



## College of Cancer Nurses, NZNO monthly news bulletin Friday 30 August 2019

### Consultation

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

#### [Online Gambling in New Zealand: Discussion Document](#)

NZNO seeks your feedback on this consultation which aims to set the direction for the future of online gambling in New Zealand. This is in response to the increasing number of people affected by gambling harm and persistent health inequities for the most affected at-risk population groups.

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#### [WorkSafe New Zealand: Draft #2 Violence Good Practice Guidelines](#)

In May of this year WorkSafe consulted publicly on a draft guideline *Violence in the Healthcare Industry: Guidance for PCBUs*. The NZNO Addressing Violence Against Nurses Project Team made a comprehensive submission that contributed to refining the draft, and which started some valuable discussion.

**please send feedback to [policyanalyst@nzno.org.nz](mailto:policyanalyst@nzno.org.nz) by Friday, 13 September 2019**

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#### [Abortion Legislation Bill](#)

NZNO seeks your feedback on the changes proposed in the Abortion Legislation Bill, which takes abortion out of Crimes Act and seeks to treat the procedure as a health issue.

**Send feedback to [leanne.manson@nzno.org.nz](mailto:leanne.manson@nzno.org.nz) by September 12, 2019.**

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#### [Culture, Wellbeing and the Living Standards Framework: A Perspective](#)

This discussion paper is the first step in the process to better incorporate culture into the Living Standards Framework (LSF) and Dashboard, which are anticipated to be released in 2021.

[NZNO welcomes your feedback on this paper,](#)

Please send feedback to [Leanne.Manson@nzno.org.nz](mailto:Leanne.Manson@nzno.org.nz) by **September 23, 2019**

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### NZ News (general)

#### [Researchers reveal troubling gap facing NZ cancer survivors](#)

Kiwi cancer survivors are facing big challenges returning to work, suggests research pointing to a potentially huge health problem in New Zealand.

#### [Cancer research: Universities join forces to study prevention, inequities](#)

Otago, Massey and Victoria universities researchers are joining forces for research on a leading form of death in New Zealand.

## [Oncology nurse's world 'blown to pieces' after cancer diagnosis while on maternity leave](#)

Anna Philips already knew too much about cancer before she got her own diagnosis. When she 16, her older brother Dustin died from an aggressive sarcoma at 21.

## Bowel cancer

### [More than 300 bowel cancer cases detected in national screening programme's first two years](#)

More than 320 New Zealanders have had their bowel cancer detected since the inception of the National Bowel Screening Programme.

### [Nelson man's cancer diagnosis a 'revelation' after lack of symptoms](#)

At the age of 75, Kevin St John led a fit and active life.

He worked part time, rode his bike five times a week and enjoyed going for walks. He ate well and although he was a "bad sleeper" he didn't feel unduly tired.

## Breast cancer

### [From Prevention to Palliative Care: Optimizing the Breast Cancer Patient Experience With Nurse Navigation](#)

Breast cancer is the most commonly diagnosed cancer in women, with incidence rates of invasive cancer upwards of 200,000 new cases per year plus an estimated additional 63,000 cases of in situ breast cancer.<sup>1</sup> Because of this, more than 3.5 million breast cancer survivors are alive today either with a history of breast cancer or are currently undergoing treatment for metastatic disease.

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

Edward, K, Chipman, M, Stephenson, J, Robinson, K, Giandinoto, J-A, Trisno, R. **Recovery in early stage breast cancer—An Australian longitudinal study.** Int J Nurs Pract. 2019; 25:e12747. <https://doi.org/10.1111/ijn.12747>

The majority of breast cancer patients will experience some level of emotional distress, with some patients having long-term psychological maladjustment. Personal and social resources play a role in recovery yet the interplay between these factors warrants further examination. This study aimed to investigate the interaction of psychosocial factors impacting women in their breast cancer trajectory, at 2 years or less following diagnosis (stages I-III).

