



## College of Cancer Nurses, NZNO monthly news bulletin Friday 26 March 2021

### 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](#)

#### **Contraception, Sterilisation, and Abortion (Safe Areas) Amendment Bill**

NZNO welcomes your feedback on Louisa Wall's bill which is currently before the Health Committee.

#### **Review of the National Ethical Standards for Health and Disability Research and Quality Improvement**

NZNO welcomes your feedback on the revised National Ethical Standards for Health and Disability Research and Quality Improvement.

#### New Zealand news

##### **Waikato University research identifies crucial role of primary care for cancer patients**

Released today, the findings of two University of Waikato health research projects have identified the critical role of primary care in improving outcomes for New Zealanders with cancer. [Read more](#)

##### **Kaupapa Māori solutions key to better Māori cancer outcomes, hui told**

Māori health leaders want to see cancer health outcomes significantly improve to save lives of Māori. [Read more](#)

#### Bowel cancer

##### **Researcher to look at link between nitrates in drinking water and bowel cancer rates**

The researcher behind a groundbreaking study showing potentially harmful levels of nitrates in drinking water is planning further work that will establish if there is a link with rates of bowel cancer. [Read more](#)

##### **Kīngitanga kaumātua shares story of surviving bowel cancer as Waikato DHB rolls out screening programme**

He was a strong 55-year-old farmer when diagnosed with bowel cancer.

Two decades later, Kīngitanga kaumātua David Huti Waitere is sharing his tale of survival as Waikato DHB rolls out its bowel screening programme. [Read more](#)

## Breast cancer

### **Skipping mammograms increases breast cancer death risk**

A study published in the journal *Radiology* found that women who did not skip their two routine mammography exams before they were diagnosed with breast cancer were 50% less likely to die of the condition within 10 years than women who avoided the screenings. The findings, based on data from over 540,000 women in Sweden, showed the odds of dying from breast cancer were around 30% lower for women who skipped one of their last two mammography exams. [Read more](#)

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

### **Identifying women at risk of weight gain after a breast cancer diagnosis: Results from a cohort of Australian women.**

Pumpa, KL, Dalton, J, Mara, JK, Zhang, Y, Yip, D.

Health Promot J Austral. 2021; 00: 1– 10. <https://doi.org/10.1002/hpia.474>

This study aimed to identify risk factors associated with weight gain post a diagnosis of breast cancer in a cohort of Australian women.

### **Breast cancer and gynecologic risks in lesbian and bisexual women,**

Panganiban, Jannelyn M. MSN, RN; O'Neil, Jean DNP, FNP-BC

Nursing: March 2021 - Volume 51 - Issue 3 - p 58-62 doi:

10.1097/01.NURSE.0000731848.66381.b3

Lesbian and bisexual women may be at an increased risk for gynecologic infections and breast cancer due to a higher prevalence of factors such as obesity, smoking, and lower pregnancy rates. This article discusses the role of healthcare professionals in preventive screening for breast and gynecologic cancers and promoting healthy living in these patients by avoiding smoking, maintaining an ideal body weight, and limiting alcohol consumption.

## Colorectal cancers

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

### **Symptoms affecting quality of life after sphincter-saving rectal cancer surgery: A systematic review.**

Jennie Burch, Claire Taylor, Ana Wilson, Christine Norton

European Journal of Oncology nursing (Article in Press)

Published: March 22, 2021 DOI: <https://doi.org/10.1016/j.ejon.2021.101934>

Rectal cancer is common and is frequently treated with surgery which removes the rectum but retains anal sphincters. After sphincter-saving rectal cancer surgery, which can result in a reduced rectal storage capacity and nerve damage, symptoms frequently occur.

## End of life and palliative care

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

### **Faith-sensitive end of life care for children, young people and their families**

Claire Camara and Leah Rosengarten

British Journal of Nursing, Vol. 30, No. 5: 276-279.

This article is part of an at a glance series on palliation and end of life care in paediatrics and focuses on the provision of faith-sensitive end of life care. Particular religions are discussed, with some key points for care of patients from some of the most prevalent religions within the UK. This article is intended to give points for discussion and consideration, but health professionals are encouraged to speak to every patient and family on an individual level to ensure an understanding of their personal beliefs. Although there is a range of literature

discussing faith during end-of-life care, there is little that outlines the practical specifics and for this reason some of the supporting literature in this article is dated and, where possible, this has been supported with contemporary sources.

