



College of Cancer Nurses, NZNO monthly news bulletin Friday, 28 February 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](#)

Residential Tenancies Amendment Bill

NZNO welcomes your feedback on this bill which makes a range of changes to make the Residential Tenancies Act 1986 fit for modern renting situations in New Zealand. NZNO is of the view that addressing the availability, affordability, quality, and security of rental housing is fundamental to improving population health and equity in Aotearoa New Zealand.

[Read more](#)

NZ News (general)

Breast cancer diagnoses delayed as wait times blow out

35 South Auckland women had their diagnoses of breast cancer delayed last year, as Counties Manukau DHB struggles to see patients on time. [Read more](#)

Women Asked To 'Give their Cervix some screen time' in new campaign

Young New Zealand women are being encouraged to look after their cervix in a powerful new media campaign designed to encourage regular cervical screening from 25 years of age. [Read more](#)

How the Cancer Control Plan aims to stop NZ's survival rates falling further behind

Cancer is the leading cause of death in New Zealand; it kills nearly a third of us, and our growing elderly population means this is likely to continue. By 2040, the number of people diagnosed is predicted to be about 144 a day. [Read more](#)

Breast cancer

The Breast Cancer Foundation calls for time off for mammograms

The two-hour challenge: Breast Cancer Foundation urges Kiwi bosses to give staff time off work for mammograms. On World Cancer Day (February 4), Breast Cancer Foundation NZ is calling on Kiwi employers to support female workers' health by giving them time off for mammograms. BCFNZ chair Justine Smyth has emailed 100 notable organisations and leading employers, inviting them to get on board with the idea. [Read more](#)

Mammograms not helpful in women 75 and older, study finds

CHICAGO (Reuters) - Researchers reported on Monday that women 75 years and older do not benefit from regular screening mammograms, offering some of the first evidence on whether screening makes sense in these women. [Read more](#)

New study shows significant increase in weight after breast cancer

New study findings suggest that weight gain after breast cancer is a greater problem than previously thought. The first national survey on weight after breast cancer in Australia, published in *BMC Cancer* journal found close to two-thirds (63.7%) of women reported weight gain at an average of nine kilograms after a breast cancer diagnosis, and overall nearly one-in-five women (17%) added more than 20 kilograms. [Read more](#)

Women's wellness: Stay heart-healthy during breast cancer treatment

A diagnosis of breast cancer is never easy to hear. Thanks to early diagnosis and better treatments more women are surviving the disease. Dr. Jordan Ray, a Mayo Clinic cardiologist, urges all cancer patients to also pay attention to their heart health during and after treatment. [Read more](#)

Bowel cancer

Bowel screening programme detects cancer in 500

South Aucklander David Broughton has just got back from a surprise visit to whānau in Australia. He was prompted to make the journey after being treated for bowel cancer earlier last year. [Read more](#)

Bowel screening programme proving valuable - MidCentral DHB

The National Bowel Screening Programme, which launched in November 2019 has seen 3,576 people in the MidCentral District receive invites to participate:

- 1,418 have returned their kit for testing,
- 76 people returned a positive test kit,
- 26 of these have already had a follow-up colonoscopy,
- 1 cancer diagnosis was made,
- there are 2,158 outstanding kits awaiting return for testing, and
- 71 tests will need to be re-done. [Read more](#)

Māori patient calls on government to lower bowel cancer screening age

A Māori patient with terminal bowel cancer is backing calls for the government to screen patients earlier before it's too late. [Read more](#)

'The Forgotten 360' of bowel cancer - Bowel Cancer NZ

"The government is turning its back on hundreds of New Zealanders in their fifties, condemning many to an unnecessarily early grave" - that's the strong message from Bowel Cancer New Zealand. [Read more](#)

Chemo/radiation therapies

Researchers develop new way to monitor radiation doses for cancer patients

More than half of all cancer patients undergo radiation therapy and the dose is critical. Too much and the surrounding tissue gets damaged, too little and the cancer cells survive. Subhadeep Dutta and Karthik Pushpavanam, graduate students working in the lab of Kaushal Rege, Professor at Arizona State University in Tempe, and collaborators at Banner-M.D. Anderson in Gilbert, Arizona, developed a new way to monitor radiation doses that is cost-effective and easy to read. Dutta will present their research on Tuesday, February 18 at the 64th Annual Meeting of the Biophysical Society in San Diego, California. [Read more](#)

