reduce your risk of getting many cancers, including lung cancer.

The earlier lung cancer is found, the better survival is likely to be.

- Yarning is a good way to share knowledge and information about cancer. It's important to talk to your mob about cancer.
- Support from family who understand what's going on can mean a person with cancer copes better.

There are organisations and health professionals that can help with:

- transport and accommodation
- costs and expenses
- family commitments
- what will happen in hospital environment; and
- where to access support persons such as Aboriginal and Torres Strait Islander support and liaison workers.

(see page 20 for more information).

Organiser checklist and suggested timeline

Use the checklist below to help you organise the workshop.

| Checklist and suggested timeline | Tick |
|---|--------------------------|
| Initially | <input type="checkbox"/> |
| Organise a presenter. You might like to have two people that can co-present. Suggested presenters include: | |
| <ul style="list-style-type: none">an Aboriginal or Torres Strait Islander Health Worker/Practitioner, Tobacco Action Worker, Healthy Lifestyle Worker, or other health professional such as a doctor or nurse | |
| You may also like to invite the following people to the workshop: | |
| <ul style="list-style-type: none">a local Elder or respected Aboriginal or Torres Strait Islander in the community to introduce the workshopan Aboriginal or Torres Strait Islander person who has had lung cancer to speak at the workshopa social worker or counsellor to be on stand-by should any participants need support during the workshop | |
| Set workshop date and time based on presenters' availability and other community events | <input type="checkbox"/> |
| Book the venue | <input type="checkbox"/> |
| 4 weeks before workshop | |
| Organise an activity for the participants to take part in during or at the end of the workshop, such as singing, dancing, didgeridoo playing, sports, arts, craft or cooking | <input type="checkbox"/> |
| Prepare promotional flyer and poster and distribute among the community | <input type="checkbox"/> |
| Keep a written record of people who are going to attend | <input type="checkbox"/> |
| Organise any travel required for presenters, Elders and participants | <input type="checkbox"/> |
| Provide a copy of the Presenter's Notes in this workbook to the presenter and discuss what each person will do on the day | <input type="checkbox"/> |
| If providing food, organise catering for the day | <input type="checkbox"/> |

2 weeks before workshop day

Organise audio visual equipment such as a laptop computer and screen



Organise whiteboard, butcher's paper, markers, eraser



Confirm travel details with presenters



Remind community members about the date and time and confirm that they will be attending



1 week before workshop

Confirm catering



Print workshop documents such as evaluation forms, registrations forms, name tags



Workshop day

Set up registration table with registration forms, pens, paper and name tags, workshop program, evaluation forms



Check all equipment (e.g. laptop computers) and make sure it works



Hand out Evaluation Form A at completion of the workshop and ask participants to fill in and give back to you



1 week after workshop

Send Evaluation Form B to Cancer Australia



Workshop objectives

The Our lungs, our mob workshops aim to increase community awareness of the symptoms of lung cancer and the benefits of finding out early if you have lung cancer.

Learning objectives

After attending the Our lungs, our mob workshop, participants will be able to:

- understand some of the myths about cancer
- understand the risk factors for lung cancer
- name lung cancer symptoms
- identify who they can talk to if they have symptoms that may be lung cancer
- understand the benefits of diagnosing lung cancer at an earlier stage.

The key messages are:

What are the main risk factors for lung cancer?

- Smoking
- Passive smoking.

What are lung cancer symptoms?

- a new cough that doesn't go away
- a changed cough
- shortness of breath
- coughing up blood.



Who to talk to if you think you, or someone you know, have symptoms that may be lung cancer?

- See a local doctor, nurse or Health Worker as soon as possible.

Why is increased awareness of symptoms important?

- There is always something that can be done
- The earlier lung cancer is found, the better survival is likely to be.

Workshop format

This workshop can be run over two hours with a break. The workshop is designed to be interactive, using the Presenter's notes provided. The presenter should be encouraged to facilitate the workshop in a way that they feel comfortable with and best suits the needs of the community.


Here is a suggested workshop program:

| Estimated Time | Activity | Presenter |
|----------------|------------------------------------|---------------------|
| 10 min | Welcome | |
| | Introduction of presenter | Workshop presenter |
| | Welcome to Country | Elder |
| | Participant introductions | Participants |
| | Overview of workshop | |
| 15 min | Session 1 | |
| | What do we already know? | Workshop presenter |
| 25 min | Session 2 | |
| | Lung cancer | Health professional |
| 15 min | Break | |
| 10 min | Session 3 | |
| | DVD - Let's yarn about lung cancer | Workshop presenter |
| 20 min | Session 4 | |
| | Our community | Workshop presenter |
| 10 min | Session 5 | |
| | What have we learnt? | Workshop presenter |
| 5 min | Thank you and close | Workshop presenter |

Tips:

1. The workshop could be presented in local language.
2. You could print this program out for participants or put up around the room.

