



Gelclair

Literary Review



June to August 2016

Title	Publication	Date	Overview
Quality of life related to oral mucositis of patients undergoing haematopoietic stem cell transplantation and receiving specialised oral care with low-level laser therapy	European Journal of Cancer Care, Vol. 25, No. 4, pages 668-674.	July	Article discusses the symptoms of oral mucositis and shares results of a study examining the impact of mucositis on the quality of life (QoL) of patients subjected to haematopoietic stem cell transplantation treated with low-level laser therapy (LLLT). The study showed that QoL improved over time in patients undergoing LLLT for mucositis prevention.
Structured review of papers reporting specific functions in patients with cancer of the head and neck: 2006 - 2013	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 6, pages e45-e51.	July	Article reviews published papers that examine the health related quality of life and functional outcomes of head and neck cancer patients. Patient questionnaires showed the broad range of problems they face including anxiety, chewing problems, mucositis, pain and trismus. It highlights the value of the multidisciplinary team in the planning of treatment and care.
Role of nutritional status and intervention in oesophageal cancer treated with definitive chemoradiotherapy: outcomes from SCOPE1	British Journal of Cancer, Vol. 115 No. 2, pages 172-177.	12 July	A study has shown that pre-treatment assessment and correction of malnutrition may improve survival outcomes in oesophageal cancer patients treated with definitive chemoradiotherapy. Nutritional Risk Index serves as a simple and objective screening tool to identify patients at risk of malnutrition.
Evaluation of a chemotherapy and medication education process for patients starting cancer treatment	Clinical Journal of Oncology Nursing, Vol. 20, No. 4, pages 364-366.	August	Article discusses how chemotherapy and new medication regimens are complex and can be extremely overwhelming to newly diagnosed patients. It explores the pivotal role of chemotherapy and medication education for patients to enhance their knowledge, reduce anxiety and increase their coping mechanism by preparing them for potential chemotherapy side effects. It suggests these interventions promote optimal patient outcomes, satisfaction and overall safety.
Genome-wide association studies in oesophageal adenocarcinoma and Barrett's oesophagus: a large-scale meta-analysis	The Lancet Oncology, online article, pages 1-11.	12 August	Researchers have identified eight new genetic risk loci associated with Barrett's oesophagus and oesophageal adenocarcinoma. They have also revealed new insights into causes of these diseases and believe that that fine-mapping and functional studies of new risk loci could lead to advanced prevention and intervention strategies.

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Literary Review, cont.



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Title	Publication	Date	Overview
Healthcare professionals' attitudes towards patients with cancer who smoke	Cancer Nursing in Practice, Vol. 15, No. 6, pages 25-30.	July	A study has shown that healthcare professionals are aware of the issues around smoking for patients who have cancer, for example how it can exacerbate side effects of treatments causing oral mucositis, fatigue and skin reactions, but feel ill equipped in terms of knowledge and skills to address them. It is suggested that if smoking cessation is addressed at the beginning of their cancer journey and continues to be addressed sensitively throughout treatments and appointments, patients will accept it better.
E-cigarette use soars despite increasing fears about the risk	Nursing Standard, Vol. 30, No. 42, page 16.	15 June	Research among European Union citizens from 27 countries showed the proportion of people who had tried vaping rose from 7.2% in 2012 to 11.6% in 2014. Yet despite rising popularity, those who felt the devices posed a health risk nearly doubled between 2012 and 2014 (just over 27% to more than 51.5%). The UK had one of the lowest proportions of citizens who thought e-cigarettes were harmful.
Influence of deprivation on health-related quality of life of patients with cancer of the head and neck in Merseyside and Cheshire	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 6, pages 669-676.	July	Results of a study show that patients with cancer of the head and neck tend to live in poor socioeconomic areas. Those in the most deprived areas tend to report a poor quality of life (QoL), and often do not actively seek support, meaning that many of their needs are potentially not being met. The study emphasises the need to improve involvement at follow-up appointments as it might improve QoL, reduce distress, help to improve life-style and could also have an impact on survival.
Report calls for bold action to prevent early deaths	The BMJ, No. 8061, page 424-425.	11 June	A report by a coalition of UK health and social care charities has forecast that 250,000 people in the UK will die from preventable conditions, including cancer, by 2025 unless major action is taken. It identifies 12 interventions to reduce deaths, including raising tobacco tax, banning smoking in public places, restrictions on alcohol marketing, reformulated food to reduce salt, sugar and portion sizes and better food packaging.

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Evaluation of patients' attitudes to their care during oral and maxillofacial surgical outpatient consultations: the importance of waiting times and quality of interaction between patient and doctor	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 5, pages 536-541.	June	Analysis of questionnaires completed by 187 patients from an oral and maxillofacial unit found no association between expected ($p=0.93$) or actual ($p=0.41$) waiting times, and 90% of patients were satisfied with their visit. Seeing the doctor, having confidence in the treatment plan, being listened to, and the ability of the doctor to recognise their personal needs, were ranked as important. Environmental and procedural aspects were considered the least important.
An audit of CT chest surveillance following oral cancer treatment	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 6, pages 600-603.	July	Article discusses the low take-up of follow up CT scans in patients with oral cancer. Results from an audit showed that out of forty-nine patients identified with abnormalities in their initial CT scan who were recommended for further interval scans, only 20 (41%) actually had them and potentially serious disease was found in some who did. As a result, the unit has changed the process of CT surveillance scans, and check periodically that they have been done.
Genetic progression of Barrett's oesophagus to oesophageal adenocarcinoma	British Journal of Cancer, Vol. 115, No. 4, pages 403-410.	9 August	Article discusses the challenge of predicting progression from Barrett's oesophagus to oesophageal adenocarcinoma and how sampling methods to overcome inherent bias from endoscopic biopsies coupled with the development of more objective biomarkers than the current reliance on histopathology is required. The aim of this new approach is to spare low-risk patients unnecessary procedures, and to provide endoscopic therapy to the patients at highest risk, thereby avoiding the burden of incurable metastatic disease.
The effects of yoga, massage, and Reiki on patient well-being at a cancer resource centre	Clinical Journal of Oncology Nursing, Vol. 20, No. 3, pages e77-e81.	June	Article investigates alternative therapies to help with cancer treatment side effects. It suggests that patients who are looking to enhance their quality of life (QoL), alleviate stress and anxiety and improve mood should be encouraged to participate in yoga, massage or Reiki, whereas patients who desire to reduce pain should try Reiki. It concludes that these non-invasive, non-medical and cost-efficient methods positively influence and contribute to the perceived QoL of patients with cancer.

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- Gelclair is a **highly effective barrier-forming gel**¹⁻³ specially formulated to aid in the management of lesions of the oral mucosa.
 - 92% reduction in mean pain scores within 5-7 hours of first administration ($p < 0.005$).¹
- Gelclair is available in easy to use sachets.
- **Starter packs** are available to order free of charge from our website.



In an online survey, 91% of patients are satisfied with Gelclair and would recommend to other oral mucositis patients.⁴

For more information on Gelclair or to request a free starter pack, as well as access to helpful resources including patient case study videos, please visit www.gelclair.co.uk, call our Customer Services team on **01249 466 966**, or email us at medinfo@alliancepharma.co.uk

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.