



**College of Cancer Nurses,  
NZNO monthly news bulletin  
Friday, 8 January 2021**

### **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](#).

### **New Zealand news**

#### **Ground-breaking Waikato Hospital cancer treatment offers new options**

A pioneering radiation treatment has been used to treat kidney cancer for the first time in New Zealand by a team at Waikato Hospital, opening new possibilities for some patients. [Read more](#)

#### **Overweight women waiting longer for gynaecological cancer diagnoses**

Overweight women in South Auckland are having to wait longer than others for a diagnosis of gynaecological cancer. [Read more](#)

#### **Breast cancer patients in MidCentral DHB get the FastForward treatment**

MidCentral DHB has introduced a new cancer treatment protocol that reduces the treatment time for women with early stage breast cancer by two thirds. [Read more](#)

#### **Breast cancer charity Sweet Louise cuts services due to funding shortfall**

A charity supporting women with incurable breast cancer has been forced to pull some of its services due to a lack of funding.

Sweet Louise will not be able to offer help around the home, oncology massages and mastectomy wear as a result of some of its key fundraising activities being disrupted by COVID-19. [Read more](#).

#### **Vital breast cancer information 'impossible' to pass on in brief consultations - researcher**

Brief clinical appointments are making it impossible for women with breast cancer to get vital information about issues like whether to have a mastectomy or not, a researcher says. [Read more](#).

### **Brain cancer**

#### **Steroids May Limit the Effectiveness of Immunotherapy for Brain Cancer**

The use of steroids to manage symptoms of brain tumours, such as the build up of fluid in the brain, may limit the effectiveness of [immunotherapy](#) drugs against these tumours, a new study suggests. [Read more](#)

## Breast cancer

### **Surgery may increase length of survival for metastatic breast cancer patients**

Surgery, in addition to treatments like chemotherapy and radiation therapy, may increase the length of survival for [metastatic breast cancer](#) patients, according to Penn State College of Medicine and Penn State Cancer Institute researchers. They studied nearly 13,000 stage four breast cancer patients and found that those who had surgery in addition to their other treatments had a survival advantage over those who had other treatments alone. [Read more](#)

### **More women embracing 'going flat' after mastectomy**

A growing number of women forgoing reconstruction after a mastectomy say they're satisfied with their choice, even as some did not feel supported by their physician, according to a study led by researchers at the UCLA Jonsson Comprehensive Cancer Center. [Read more](#)

### **Fertility Preservation Safe for Young Women with Breast Cancer**

Common methods of preserving a woman's fertility before starting breast cancer treatment are safe for young women, according to a large study that tracked Swedish women for more than two decades. [Read more](#)

### **Mastectomy tattoos: An emerging alternative for reclaiming self.**

Reid-de Jong, V, Bruce, A.

*Nursing Forum*. 2020; 55: 695– 702. <https://doi.org/10.1111/nuf.12486>

Recent discourses within breast cancer and gendered studies literature suggest some women are challenging postmastectomy bodies as abject bodies. Tattooing is an emerging body project in contemporary society that can offer women who live disembodied from their postmastectomized body an alternative. We consider embodied health movements, a type of social movement, to explore how acquiring meaningful tattoo art over a mastectomized site can be seen as challenging hegemonic, gendered discourses of the female breast and patriarchal ideals of beauty, post mastectomy. As part of emancipatory practices, tattooed bodies have historically been used to challenge dominant discourses related to identity and is currently evolving into practices of self-expression, healing, and transformation. As an emerging phenomenon among women, it is important for nurses to understand the prevalence and role of tattoos more broadly, and the possible means for women to embody healing and transformation post mastectomy. [Read more](#)

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### **Efficacy of the DigniCap System in preventing chemotherapy-induced alopecia in breast cancer patients is not related to patient characteristics or side effects of the device.**

Pedersini, R, Fornaro, C, di Mauro, P, et al.

*Int J Nurs Pract*. 2020;e12888. <https://doi.org/10.1111/ijn.12888>

#### **Background**

The DigniCap System is an effective scalp cooling device for the prevention of chemotherapy-induced alopecia in early breast cancer patients.

#### **Aim**

This prospective study was designed to confirm the efficacy and tolerability of the device, to explore potential factors associated with its efficacy and to collect data on patient perceptions and satisfaction.

## Complementary/alternative therapies

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### **The effect of foot reflexology on fatigue, pain, and sleep quality in lymphoma patients: A clinical trial.**

Rambod M, Pasyar N, Shamsadini M

Eur J Oncol Nurs. 2019 Dec;43:101678. doi: 10.1016/j.ejon.2019.101678. Epub 2019 Oct 18. PMID: 31669916.

**Purpose:** This study aimed to evaluate the effect of reflexology on fatigue, pain, and sleep quality in lymphoma patients.

## Exercise

### **Effect of the exercise programme on the quality of life of prostate cancer survivors: A randomized controlled trial.**

Mardani, A, Pedram Razi, S, Mazaheri, R, Haghani, S, Vaismoradi, M.