Presenter's Notes: Welcome and Acknowledgement of Country



Purpose: This session aims to welcome participants and encourage participation in the workshop.

Presenter's notes

Welcome everyone to the workshop

SLIDE 1

Welcome participants to the workshop.

Introduce yourself (including background and experience).

Explain that the workshop is informal and encourage participants to ask questions throughout the workshop.

Explain that the material covered in the workshop may be sensitive, and some participants may feel emotional.

If available, introduce the counsellor or social worker and let the participants know that support is available.

Welcome to Country

Introduce the person who will be performing the Welcome to Country.

Participant introductions

Ask participants to introduce themselves to the entire group or ask participants to turn to the person next to them and introduce themselves. This provides an opportunity for participants to get to know each other.

Purpose of the Workshop

The workshop today will increase our understanding of lung cancer symptoms and the benefits of diagnosing it early.

Overview of the workshop

SLIDE 2

Give the participants a brief overview of the workshop:

There are 5 sessions with a break for morning tea or lunch.

Session 1 - What do we already know?

We will find out what we know about cancer & risk factors.

Session 2 - Lung cancer

We will learn about lung cancer symptoms and when to go to the doctor, nurse or Health Worker/Practitioner.

Break

Session 3 - Let's yarn about lung cancer

We will watch a DVD with some stories from people with lung cancer and how it impacted them and their families.

Session 4 - Our community

We will talk about health and supportive services in our community.

Session 5 - What we have learnt?

We will go over what we have learnt during the workshop.



Session 1 - What do we already know?



Purpose: To find out what participants already know about different types of cancer, risk factors and how cancer affects Aboriginal and Torres Strait Islander communities.

Presenters notes

What is cancer?

Let's start by talking about what cancer is. Cancer is a disease of the cells, which are the body's basic building blocks. Cancer cells are bad (damaged) cells that just keep growing. They form lumps of tissue known as tumours in the body that can make you very sick.

Types of cancer - group activity

SLIDE 3

We are going to look at cancer types that can occur in the body. In groups of 2 or 3 talk about different cancer types that you have heard of.

Ask the group what they have come up with. Some possible answers that might be provided are:

- Lung
- Breast
- Bowel
- Prostate
- Uterus
- Liver
- Pancreas
- Cervical

SLIDE 4 (lists the above cancer types)

Tip: Be aware that some participants may have lost family or friends to cancer and might find the activity difficult. Participants might wish to talk about a personal cancer story.

Discuss the impact of cancer on Aboriginal and Torres Strait Islander people

SLIDE 5

The most commonly diagnosed cancers for Aboriginal and Torres Strait Islander people are lung cancer, followed by breast cancer (in females), bowel cancer and prostate cancer (in men).

SLIDE 6 (a diagram of the location of cancer types in the body)

On average around two Aboriginal and Torres Strait Islander people are diagnosed with cancer every day.

This is why it important that we start to talk about cancer with each other, raise awareness of cancer symptoms and work our way to support people with cancer.

Definition of risk factors

A risk factor is any factor that is associated with increasing someone's chances of getting a certain condition, such as cancer. Some risk factors are modifiable (which means you can change them), such as lifestyle or environmental risk factors. Other risk factors cannot be modified, such as family history and inherited factors.

Having certain risk factors can increase the chance of getting cancer.

Types of risk factors for all cancers - group activity

SLIDE 7

In groups talk about some cancer risk factors (all cancers, not just lung cancer).

Ask the groups what they have come up with. Some possible answers might be:

- smoking
- passive smoking
- excess alcohol
- poor nutrition
- obesity and physical inactivity
- chronic infections
- environmental exposure, such as heavily polluted air
- exposure to asbestos.

Tip: List responses on a whiteboard or butchers paper

Some people might think the following factors can increase the risk of cancer (any cancer). But in fact there is no evidence to support this. Ask the group if they think these are risk factors for cancer:

Do you think?

- Stress causes cancer
- You can get cancer from using your mobile phone
- Injuries (such as a broken bone, bruise or bump) can cause cancer
- You can catch cancer from another person (contagious)
- Cancer is a result of payback, curses or punishment for misdeeds.