## Chemo/radiation therapies

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

### **Morning Fatigue Severity Profiles in Oncology Outpatients Receiving Chemotherapy**

Wright, Fay PhD, RN; Dunn, Laura B. MD; Paul, Steven M. PhD; Conley, Yvette P. PhD; Levine, Jon D. MD, PhD; Hammer, Marilyn J. PhD, RN; Cooper, Bruce A. PhD; Miaskowski, Christine PhD, RN; Kober, Kord M. PhD

*Cancer Nursing*: [September/October 2019 - Volume 42 - Issue 5 - p 355–364](#)

Background Morning fatigue is a distinct symptom experienced during chemotherapy that demonstrates significant interindividual variability.

**Objectives** The aims of this study were to identify subgroups with distinct morning fatigue profiles and evaluate how these subgroups differed by demographic, clinical, and symptom characteristics.

**Conclusion** Results provide insights into modifiable risk factors for morning fatigue. These risk factors can be used to develop more targeted interventions.

**Implications for Practice** Patients in the high and very high morning fatigue classes experienced high symptom and comorbidity burdens and significant decrements in functional status. Using this information, clinicians can identify patients who are at an increased risk for higher levels of morning fatigue and prescribe interventions to improve this devastating symptom.

## Exercise

### [Nordic walking may benefit breast cancer patients](#)

(Reuters Health) - Nordic walking, an aerobic activity performed with walking poles similar to ski poles, may benefit patients with breast cancer, according to a review of existing research.

## Gynaecological cancers

### [Psychological distress tied to risk of cervical cancer-related death](#)

Patients with cervical cancer who have stress-related disorders or stressful life experiences had 33% higher cancer-related mortality risk, compared with those without psychological distress exposure, and the correlation was mainly driven by distress one year before or after diagnosis, but not thereafter, according to a Swedish study in [Cancer Research](#). "Our findings support that oncologists or gynaecologists perform active evaluation of psychiatric status on return visits to see how patients with cervical cancer are doing, not only somatically, but also mentally," said researcher Karin Sundstrom.

[Physician's Briefing/HealthDay News](#) (8/2

### [Gynecological cancer inpatients need more supportive nursing care than outpatients: a comparative study](#)

[Tina Mawardika](#), [Yati Afiyanti](#) & [Hayuni Rahmah](#)

**BMC Nursing** volume 18, Article number: 28 (2019)

Background

Gynecological cancer inpatients and outpatients may have distinct supportive nursing care needs. This study aimed to compare the supportive care needs between these two patient cohorts

## Lung cancer (inc smoking)

### [Evolving Treatment in Lung Cancer: What Nurses Should Know](#)

[www.oncnursingnews.com/](http://www.oncnursingnews.com/)

While the treatment landscape for lung cancer continues to grow, **nurses** must stay up-to-date on the most recent advances and approvals across each ...

## Pain management

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

Yangöz, Ş. T. and Özer, Z. (2019), **The Effect of Music Intervention on Patients with Cancer-related Pain: A Systematic Review and Meta-Analysis of Randomized Controlled Trials**. J Adv Nurs. Accepted Author Manuscript. doi:[10.1111/jan.14184](https://doi.org/10.1111/jan.14184)

Aim

To synthesize the effect of music intervention on patients with cancer-related pain in randomized controlled trials.

## Design

A systematic review and meta-analysis of randomized controlled trials following Cochrane methods.

## Palliative care

### [New staffing model for an integrated specialist team approach to palliative care](#)

The Canadian Society of Palliative Care Physicians has developed a new staffing model for specialist palliative care teams that can deliver an optimal, integrated palliative care program. The model, based on three key interdependent roles—palliative care physician, palliative care resource nurse, and social workers—is described in detail in a Special Article published in *Journal of Palliative Medicine*.

*The following issue is not freely available in full text but should be available via a DHB library, the NZNO library or resources offered through an academic library readers may have access to. Check databases such as CINAHL or Proquest.*

### **The holistic management of fatigue within palliative care**

Antonia Dean

*International Journal of Palliative Nursing*, Vol. 25, No. 8: 368-376.

Fatigue is a common symptom experienced by people with cancer and other long-term, non-malignant conditions. It can be disease-related or caused by treatments such as chemotherapy or radiotherapy. Patients frequently report this as a distressing symptom and, while some international guidelines for its management exist, evidence suggests that these are not always implemented.

