



**College of Cancer Nurses,
NZNO monthly news bulletin
Friday, 29 May 2020**

Section message

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](#).

Kia Kaha, Kia Māia, Kia Ora Aotearoa - COVID-19 Psychosocial and Mental Wellbeing Recovery Plan

NZNO warmly welcomes your feedback on this plan, which provides a national approach to supporting the mental and social wellbeing of New Zealanders in the COVID-19 recovery period. This plan provides a framework for collective actions to support whānau and communities to adapt and thrive in the next 12 to 18 months. It draws on the directions for mental wellbeing that were laid down in [He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction](#). Your input will help build a collective picture of how the nursing workforce is contributing to COVID-19 recovery, and will assist with shaping a further iteration of the plan, anticipated for September 2020.

NZ News (general)

COVID 19 coronavirus: Jim Carney Cancer Treatment Centre staff and patients make sacrifices

Patients undergoing chemotherapy without family by their side, nurses sending kids away to live with whānau, and healthcare assistants not being able to give hugs. These are some of the sacrifices staff and patients at Whangārei's Jim Carney Cancer Treatment Centre have had to make to keep the unit free of COVID-19. [Read more](#)

COVID 19 coronavirus: Support vital for vulnerable cancer patients during crisis

New Zealand Herald

Tauranga-based supportive care nurse, Angelique Ensor has seen first-hand the additional stress COVID-19 has placed on cancer patients. "It's been an... [Read more](#)

Cancer treatment 'remains on track' through the COVID-19 pandemic

For those already diagnosed with cancer, treatment largely continued through the COVID-19 lockdown, according to analysis carried out by the Cancer Control Agency. [Read more](#)

Brain cancer

Supporting People Living With Brain Tumours

A group committed to supporting people living with brain tumours and their families has launched Brain Tumour Support NZ. All the founders have either been diagnosed with a

brain tumour themselves or have a partner or close friend diagnosed with a brain tumour. [Read more](#)

Breast cancer

For Women with Breast Cancer, Regular Exercise May Improve Survival

A new study adds to existing evidence linking physical activity with longer survival in women diagnosed with high-risk breast cancer. [Read more](#)

Symptom Clusters And Quality Of Life Over 1 Year In Breast Cancer Patients Receiving Adjuvant Chemotherapy

Berger AM, Kumar G, LeVan TD, Meza JL.

Asia Pac J Oncol Nurs 2020;7:134-40

Objective: Evidence is scant regarding symptom clusters and quality of life (QOL) over 1 year in women who receive adjuvant breast cancer chemotherapy (CTX). Our purpose was to identify the prevalence and severity of individual symptoms, symptom clusters, and QOL in women receiving adjuvant breast cancer CTX from baseline over 1 year. [Read more](#)

Bowel cancer

Bowel Cancer Awareness Month

June 2020 is bowel cancer awareness month – and it's also our annual Move your Butt fundraiser. This campaign encourages all New Zealanders to get off their butts and challenge themselves to move more. [Read](#)

Depression and anxiety management

Helping Cancer Survivors Cope with Cancer-Related Anxiety and Distress

Being diagnosed with cancer and going through intensive treatment is stressful. So, when treatment ends, family and friends are eager to celebrate. But many cancer survivors don't feel like celebrating or don't feel ready to move on with their lives. [Read more](#)

Lung cancer (inc smoking)

Lung cancer victims miss out in drug funding boost - advocates

Advocates for lung cancer sufferers say the extra funding for Pharmac in this year's Budget won't help them. [Read more](#)

Lung cancer screening in primary care is feasible, study suggests

The benefits of routine lung cancer screenings have been hotly debated in the medical community. After reviewing a national trial published in 2011, the US Preventive Services Task Force introduced a recommendation for systematic low-dose CT lung cancer screenings for people at high risk. At the time, some leaders in the primary care community were not convinced that there was strong enough evidence in the initial trial to support routine screening. A new [lung cancer screening](#) cohort study conducted at a large integrated health system suggests that lung cancer screening in primary care is feasible. The study demonstrated low adverse event rates, and 70 percent of diagnosed lung cancer cases were detected at early stages in their development. [Read more](#)

Management of incidental nodules in lung cancer screening: ready for prime-time?

Nikolaos I. Kanellakis, Kevin Lamote

Breathe 2019 15: 346-349; DOI: 10.1183/20734735.0247-2019

Lung cancer is the leading cause of cancer-related mortality. Two independent trials from the USA and the Netherlands and Belgium demonstrated that annual low-dose computed tomography (LDCT) screening reduced mortality by 20% and 26%, respectively [1–3]. LDCT is therefore widely accepted as the preferred method for detecting pulmonary nodules, but raises an important clinical challenge concerning nodule evaluation and patient management [4–7]. [Read more](#)

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Self-management of oxygen and bronchodilators to relieve the dyspnoea of lung cancer with pneumoconiosis

Jung Won Kim and Eun Young Park

International Journal of Palliative Nursing, Vol. 26, No. 4: 167-174.

This study aimed to evaluate the level of dyspnoea and the self-management strategies used to alleviate dyspnoea in lung cancer patients with concurrent pneumoconiosis, particularly oxygen therapy and bronchodilator treatment. Furthermore, the authors aimed to determine the factors associated with such self-management and to provide a basis for developing an applicable and safe treatment plan for alleviating dyspnoea.