Reinforce that there is no evidence to support these.

Stress: there is no evidence to suggest stress causes cancer, however stress can trigger some risk factors like smoking, excess alcohol, overeating, etc.

SLIDE 8

Use the Powerpoint slide to reinforce the correct cancer risk factors.

Using the list, discuss with the group which risk factors they can change to reduce their risk of getting cancer.

It is important to know that having one or more risk factors does not mean that a person will develop cancer.

Many people have at least one risk factor but will never develop cancer, while others with cancer may have had no known risk factors.

Smoking is the most common risk factor for lung cancer

SLIDE 9

Discuss the link between smoking and lung cancer.

The main risk factors for lung cancer are:

- smoking
- passive smoking.

Fact: In Australia, about 90% of lung cancer in men and 65% in women is estimated to be a result of tobacco smoking.

Fact: You don't have to be a smoker to get lung cancer.

Identify the Tobacco Action Worker or a contact if participants are interested in further smoking cessation information.

Thank participants for sharing their ideas.



Session 2 - Lung cancer

Purpose: To increase awareness about lung cancer symptoms and the importance of early investigation of symptoms.

Presenter's notes

Definition of lung cancer

SLIDE 10

Lung cancer is a type of sickness in the lung.

Lung cancer is when you have cells in the lung that are not normal. Cancer cells grow faster than normal cells. Cancer cells can travel to other parts of the body and grow there too.

Lung cancer is the most common cause of cancer death in our mob.

Symptoms of lung cancer

Ask participants to think about what might be some symptoms that could be lung cancer and list their answers on a whiteboard.

Look at the list you have made on the board and highlight the following symptoms:

- a new cough that doesn't go away (after 3 weeks)
- a changed cough (especially smokers)
- shortness of breath
- coughing up blood.

Other symptoms to look out for include chest pain, changes or loss of voice (hoarseness), a chest infection that won't go away and weight loss.

SLIDE 11 – use the Powerpoint slide to reinforce the symptoms of lung cancer.

Emphasise that smokers should especially look out for a change in cough.

Tell the group that everybody can look out for changes and if they notice somebody else with the symptoms, they could talk to them about what they learnt at this workshop.

Early diagnosis

Ask the group what can you do if you have any symptoms that you think may be lung cancer?

Some possible answers would be to see a local doctor, nurse or Health Worker as soon as possible.

Explain what might happen when you go to the doctor and that the doctor might suggest you have a chest X-ray.

Awareness is important because as with all cancers, the earlier lung cancer is found, the better survival is likely to be.

There is always something that can be done and it is important to look after your health for you and your family.

You will have a team of doctors, nurses, Health Workers and other professionals who know how to best look after you.

Reassure people that symptoms may be due to other conditions, however it is important to be checked out by a doctor to be sure and talk to your Health Worker/Practitioner as soon as possible.

Lung cancer: True or False?

SLIDE 12

Make the following statements and ask the group if they think they are true or false, then lead a discussion about them:

“I’m young, I won’t get lung cancer”

False: In Aboriginal and Torres Strait Islander people, lung cancer occurs mostly in people over 55, however it can develop in people of any age

“I never smoked, I won’t get lung cancer”

False: Anyone can develop lung cancer, even if you have never smoked

“If I have lung cancer nothing can be done about it anyway”

False: New treatments are likely to continue to improve outcomes for people with lung cancer. The earlier lung cancer is detected, the better survival is likely to be

“I’ve had this cough for weeks, it will clear up eventually”

False: A new cough that lasts for 3 weeks or more, or a changed cough, could be symptoms of lung cancer. See your doctor, nurse or Health Worker as soon as possible.

BREAK FOR MORNING TEA/LUNCH

Tip:

This session can be run by an Aboriginal or Torres Strait Islander Health Worker, Health Practitioner, local nurse or doctor.

Session 3 - Let's yarn about lung cancer

Purpose: To watch a DVD with stories from people with lung cancer and how it impacted them and their families.

Presenter's notes

Promote awareness of symptoms of lung cancer

SLIDE 13

Play the DVD 'Let's yarn about lung cancer'.

Watch Merle's Story, then Bobby's Story, and have a yarn about the key messages after each one.

Merle's Story

What were some take home messages about Merle's experience?

Possible answers might include:

- Ongoing cough and shortness of breath are lung cancer symptoms
- Importance of family support during diagnosis and treatment.

Bobby's story

What were some take home messages about Bobby's experience?