Conclusion:

Although the body of research is growing, management of fatigue caused by non-malignant conditions remains poorly evidenced, making comprehensive recommendations for these patient groups even more challenging.

## Patient safety

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

Sharp, L. , Rannus, K. , Olofsson, A. , Kelly, D. , Oldenmenger, W. H. and , (2019), **Patient safety culture among European cancer nurses – an exploratory, cross-sectional survey comparing data from Estonia, Germany, Netherlands and United Kingdom.** J Adv Nurs. Accepted Author Manuscript. doi:[10.1111/jan.14177](https://doi.org/10.1111/jan.14177)

Aim

To explore the differences in perceived patient safety culture in cancer nurses working in Estonia, Germany, the Netherlands and the United Kingdom.

Conclusion

Patient safety culture, as reported by cancer nurses, varies between European countries and contextual factors, such as recognition of the nursing role and education have an impact on it. Cancer nurses' role in promoting patient safety is a key concern and requires better recognition on a European and global level.

## Primary care

### [Understanding primary care nurses' contribution to cancer early diagnosis: A systematic review](#)

Skrobanski, Hanna et al.

European Journal of Oncology Nursing, Volume 41, 149 – 164

urses' knowledge of cancer, and frequency of cancer-related discussions, was found to vary across the counties examined.

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Barriers to having screening discussions include: lack of time and knowledge, and perceiving patients to react negatively.

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Nurses have reported difficulty in providing screening information in lay-terms, and identifying discussion openings.

## Prostate cancer

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

### **Prostate cancer in gay and bisexual men**

Independent Nurse [Vol. 2019, No. 8](#) Clinical

Ian Peate discusses this often overlooked aspect of prostate cancer care

### **Identifying the exercise-based support needs and exercise programme preferences among men with prostate cancer during active surveillance: A qualitative study**

McIntosh, Megan et al.

European Journal of Oncology Nursing, Volume 41, 135 - 142

- Exercise during active surveillance may improve physical and mental health.
- Men on active surveillance are interested in exercise and receiving exercise-based support.
- Exercise support programs must emphasise the exercise oncology guidelines.
- Internet may be an acceptable modality for delivering exercise-based support.

## Screening programmes

### [Mammogram centers add soft touches to help put patients at ease](#)

Jennifer Davis sat in a plush, light pink robe across from a glowing electric fireplace in the consult room.

### [Cancer screening in Australia: future directions in melanoma, Lynch syndrome, and liver, lung and prostate cancers.](#) Public Health Res Pract. 2019;29(2):e2921910.

While Australia now has well-established national screening programs for breast, bowel and cervical cancers, research continues into the feasibility of developing systematic screening programs for a number of other cancers. In this paper, experts in their fields provide perspectives on the current state of play and future directions for screening and surveillance for melanoma, Lynch syndrome, and liver, lung and prostate cancers in Australia. Although the evidence does not support population screening, there may be opportunities to prevent thousands of deaths through systematic approaches to the early detection of lung cancer

and melanoma, testing for Lynch syndrome, and organised surveillance for hepatocellular carcinoma among individuals at high risk – guided by targeted research. The paper also looks at what impact new prostate specific antigen testing guidelines are having on screening for prostate cancer.

### **Lessons from the renewal of the National Cervical Screening Program in Australia.** Public Health Res Pract. 2019;29(2):e2921914.

Objectives: Australia was one of the first countries to make the transition from cytology-based to HPV-based cervical screening. This analysis of the national program's transition to a new model looks at the lessons learnt that can provide valuable insights to other settings.

### **Increasing bowel cancer screening participation: integrating population-wide, primary care and more targeted approaches.** Public Health Res Pract. 2019;29(2):2921916.

Objectives: Participation in the Australian National Bowel Cancer Screening Program (NBCSP) is suboptimal. Given the program's enormous potential to save lives, Cancer Council Victoria has prioritised increased screening participation as part of its strategic plan. This paper describes the implementation, and evaluation where available, of Cancer Council Victoria programs to increase participation, supported by a mix of own organisation and Victorian state health department funding.

