



Gelclair

Literary Review



December 2016 to February 2017

Title	Publication	Date	Overview
Role of gabapentin in managing mucositis pain in patients undergoing radiation therapy to the head and neck	Clinical Journal of Oncology Nursing, Vol. 20, No. 6, pages 623-628.	December	Article discusses the pathophysiology, grading and pain associated with oral mucositis (OM) and explores treating the neuropathic pain with gabapentin. It suggests that no systematic reviews exist on the role of gabapentin for neuropathic pain in radiation-induced OM, although two retrospective studies concluded that gabapentin reduced escalation of opioid doses and unplanned treatment breaks, whilst another demonstrated favourable swallowing outcomes.
Caphosol for prevention of oral mucositis in pediatric myeloablative haematopoietic cell transplantation	British Journal of Cancer, Vol. 116, No. 1, pages 21-27	3 January	A study found that topically administered Caphosol, rinsed orally four times daily at the initiation of conditioning, did not reduce the duration of severe oral mucositis (OM) compared with placebo among children and adolescents undergoing haematopoietic cell transplantation. The authors suggest that studies to identify effective interventions for OM are needed in this population.
Pain management for chemotherapy-induced oral mucositis in children and young people	Cancer Nursing in Practice, Vol. 15, No. 10, page 43.	December	Article explores how some children develop oral mucositis (OM) after a course of chemotherapy and how moderate and severe OM pain is treated with good oral hygiene and parenteral analgesia. It also discusses an article in 'Nursing Children and Young People' which identifies the benefits of adding ketamine as an adjuvant analgesia for chemotherapy-induced OM pain in children.
Symptom management: The effects of self-affirmation on chemotherapy-related symptoms	Clinical Journal of Oncology Nursing, Vol. 21, No. 1, pages e15-e22.	February	Results from a study suggest that listening to positive self-affirmations and nature sounds can reduce chemotherapy-related symptoms, such as pain, tiredness, drowsiness, lack of appetite, depression, anxiety, and lack of well-being.
Oral cancer rates rise by two thirds	The BMJ, No. 8084, page 380.	3 December	Figures from Cancer Research UK show that rates of oral cancer have increased by 68% in the past 20 years from eight cases per 100,000 people in 1992-95 to 13 per 100,000 in 2012-14. Men over 50 are the most likely people to have oral cancer, with 41 cases per 100,000 in 2012-14, and women over 50 also show increased risk, with 18 cases per 100,000.

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Literary Review, cont.



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Supporting the psychological needs of teenagers and young adults during cancer treatment: a literature review	British Journal of Nursing, Vol. 26, No. 4, pages s4-s10.	23 February	This review examines the psychological issues faced by teenagers and young adults (TYAs) during cancer treatment, including anxiety and fear of how side effects will impact on their normal life. It identifies strategies for coping and suggests that age-appropriate information should be provided at an early stage in order to prepare them and ease their concerns.
Palliative care considerations for patients with head and neck cancer with children at home	Clinical Journal of Oncology Nursing, Vol. 20, No. 6, pages 474-476.	December	Article discusses how head and neck cancer patients who have young children at home are at risk of experiencing distress because of embarrassing oral symptoms and side effects of treatments, such as speech difficulties, problems with uncontrolled oral secretions and altered facial appearance. It suggests nurses can offer patients and their families psychosocial support such as counselling and support groups to help them develop positive coping strategies.
Factors affecting orocutaneous fistula formation following head and neck reconstructive surgery	British Journal of Oral and Maxillofacial Surgery, Vol. 55, No. 2, pages 132-135.	February	Article explores factors associated with the formation of orocutaneous fistula following head and neck reconstructive surgery. A study found that patients who had previously had chemoradiotherapy were significantly more likely to develop a fistula than those who had not and that the avoidance of oral intake before the eighth postoperative day reduces the incidence of fistulas.
Managing chemotherapy side effects: achieving reliable and equitable outcomes	Clinical Journal of Oncology Nursing, Vol. 20, No. 6, pages 589-591.	December	Article suggests that receiving information about treatment-related side effects is a high priority for patients receiving chemotherapy. It presents a standardised, patient-centred, discharge checklist (Q-DEC), which can be used by nurses to consistently provide patients with targeted, timely, and regimen-specific information about treatment-related side effects.
Predictors of survival in oesophageal cancer patients in a high-risk area in Northern Iran	European Journal of Cancer Care, Vol. 26, No. 1, pages 1-7.	January	A study showing low survival rates in oesophageal cancer patients from Northern Iran, compared with high-income countries, suggests a link with access to therapeutic (TU) services. The median survival time in patients with good and poor TU were 14.37 and 8.53 months respectively.

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Prognostic impact of the level of nodal involvement: retrospective analysis of patients with advanced oral squamous cell carcinoma	British Journal of Oral and Maxillofacial Surgery, Vol. 55, No. 1, pages 50-55.	January	A retrospective study of patients with advanced oral squamous cell carcinoma (SCC) reports that extensive nodal involvement is one of the most important prognostic factors for disease-free and overall survival. The authors call for assessment to be based on the level of invaded neck nodes rather than the current nodal classification in which staging of nodes takes into consideration single, multiple and contralateral nodes, but not the level of involvement.
Epithelial to mesenchymal transition and HPV infection in squamous cell oropharyngeal carcinomas: the papillophar study	British Journal of Cancer, Vol. 116, No. 3, pages 362-369.	31 January	Results of a study confirm that HPV-related oropharyngeal squamous cell carcinomas (OPC) have a significantly favourable outcome, whilst epithelial to mesenchymal transition (EMT) is a hallmark of a poor prognosis in carcinomas. It showed a non-significant association of EMT with HPV status, which may be explained by a mixed subpopulation of patients HPV positive with associated risk factors (HPV, tobacco and alcohol). Thus, the detection of EMT in OPC represents another reliable approach in the prognosis and the management of OPC whatever their HPV status.
Effectiveness of personalised risk information and taster sessions to increase the uptake of smoking cessation services (Start2quit): a randomised controlled trial	The Lancet, Vol. 389, No.10071, pages 823-833.	25 February	Results from a trial of NHS Stop Smoking Services (SSS) found that delivery of a personalised tailored letter, rather than a generic letter, alongside an invitation to a taster session more than doubled the odds of attending. Whilst this may seem more costly, it is suggested it will be more cost effective in the long run as smoking cessation yields long-term health-care cost savings and health benefits attributable to the reduced risk of smoking-related diseases.
GPs are told to cut stop smoking scripts	The BMJ, No. 8094, page 297.	25 February	An increasing number of CCGs have instructed GPs to stop providing smoking cessation support, arguing that it is no longer their responsibility. In many areas this has led to rationing of treatments, such as nicotine replacement therapies, bupropion and varenicline, which studies have shown to substantially increase the chances of quitting when used in conjunction with counselling.

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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.