A new strategy to prevent the most aggressive tumours from generating resistance to chemotherapy

One of the most frequent problems when treating cancer is that the tumours develop resistance to therapies; at that point, treatments cease to be effective at stopping tumour growth. This is especially relevant in patients with aggressive diseases, such as pancreatic cancer or patients with metastases who must often undergo frequent changes in treatment.

Now, a study led by the Spanish National Cancer Research Centre (CNIO) in collaboration with researchers from the Weill Cornell Medicine Centre and Pfizer Inc. (U.S.), proposes a novel combined approach to avoiding pancreatic cancer resistance to chemotherapy, and thus treat these tumour cells effectively. The work is forthcoming in the journal *Cancer Cell*.

[Read more](#)

Compassion fatigue

High nursing turnover occurs with compassion fatigue

A study in the *Clinical Journal of Oncology Nursing* looked at compassion fatigue in nurses, a growing concern for health care organizations. Compassion fatigue was found to be an indicator of nurse turnover, and study investigator Diana Wells-English said "it's crucial that we advocate for nurse well-being so that nurses may continue to deliver optimal care for patients." [Read more](#)

Complementary/alternative therapies

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

The effectiveness of music therapy for patients with cancer: A systematic review and meta-analysis.

Li, Y, Xing, X, Shi, X, et al. *J Adv Nurs*. 2020; 00: 1– 13. <https://doi.org/10.1111/jan.14313>

Aims

To assess the effectiveness of music therapy on the quality of life, anxiety, depression and pain of patients with cancer.

Conclusion

Music therapy can improve the overall quality of life of patients with cancer, with an observed optimal intervention duration of 1–2 months. Meanwhile, anxiety, depression and pain are improved as well. Nevertheless, high-quality trials are still needed to further determine the effects of music intervention in supportive cancer care.

Gynaecological cancers

Cervical cancer could be eliminated in next century, international study finds

According to two international studies done with the participation of Quebec researchers Cervical cancer could be eliminated within the next 20 years in Canada and within a century globally, which would represent a huge victory for women's health. [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

Gaining insight into the supportive care needs of women experiencing gynaecological cancer: A qualitative study.

Williams, N., Griffin, G., Farrell, V. and Hauck, Y.L. (2020), *J Clin Nurs*. Accepted Author Manuscript. doi:[10.1111/jocn.15221](https://doi.org/10.1111/jocn.15221)

Aim

To gain insight into the supportive care needs of Western Australian women experiencing gynaecological cancer.

Background

Meeting the supportive care needs of people living with cancer is becoming increasingly important, as advances in cancer treatment contribute to growing numbers of survivors. International evidence suggests between 24–56% of women with gynaecological cancer have unmet supportive care needs and that psychological challenges, information provision and holistic care are priorities. No qualitative investigation has previously explored women's journey of gynaecological cancer within the Australian setting.

Coping with fear of cancer recurrence among ovarian cancer survivors living in small urban and rural settings: A qualitative descriptive study

Jacqueline Galica ... et al. European Journal of Oncology Nursing VOLUME 44, 101705, FEBRUARY 01, 2020

Fear of cancer recurrence (FCR) is a paramount concern among ovarian cancer survivors. Evidence shows that cancer survivors living in regional or rural areas have higher psychological morbidity; however, no known studies have explored how ovarian cancer survivors living in small urban and rural areas cope with FCR.