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

Kilic, A, Tastan, S, Guvenc, G, Akyuz, A. **Breast and cervical cancer screening for women with physical disabilities: A qualitative study of experiences and barriers\***. J Adv Nurs. 2019; 75: 1976– 1986. <https://doi.org/10.1111/jan.14048>

Aim

To determine the experiences of women with physical disabilities regarding the barriers to their participation in breast and cervical cancer screening.

Impact

Knowing the barriers for women with physical disabilities to participate in cancer screening can help health professionals develop new procedures to increase their participation to cancer screening. Women with physical disabilities encountered various barriers such as; lack of knowledge, fear and embarrassment, feeling anxious about the examination process and dependency on others, access to the healthcare services, environmental, physical limitations, and inadequate knowledge of healthcare professional about their disability. This study will guide healthcare professionals in developing strategies to increase the participation of women with physical disabilities in screening.

## **Youth / adolescent patients**

### **A Dose of Sunshine: Nurses Who Volunteer at Oncology Camps for Kids Learn a Different Aspect ...**

[www.oncnursingnews.com/](http://www.oncnursingnews.com/)

It's a beautiful day at Happiness Is Camping (HIC), a free residential summer camp for children with cancer and their siblings, held in Hardwick, New ...

### **CV health risks more likely among childhood cancer survivors**

A Canadian study in the journal [Circulation](#) showed survivors of childhood cancer had a threefold increased likelihood of developing a cardiac problem -- including arrhythmia, cardiomyopathy, coronary artery disease, heart valve abnormalities and pericardial disease -- and a tenfold higher

risk of developing heart failure, compared with peers who didn't have cancer as a child. Researchers also associated the significantly elevated risk of cardiac conditions and heart failure among cancer survivors with anthracycline chemotherapy drug use.  
[United Press International](#) (8/26)

## Health, safety and wellness

### [How nurses can recover after difficult shifts: 6 ideas](#)

Nursing careers can cause stress and anxiety, especially after long or difficult shifts. *DailyNurse.com* offers these six strategies for recharging after a stressful day:

1. Debrief with colleagues to review what went well and what didn't. Sharing your struggles can also help you bond with others on the team.

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### [In what ways might group clinical supervision affect the development of resilience in hospice nurses?](#)

Amy Francis and Chris Bulman

International Journal of Palliative Nursing 2019 25:8, 387-396

Resilience is important to sustain hospice nurses through a challenging career. Clinical supervision is a commonly cited support strategy, but there is limited evidence which focuses on its influence on the development of resilience in hospice nurses.

Conclusion:

This research contributes insight into group clinical supervision as an intervention to support resilience in hospice nurses. It offers recommendations for practice, to enhance the development of resilience through clinical supervision, and recommendations for future research.

## International news

### [Nurse-Led Intervention Attempts to Address Posttreatment Needs of Lymphoma Survivors](#)

Survivors of [lymphoma](#) may require individualized supportive care. Although a nurse-led lymphoma survivorship model did not provide clinically significant data, participants in the intervention group reported fewer unmet needs, less distress, and increased empowerment compared with those in the group that received only usual care.

### [Mutations linked to familial pancreatic cancer](#)

A new study finds genetic mutations associated with hereditary forms of pancreatic cancer and mechanism by which these mutations may contribute to the development of tumors.

## Resources

National Academies of Sciences, Engineering, and Medicine. 2019. [Guiding Cancer Control: A Path to Transformation](#). Washington, DC: The National Academies Press. <https://doi.org/10.17226/25438>.

Guiding Cancer Control defines the key principles, attributes, methods, and tools needed to achieve the goal of implementing an effective national cancer control plan. This report describes the current structure of cancer control from a local to global scale, identifies



necessary goals for the system, and formulates the path towards integrated disease control systems and a cancer-free future. This framework is a crucial step in establishing an effective, efficient, and accountable system for controlling cancer and other diseases. (pdf copy available free for download on site registration)

## General articles

### [Five Pillars Nurses Should Follow in Treating Immune-Related Adverse Events](http://www.oncnursingnews.com/)

[www.oncnursingnews.com/](http://www.oncnursingnews.com/)

To assist in treating patients with immune-related adverse events (irAEs), **nurses** can follow 5 pillars: prevent, anticipate, detect, treat, and monitor.

