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Literary Review



September to November 2016

Title	Publication	Date	Overview
Potential benefits of oral cryotherapy for chemotherapy-induced mucositis	Clinical Journal of Oncology Nursing, Vol. 20, No. 5, pages 462-465.	October	Article discusses how oral mucositis presents in varying degrees of severity, often progressing from mild to severe and can lead to malnutrition, increased risk of serious infection, prolonged hospital stays and reduced quality of life. It outlines the benefits and limitations of oral cryotherapy in the prevention or reduction of severe mucositis caused by bolus chemotherapies.
Treatment guidance: National Chemotherapy Board Good Practice Guideline for promoting early identification of systemic anti-cancer therapies side effects	Cancer Nursing in Practice, Vol. 15, No. 9, page 18.	November	Article suggests the new guideline (which uses traffic light-based symptom reporting tools) will be invaluable to cancer nurses and is the first document to articulate the enormity of the problem where patients delay reporting of debilitating and life-threatening treatment side effects such as fatigue, vomiting and mucositis.
The psychological and psychosocial effects of head and neck cancer	Cancer Nursing in Practice, Vol. 15, No. 9, pages 33-37.	November	This literature review examines the psychological and psychosocial effects of facial disfigurement caused by head and neck cancer (HNC), including body image and intimacy issues. It discusses how nurses can help people recovering from HNC to develop coping skills, social skills and the social confidence to support adjustment to their new and altered appearance.
Using technology to give patients a voice after surgery for head and neck cancer	Clinical Journal of Oncology Nursing, Vol. 20, No. 5, pages 474-476.	October	Article discusses how surgery for head and neck cancer often leaves patients with impaired communication and how the use of mobile devices and specially designed apps in the healthcare setting can lead to less stress, improved patient-provider communication and increased patient satisfaction and outcomes.
Near-infrared light could detect early cancer signs	Nursing Standard, Vol. 31, No. 4, page 17.	21 September	Scientists have developed an endoscope which can distinguish between healthy and abnormal cells. Dye is sprayed on tissue samples from patients with Barrett's oesophagus. This sticks only to healthy cells and the near-infrared light makes it possible to identify abnormal cells in a way visible light cannot. Researchers suggest that removing patches of precancerous cells may prevent cases of oesophageal cancer, but further testing is needed.

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Cancer incidence and mortality projections in the UK until 2035	British Journal of Cancer, Vol. 115, No. 9, pages 1147-1155.	25 October	Findings from a study suggest that cancer incidence rates are projected to decrease by 0.03% in males and increase by 0.11% in females yearly between 2015 and 2035, with oral, thyroid, liver and kidney cancer being among the fastest accelerating cancers. Whilst the mortality rate for most cancers is decreasing, there are notable increases for oral, anal and liver cancer.
A multi-method review of home-based chemotherapy	European Journal of Cancer Care, Vol. 25, No. 5, pages 883-902.	September	Results of a study support the provision of home-based chemotherapy as a safe and patient-centred alternative to hospital and outpatient-based service. 14 programme recommendations are outlined including always initiating the first infusion of high risk drugs in hospital and only using highly trained and experienced nurses who are best equipped to manage unexpected circumstances that may arise in patient homes.
Reformed smokers have survival benefits after head and neck cancer	British Journal of Oral and Maxillofacial Surgery, Vol. 54, No. 7, pages 818-825.	September	A new study found that whilst smokers were six times more likely to develop head and neck cancer, those who gave up smoking after treatment had improved survival rates over continuing smokers. Results showed the longer the patient had stopped smoking the healthier they were, with giving up for over 15 years offering the most health protection.
Sponge test for Barrett's oesophagus	The BMJ, No. 8082, page 296.	19 November	Researchers suggest using a cytosponge (a pill on a string that expands when swallowed) to collect throat cells to detect oesophageal cancer risk in patients with Barrett's oesophagus as a quick and simple alternative to costly endoscopies.
Development and usability testing of a web-based self-management intervention for oral cancer survivors and their family caregivers	European Journal of Cancer Care, Vol. 25, No. 5, pages 806-821.	September	Article explores how oral cancer (OC) side effects (e.g. persistent hyposalivation, dry mouth, taste alterations, malnutrition and speech issues) affect the quality of life (QoL) of OC survivors and their caregivers. It explores a dyadic, web-based intervention developed to improve QoL and suggests that providing tailored website content and features based on the person's role as survivor or caregiver is important.

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Gemcitabine plus cisplatin versus fluorouracil plus cisplatin in recurrent or metastatic nasopharyngeal carcinoma: a multicentre, randomised, open-label, phase 3 trial	The Lancet, Vol. 388, No.10054, pages 1883-1892.	15 October	Results from a clinical trial suggest that gemcitabine plus cisplatin should be established as the standard first-line treatment for patients with recurrent or metastatic nasopharyngeal carcinoma. The median progression-free survival was 7.0 months in the gemcitabine group compared to 5.6 months in patients treated with fluorouracil plus cisplatin.
Short talk with nurse can persuade many hospital patients to quit smoking	Nursing Times, Online article.	18 October	Results from a US study found that patients who smoke are almost three times more likely to quit when supported by nurses trained in helping people stop smoking. The study involving 1,528 patients who smoked found 16.5% of those supported by a nurse trained in smoking cessation were no longer smoking six months after discharge, versus 5.7% of patients who did not receive nurse-led support.
£130 million to kick-start NHS cancer treatment upgrade	Cancer Nursing in Practice, Vol. 15, No. 9, page 6.	November	NHS England has announced £130 million in funding to update or replace more than 100 radiotherapy machines. Experts recommend that radiotherapy machines, and MRI and CT scanners should be scrapped after ten years, yet figures suggest that in 111 of England's hospital trusts, 63% had at least one scanner or treatment machine older than this and 21% of linear accelerator radiotherapy machines at the trusts were at least a decade old.
Key questions: smoking cessation	Pulse, pages 70-72.	October	Article discusses smoking cessation. It suggests long-term quit rates are only 2-3%, but increase tenfold with evidence-based treatment and support. It also says that using a combination of at least two forms of nicotine replacement therapy increases quit rates considerably and how stopping smoking at age 60, 50, 40 or 30 gains, on average, three, six, nine and 10 years of life respectively.
Push to promote profile of cancer nurses in Europe	Nursing Standard, Vol. 31, No. 11, pages 18-21.	9 November	Article explores a new initiative to raise the status of cancer nursing in some European countries where there is little recognition of its value. It presents cases in Sweden, Estonia and Germany where it is hoped the project will establish the benefits of having well-qualified and well-trained cancer nurses.

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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.