### **Oncology patients' and oncology nurses' views on palliative chemotherapy: A cross-sectional comparison**

Jan Shepherd, Amy Waller, Rob Sanson-Fisher ... et al

Collegian (Article in Press) Published online: February 22, 2021

To compare the views of medical oncology outpatients and oncology nurses about palliative chemotherapy near the end of life. (2) To examine the reasons oncology nurses gave for choosing not to receive palliative chemotherapy

### **Exercise**

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

### **Cancer survivors' experiences of an exercise program during treatment and while employed: A qualitative pilot study.**

Shaw, S, Atkinson, K, Jones, LM.

Health Promot J Austral. 2020; 00: 1– 6. <https://doi.org/10.1002/hpja.447>

Issue addressed

This study examined breast cancer survivors' (BCS) views on the role of exercise therapy while they were working in employment during cancer treatment.

### **Gynaecological cancers**

#### **Women keep dying of preventable cervical cancer while self-test screening delayed**

Bobby Kaimoana was too scared and whakamā (ashamed) to get a cervical smear despite her history of ovarian cancer. [Read more](#)

### **Lifestyle factors**

#### **Heart-healthy lifestyles linked to lower risk of future cancers**

In addition to lowering risk of heart disease, maintaining a heart-healthy lifestyle may pay off in lower risk for developing cancer, researchers from Massachusetts General Hospital (MGH) and other centers in the United States and the Netherlands have found. [Read more](#)

#### **Umbrella review reveals links between diet, colorectal cancer**

(HealthDay)—Higher intakes of dietary fiber, dietary calcium, and yogurt and lower intakes of red meat and alcohol are associated with a lower risk for colorectal cancer (CRC), according to a review published online Feb. 16 in JAMA Network Open. [Read more](#)

### **Lung cancer**

#### **Te Aho o Te Kahu releases Lung Cancer Quality Improvement Monitoring Report**

The Lung Cancer Quality Improvement Monitoring Report released today by Te Aho o Te Kahu, the Cancer Control Agency, aims to provide information to help District Health Boards deliver consistent, high-quality cancer care. [Read more](#)

#### **Lung cancer survival a 'postcode lottery' — Cancer Control Agency**

Lung cancer survival is a postcode lottery, with rates at New Zealand's worst-performing health boards up to four times lower than those in the best areas, a new report reveals.

[Read more](#)

#### **Evidence review examines both benefits and harms for lung cancer screening**

A comprehensive review by University of North Carolina researchers and colleagues of hundreds of publications, incorporating more than two dozen articles on prevention

screening for lung cancer with low-dose spiral computed tomography (LDCT), shows there are both benefits and harms from screening. The review is published in JAMA on March 9, 2021. [Read more](#)

## Melanoma and skin cancers

### **Chaotic genetic changes drive the growth of melanomas**

Melbourne researchers have revealed how melanoma cells are flooded with DNA changes as this skin cancer progresses from early, treatable stages through to fatal end-stage disease. [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*

### **A nurse-led intervention for fear of cancer progression in advanced cancer: A pilot feasibility study**

Anne M. Reb, Tami Borneman, Denice Economou ... et al

European Journal of oncology nursing VOLUME 49, 101855, DECEMBER 01, 2020

Published:October 06, 2020DOI:<https://doi.org/10.1016/j.ejon.2020.101855>

To assess the feasibility, acceptability, and preliminary effects of a nurse-led intervention for managing fear of cancer progression in advanced cancer patients.

## Paediatric 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*

### **Reducing Pediatric Patient Anxiety: Implementing a Nonpharmacologic Intervention to Aid Patients Undergoing Radiation Therapy**

Julie L. Natale

CJON 2021, 25(2), 215-218 DOI: 10.1188/21.CJON.215-218

Pharmacologic interventions are often used to assist with immobilization and decrease anxiety in pediatric patients undergoing radiation therapy. For these patients, distraction can be an alternative to using pharmacologic measures to address anxiety. As a distraction technique, this pilot project placed pediatric patients aged 3 to 6 years in a remote-controlled ride-on car (RC-ROC) to enter and exit the radiation therapy treatment room. Evaluation of the effectiveness of this distraction technique included patient propofol dosing, time sedated, and time in the treatment room, as well as staff satisfaction with the technique.

