



Gelclair

Literary Review



November 2014 to February 2015

Title	Publication	Date	Overview
Update on research-based interventions for anxiety in patients with cancer	Clinical Journal of Oncology Nursing, Vol. 18, No. 6, pages 5-16.	December 2014	Article which provides details on a variety of interventions to help reduce anxiety in cancer patients. The interventions are based on current evidence and include pharmacologic and non-pharmacologic approaches and are each categorised into 'likely to be effective', 'effectiveness not established' or 'effectiveness unlikely'.
Putting evidence into practice: an update of evidence-based interventions for cancer-related fatigue during and following treatment	Clinical Journal of Oncology Nursing, Vol. 18, No. 6, pages 38-58.	December 2014	Article which reviews the available evidence supporting the efficacy of pharmacologic and non-pharmacologic treatment approaches to cancer-related fatigue. These include exercise; screening for treatable risk factors; management of concurrent symptoms; yoga; structured rehabilitation; cognitive-behavioural therapies; mindfulness-based stress reduction; and psychoeducational interventions.
Evidence-based interventions for cancer treatment-related mucositis: putting evidence into practice	Clinical Journal of Oncology Nursing, Vol. 18, No. 6, pages 80-96.	December 2014	Article which looks at mucositis, particularly in the oral cavity and reviews evidence-based interventions.
The impact of an oral hygiene education module on patient practices and nursing documentation	Clinical Journal of Oncology Nursing, Vol. 19, No. 1, pages 75-80.	February 2015	Results from a study which analysed an evidence-based oral hygiene educational module (EM) for staff to use with cancer patients. This EM was developed to promote consistent oral hygiene, evaluate patient understanding post-EM, and determine staff documentation frequency of oral hygiene care. Results from the study showed that teaching, patient education, and patient oral hygiene practices all improved post-EM.

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Literary Review, cont.



November 2014 to February 2015

Title	Publication	Date	Overview
Effect of an Oral Mucositis Protocol on Quality of Life of Patients With Head and Neck Cancer Treated With Radiation Therapy	Clinical Journal of Oncology Nursing, online article. E118-125.	December 2014	Study conducted to determine the effect of oral mucositis on nutritional status and quality of life for head and neck cancer patients undergoing radiotherapy. The intervention group (n=20) received an oral care and a nutrition protocol. Control group = 30 patients. The prevalence of malnutrition in the intervention group was lower vs. control, and the intervention group experienced significantly less oral mucositis pain. Quality of life deterioration was similar for both groups.
Diet, exercise, obesity, smoking and alcohol consumption in cancer survivors and the general population: a comparative study of 16,282 individuals	British Journal of Cancer, Vol. 112, No. 3, pages 572-575.	February 2015	Study which compared health behaviours and obesity in cancer survivors with the general population. Cancer survivors were more likely than those with no history of cancer to eat fruit and vegetables, less likely to engage in physical activity and more likely to have stopped smoking.
Alcohol consumption and site-specific cancer risk: a comprehensive dose-response meta-analysis	British Journal of Cancer, Vol. 112, No. 3, pages 580-593.	February 2015	Study which investigated the effect of alcohol on 23 cancer types through a meta-analytic approach. They concluded that alcohol increases the risk of cancer of oral cavity and pharynx, oesophagus, colorectum, liver, larynx and female breast.
Childhood body mass index in relation to future risk of oesophageal adenocarcinoma	British Journal of Cancer, Vol. 112, No. 3, pages 601-607.	February 2015	Study which looked at links between childhood weight and risk of adulthood oesophageal adenocarcinoma. Results showed that those with higher childhood BMI were at an elevated risk of oesophageal adenocarcinoma, even though these cancers occurred many decades later in life.
Impact of investigations in general practice on timeliness of referral for patients subsequently diagnosed with cancer: analysis of national primary care audit data	British Journal of Cancer, Vol. 112, No. 3, pages 676-687.	February 2015	Article which looked at 6 possible cancer sites (including oesophagus) that did not require urgent referral. For these 6 specified cancers, investigation in primary care was associated with later referral for specialist assessment. This effect was independent of the nature of symptoms.

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Literary Review, cont.



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Title	Publication	Date	Overview
E-cigarettes can help smokers to safely cut down or quit	Nursing Standard, Vol. 29, No. 29, page 5.	27 January 2015	A review on e-cigarettes suggests they can help smokers stop or reduce their smoking without serious adverse effects. Approx. 9% of smokers who used e-cigarettes were able to stop smoking at up to 1 year (vs. 4% with placebo - an e-cigarette without nicotine), and 36% had cut the number of conventional cigarettes they smoked by half (vs. 28% with placebo).
Inherited characteristics play greatest part in head and neck cancers in young people	Nursing Standard, Vol. 29, No. 24, pages 16-17	11 February 2015	A pooled study has found that head and neck cancers (HNC) in young adults are more likely to be due to inherited factors than lifestyle. An estimate of the proportion of cases which could have been avoided if there had been no exposure to smoking - was 20% in young women, 49% in older women, 46% in young men and 64% in older men. Eliminating alcohol would have prevented 5% of cases in young women, 20% in older women, 22% in young men, and 50% in older men.
Dysphagia: prevalence, management and side effects	Nursing in Practice, online article	February 2015	Article which looks at dysphagia, including the epidemiology, presentation and management (both lifestyle and medication).
Systemic inflammatory response and survival in patients undergoing curative resection of oral squamous cell carcinoma	British Journal of Oral and Maxillofacial Surgery, Vol. 53, No. 2, pages 126-131.	February 2015	Study which evaluated the prognostic value of systemic inflammation scores in patients undergoing potentially curative resection for oral squamous cell carcinoma (SCC). The mGPS was a significant predictor of both cancer-specific and overall survival. The mGPS of activated systemic inflammation seems to be a powerful adverse prognostic indicator in resectable oral SCC.
E-cigarettes latest: users on the up but rules tighten	The BMJ, Vol. 349, No. 7983, pages 14-15.	15 November 2014	Article which looks at the latest information on e-cigarettes including popularity, evidence, regulation and advertising.

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References: 1. Innocenti M et al. *J Pain Symptom Manage* 2002; 24(5): 456-457. 2. McLean M. Poster presented at the British Association of Head and Neck Oncology Nurses National Study Day on Sharing Good Practice in Head and Neck Cancer Nursing, 12 June 2009. 3. Gibson et al. Presented at SIOP 2010. 4. Kantardžić N et al., *The Internet Journal of Oncology* 2009; 6(2). 5. Data on file: Patient online feedback. Correct as of January 2014.

 **ALLIANCE**

Medical device incidents should be reported. Reporting information can be found at www.mhra.gov.uk
Adverse events should also be reported to Pharmacovigilance at Alliance Pharmaceuticals
(tel: 01249 466 966, email: pharmacovigilance@alliancepharma.co.uk)


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