



**College of Cancer Nurses, NZNO monthly news bulletin
Friday 25 October 2019**

Section message

Consultation

NZNO regularly seeks members input on a range of documents up for consultation. The listing is regularly updated.

[Consultation on exploitation of temporary migrant workers](#)

At issue is how to address the exploitation of temporary migrant workers (including international students) in NZ workplaces and make them less vulnerable to exploitation.

NZ News (general)

[Let's Talk Cancer Hui](#)

Both speakers and attendees took away learnings from the well-attended Let's Talk Cancer Hui last month in Rawene.

The Hui was organised by Northland DHB and Hauora Hokianga with support from Cancer Society Northern Region, North Haven Hospice and Leukaemia & Blood Cancer New Zealand to engage with the community around cancer care and what a patient's journey currently looks like in Northland.

[Thousands of cancer patients missing out on life-saving radiation therapy](#)

Many cancer patients in New Zealand and Australia are missing out on radiation therapy which could help in their treatment.

[What New Zealand's first cancer wellness centre could be like](#)

It's a place one can go for serenity, quiet and support. There will be no reception area, but a long table with people sitting at it.

Breast cancer

[New Breast Cancer Foundation app](#)

New Breast Cancer Foundation app puts power in Kiwi women's hands. This October, your breast health is in your own hands – literally.

[Virtual reality's potential role in supporting patients with advanced breast cancer](#)

Patients with advanced breast cancer may soon be able to take solace in the sands of Abel Tasman National Park without leaving their favourite armchair.

[More 'inclusive' breast cancer screening service needed for minority groups, advocates say](#)

A more inclusive, sensitive service is needed for women from ethnic, cultural or religious minorities who are less likely to screen for breast cancer.

[MidCentral introduces new support service for breast cancer patients](#)

MidCentral DHB has launched a new support service for low-risk early-stage breast cancer patients who've completed surgery and radiation therapy. The Thriving service, which is in partnership with Breast Cancer Foundation NZ, is an alternative to outpatient clinic follow-up and is available to selected early-stage breast cancer patients and those with non-invasive breast cancer, or ductal carcinoma in situ (DCIS).

Chemo/radiation therapies

[Breath-holding technique could improve outcomes for radiotherapy patients](#)

A technique that will enable cancer patients to hold their breath during prolonged bouts of radiotherapy treatment has been developed by researchers at the University of Birmingham.

Exercise

[Exercise guidelines for cancer survivors](#)

For the rising number of cancer survivors worldwide, there's growing evidence that exercise is an important part of recovery. But how much, and what type of exercise, is needed?

[Qigong Exercise and Tai Chi in Cancer Care.](#) Chang PS, Knobf T. *Asia Pac J Oncol Nurs* 2019;6:315-7

Cancer survivors experience long-term physical and psychological morbidities resulting from cancer and the treatment, which compromise their quality of life, physical mobility, and sense of well-being. It is estimated that there will be more than 20 million cancer survivors in the USA by 2026. It is vital to incorporate into daily practice a variety of holistic approaches to manage common cancer-related physical and psychological symptoms. These approaches may offer survivors flexible choices to address their own experiences and enhance their quality of life and spiritual well-being. An improved quality of life is a predictor of a longer life.

Head and neck cancer

[Radiation for head and neck cancer may cause problems years later](#)

(HealthDay) - Ten years after radiation treatment for head and neck cancer, some patients may develop problems speaking and swallowing, a new study finds.

Lung cancer (inc smoking)

[Nurse led follow-up care helps patients with lung cancer, increases clinic efficiency](#)

The presence of the specialist nurse within thoracic surgical centres in the United Kingdom increased clinic capacity and efficiency, reduced waiting time for appointments, promoted junior medical training and ensured continuity of care for the patients, according to an analysis reported today by Jenny Mitchell from Oxford University Hospitals NHS Foundation Trust, in Oxford, United Kingdom.

[Predicting postoperative fatigue in surgically treated lung cancer patients in Norway: a longitudinal 5-month follow-up study](#)

Hugoy T, Lerdal A, Rustoen T, *et al.* *BMJ Open* 2019;9:e028192. doi: 10.1136/bmjopen-2018-028192

Objectives Despite the negative influence of fatigue on quality of life in patients who undergo lung cancer surgery, little is known about the possible predictors of postoperative fatigue. The aim of this study was to examine demographic and clinical characteristics that might predict postoperative fatigue 5 months after lung cancer surgery.

