



**College of Cancer Nurses, NZNO monthly news bulletin  
Friday 31 January 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](#)

#### **Draft Disability Employment Action Plan**

NZNO welcomes your feedback on a draft action plan specifically for disabled people and people with health conditions because they often face barriers to getting and staying in work. In particular, we would like feedback on whether the action plan includes the right actions to improve outcomes for disabled people and people with health conditions.

**14 February 2020.**

#### **Options to reform the Burial and Cremation Act 1964 and related legislation**

NZNO welcomes your feedback on a consultation that sets out a range of options for modernising the legislation relating to death, burial, cremation and funerals in New Zealand. This consultation will help inform the development of a modern, fit-for-purpose legislation for death, burial, cremation and funerals. **3 April 2020.**

### NZ News (general)

#### **Untimely access to diagnosis not main reason why Maori are dying of cancer - research**

Māori have poorer access to early diagnosis for some key cancers including breast and colorectal cancers though, this is not the case for all cancers and is not necessarily why more Māori are dying of cancer, new University of Otago research shows. [Read more](#)

### Breast cancer

#### **Genetic study provides most comprehensive map of risk to date of breast cancer risk**

A major international study of the genetics of breast cancer has identified more than 350 DNA 'errors' that increase an individual's risk of developing the disease. The scientists involved say these errors may influence as many as 190 genes. [Read more](#)

### Bowel cancer

#### **Bowel cancer screening: Trials of breathalyser technique across New Zealand**

New breathalyser technology could streamline testing for bowel cancer, enabling biomarkers to identify it earlier. [Read more](#)

## Chemo/radiation therapies

**Improving Information Provision on Chemotherapy-Induced Alopecia and Scalp Cooling: A Comprehensive Approach Including A Website and Web-Based Decision Tool.** van den Hurk C, Keizer-Heldens P, Raats I, Hoeijmakers K, Mols F. *Asia Pac J Oncol Nurs* 2019;6:336-42

**Objective:** Alopecia is a frequently occurring side effect of chemotherapy and has high impact on many patients. Currently, scalp cooling is the only method to prevent this chemotherapy-induced alopecia (CIA) and it is effective in about half of the patients. Since determinants of the success are largely unknown, all patients should be prepared for potential hair loss. The objective was to provide up-to-date online information about CIA and scalp cooling to support patients in coping with CIA and in their choice regarding scalp cooling.

**Methods:** Essential aspects of delivering information and lack of information were identified during focus groups, interviews, and a questionnaire survey among cancer patients, and in discussions with nurses.

**Results:** The obtained information was used to develop a website ([www.scalpcooling.org](http://www.scalpcooling.org)) and a web-based tool. It combines scientific evidence and practical advice about CIA and regrowth of hair, scalp-cooling tolerance, efficacy and safety, as well as an overview of possible advantages and disadvantages. The web-based tool provides tailored information about the probability of CIA with and without scalp cooling in particular chemotherapy regimens. Besides, the tool offers patients' support in decision-making by allowing them to reflect and consider their values and opinions about scalp cooling. **Conclusions:** This comprehensive information is useful during nursing consultations. [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*

**Cancer-related fatigue and self-care agency: A multicentre survey of patients receiving chemotherapy.** O'Regan, P, McCarthy, G, O'Reilly, S, et al. *J Clin Nurs*. 2019; 28: 4424– 4433. <https://doi.org/10.1111/jocn.15026>

**Aims and objectives:** To measure cancer-related fatigue (CRF), self-care agency (SCA) and fatigue self-care strategies, and to explore the relationship between CRF and SCA.

**Background:** Cancer-related fatigue has been consistently rated as the most elusive, common and severe of symptoms that patients with cancer undergoing chemotherapy experience. Despite its frequency and severity, CRF is poorly managed. A renewed focus on supporting self-care among patients with cancer has been found to reduce symptom burden, empower patients and improve patient satisfaction. Understanding the link between self-care agency (i.e. capability and willingness to self-care) and CRF levels will help practitioners to better support individuals on the cancer journey.