Int J Nurs Pract. 2020;e12883. <https://doi.org/10.1111/ijn.12883>

The aim of this study was to investigate the effect of the exercise programme on the quality of life of prostate cancer (PCa) survivors. [Read more](#)

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### **Physical activity in the context of advanced breast cancer: An integrative review.**

Geng, Z, Wang, J, Zhang, Y, Wu, F, Yuan, C.

J. Adv. Nurs. 2020; 00: 1– 25. <https://doi.org/10.1111/jan.14709>

To describe and synthesize diverse empirical evidence regarding physical activity (PA) in the context of advanced breast cancer (ABC).

## Family support

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### **Children’s experiences of information, advice and support from healthcare professionals when their parent has a cancer disease- Experiences from an oncological outpatient department**

Marie Golsäter, Susanne Knutsson, Karin Enskär.

European Journal of Oncology Nursing. Jan 2021. Article in Press

DOI:<https://doi.org/10.1016/j.ejon.2020.101893>

This study was carried out in order to evaluate children’s experiences after taking part in the pilot clinical intervention “See Me” aimed at supporting children as relatives.

## Gynaecological cancers

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### **The evolving challenges of specialist gynaecological cancer nurse roles - A qualitative study.**

Cook, O, Recoche, K, McIntyre, M, Lee, S.

J Adv Nurs. 2020; 00: 1– 12. <https://doi.org/10.1111/jan.14639>

To determine how specialist gynaecological cancer nurses experience and perceive their role.

## HPV and vaccine

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### **Strategies to improve human papillomavirus vaccination rates among adolescents in family practice settings in the United States: A systematic review.**

Eisenhauer, L., Hansen, B.R. and Pandian, V. (2021),  
J Clin Nurs. <https://doi.org/10.1111/jocn.15579>

#### **Aims and Objectives**

To explore the interventions aimed at increasing human papillomavirus (HPV) vaccination rates among adolescents in family practice settings.

#### **Background**

HPV is the most common sexually transmitted disease in the United States, and the cause of thousands of anogenital and oropharyngeal cancers annually. Although HPV infection can be prevented with recommended vaccination during adolescence, national HPV vaccine rates remain low.

## Lifestyle factors

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### **Joint tobacco smoking and alcohol intake exacerbates cancer risk in women- the Danish nurse cohort.**

Heberg J, Simonsen MK, Danielsen AK, Klausen TW, Zoffmann V, Thomsen T.  
Eur J Oncol Nurs. 2019 Dec;43:101675. doi: 10.1016/j.ejon.2019.101675. Epub 2019 Oct 10. PMID: 31644965.

**Purpose:** To explore separate and combined tobacco and alcohol use and risk of overall, smoking-related, alcohol-related, breast and gynaecological cancers in women.

## Lung cancer (inc smoking)

### **Lung cancer: Fears Māori with lung cancer are being missed amid pandemic**

Fears are growing that Māori with lung cancer aren't being picked up because instead of their symptoms being properly investigated, they are only being checked for COVID-19.

[Read more](#)

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### **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 decisions-makers to interpret the evidence and establish best practices in the clinical settings

## 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*

### **Outreach RN: A Nurse-Led Initiative to Improve Transitions in Care for Critically Ill Patients with Cancer**

Valarie Lucas

CJON 2020, 24(6), 605-608 DOI: 10.1188/20.CJON.605-608

A proactive nursing resource that provides early detection of clinical deterioration and assistance with timely transfers is vital in the effort to improve patient safety. The outreach RN (ORN) role is a nurse-led initiative that was implemented to facilitate safe patient transfers to either the telemetry unit or stepdown unit. This article describes the development of the ORN role as an additional clinical resource to promote interprofessional care, provide expert nursing assistance to unit staff, and enhance patient safety.

### **Personalization in Cancer Care: Implementation of an Interactive White Board to Improve Nurse–Patient Communication**

Kristin Soper

CJON 2020, 24(6), 703-706 DOI: 10.1188/20.CJON.703-706

During the vulnerable time of being hospitalized for cancer treatment, patients may long to be seen as an individual who exists apart from the disease process. The implementation of All About Me interactive white boards provides a mechanism to allow the patient's most unique needs to be met and to promote a more meaningful connection between the nurse and patient. This study provides information on the benefit of acknowledging patients' personalized characteristics, as well as the impact of promoting the connection between the nurse and patient through the boards.

### **Becoming a good nurse – Socialisation of newly employed nurses into the oncological clinic.**

Pettersson, A, Glasdam, S.

J Clin Nurs. 2020; 29: 2495– 2507. <https://doi.org/10.1111/jocn.15265>

#### ***Aim and objectives***

To explore newly employed nurses' socialisation in the process of introduction into an oncological clinic from the perspectives of unit managers and newly employed nurses.

#### ***Background***

There are managerial challenges in retaining nurses at workplaces. The way in which nurses are socialised into their work is important for their job satisfaction and retainment.