Medication

[Pharmac confirms funding for three new drugs](#)

The government's drug-buying agency Pharmac has confirmed it will fund three new drugs for breast cancer, lung cancer and multiple sclerosis from 1 December.

Melanoma and skin cancers

[Skin cancer prevention program may have reduced melanoma in Australians](#)

A skin cancer prevention program called SunSmart may have contributed to a recent reduction in melanoma among younger residents of Melbourne, according to a new study. According to the authors, the findings may have substantial implications for the future delivery of skin cancer prevention programs.

Prostate cancer

[Management of erectile dysfunction after prostate cancer treatment: cross-sectional surveys of the perceptions and experiences of patients and healthcare professionals in the UK.](#) Dyer A, Kirby M, White ID, et al. *BMJ Open* 2019;9:e030856. doi: 10.1136/bmjopen-2019-030856

Open 2019;9:e030856. doi: 10.1136/bmjopen-2019-030856

Objectives Erectile dysfunction (ED) is known to be a common consequence of radical treatment for prostate cancer (PCa) but is often under-reported and undertreated. This study aimed to explore how ED in patients with PCa is managed in real-life clinical practice, from the perspective of patients and healthcare professionals (HCPs).

Radiation therapy

[Hyperbaric oxygen may relieve radiation cystitis symptoms](#)

A recent study published in *The Lancet Oncology* may reveal a new way to treat patients with radiation cystitis symptoms.

Screening programmes

[Examining the information needed for acceptance of deintensified screening programmes: qualitative focus groups about cervical screening in Australia](#)

BMJ Open Dodd RH, Nickel B, Wortley S, et al 2019;9:e029319. doi: 10.1136/bmjopen-2019-029319

Objectives Given the changing understanding of overdiagnosis of screen detected cancers and advances in technology to detect and prevent cancer, updating and scaling back cancer screening programmes is becoming increasingly necessary. The National Cervical Screening Programme (NCSP) in Australia was recently deintensified, with the changes implemented in December 2017. This study examines women's understanding and acceptance of the renewed screening protocol and how such changes can be communicated more effectively.

Urological cancers

[Quality of the Diagnostic Process in Patients Presenting with Symptoms Suggestive of Bladder or Kidney Cancer: a Systematic Review.](#) Zhou, Yin, et al. *BMJ Open*, vol. 9, no. 10, 2019, doi:10.1136/bmjopen-2019-029143.

Objectives In urological cancers, sex disparity exists for survival, with women doing worse than men. Suboptimal evaluation of presenting symptoms may contribute.

Health, safety and wellness

[Six Tips for Workplace Mindfulness](#)

We've all felt overwhelmed during a hectic workday, particularly in our age of constant connectivity. In fact, 40% of workers report their job is "very" or "extremely" stressful. During moments when we must contend with high demand and tight deadlines, quality can be sacrificed in the name of efficiency, creating lose-lose situations for businesses and employees. Active mindfulness may just be the solution to work-related anxieties and higher quality output that many are seeking.

International news

[Behavioral Treatment Helps Reduce Insomnia in Cancer Survivors](#)

HealthDay News - A stepped care approach seems beneficial for [insomnia](#) treatment among cancer survivors, according to a study published in Cancer.

General articles

[Sexual health care provision in cancer nursing care: A systematic review on the state of evidence and deriving international competencies chart for cancer nurses](#)

Papadopoulou, C ... et al. *International Journal of Nursing Studies*. Volume 100, December 2019, 103405 <https://doi.org/10.1016/j.ijnurstu.2019.103405>

Sexual health care should be an integral part of holistic, person-centred care for patients with cancer. Nurses can have a pivotal role, but nurse-led care in this context has been historically challenging.

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.

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Linda Stopforth, BA, Dip Bus; NZLSC, RLIANZA

PO Box 315 WELLINGTON 6140

PH: 04-383-6931 or 021-107-2455

email: stop4th@xtra.co.nz



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