Medication

Without Keytruda, 30 deaths a week in NZ from cancer - Lung Foundation

Pharmac's decision to backtrack on funding Keytruda is a major blow for equality in New Zealand's health system, a leading oncologist says. [Read more](#)

Lung cancer victims miss out in drug funding boost - advocates

Advocates for lung cancer sufferers say the extra funding for Pharmac in this year's Budget won't help them. [Read more](#)

Simple text reminders do not improve breast cancer hormone therapy adherence

Text message reminders are not a silver bullet when it comes to overcoming the long-standing challenge of ensuring that breast cancer patients continue to take aromatase inhibitors, pills to treat hormone-sensitive cancers that are prescribed for as long as five years. [Read more](#)

Patient safety

Children with cancer are not at a higher risk for COVID-19 infection or morbidity, study finds

Researchers have found that children with cancer are not at a higher risk of being affected by COVID-19. [Read more](#)

Research and breakthroughs

A combo of fasting plus vitamin C is effective for hard-to-treat cancers, study shows

Researchers have discovered that a fasting-mimicking diet could be more effective at treating some types of cancer when combined with vitamin C. In studies on mice, researchers found that the combination delayed tumour progression in multiple mouse models of colorectal cancer; in some mice, it caused disease regression. [Read more](#)

Screening programmes

Canterbury's delayed bowel screening programme to start within months

Canterbury's long-awaited national bowel screening programme could be up and running by mid-September after being delayed again because of the coronavirus pandemic. [Read more](#)

Patients' views on involving general practice in bowel cancer screening: a South Australian focus group study

Brown L, Moretti C, Roeger L, *et al*

BMJ Open 2020;**10**:e035244. doi: 10.1136/bmjopen-2019-035244

Objectives To explore patients' experiences of bowel cancer screening and its promotion, and perspectives on possible input from general practice for improving screening rates.

[Read more](#)

Urological cancers

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

An overview of the diagnoses and treatments for penile cancer

Clare Akers and Fiona Holden

British Journal of Nursing, Vol. 29, No. 9: S6-S14.

Penile cancer is a rare malignancy and, as a consequence, it is managed in just a few specialist centres across the UK. This article aims to provide health professionals with an introduction and update on the epidemiology and aetiology of penile cancer, as well as the techniques used to diagnose penile cancer and the current treatment options. The article highlights the importance of early diagnosis and the role that the clinical nurse specialist in plays supporting those diagnosed with the penile cancer and their families.

Health, safety and wellness

Prevent Burnout with these six self-care strategies

What are the key methods that nurses and doctors use to prevent burnout? This question was at the heart of a recent study published in *Critical Care Nurse*, the clinical practice journal of the American Association of Critical-Care Nurses, "[Self-care Strategies to Combat Burnout Among Pediatric Critical Care Nurses and Physicians.](#)" This face to face study, conducted among a group of 20 nurses and physicians in pediatric intensive care and intermediate care units, explores six different strategies to help mitigate burnout

[Read more](#)

International news

'Study finds new clues in eye cancer'

About five per cent of melanomas in the eye are caused by exposure to sunlight, while the majority are not, a new study by QIMR Berghofer and Queensland Ocular Oncology Service has found. [Read more](#)

General articles

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

Increasing burden of advanced hepatocellular carcinoma in New Zealand—the need for better surveillance

NZMJ

Issue Vol 133 No 1515: 22 May 2020

Cameron Schauer, Thomas Mules, Marius van Rijnsoever, Ed Gane

Viral hepatitis accounts for the vast majority of newly diagnosed hepatocellular carcinoma (HCC) worldwide.

Situational awareness in the outpatient encounter between patients with breast cancer or malignant melanoma and healthcare professionals: Patients' perceptions.

Jørgensen, L, Kastrup Jensen, S, Brogaard, B.

J Clin Nurs. 2019; 00: 1– 10. <https://doi.org/10.1111/jocn.15122>

Aims and objectives

To explore patients' experiences of situational awareness in the outpatient encounter when they are informed about the diagnosis of breast cancer or malignant melanoma.

Background

Patients enter a stressful situation when receiving a diagnosis of breast cancer or malignant melanoma, and research indicates that needs are most prominent at this time. However, healthcare professionals often fail to address these needs adequately. It is unclear how patients experience situational awareness practised to meet their fundamental needs in the encounter when they are informed about the diagnosis of cancer.

Newsletters

Lung Cancer Research Review

Issue 13

This issue opens with a triplet of papers covering various aspects of lung cancer screening; including assessments of the cost effectiveness of LDCT, mortality outcomes of LDCT, and public attitudes to screening and radiation risk.

[Read more](#)

Colorectal Oncology

Research Review

Issue 25

According to recent paper published in the European Journal of Cancer, genotyping of the RSP02 rs555008 polymorphism may help to select metastatic colorectal cancer patients who will derive the most benefit from FOLFIRI/bevacizumab. [Read more](#)

Breast Cancer Research Review

Issue 29

The COVID-19 pandemic has compounded the challenge of providing timely treatment to achieve optimal outcomes for patients with breast cancer. A key performance indicators study reviewed in this issue reports that prior to the pandemic; care rates in Australia and New Zealand were lower than international standards. [Read more](#)

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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