Possible answers might include:

- Coughing up blood, chest pain and ongoing cough are lung cancer symptoms
- Bobby initially delayed seeing a health professional
- Bobby was given a chest X-ray to investigate his symptoms
- Experiencing these symptoms may not mean you have lung cancer
- Smoking is a risk factor for lung cancer
- Quitting smoking is important.

Experiencing these symptoms may not mean that you have lung cancer.

Tip: You could ask someone in your community to share their story or the story of their experiences caring for a family member with lung cancer.

Merle and Bobby's stories are on Youtube so people can share them with family and friends: www.youtube.com/watch?v=x8MSYp_YyKM

Session 4 - Our community



Purpose: To identify local support available if a participant or a family member has symptoms that may be lung cancer.

Presenter's notes

Group Activity - Identify local services to support lung cancer awareness and diagnosis

Hand out the Activity Cards (or a few cards), and ask the group to think about what is on their cards and discuss how this service or person could provide assistance and support in the context of lung cancer.

After a few minutes ask each group to talk about what they discussed. The table below can help you generate further discussion.

Once this activity is completed ask the whole group the following questions to check they have a good understanding of the important messages.

- Where would you go if you had a cough that wouldn't go away after three weeks?
- What would you do if a family member or friend was coughing up blood?
- If you had shortness of breath (sometimes called "short wind") what would you do?
- What could you do to encourage people in your community to think about the risks of lung cancer?

| | |
|----------------------------------|---|
| Aboriginal Health Service | <ul style="list-style-type: none"> • General health care • Referral to GP • Medication prescriptions • Support/counselling • Cultural understanding • Assist with transport • Support on healthy eating, exercise and quitting smoking |
| Nurse | <ul style="list-style-type: none"> • Investigate symptoms that could be lung cancer • Administer treatment |
| Clinic | <ul style="list-style-type: none"> • General health care • Medication prescriptions • Support/counselling |

| | |
|---|--|
| Family and Community | <ul style="list-style-type: none"> • Yarning • Help with children and household • Support groups • Cultural understanding |
| Aboriginal Health Worker/ Practitioner | <ul style="list-style-type: none"> • Investigate symptoms that could be lung cancer • Can act as communicator between client and other health professionals • Health education • Some clinical treatment • Cultural understanding • Health promotion and events |
| Tobacco Action Worker | <ul style="list-style-type: none"> • Quit smoking support • Community events |
| Cancer Care Coordinator | <ul style="list-style-type: none"> • Coordinate patient treatment between services • Act as a communication conduit between doctor and members of the treatment team • Coordinate psychosocial support and palliative care if appropriate |
| Doctor | <ul style="list-style-type: none"> • General health care • Investigate symptoms that could be lung cancer • Prescribe medication • Health education • Minor surgery • Referral to specialist Doctors • Liaison with other health care professionals and hospitals |
| Aboriginal Liaison Officer | <ul style="list-style-type: none"> • Cultural support to patients and families • Act as a communication conduit between doctor and members of the treatment team • Provides information about hospital services |
| Hospital | <ul style="list-style-type: none"> • Chest X-Ray or CT scans • Care and support for patient through treatment • Specialist medical services such as surgery or radiotherapy |
| Cancer Councils | <ul style="list-style-type: none"> • Help Line • Support Groups and Information |

Session 5 - What have we learnt?

Purpose: To review the information presented during the workshop and highlight the key take-home messages about lung cancer symptoms.

Presenter's notes

Tell us what you know

SLIDE 14

Ask the questions listed below, one at a time. Ensure all the correct responses are mentioned before moving to the next question.

Correct any wrong responses to ensure participants do not take misleading information away from the session.

What are the main risk factors for lung cancer?

- Smoking
- Passive smoking.

What are symptoms of lung cancer?

- a new cough that doesn't go away
- a changed cough
- shortness of breath
- coughing up blood.

Other symptoms to look out for include chest pain, changes or loss of voice (hoarseness), a chest infection that won't go away and weight loss.

Who can you talk to if you think you may have lung cancer symptoms?

- See a local doctor, nurse, health worker or practitioner as soon as possible.

Why is early awareness of symptoms important?

- There is always something that can be done to help you
- The earlier lung cancer is found, the better survival is likely to be.

Evaluation, thank you and close

Thank everyone for participating in the workshop.

Hand out Evaluation Form A and ask participants to fill out.

Explain that:

The evaluation form is not a test. It is designed to evaluate the workshop to help Cancer Australia improve its resources. It is not designed to test your knowledge. You don't have to answer yes to the questions if you are unsure or if you feel the response is no.