## Primary care

### **Waikato University research identifies crucial role of primary care for cancer patients**

Released today, the findings of two University of Waikato health research projects have identified the critical role of primary care in improving outcomes for New Zealanders with cancer. [Read more](#)

## Youth / adolescent patients

### **Adolescent/young adult cancer action plan for 2020-2025**

More young people living with cancer are surviving, but survivorship is lagging compared to Australia, a report by the Adolescent and Young Adult Cancer Network has found.

[Read more](#)

## Wellbeing (physical and spiritual)

### **Mindful Breathing: Effects of a Five-Minute Practice on Perceived Stress and Mindfulness Among Patients With Cancer**

Ping Lei Chui , Suetyen Wai, Lee-Lee Lai ... et al

CJON 2021, 25(2), 174-180 DOI: 10.1188/21.CJON.174-180

Objectives: This study examined the effects of a five-minute mindful breathing practice performed three times per day for three months on perceived stress and mindfulness among patients with cancer. [Read more](#)

## Health, safety and wellness

### **Insights on how night shift work increases cancer risk**

A recent study offers new clues as to why night shift workers are at increased risk of developing certain types of cancer compared to those who work regular daytime hours. Findings suggest that night shifts disrupt natural 24-hour rhythms in the activity of certain cancer-related genes, making night shift workers more vulnerable to DNA damage while also causing the body's DNA repair mechanisms to be mistimed to deal with that damage.

[Read more](#)

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### **Protecting nurses against the risks of occupational exposure to systemic anticancer therapy agents.**

Simons A, Toland S (2020)

Cancer Nursing Practice. doi: 10.7748/cnp.2020.e1733

Many agents used for systemic anticancer therapy (SACT), which include chemotherapy drugs, monoclonal antibodies and other biological therapies, are known to be carcinogenic, teratogenic and mutagenic. Occupational exposure to SACT agents carries a proven risk of short- and long-term adverse health effects such as nausea, headaches, dizziness, hair loss, impaired fertility and cancer. The risk of contamination exists not only for staff who prepare or administer SACT agents, but also for those involved in transport, storage and waste disposal. In the UK, the handling of SACT agents is subject to a series of laws, regulations and guidelines. However, there are still inconsistencies in practice and a lack of awareness of the risks involved and need for training. The necessary preventive measures are not always in place and some staff remain exposed to cytotoxic agents. Furthermore, the risk of occupational exposure to SACT agents has intensified in recent years due to a significant increase in their use. This article prompts nurses to reflect on the health risks associated with handling SACT agents and the preventive and protective measures required.

## General articles

**Health literacy, digital health literacy and the implementation of digital health technologies in cancer care: the need for a strategic approach.** Kemp, E, Trigg, J, Beatty, L, et al. *Health Promot J Austral.* 2021; 32: 104– 114. <https://doi.org/10.1002/hpja.387>

Digital health technologies can potentially reduce health disparities in cancer care. However, the benefits of digital health technology depend partly on users' digital health literacy, that is, "capabilities and resources required for individuals to use and benefit from digital health resources," which combines health and digital literacy. We examined issues for digital health technology implementation in cancer care regarding digital health literacy, via stakeholder consultation. [Read more](#)

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### **Regional distribution of myeloma in New Zealand**

Mary Jane Sneyd, Andrew Gray, Ian Morison

NZ Medical Journal Vol 134 No 1531: 12 March 2021

Multiple myeloma is one of the most common haematological cancers worldwide<sup>1</sup> and involves proliferation of plasma cells within the bone marrow. It primarily affects older adults.

## **Publications and reports**

### **Breast Cancer Research Review**

#### **Issue 32**

In this review we report on the long-term overall survival data from a number of trials. Among them; the final OS analysis of a phase III trial of utidelone plus capecitabine versus capecitabine alone in patients with heavily pre-treated anthracycline- and taxane-refractory mBC showed that the combination significantly improved OS. [Read more](#)

*The above bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of Cancer Nurses College, 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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