



College of Cancer Nurses, NZNO monthly news bulletin Friday, 27 November 2020

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](#).

Draft Guidelines on the Right to a Decent Home in Aotearoa

NZNO warmly invites your feedback on *Aratohu tika tangata ki te whai whare rawaka i Aotearoa | Guidelines on the right to a decent home in Aotearoa*.

The *Guidelines* address the unique context of Aotearoa and Te Tiriti O Waitangi, aiming to clarify what the right to a decent home means.

New Zealand news

New Zealand tattoo artist recreates 3D nipples on cancer survivors

Within days, Debbie Casson had a series of terrible discoveries. On a Monday in 2012, she was diagnosed with a rare form of nasal cavity cancer. Then, on the Thursday, doctors found cancerous lumps in her right breast. ...The silver lining to all this was a career change. It inspired her to become an areola tattooist, a unique form of 3D tattooing that recreates lost nipples for cancer survivors. [Read more](#)

Rotorua Hospital emergency department diagnosing cancers

A top doctor says she has never had to diagnose so much cancer as she has in Rotorua Hospital's emergency department since starting there 18 months ago. [Read more](#)

Psychology of breaking bad news about cancer - Massey

Dr Tamyra Matthews, who explored the dynamics of communicating and receiving news of a cancer diagnosis for her doctoral thesis.

Getting bad news about a cancer diagnosis is inevitably a profound, painful and life-changing experience, although sadly not uncommon. New research from Massey University explores the dynamics of giving and receiving 'bad news' - from the way families cope to how hard it is for doctors to deliver the news. [Read more](#)

Inequity in cancer care at every turn for Māori

Māori are more likely to get cancer, will get it younger, are diagnosed later, have poorer access to treatment, and are much more likely to die from cancer than non-Māori, because of inequity in the health system. [Read more](#)

Bowel cancer

Bowel cancer screening programme needs an upgrade - Chris Jackson

The Cancer Society wants a better screening programme for bowel cancer to reduce the numbers of patients given a late diagnosis. [Read more](#)

Breast cancer

Mamazons and mastectomies: New Zealand's LGBT community faces unique cancer risk

A lesbian couple who have both survived breast cancer are happy New Zealand has become more open and accepting, but members of the rainbow community still face a higher risk. [Read more](#)

Breast cancer patients remember more information if doctors show empathy

Patients with incurable breast cancer remember more information about their treatment if their doctor is more empathic during consultations. These are the results of research by psychologists from Leiden University in collaboration with Nivel research institute. Publication in Patient Education and Counselling. [Read more](#)

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PI3K Inhibitors and Adverse Events: Optimizing Patient Care for the Treatment of Advanced Breast Cancer

Sarah Donahue, Gretchen Santos Fulgencio
CJON 2020, 24(6), 673-680 DOI: 10.1188/20.CJON.673-680

Background: Excessive activation of the PI3K pathway has been associated with malignant transformation and resistance to treatment in various cancer types. Various PI3K inhibitors have been evaluated in phase 3 clinical trials; however, most have been associated with modest clinical improvement and poor tolerability. The safety profile of PI3K inhibitors poses new challenges in treatment monitoring and management of common adverse events (AEs).
Objectives: The purpose of this article is to provide an overview of AEs associated with PI3K inhibitors, with a focus on alpelisib, as well as guidance on the prevention and management of AEs.

Chemo/radiation therapies

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Radiodermatitis: Clinical Summary of the ONS Guidelines™ for Cancer Treatment–Related Radiodermatitis

Chelsea Backler, Susan D. Bruce, Lauren Suarez, Pamela K. Ginex
CJON 2020, 24(6), 681-684 DOI: 10.1188/20.CJON.681-684

Approximately 50%–70% of patients with cancer will receive radiation therapy. Radiodermatitis is one of the most common side effects of radiation therapy, with as many as 95% of patients experiencing some degree of skin change. Radiodermatitis can cause pain, itching, and burning and potentially has a significant impact on a patient's quality of life. If radiodermatitis becomes severe, it can cause treatment interruption. The prevalence of radiodermatitis coupled with the effect this side effect can have on quality of life prompts the need for evidence-based recommendations for management.

Enabling sustained communication with patients for safe and effective management of oral chemotherapy: A longitudinal ethnography.

Mitchell, G, Porter, S, Manias, E.

J Adv Nurs. 2020; 00: 1– 11. <https://doi.org/10.1111/jan.14634>

To examine how patients received, understood, and acted on healthcare professional communication about their oral chemotherapeutic regimen throughout their treatment.

Colorectal cancers

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Enhanced recovery after surgery in patients with colorectal cancer: a non-systematic summary of the evidence.

Sousa I (2020) Cancer Nursing Practice. doi: 10.7748/cnp.2020.e1690

Patients with colorectal cancer may require colorectal surgery as part of their treatment. Enhanced recovery after surgery (ERAS) is an evidence-based multimodal pathway that improves patients' outcomes by attending to specific aspects of patients' needs from pre-admission to post-discharge. This article reports findings of a non-systematic review of the literature on ERAS in the context of patients undergoing colorectal surgery. Evidence suggests that ERAS improves patients' outcomes by decreasing post-surgical complications and therefore reducing length of stay in hospital. The article also discusses how nurses are fundamental to the implementation of an ERAS pathway.