## Colorectal cancers

**Women with colorectal cancer fare better if they have social support**

New research from Kaiser Permanente finds that post-menopausal women with colorectal cancer were more likely to die from their disease or from any cause if they had low social support before diagnosis. The analysis of 1,429 women in the national long-term health study Women's Health Initiative, which included patients from Kaiser Permanente and other health systems, was published in the journal *Cancer* January 23. [Read more](#)

## Gynaecological cancers

**HPV vaccine reduces rates of cervical abnormalities - research**

The HPV vaccine has led to a significant reduction in the rate of cervical abnormalities in young New Zealand women, which is likely to result in reduced rates of cervical cancer in future, new University of Otago research reveals. [Read more](#)

## **Large study shows no strong link between baby powder, ovarian cancer**

(HealthDay)—There's been a longstanding debate—and a slew of lawsuits—over whether baby powder containing talc plays any role in the development of some cancers. [Read more](#)

## **HPV and vaccine**

### **Correcting vaccine misinformation is a difficult process, study shows**

The number of girls receiving HPV vaccines in Denmark plummeted after vaccine misinformation spread through Danish media outlets from 2013 to 2016. Health officials launched a campaign in 2017, aiming to correct the misinformation and encourage girls to get vaccinated. [Read more](#)

## **Lifestyle factors**

### **Stricter alcohol policies related to lower risk of cancer**

In a new study researchers at Boston Medical Center and Boston University have uncovered a new association between more restrictive alcohol policies and lower rates of cancer mortality. [Read more](#)

## **Lung cancer (inc smoking)**

### **Depression affects one-third of lung cancer patients**

About one-third of patients newly diagnosed with the most common form of lung cancer have moderate to severe symptoms of depression, a new study suggests. [Read more](#)

## **Medication**

### **Booklet about clinical trials informs and empowers patients**

Waikato Cancer and Blood Research Trials Unit has developed a booklet which demystifies terminology and empowers patients to ask questions that will help them decide whether to participate in a clinical trial. [Read more](#)

### **Life-prolonging breast cancer drug could become fully funded**

A life-prolonging breast cancer drug could soon be publicly funded, saving patients thousands of dollars. [Read more](#)

## **Melanoma and skin cancers**

### **Rise of immune therapy for melanoma a 'revolution' in treatment**

It starts small.

A bit of sun, a small spot, a growing mole. The sun's UV light damaging your DNA.

[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*

### **Patient experiences with isolated limb perfusion for malignant melanoma – A qualitative study.** Monica Ekenberg... et al. European Journal of Oncology Nursing.

VOLUME 43, 101672, DECEMBER 01, 2019

DOI:<https://doi.org/10.1016/j.ejon.2019.101672>

- ILP reduced tumor burden, enabling participants to live a less restricted life, and to focus on health rather than illness.
- Participants felt that physical symptoms were more tolerable than the emotional impact of living with malignant melanoma.
- Patients perceived that healthcare mainly focused on illness, while patients focused more on healthy parts of their lives.
- Some participants had received inadequate information, leading to feelings of dissatisfaction and disappointment.

- Nurses can provide accurate care by providing correct information and help to reduce patients' negative symptoms.
- Nurses needs to support patients' desire to live as normally as possible and to focus on health rather than illness.
- It is important that nurses provide emotional support to reduce fears of recurrence.

## Palliative care

### Understanding palliative care and why it matters

Palliative care is increasingly mentioned in mainstream and professional media releases and reports, particularly those related to aged care and cancer. But it is often misrepresented or mentioned only in passing, so we need to start at the beginning if we are to understand what it is and why it matters. [Read more](#)

## Prostate cancer

*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*

**Prostate cancer survivorship priorities for men and their partners: Delphi consensus from a nurse specialist cohort.** Ralph, N, Green, A, Sara, S, et al. J Clin Nurs. 2020; 29: 265– 273. <https://doi.org/10.1111/jocn.15096>

**Aims & objectives:** To describe the prostate cancer survivorship experience and priorities from the perspective of prostate cancer specialist nurses.