Lung cancer (incl. smoking)

Early diagnosis matters: making the case for the early and rapid diagnosis of lung cancer

Emergency hospital admission is still the most common route for diagnosing lung cancer, and this report finds that patients diagnosed via A&E are more than five times more likely to die within one year of diagnosis than those referred for treatment by their GP. The report lays out 10 key recommendations for diagnosing lung cancer earlier in order to increase lung cancer survival. It also includes examples of best practice – demonstrating how certain NHS trusts are working to make the earlier diagnosis of lung cancer happen. [Read more](#)

Melanoma and skin cancers

Some skin cancer scanning apps fail to detect melanoma, cannot be relied on - study

Some smartphone apps that assess the risk of suspicious moles cannot be relied upon to detect skin cancer, new research has found.

A review of six algorithm-based AI apps published in *The British Medical Journal* (BMJ) on Tuesday found "poor and variable" performance between apps, indicating they had "not yet shown sufficient promise to recommend their use".

One app, available in Europe, Australia and New Zealand, was evaluated in a study of 15 moles with five melanomas. It did not detect any. [Read more](#)

Gay and bisexual men have higher rate of skin cancer

In the largest study of skin cancer rates among gay, lesbian or bisexual individuals, investigators from Brigham and Women's Hospital report important differences in skin cancer prevalence among sexual minorities. Rates of skin cancer were higher among gay and bisexual men compared to heterosexual men, but lower among bisexual women than heterosexual women. [Read more](#)

Nursing

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

Development and implementation strategies of a nurse-led symptom self-management program in outpatient cancer centres: The Symptom Navi© Programme

European Journal of Oncology Nursing VOLUME 44, 101714, FEBRUARY 01, 2020

The Symptom Navi© Programme (SN©P) is a structured nurse-led intervention supporting symptom self-management in cancer patients. We describe the development and evaluation of the intervention, implementation strategy, and the evaluation of nurse training for the Symptom Navi© Pilot Study.

Palliative care

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

Advance care planning for patients with cancer in palliative care: A scoping review from a professional perspective. Kuusisto, A, Santavirta, J, Saranto, K, Korhonen, P, Haavisto, E. J Clin Nurs. 2020; 00: 1– 14. <https://doi.org/10.1111/jocn.15216>

Aims and objectives

To describe advance care planning (ACP) for patients with cancer in palliative care from professionals' perspective.

Background

The number of patients with cancer is increasing. Palliative care should be based on timely ACP so that patients receive the care they prefer.

Pancreatic cancer

Advances in surgical care for patients with pancreatic cancer

Earlier this year, doctors and researchers celebrated the news that the five-year survival rate for pancreatic cancer had crossed into double digits for the first time - up from just 6% in 2011. [Read more](#)

Prostate cancer

Lengthening prostate cancer screening intervals for men could improve outcomes

A new study in Journal of the National Cancer Institute (JNCI) published by Oxford University Press finds significant benefits to lengthening the amount of time between prostate cancer screenings for men [Read more](#)

Screening programmes

Cancer Screening and Prevention in Lesbian, Gay, Bisexual, and Transgendered Community and Asian Lesbian, Gay, Bisexual, and Transgendered Members. Polek C, Hardie T. Asia Pac J Oncol Nurs 2020;7:6-11

Sexual minority population membership is subject to social stressors/stigma that have been associated with health disparities, some of which have been linked to cancer risk and development.^[1] Little is known regarding various minority groups and stress experiences in this case, the Asian lesbian, gay, bisexual, and transgendered (LGBT) subpopulation and their participation in cancer screening and early detection. Prevention and early detection are cornerstones of cancer control, but several factors influence an individual in seeking screening and reducing risky behaviours. Prior research has demonstrated ethnic differences which have been used to develop interventions to improve rates of participation in cancer prevention and early detection which is a lens exploring sexual minorities. [Read more](#)

Newsletters

Skin Cancer Research Review, Issue 1

Our first issue of Skin Cancer Research Review begins with a retrospective analysis on the accuracy of partial biopsies in the management of cutaneous melanoma. [Read more](#)

General articles

Cancer Costs: A ripple effect analysis of cancer's wider impact (Demos, UK)

This report, supported by Pfizer, aims to explore this multifaceted cost of cancer and document the impact it has upon all the lives it touches – patients, survivors, carers and family members. We attempt to capture the full nature of that cost for the first time, bringing the lived experience of those affected by cancer to the public policy debate.

[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

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.

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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