



**College of Cancer Nurses,
NZNO monthly news bulletin
Friday, 5 March 2021**

Consultation

NZNO regularly seeks members input on a range of documents up for consultation. The listing is regularly updated and full information can be found [here](#).

New Zealand news

Cancer in NZ: Survival rates up, but inequities persist

More New Zealanders are surviving cancer than ever before, but survival rates languish behind other high-income countries – particularly among Māori. [Read more](#)

Bowel cancer

Up to 800,000 Kiwis may have increased bowel cancer risk due to nitrates in water

Between 300,000 and 800,000 New Zealanders may be exposed to potentially harmful levels of nitrates in their drinking water, which may increase their chances of developing bowel cancer. [Read more](#)

Brain cancer

Revolutionary drug combination shows potential for treatment of fatal childhood cancer

Every year around 20 Australian children die from the incurable brain tumor, Diffuse Intrinsic Pontine Glioma (DIPG). The average age of diagnosis for DIPG is just seven years. There are no effective treatments, and almost all children die from the disease, usually within one year of diagnosis. [Read more](#)

Breast cancer

Record \$1 million investment from BCFNZ for new diagnostic breast service

Breast Cancer Foundation NZ (BCFNZ) has partnered with Waitemata District Health Board to build a new diagnostic breast service which will radically improve the way patients in North and West Auckland are assessed and treated. [Read more](#)

Breast cancer overtakes lung as most common cancer - WHO

Breast cancer has overtaken lung cancer as the most common form of the disease, the World Health Organisation said on Tuesday. [Read more](#)

The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution

Understanding Nutritional Problems of Metastatic Breast Cancer Patients

Oostr, Dorien L.; Burse, Natasha Renee; Wolf, Laura J. ... et al
Cancer Nursing: 3/4 2021 - Volume 44 - Issue 2 - p 154-162 doi:
10.1097/NCC.0000000000000788

Background:

Metastatic breast cancer patients are now living longer but cope with potential symptoms of metastatic disease and prolonged cancer treatment. Nutrition can play a vital role in managing these sequelae, and eHealth tools are emerging as promising delivery options for nutrition interventions.

Objective:

To qualitatively assess nutritional problems and concerns of women with metastatic breast cancer and to explore how to address these problems within an existing eHealth platform.

Chemo/radiation therapies

Chemotherapy: Scalp cooling physically protects hair follicles

New research demonstrates that scalp cooling physically protects hair follicles from chemotherapy drugs. It is the world's first piece of biological evidence that explains how scalp cooling works and the mechanism behind its protection of the hair follicle. [Read more](#)

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Evaluating Acupuncture for the Treatment of Chemotherapy-induced Peripheral Neuropathy: An Integrative Review.

Kutcher, A. M., & LeBaron, V. T. (2021).

Western Journal of Nursing Research. <https://doi.org/10.1177/0193945921992538>

The purpose of this integrative review of the literature is to synthesize the current evidence and identify gaps in knowledge regarding the effectiveness of acupuncture to treat chemotherapy-induced peripheral neuropathy (CIPN). PubMed, CINAHL, Web of Science, and Cochrane Review databases were searched using inclusion criteria: keywords acupuncture, cancer, and peripheral neuropathy, published in English, between 2009 and 2019. Sixteen articles met the inclusion criteria. The literature indicates that acupuncture is generally well tolerated by patients with cancer, and most patients with CIPN reported decreased pain and increased quality of life after receiving acupuncture treatment. A comprehensive understanding of the ability of acupuncture to treat CIPN is limited by variability of acupuncture techniques and inconsistency in measures of evaluation.

Virtual reality teaching in chemotherapy administration: Randomised controlled trial.

Chan, H.-Y., Chang, H.-C. and Huang, T.-W. (2021),

J Clin Nurs. <https://doi.org/10.1111/jocn.15701>

This study examined the effect of virtual reality (VR)-based documents (VRdocs) on knowledge and attitude towards chemotherapy administration in nursing students.

End of life and palliative care

The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution

Mixed-methods systematic review: Cultural attitudes, beliefs and practices of internationally educated nurses towards end-of-life care in the context of cancer.

Balante, J., van den Broek, D. and White, K. (2021),

J Adv Nurs. <https://doi.org/10.1111/jan.14814>

To identify and analyse the cultural attitudes, beliefs, and practices of internationally educated nurses towards end-of-life care in the context of cancer.