**Background:** Specialist nurses are providing long-term survivorship care to men and their partners however, few prostate cancer survivorship interventions are effective and priorities for nurse-led survivorship care are poorly understood.

## Screening programmes

### Cancer Screening Rates Low in People with Mental Illness

Results from a meta-analysis published in Lancet Psychiatry suggest that patients with psychiatric disorders are less likely to receive [cancer screenings](#) compared with the general population, a worrisome issue given the elevated mortality from cancer in people with mental illness. Under-screening trends were particularly pronounced in patients with schizophrenia. [Read more](#)

## Testicular cancer

### Half the amount of chemo prevents testicular cancer from coming back, new trial shows

Testicular cancer can be prevented from coming back using half the amount of chemotherapy that is currently used, a new clinical trial has shown. The new trial showed that giving men one cycle of chemotherapy was as effective at preventing men's testicular cancer from coming back as the two cycles used as standard. [Read more](#)

## Wellbeing (physical and spiritual)

### Study sheds light on consequences of widespread practice of ringing the cancer bell

It's a scene that some cancer patients dream about: they celebrate the end of a course of radiation or chemotherapy by ringing a bell, surrounded by family and cheering cancer clinic staff. Indeed, many patients say they love the graduation-like ceremony and the sense of closure it gives them. [Read more](#)

## Health, safety and wellness

### 5 ways to revitalize after a tough shift

We've all had those tough shifts where you walk out both mentally and physically exhausted. This is not uncommon for healthcare professionals and here are some tips to help you invigorate your energy and mind. [Read more](#)

### 5 Responses Guaranteed to Shut Down Nurse Bullying as Soon as You See it

Even if you're not part of the 85% of nurses who've been abused by a fellow nurse you're still probably aware that bullying among healthcare workers is a pervasive problem. Perhaps you've heard that 1 in 3 nurses has considered quitting a job due to bullying, or you've seen it at your own workplace. [Read more](#)

## General articles

### Online educational videos boost cancer knowledge

Online health videos can be an important source of cancer education, according to Rutgers researchers. Their review, published in the Journal of Cancer Education, analysed existing research to see how people obtained their cancer knowledge and how educational videos they watched prompted a change in their behaviour. [Read more](#)

### Danish study shows overweight and obesity are linked to higher risks of common cancers

Overweight and obesity were associated with higher risks of several common cancers in a 40-year nationwide Danish study. [Read more](#)

## Ministry of Health

### Report of the Parliamentary Review Committee Regarding the National Cervical Screening Programme: April 2019

- The third Parliamentary Review Committee for the National Cervical Screening Programme (NCSP) was undertaken in the second half of 2018.
- The NCSP is independently reviewed every three years. The review is legislated under Part 4A, Section 112O, of the Health Act 1956.

[Read more](#)

## Professional development

### Oncology nursing core competencies

**Takeaways:** At the same time that death rates from cancer continue to decline, the numbers of cancer survivors are growing exponentially. For many of these survivors, cancer has become a chronic illness.

Due to the increasing numbers of cancer survivors, nurses in most clinical settings, even those working outside of dedicated oncology units, are likely to care for survivors.

Oncology nursing core competencies for all graduates of pre-licensure nursing programs have been developed to meet the care needs of cancer survivors. [Read more](#)

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### A clearer pathway—The future of the gynaecological oncology specialist nurse role

Cook, Olivia et al.

Collegian, Volume 0, Issue 0

**Background:** Over recent years there has been a proliferation in specialist nurse roles that require expertise and advanced practice in a particular field of nursing. In Australia and New Zealand, specialist nursing care of women with gynaecological cancers is recommended, however the role remains largely undefined and unregulated.

**Aims:** To determine Australian and New Zealand gynaecological oncology specialist nurses' perspectives on the future of their role, and make recommendations for future practice and education.

*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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