Compassion fatigue

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The levels, prevalence and related factors of compassion fatigue among oncology nurses: a systematic review and meta-analysis.

Xie, W., Wang, J., Zhang, Y., Zuo, M., Kang, H., Tang, P., Zeng, L., Jin, M., Ni, W. and Ma, C. (2020),

Journal of Clinical Nursing. Accepted Author Manuscript. <https://doi.org/10.1111/jocn.15565>

Background Compassion fatigue is described as the phenomenon of exhaustion and dysfunction in healthcare workers resulting from prolonged exposure to work-related stress and compassion stress. Oncology nurses are at high risk for compassion fatigue.

Aims Our study aims to estimate the levels, prevalence and related factors of compassion fatigue dimension in oncology nurses.

Diet and nutrition

Dairy and low-fat diet can reduce risk of bowel cancer - study

Eating dairy and a low-fat diet can reduce the risk of bowel cancer in New Zealand, a new University of Otago study reveals.

The four-year study - the first to specifically examine the role of diet as a cause of bowel cancer in New Zealand - also concluded that "higher than average" consumption of lamb, pork and bread and processed meat such as salami and sausages, was also associated with an increased risk. An "average" consumption is about three servings a week. [Read more](#)

Exercise

Exercise is proven to aid cancer treatments, so why don't patients have subsidised access to rehab?

At Sydney's iconic Bondi Icebergs pool, on a crisp spring morning, Siobhan O'Toole and Donna Moclair look like seasoned swimmers used to the waves crashing over them as they do laps. [Read more](#)

Exercise helps most Kiwis suffering from cancer - research

New research has established why people who exercise when suffering from cancer generally have better outcomes, ExerciseNZ chief executive Richard Beddie says. [Read more](#)

Exercise found to reduce menopausal symptoms in cancer survivors

Physical activity can reduce the severity of early menopausal symptoms in women who have had cancer treatment, a University of Queensland study has found. [Read more](#)

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Effects of perioperative exercise interventions on lung cancer patients: An overview of systematic reviews.

Zhou, W., Woo, S. and Larson, J.L. (2020),
J Clin Nurs, 29: 4482-4504. <https://doi.org/10.1111/jocn.15511>

Aims and Objectives To identify, appraise and summarise systematic reviews of exercise interventions for surgical lung cancer patients.

Background Low exercise capacity, reduced pulmonary function, impaired health-related quality of life and postoperative pulmonary complications are common in surgical lung cancer patients. Numerous systematic reviews address these health problems and examine the effects of exercise intervention. However, differences in the quality and scope of the systematic reviews and discordant findings from the reviews make it difficult for decision-makers to interpret the evidence and establish best practices in the clinical settings.

Gynaecological cancers

Cervical smear coordinator bridging the cultural gap around healthcare for Asian communities | Counties Manukau Health

Moving to New Zealand as a teenager from her homeland of India was a bit of a culture shock for cervical smear coordinator Meena Narang at first. But living in South Auckland for the past 20 years she's seen the Indian and the wider South East Asian community grow, as has her passion to support women and their whanau in health and wellbeing. [Read more](#)

Head and neck cancer

Charity Launch For Head And Neck Cancer

It is time that head and neck cancer had a dedicated charity in New Zealand. The Head and Neck Cancer Support Aotearoa Charitable Trust, HNCSEA, is proud to launch its organisation on 20 November. [Read more](#)

Lifestyle factors

Quit smoking, your bladder will thank you

"Everyone knows smoking causes lung cancer, but they don't always know about bladder cancer," said Dr. Srinivas Vourganti, a urologist at Rush University Medical Center in Chicago who specializes in treating bladder and other [urinary tract cancers](#). [Read more](#)

Lung cancer (inc smoking)

The cancer 'disgrace' no-one talks about

It kills five times as many people as road crashes. More than melanoma, prostate and breast cancer combined. [Read more](#)

Better survival among women after lung cancer surgery

There are known differences in the survival rates of women and men with lung cancer. Researchers at Karolinska Institutet set out to investigate potential reasons behind this disparity, such as the presence of other underlying diseases and smoking status. The study, which was published in Chest, shows that women have better survival rates after lung cancer surgery than men, independent of other factors. [Read more](#)

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Genetic Biomarkers: Implications of Increased Understanding and Identification in Lung Cancer Management

Julie C. Martin

CJON 2020, 24(6), 648-656 DOI: 10.1188/20.CJON.648-656

Background: In the management of lung cancer, molecular profiling of the tumor is pivotal to defining a personalized treatment plan and is recommended for each patient.

Objectives: The purpose of this article is to provide an update on genomic testing in lung cancer and the associated targeted treatment options. In addition, emerging biomarkers and mechanisms of resistance are discussed.