Exercise

Exercise now proven to have mental health benefits for prostate cancer

New Edith Cowan University (ECU) research has found that exercise not only has physical benefits for men with prostate cancer, it also helps reduce symptoms of depression and anxiety. [Read more](#)

Lung cancer

PD-L1 Inhibitors for the Treatment of Extensive-Stage Small Cell Lung Cancer

Most patients with extensive-stage small-cell lung cancer (SCLC) have a poor prognosis. Oncologist–clinical researcher Millie Das, MD, discusses several specific immunotherapies as potential first-line standard of care for patients with extensive-stage SCLC. [Read more](#)

Multidisciplinary care models for patients with lung cancer

Georgia Hardavella, Armin Frille, Christina Theochari... et al
Breathe 2020 16: 200076; DOI: 10.1183/20734735.0076-2020

This review provides simple guidance on setting up and running a multidisciplinary service for lung cancer patients. It highlights the importance of defined roles and responsibilities for team members. It also presents concise information based on the literature regarding the impact of multidisciplinary care in lung cancer outcomes (e.g. survival of patients undergoing lung cancer surgery). [Read more](#)

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Stereotactic ablative radiotherapy for early stage lung cancer and lung metastases in a New Zealand population

Rebecca Geary, Nur Azri Bin Haji Mohd Yasin, Frank Lin, Deborah Whalley, Ziad Thotathil, Charles DeGroot

NZ Medical Journal Vol 134 No 1529: 5 February 2021

Stereotactic ablative radiotherapy (SABR) involves the delivery of high doses of precisely targeted external beam radiation in a shorter period and with fewer treatments than conventional radiotherapy.

Impact of an Animation Education Program on Promoting Compliance with Active Respiratory Rehabilitation in Postsurgical Lung Cancer Patients

Li, Jina MSN, RN; Davies, Marianne DNP, ACNP, AOCNP; Ye, Man PhD, RN; Li, Yingxia BSN, RN; Huang, Lingzhi PhD, RN; Li, Lezhi PhD, RN

Cancer Nursing: 3/4 2021 - Volume 44 - Issue 2 - p 106-115 doi:

10.1097/NCC.0000000000000758

Background

Non–small cell lung cancer is the most common type of lung cancer. Lung resection is proven to be the most effective curative treatment for early-stage non–small cell lung cancer (stages I-III A). Studies show evidence-based pulmonary rehabilitation is critical for improving exercise capacity and pulmonary function, reducing burden of cancer-related symptoms, and facilitating quality of life following a lung resection.

Objective

To explore the effectiveness of an animation education program to promote respiratory rehabilitation outcomes for postsurgical lung cancer patients.

Melanoma and skin cancers

Melanoma New Zealand Launches Mobile Spot Check Van

Local doctors and nurses from the regions we visit will also be joining our Nurse Educator in the van,” says Ms Newland. “Ryman Healthcare is proud to... [Read more](#)

New test developed to help fight deadly melanoma - QIMR research

Australian researchers from QIMR Berghofer Medical Research Institute have developed a prototype test that can help identify if patients with deadly metastasised melanoma are likely to benefit from immunotherapy. [Read more](#)

The article below is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution

Multidisciplinary pigmented lesion clinic at Auckland District Health Board: impacts on melanoma diagnosis and treatment outcomes

NZ Medical Journal Vol 134 No 1530: 19 February 2021

Australasia has the highest rates of melanoma worldwide. In New Zealand, melanoma is the fourth most common cancer and sixth most common cancer resulting in death.

Nursing

Nurse Practitioner Role Improves Radiation Oncology Follow-Up Care, Patient Experience

Recent study results support a role for nurse practitioners as members of a radiation oncology team, assisting with survivorship care for patients undergoing radiation therapy for breast or prostate cancer. Karol Huenerberg, RN, ACPNP, FNP-BC, AOCNP®, from University of Wisconsin Health Radiation Oncology in Madison, Wisconsin, shared the study results in a poster presentation on the 2020 Oncology Nursing Society (ONS) Bridge virtual conference. [Read more](#)

Pain management

The article below is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution

The Experience of Complex Pain Dynamics in Oncology Outpatients,

Schumacher, Karen L. PhD, RN; Plano Clark, Vicki L. PhD; Rabow, Michael W. MD; Paul, Steven M. PhD; Miaskowski, Christine PhD, RN

Cancer Nursing: 3/4 2021 - Volume 44 - Issue 2 - p 136-144 doi:

10.1097/NCC.0000000000000747

Few qualitative studies of cancer patients' everyday experiences with pain exist within the large body of cancer pain research. Longitudinal qualitative studies are particularly sparse, and no studies have qualitatively described patients' pain experience over time during participation in a self-management intervention.

