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Literary Review



March to May 2016

Title	Publication	Date	Overview
Patients' views of support after cancer treatment	Cancer Nursing Practice, Vol. 15, No. 3, pages 22-28.	April	Article discusses a clinical audit of head and neck cancer patients undertaken to determine patients' opinion on post-treatment care. The need for more personalised care planning and information provision was highlighted, along with easier referrals to specialists to help manage on-going physical problems.
Suitability of the Patient Concerns Inventory as a holistic screening tool in routine head and neck cancer follow-up clinics	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 4, pages 415-421.	May	The findings of a study into the use of the Patient Concerns Inventory (PCI) as a screening tool in the follow up of head and neck cancer patients, suggest it is a good indicator of overall quality of life. It suggests that the PCI alone, and particularly the total number of items selected, is a useful indicator of the extent of a patient's problems.
Do you mind if I vape? Immediate effects of electronic cigarettes on perfusion in buccal mucosal tissue - a pilot study	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 3, pages 338-341.	April	A study which investigated the effect of electronic cigarettes on blood flow in the buccal mucosa immediately after vaping, found a small but significant rise ($p=0.008$). Following recent studies that have suggested nicotine may reduce inflammation and improve angiogenesis, researchers call for further studies to show whether vaping can improve healing time after oral operations.
Trismus, xerostomia and nutrition status in nasopharyngeal carcinoma survivors treated with radiation	European Journal of Cancer Care, Vol. 25, No. 3, pages 440-448.	May	Results from a study showed that trismus and xerostomia can be long-term problems for nasopharyngeal carcinoma survivors treated with radiation therapy (RT) and may contribute to malnutrition. It is suggested that clinicians should develop a patient-specific care programme at the beginning of RT with on-going follow up to prevent oral dysfunction and ensure adequate nutritional intake.
Electrochemical telomerase assay for screening for oral cancer	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 3, pages 301-305.	April	Results from a pilot study indicate that a newly developed electrochemical telomerase assay (ECTA) could be a promising tool for screening for oral cancer. It was found that ECTA could identify telomerase activity in oral cancers regardless of type of sample, size of tumour or site of lesion.

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Nasopharyngeal carcinoma	The Lancet, Vol. 387, No. 10022, pages 1012-1024.	5 March	This seminar paper examines the progressive decline in the incidence of nasopharyngeal carcinoma and the substantial reduction in mortality. It explores pathology, risk factors, symptoms, diagnosis, staging and prognosis together with recent advances in treatment.
Does labelling a rare cancer diagnosis 'good' affect the patient's experience of treatment and recovery?	European Journal of Cancer Care, Vol. 25, No. 3, pages 348-355.	May	Findings from a study into how patients react to being told they have a 'good' form of cancer suggest that this term should be avoided. The patients, who were diagnosed with differentiated thyroid cancer or T1 carcinoma larynx, reacted to their diagnosis in similar ways to those with less treatable cancers and some felt this terminology trivialised their illness.
Investment in cancer aftercare may ease the path of recovery	Cancer Nursing Practice, Vol. 15, No. 4, page 9.	May	A clinical trial involving cancer patients, including head and neck, has assessed the effectiveness of structured rehabilitation at home and in group-based sessions. Research found that patient care costs on average £2,000 a year, even nine years after diagnosis, and Macmillan believe this could be reduced if money was spent to empower patients to manage their own on-going health issues.
Physical activity may reduce cancer risk	The BMJ, No. 8058, page 297.	21 May	A review of studies involving more than a million people showed that people with activity levels in the top 10% had a 7% lower cancer risk overall, while the risk for oesophageal cancer was 42% lower.
Is NICE cancer guidance delaying diagnosis?	Pulse, page 6.	March	Experts from the British Association of Oral and Maxillofacial Surgeons say that lowering the threshold for urgent GP referral is causing delays in diagnosis of head and neck cancers. They call for an urgent review of NICE's recently updated guidelines.

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Factors that affect the quality of life of patients with oral cancer who have had their defects reconstructed immediately after excision of the tumour	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 4, pages 410-414.	May	Article compares the effect two different types of reconstructive flap surgery have on the quality of life (QoL) of oral cancer patients. It showed that many factors impacted the patients' QoL, including radiotherapy which affected taste and both the quality and the quantity of saliva.
Tumour seeding after fine-needle aspiration and core biopsy of the head and neck - a systematic review	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 3, pages 260-265.	April	A review has been undertaken to assess the risk of fine-needle aspiration and core needle biopsy causing seeding along the needle track. Crude estimates suggest that these procedures, which are essential diagnostic investigations of lumps in the head and neck, carry a risk of 0.00012% and 0.0011% respectively.
Abrupt quitting works best	The BMJ, No. 8049, page 423.	19 March	A study has found that quitting smoking abruptly is more likely to lead to sustained abstinence than reducing gradually. 15.5% of the patients in the gradual cessation group had quit smoking at six months, compared with 22% in the abrupt cessation group.
The role of chemerin and ChemR23 in stimulating the invasion of squamous oesophageal cancer cells	British Journal of Cancer, Vol. 114 No. 10, pages 1152-1159.	May	Data from a study indicate that oesophageal squamous cancer (OSC) myofibroblasts release chemerin that stimulates OSC cell invasion. Researchers therefore suggest that treatments directed at inhibiting chemerin-ChemR23 interactions might be therapeutically useful in delaying progression in OSC.
Evidence-based yoga interventions for patients with cancer	Clinical Journal of Oncology Nursing, Vol. 20, No. 2, pages 181-186.	April	Article discusses the physical, psychological and spiritual benefits of yoga, including helping with anxiety, pain and the side effects from chemotherapy and radiotherapy. The authors suggest ways for nurses to integrate yoga into oncology nursing and cancer care.
Nicotine without smoke - putting electronic cigarettes in context	The BMJ, No. 8055, pages 194-195.	30 April	Article summarises the findings of a new report from the Royal College of Physicians that actively encourages smokers to swap their tobacco cigarettes for e-cigarettes because they are safer. The report concludes that e-cigarettes are likely to lead to attempts to quit that would not have otherwise happened.

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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.