



Gelclair

Literary Review



December 2015 to February 2016

Title	Publication	Date	Overview
Cancer-related trauma, stigma and growth: the 'lived' experience of head and neck cancer	European Journal of Cancer Care, Vol. 25, No. 1, pages 157-169.	January	Study provides insight into cancer-related traumatic distress and stigma, uniquely specific to head and neck cancer. It explores how life-saving surgical intervention often leaves patients with significant changes to their facial appearance and how treatment can cause extreme pain and dryness in areas of the mouth and neck which can impact on eating and drinking.
Analysis of deaths between 2007 and 2012 of patients with cancer of the head and neck on a surgical ward at a regional centre and in an independent hospice	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 1, pages 62-67.	January	Results from a study into patient deaths highlight the unpredictability of head and neck cancer (HNC), with deaths often being sudden because of unpredictable complications. The study suggests that the involvement of specialists in palliative care is associated with a better experience at the end of life for HNC patients with symptoms including pain, dysphagia and dyspnoea being better controlled.
How play specialists can reduce use of anaesthesia during radiotherapy	Cancer Nursing Practice, Vol. 14, No. 10, pages 16-20.	December	Article argues that health play specialists who incorporate imaginative play into children's radiotherapy sessions reduce the need for general anaesthetics, which is better for children and more cost effective for the NHS. These play sessions eliminate the element of surprise which can be particularly stressful for children with head and neck cancers who are required to wear a mask covering their whole face, shoulders and chest.
Multimedia information intervention and its benefits in partners of head and neck cancer patients	European Journal of Cancer Care, online article.	5 December	A study evaluating the impact of a new multimedia information tool found that partners living with patients with head and neck cancer who used the tool had higher levels of satisfaction with information provision and lower levels of anxiety and depression.
Infusion-related risks associated with chemotherapy	Nursing Standard, Vol. 30, No.25, pages 51-58.	17 February	CPD article gives an overview of the risks associated with the administration of chemotherapy. It also discusses treatment side-effects and complications including mucositis, nausea and vomiting.

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Refining the head and neck cancer referral guidelines: a two-centre analysis of 4,715 referrals	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 2, pages 141-150.	February	A new study has identified nine symptoms linked to head and neck cancer, only four of which are included in the current two-week wait referral guidelines. Researchers suggest incorporating these additional symptoms, which include dysphagia and odynophagia, would demonstrate greater diagnostic efficacy than the current NICE guidelines.
Dealing with chemotherapy-related symptoms at home: a qualitative study in adult patients with cancer	European Journal of Cancer Care, Vol. 25, No. 1, pages 79-92.	January	Study explores how chemotherapy patients deal with their therapy-related symptoms at home and the factors that influence this such as their social support, illness perception, expectations and sense of control. It is suggested that the findings pose great challenges for clinical care as the symptom experience and management style present differently in every patient.
The role of general practice in the diagnosis of oral cancer	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 2, pages 208-212.	February	Article examines the vital role GPs play in the identification and referral of people with oral cancer and the symptoms patients present with. The authors suggest interventions such as opportunistic screening of high-risk patients may help to improve poor survival rates.
Where do patients treated for oral cancer die? A 20-year cohort study 1992-2011	British Journal of Oral and Maxillofacial Surgery, Vol. 53, No. 10, pages 1015-1020.	December	A study of oral cancer patients found that about half died in hospital, 24% at home, 15% in a hospice, 8% in a care home and 3% elsewhere. There was a rise in patients dying at home or in a hospice which the authors suggest means that patients' preferences not to die in hospital are being realised.
GPs braced for onslaught as NHS begins providing free e-cigarettes	Pulse, page 24.	January	Article argues that the Government's decision to grant 'e-Voke' a UK licence, allowing it to be prescribed alongside existing nicotine replacement therapies, will place an extra unnecessary burden on GPs.

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Prognostic and diagnostic potential of miR-146a in oesophageal squamous cell carcinoma	British Journal of Cancer, Vol. 114, No. 3 pages 290-297.	2 February	Researchers in China have found that MicroRNA-146a is significantly reduced in cancerous tissue and serum samples of oesophageal squamous cell carcinoma (ESCC) patients and is therefore an ideal biomarker for the prognosis and diagnosis of ESCC.
Patchy postal service	The BMJ, No. 8043, page 185.	6 February	A Canadian trial tested the value of posting nicotine patches to 500 smokers who wanted help giving up, while leaving another 500 to obtain their own. Self reported abstinence rates were significantly higher among participants who were sent the patches (38 of 500 vs. 15 of 499).
CMO warns heavy drinkers of cancer risk	The BMJ, No. 8040, pages 48-49.	16 January	Article discusses new alcohol guidelines issued by UK chief medical officers, which now emphasise that there is no "safe" level of drinking. It also examines a report which shows that even an alcohol intake of below 1.5 units a day, or 10.5 units a week gives an increased risk of cancer of the mouth, throat and gullet.
Surgical oncology: evolution of postoperative fatigue and factors related to its severity	Clinical Journal of Oncology Nursing, Vol. 20, No. 1, pages e3-e8.	February	Article reviews research into postoperative fatigue and how this varies for patients with different types of cancer. Prolonged fatigue and longer recovery time was observed in patients after extensive oesophageal tract surgery and the prevalence of significant fatigue in patients with oesophageal cancer was 56% at 12 months after surgery.
E-cigarettes 'reduce chances of quitting'	Pulse, page 14.	February	Article reviews new research which found that the use of e-cigarettes reduced the likelihood of a person quitting smoking by 28%. It suggests this research has been criticised by experts who say the analysis was flawed by the sample population.
Alternatives to smoking	Nursing in Practice, No. 88, online article.	9 February	Article outlines some suggestions for health professionals to support patients who want to stop smoking, including using e-cigarettes, licensed medication and behavioural support.

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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. Data on file: Patient online feedback. Correct as of August 2015.