### [Phenomenological study: the experiences of patients with nasopharyngeal cancer after undergoing chemoradiation](#)

[Ucip Sucipto](#), [Agung Waluyo](#) & [Sri Yona](#)

BMC Nursing volume 18, Article number: 29 (2019)

Background

Chemoradiation is a combination therapy of chemotherapy and radiotherapy. Because chemotherapy is given together with radiotherapy, the side effects are heavier and more severe for some patients. For nasopharyngeal cancer patients, the side effects involve nausea, vomiting, anorexia, diarrhoea, mucositis, xerostomia, and tasting and hearing loss, which influence their quality of life. The purpose of this study was to explore the experiences of patients with head and neck cancer undergoing chemoradiation.

Conclusion

The findings suggest involving family members when patients are undergoing chemoradiation. Adequate family support is needed to help the patients adapt to the side effects of chemoradiation with the best possible response.

Hellstadius, Y, Malmström, M, Lagergren, P, Sundbom, M, Wikman, A. [Reflecting a crisis reaction: Narratives from patients with oesophageal cancer about the first 6 months after diagnosis and surgery](#). *Nursing*

*Open*. 2019; 00: 1– 10. <https://doi.org/10.1002/nop2.348>

The aim of the study was to describe patients' experiences of emotional adaptation following treatment for oesophageal cancer from diagnosis to 6 months after surgery.

*The following articles are not freely available in full text but should be available via a DHB library, the NZNO library or resources offered through an academic library readers may have access to. Check databases such as CINAHL or Proquest.*

Tuominen, L, Stolt, M, Meretoja, R, Leino-Kilpi, H. **Effectiveness of nursing interventions among patients with cancer: An overview of systematic reviews**. *J Clin Nurs*

2019; 28: 2401– 2419. <https://doi.org/10.1111/jocn.14762>

To explore nursing interventions used among patients with cancer and summarise the results of their effectiveness. The ultimate goal was to improve the quality of care and provide best evidence for clinicians to refer to while developing effective nursing interventions.

### **Recognition and management of leukaemia in children**

Jessica Brayley, Lauren Katie Stanton, Lucy Jenner, and Siba Prosad Paul

*British Journal of Nursing*, Vol. 28, No. 15: 985-992.

Leukaemia is the most common cancer in children. The presenting manifestations can be wide-ranging, from a relatively well child to life-threatening complications. Symptoms can be manifested in any of the bodily systems. Undertaking a thorough clinical assessment of the child, in addition to recognising and addressing parental concerns, is vital. Furthermore,



recognising that children can commonly present with musculoskeletal or abdominal symptoms increases the diagnostic yield, thereby preventing missed or late diagnoses. Childhood cancer has a huge impact on the child and their family, both at diagnosis and in the long term; providing advice and signposting families to appropriate support groups is an important aspect of their management. Nurses play a vital role in managing children with cancers, starting from raising suspicion and identifying the child with leukaemia, ensuring that high-quality care is delivered throughout their treatment, managing complications, and providing support and information to children and their families. An illustrative case study is included to highlight some of the challenges that health professionals may encounter in their clinical practice.

### **Investigating the self-perceived educational priorities of haematology nurses**

Liptrott, Sarah et al.

European Journal of Oncology Nursing, Volume 41, 72 - 81

To identify the educational priorities of haematology nurses in relation to nursing care of patients with haematological conditions. Method: We used an online survey questionnaire to identify educational priorities and preferences for learning in haematology nurses across a European setting. Frequencies and descriptive statistics were calculated for demographic variables and chi-square tests to examine relationships between educational needs and demographic variables.

## **Publications and reports**

### **All.Can cancer patient survey**

#### **Patient insights on cancer care: opportunities for improving efficiency**

Almost 4,000 cancer patients and caregivers from more than 10 countries across the world responded to a survey to share their experiences of cancer care. While most reported that their needs were sufficiently addressed during their care, they highlighted some specific areas where they encountered inefficiency. From the responses, four key opportunities for improvement were identified: ensure swift, accurate and appropriately delivered diagnosis; improve information-sharing, support and shared decision-making; make integrated multidisciplinary care a reality for all patients; and address the financial impact of cancer.

The above bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of College of Cancer nurses, 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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