Encourage everyone to take the information and resources provided.

Tip: You may like to set up a table with additional resources for participants to take home

Additional Resources



Participants of the workshop may ask questions about lung cancer and lung cancer treatment. It is important to answer by saying that any questions about specific symptoms or tests should be discussed with their doctor, nurse or Health Worker. It is not appropriate in a workshop setting to provide specific advice to individuals.

For further information on lung cancer and cancer in Aboriginal and Torres Strait Islander people please have a look at the following useful links and resources.

Cancer Australia

www.canceraustralia.gov.au

Cancer Council Helpline

ph: 131120

www.cancer.org.au

Lung Foundation Australia

www.lungfoundation.com.au

Australia Indigenous CancerInfoNet

www.healthinfonet.ecu.edu.au/chronic-conditions/cancer

The following resources are available from the Cancer Australia website:

Report to the nation: cancer in Aboriginal and Torres Strait Islander peoples of Australia 2013

Investigating symptoms of lung cancer: a guide for GPs

Lung Cancer Understanding, Managing, Living DVD

Appendix 1 - Help with planning a workshop



Promotion

Promotion of the Our lungs, our mob workshop to local Aboriginal and Torres Strait Islander peoples is important. This will ensure that the community knows about the workshop and people are encouraged to attend.

Below are some ways to promote the workshop in your community:

- consult and involve Elders in the community
- place promotional posters in the main places in the community (e.g. health clinic, shops, schools)
- promote at community meetings
- hand out or mail invitation flyers to local Aboriginal and Torres Strait Islander people
- contact local/community radio, TV or newspapers, social media (Twitter and Facebook)
- use local networks to encourage Aboriginal and Torres Strait Islander people to attend.

Activity

The workshop organiser may also choose to arrange an activity for participants to take part in during or at the end of the workshop. Providing an activity for participants to take part in allows them to get to know each other, to talk about what they have learnt and ask questions, as well as discuss health issues in a relaxed and non-threatening environment.

Activities may include:

- singing
- dancing
- didgeridoo playing
- sports
- arts/crafts
- cooking.

Depending on which activity is arranged, it may be necessary to organise a local expert to lead the group in the chosen activity.

Evaluation

Two evaluation forms are included as part of this resource and are based on learning outcomes relevant to this resource:

- evaluation form A for workshop participants to complete at end of the workshop
- evaluation form B for organisers to complete at the end of the workshop.

Feedback



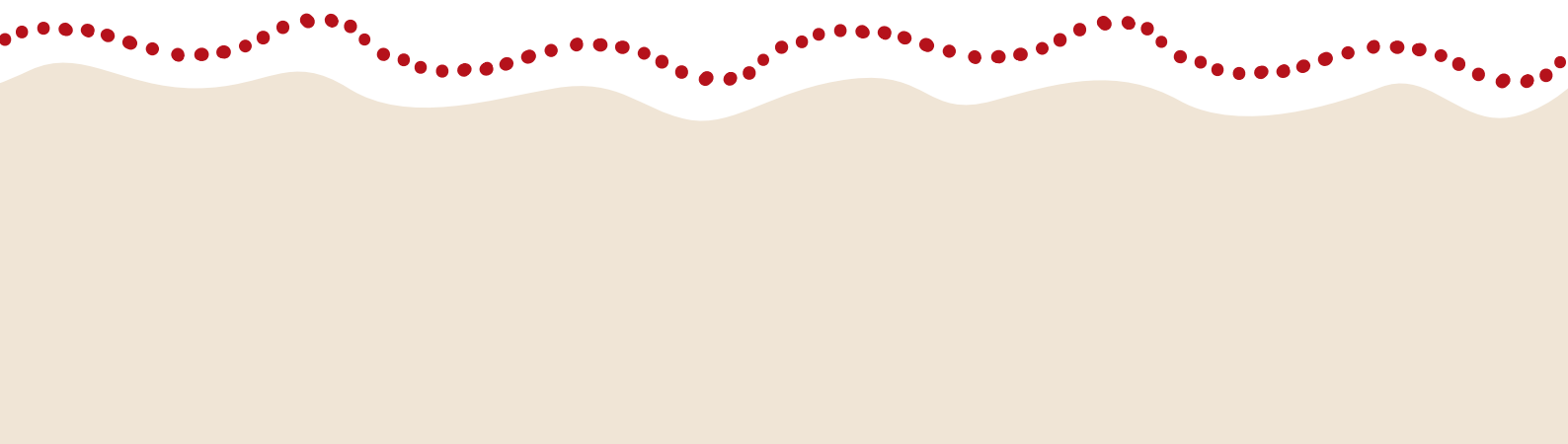
Your feedback is important to us and will help improve the quality of our resources. When you have used the resource to run a workshop, please forward a copy of your evaluation forms and any other comments to:

Cancer Australia

Locked Bag 3

Strawberry Hills NSW 2012

Thank you for your assistance.