Objective

To longitudinally describe patients' pain experiences during a 10-week pain self-management intervention.

Primary care

The article below is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution

A qualitative evaluation of community and acute hospital nursing oncology services in Ireland

Cian O'Mahony, Stephen Byrne, Joe Aherne ... et al

European Journal of Oncology Nursing VOLUME 51, 101912, APRIL 01, 2021

Published:February 09, 2021DOI:<https://doi.org/10.1016/j.ejon.2021.101912>

Cancer patients are a particularly vulnerable population group, facing an increase in physical, mental, logistical and financial difficulties. This, as well as Ireland's increased focus on primary care with the Sláintecare health plan, led to the development of the Community Oncology Nursing Programme, where community nurses are trained to provide cancer care in the community. This paper sought to explore the lived experiences of the patients and nurses involved in this programme to examine its impact as well as determine facilitators and roadblocks for future development.

Prostate cancer

The articles below are not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution

The value of information and support: Experiences among patients with prostate cancer.

Aunan, S.T., Wallgren, G.C. and Sætre Hansen, B. (2021),
Journal of Clinical Nursing. Accepted Author Manuscript. <https://doi.org/10.1111/jocn.15719>
Aim and objectives

To explore and analyse prostate cancer survivors' experiences and critical reflections of information received during their cancer trajectory.

Effect of Kegel exercises on the prevention of urinary and fecal incontinence in patients with prostate cancer undergoing radiotherapy

A.E. Urvaylıoğlu, S. Kutlutürkan and D. Kılıç
European Journal of Oncology Nursing VOLUME 51, 101913, APRIL 01, 2021
Published: February 14, 2021 DOI: <https://doi.org/10.1016/j.ejon.2021.101913>

This is a nonrandomized experimental study conducted to evaluate the effect of Kegel exercises on the prevention of urinary and faecal incontinence in prostate cancer patients undergoing radiotherapy.

Testicular cancer

Testicular cancer linked to high long-term mental health burden

The rates of mental healthcare use were significantly higher for patients versus healthy controls during diagnosis, treatment, and long-term survivorship. [Read more](#)

Wellbeing (physical and spiritual)

The article below is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution

Factors contributing to burnout and work-life balance in adult oncology nursing: An integrative review

Louise Gribben and Cherith Jane Semple
European Journal of Oncology Nursing
VOLUME 50, 101887, FEBRUARY 01, 2021
Published: December 08, 2020 DOI: <https://doi.org/10.1016/j.ejon.2020.101887>

Occupational stress and burnout are highlighted as the most prevalent workplace issues for adult oncology nurses. With today's global nursing workforce shortage; coupled with oncology being an inherently challenging and complex speciality, this clearly indicates the need to understand factors that contribute to burnout in adult oncology nurses and improve work-life balance. The aim of this integrative review is to synthesis the evidence on burnout and work-life balance for adult oncology nurses.

General articles

Oncology Nurses Are a 'Lifeline' in Clinical Trial Guidance

Oncology nurses are key players in helping patients with cancer find clinical trials, explained Martha Raymond, founder and CEO of the Raymond Foundation. [Read more](#)

Newsletters

Colorectal Oncology Research Review Issue 28

Overall survival results from the pooled analysis of six randomised phase III trials across 12 countries support the use of three months of adjuvant CAPOX for most patients with stage III colon cancer. [Read more](#)

Lung Cancer Research Review

Issue 16

Notable inclusions in this issue are an evaluation of patient-reported outcomes with pembrolizumab from the KEYNOTE-189 trial, and a validation of a computerised deep-learning algorithm for predicting lung cancer. [Read more](#)

Reports

He Pūrongo Mate Pukupuku o Aotearoa 2020

[The State of Cancer in New Zealand 2020](#)

This report provides a detailed snapshot of New Zealand's progress in relation to cancer. It is the first stage in the ongoing critical analysis by Te Aho o Te Kahu of our cancer care system. [Read more](#)

Professional development

Tips and tricks to more creatively reflect on your CPD

According to Julianne Bryce, the ANMF's Senior Federal Professional Officer, reflection is the cornerstone of a nurse or midwife's CPD practice. [Read more](#)

Nursing Standard podcast: how to be a good communicator

Compassionate communication is an essential skill for nurses – cancer nurse and author Janie Brown shares her tips. [Read more](#)

The above bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of the Cancer Nurses College, NZNO.

It is provided on the last Friday of each month and contains an overview of news items, articles and research papers of interest to the Section members.

All links are current at the time of being compiled and distributed.

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