Melanoma and skin cancers

90% accuracy in detecting melanoma: New non-invasive method

A team of researchers proposed a non-invasive method for detection of melanoma. A patented computer-aided diagnostic system developed by scientists proved to be more than 90% accurate in detecting malignancy in diagnostic images of skin lesions acquired from 100 patients. [Read more](#)

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Biomarkers in Cutaneous Melanoma: Implications for Patient Education and Support

Patricia J. Friend

CJON 2020, 24(6), 660-666 DOI: 10.1188/20.CJON.660-666

Background: Elucidation of key biomarkers, as indicators and drivers of the pathologic processes in cutaneous melanoma (CM), has led to the development of effective targeted therapies.

Objectives: This article provides an overview of key concepts in advanced CM, particularly the essential role of biomarkers and biomarker testing to guide treatment.

Nursing

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Nurse-led project shows how rewarding a career in cancer research can be

Elaine Cole

Cancer Nursing Practice. 19, 6, 16-18. doi: 10.7748/cnp.19.6.16.s12

Senior nurse's project ignites interest in cancer research role and boosts recruitment

An innovative approach to addressing nationwide difficulties in recruiting nurses to clinical research posts at cancer centres is dispelling myths about the role as well as boosting interest in it.

Clinical trials: what does a research nurse do?

Radhika Holmström

Cancer Nursing Practice. 19, 6, 20-22. doi: 10.7748/cnp.19.6.20.s13

Roles that can change patients' lives, from study coordinator to supporting participants

Clinical trials stand at the cutting edge of healthcare, helping to advance medicines, products and procedures for the benefit of patients.

Pancreatic cancer

Pancreatic cancer radiotherapy trial hopes to improve low survival rate

Of all the major cancers, pancreatic cancer has the lowest survival rate - just eight percent of those diagnosed with it are expected to live beyond five years. [Read more](#)

Prostate cancer

New intake of nurses begin work supporting men with prostate cancer across Australia

An extra source of support has been made available for Australian men with prostate cancer as they navigate their diagnosis and treatment choices. [Read more](#)

Youth / adolescent patients

Longitudinal cohort study of the impact of specialist cancer services for teenagers and young adults on quality of life: outcomes from the BRIGHTLIGHT study

Taylor RM, Fern LA, Barber J, et al

BMJ Open 2020;10:e038471. doi: 10.1136/bmjopen-2020-038471

Objectives In England, healthcare policy advocates specialised age-appropriate services for teenagers and young adults (TYA), those aged 13 to 24 years at diagnosis. Specialist Principal Treatment Centres (PTC) provide enhanced TYA age-specific care, although many still receive care in adult or children's cancer services. We present the first prospective structured analysis of quality of life (QOL) associated with the amount of care received in a TYA-PTC. [Read more](#)

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Breaking down the barriers: a new collaborative model providing fertility care for young cancer patients

Genia Rozen, Stephanie Sii, Franca Agresta, Debra Gook and Catharyn Stern

Med J Aust 2020; 213 (9): . || doi: 10.5694/mja2.50811

A recently developed national transport and cryopreservation service improves equity of access to fertility care for young people across Australia

Wellbeing (physical and spiritual)

Nurses Should Discuss Patients' Mental Health Early On

The Commission on Cancer has protocols for screening and treating patients with cancer who have depression. However, those same kinds of procedures are not in place for patients with anxiety, which could make up a larger percentage than those with depression in the oncology space. [Read more](#)

Sexual health often overlooked in cancer survivorship care, especially for female patients

A new study points to a need for oncologists to ask their patients about sexual health after chemotherapy, radiation and other cancer treatments. In a survey of nearly 400 cancer survivors, 87% said they experienced sexual side effects, but most also said their oncologist had not formally asked about them. Female patients were especially unlikely to be asked about sexual dysfunction. Findings will be presented today at the [American Society for Radiation Oncology \(ASTRO\) Annual Meeting](#). [Read more](#)

General articles

People with Cancer Say Access to Their Clinical Notes Is Valuable

People with cancer believe that having access to electronic clinical notes that summarize their doctor visits is valuable, researchers have found. Oncologists and other care providers agree that patient access to these open notes is important, although their views tend to differ somewhat from those of patients, according to survey results. [Read more](#)

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Ethics, health disparities, and discourses in oncology nursing's research: If we know the problems, why are we asking the wrong questions?.

Rabelais, E. and Walker, R.K. (2020),
J Clin Nurs. Accepted Author Manuscript. <https://doi.org/10.1111/jocn.15569>

Aims & Objectives To disrupt confluences between “health disparities research” and critical engagement with racism, whiteness, other oppressions, and our profession’s ongoing roles in white supremacy.

Background In Oncology Nursing Society’s 2019-2023 research agenda, health disparities are highlighted as a top priority for nursing knowledge generation and intervention. The document concludes needs for increased “minority and vulnerable population” participation in cancer clinical trials, reduced financial toxicity, behavioural interventions for risk reduction, incorporation of social determinants of health, and technology to promote rural access to high-quality care.

Publications and reports

Breast Cancer Research Review, Issue 31

Two studies reviewed in this issue explore different screening protocols for breast cancer evaluating the value of MRI and extending screening beyond age 70 in some patients.

[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.

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