## Palliative care

### **Study shows benefits of integrated palliative and oncology care for patients with advanced AML**

A first-of-its-kind intervention integrating palliative care early in the course of cancer therapy for patients with advanced acute myeloid leukemia (AML), a highly aggressive cancer of the blood and bone marrow, resulted in substantial improvements in patients' quality of life, mood and end-of-life care, a team of investigators has found. [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*

### **Evaluating Dimensions of Fatigue in Men with Prostate Cancer Receiving Radiation Therapy,**

Dickinson, Kristin PhD, RN, OCN; Kupzyk, Kevin PhD; Saligan, Leorey PhD, RN, CRNP, FAAN

Cancer Nursing: 1/2 2021 - Volume 44 - Issue 1 - p 71-78 doi:  
10.1097/NCC.0000000000000782

#### **Background**

Cancer-related fatigue (CRF) is a complex multidimensional symptom. Identifying the fatigue dimension that may be most bothersome can guide in the development of individualized management strategies.

#### **Objective**

The purpose of this article is to describe the multidimensional fatigue experience of men with prostate cancer.

## Youth / adolescent patients

*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*

### **Sleep Quality among Teenagers and Young Adults With Cancer,**

Fortmann, Judith MSc, BSc; Fisher, Abigail PhD, BSc; Hough, Rachael MD; Gregory, Alice MPhD; Pugh, Gemma PhD, BSc

Cancer Nursing: 1/2 2021 - Volume 44 - Issue 1 - p 13-19 doi:  
10.1097/NCC.0000000000000707

Teenagers and young adults (TYAs) with cancer are known to suffer poor sleep quality and sleep disturbances; understanding the level of burden is essential to improving patient outcomes via supportive care interventions.

## General articles

*The articles below are not freely available but may be sourced from the NZNO library or a DHB or educational institution*

### **Cancer Constipation: Clinical Summary of the ONS Guidelines™ for Opioid-Induced and Non-Opioid-Related Cancer Constipation**

Kristine B. LeFebvre, Barbara Rogers, Brenda Wolles  
CJON 2020, 24(6), 685-688 DOI: 10.1188/20.CJON.685-688

Constipation is a prevalent and distressing symptom affecting people with cancer. It may be a chronic condition, or it may be caused by the effects of the disease, its treatment, or the side effects of symptom management, including the use of opioids. These evidence-based guidelines can assist clinicians in the decision-making process, guiding patients to effective interventions to decrease the incidence and severity of constipation.

### **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 connotations 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.

### **Nursing diagnoses clusters: survival and comfort in oncology end-of-life care**

Karine Marques and Cristine Alves

International Journal of Palliative Nursing, Vol. 26, No. 8: 444-450.

#### **Background:**

Holistic care and nursing diagnoses are essential in end-of-life, since interventions based on these ensure greater patient comfort and quality of life.

**Hn**

To identify clusters of nursing diagnoses and repercussions for patient comfort and survival.

## **Newsletters**

### **Colorectal Oncology**

#### **Research Review**

##### **Issue 27**

In patients with RAS-wild-type metastatic colorectal cancer (mCRC), we discover that those with left primary tumour location are more likely to have a panitumumab progression-free survival advantage compared to those with right or rectal primary tumour location, but that other biomarkers identify certain patients with right-sided or rectal tumours who show similar benefit. [Read more](#)

### **Skin Cancer Research Review**

#### **Issue 5**

The first paper selected for this issue addresses the knowledge gap regarding factors that increase the risk of keratinocyte carcinomas developing from AKs (actinic keratoses), and there is also research identifying risk factors for the emergence of a second melanoma in patients who have had a primary cutaneous melanoma. [Read more](#)

### **Immuno-oncology Research Review**

#### **Issue 14**

This issue begins with research reporting that adding maintenance avelumab to best supportive care results in longer OS for patients with urothelial cancer that had not progressed with first-line chemotherapy. [Read more](#)

### **Lung Cancer Research Review**

#### **Issue 15**

Investigations in this issue include a cost-effectiveness analysis evaluating the impact of low-dose CT screening for lung cancer on ethnic health inequities in NZ and clinical trials of osimertinib in resected EGFR-mutated NSCLC. [Read more](#)

## **Ministry of Health**

### **Update on Polyp Surveillance Guidelines 2020**

Update on Polyp Surveillance Guidelines 2020 provides recommendations for surveillance after colonoscopy and complete removal of adenomas and serrated polyps. This document was produced by Te Aho o Te Kahu, the Cancer Control Agency in partnership with the National Screening Unit, Ministry of Health. [Read more](#)

## **Miscellaneous**

### **Creating reliable and informative video content for patients**

The ever-increasing demand for quality, engaging information is providing opportunities for hospitals and healthcare services to create real and authentic content that connects and

informs their patients. We know that most patients will Google everything, so why not give them trustworthy and reliable content that they can watch? [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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