Evaluation Form A – Participant post-workshop questions

The following questions will help us to understand if the workshop has helped you to learn about lung cancer. For each of the following questions, please tick the answer that best describes your thoughts and feelings.

1. Will you talk to your family and friends about the information you heard today?

Yes Not sure No

2. How easy was it to understand the information and stories you heard today?

Easy Not sure Hard

3. What did you think of the presentation and activities here today?

Good Not sure Not good

4. What was the most important thing you learnt today?

5. Now that you have attended this workshop, do you know more about:

a) risk factors for lung cancer?

Yes Not sure No

b) symptoms of lung cancers?

Yes Not sure No

c) the importance of seeing a doctor or Health Worker if you or someone you know, has lung cancer symptoms?

Yes Not sure No

d) why it is important to find out early if you have lung cancer?

Yes Not sure No

6. If you smoke, will you try to quit based on what you learnt today?

Yes Not sure No I don't smoke

7. After today's workshop will you do anything different to reduce you or your family's chance of getting lung cancer?

Yes Not sure No

8. How could we improve our workshops for other Aboriginal and Torres Strait Islander people?

Evaluation Form B – Organiser’s post workshop questions



This evaluation form is designed to capture the organiser’s experience in running the workshop, including the usefulness of the community education resource and how much they think that participant’s understanding of lung cancer has improved.

Date of workshop: _____

Workshop location: _____

Occupation: _____

For the first question please circle the answer that best describes your thoughts and feelings.

1. Do you feel that the workshop you ran was successful?

Very unsuccessful Unsuccessful Not sure Successful Very successful

Please provide three things you think contributed to making the workshop successful/
unsuccessful:

1. _____

2. _____

3. _____

2. Which of the following people presented or came along to the workshop?

- Local Elder
- Aboriginal or Torres Strait Islander Health Worker
- Aboriginal or Torres Strait Islander person to share their story about lung cancer
- Social worker or counsellor
- Tobacco Action Worker
- Doctor
- Nurse
- Other health professional

3. Do you believe the Community Education Resource provided adequate information for you about how to organise a successful workshop?

- Yes No

If you answered ‘No’, what extra information would you have liked?

4. Do you believe the Community Education Resource provided adequate information about lung cancer for you as the organiser?

- Yes No

If you answered 'No', what extra information would you have liked?

5. Would you organise another Our lungs, our mob Workshop?

- Yes Not sure No

6. On a scale of 1-5, and based on participants responses during the workshop, how much do you think participants understanding of each of the following topics has improved by attending the workshop?

a) lung cancer symptoms

| 1 | 2 | 3 | 4 | 5 |
|------------|-------------------|--------|----------|---------------|
| Not at all | Somewhat improved | Unsure | Improved | Very Improved |

b) what to do if they or someone they know, have symptoms of lung cancer?

| 1 | 2 | 3 | 4 | 5 |
|------------|-------------------|--------|----------|---------------|
| Not at all | Somewhat improved | Unsure | Improved | Very Improved |

c) what the risk factors are for lung cancer?

| 1 | 2 | 3 | 4 | 5 |
|------------|-------------------|--------|----------|---------------|
| Not at all | Somewhat improved | Unsure | Improved | Very Improved |

d) why it is important to find out early if you have lung cancer?

| 1 | 2 | 3 | 4 | 5 |
|------------|-------------------|--------|----------|---------------|
| Not at all | Somewhat improved | Unsure | Improved | Very Improved |

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The following people were involved in the development of this resource:

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Notes



Notes



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The artwork 'Our Journeys' represents the experience of Aboriginal and Torres Strait Islander people with cancer. The white dots are the journey of each individual; the patterned areas are the different landscapes and regions of Australia; and the colours are the different cancer types. Cancer Australia, as the leading agency shaping cancer control in Australia, is depicted by the central ochre meeting place which draws stakeholders together to share ways to improve cancer outcomes. The kangaroo prints and the fish leading to and from the meeting place represent the flow of information and engagement between Cancer Australia and Aboriginal and Torres Strait Islander people.



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