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Literary Review



March to May 2017

Title	Publication	Date	Overview
Clinical update: head and neck cancer	Nursing Standard, Vol. 31, No. 31, page 15.	29 March	Article discusses signs and symptoms of head and neck cancer (HNC) as well as causes and risk factors such as drinking heavily and smoking over many years. It comments on the new NICE quality standard, which includes the use of sentinel lymph node biopsies which are new to HNC and should in theory reduce the need for a neck dissection and be a much less traumatic procedure. It suggests that very few centres provide these at the moment, but that the likelihood is that patients will ask about them as a recommended treatment so nurses need to be aware of them.
Individualised mindfulness-based stress reduction for head and neck cancer patients undergoing radiotherapy of curative intent: a descriptive pilot study	European Journal of Cancer Care, Vol. 26, No. 2 pages 1-11.	March	Results of a study suggest that head and neck cancer (HNC) patients can benefit from an individualised mindfulness-based stress reduction programme integrated into their radiotherapy treatment. Patients learn strategies to help manage their distress during radiotherapy caused by physical symptoms such as fatigue, nausea, dysphagia and mucositis.
Dysgeusia and health-related quality of life of cancer patients receiving chemotherapy: A cross-sectional study	European Journal of Cancer Care, Vol. 26, No. 2, pages 1-7.	March	Article discusses how the oral cavity is one of the most commonly affected sites in patients undergoing anticancer treatments, with an estimated 30%-35% of patients having chemotherapy experiencing mucositis, candidiasis and other symptoms including alterations in the senses of taste and smell. It shares results of a study which detected 64% prevalence of dysgeusia developed after and during chemotherapy and found that patients with dysgeusia have a lower quality of life.
Management of patients with HPV-positive and negative oropharyngeal squamous cell carcinoma	Cancer Nursing Practice, Vol. 16, No. 3, pages 28-31.	April	This review discusses how patients with HPV-mediated malignancy of the oropharynx present with distinct risk factors and a favourable prognosis compared to patients with HPV-negative disease. Despite this, it suggests clinical recommendations do not account for HPV status meaning patients with HPV-positive disease are receiving highly aggressive and often life-changing anti-cancer treatment despite a positive prognosis.

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Literary Review, cont.



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Influence of oral hygiene and its interaction with standard of education on the risk of oral cancer in women who neither smoked nor drank alcohol: a hospital-based, case-control study	British Journal of Oral and Maxillofacial Surgery, Vol. 55, No. 3, pages 260-265.	April	Results from a study in China suggest that oral hygiene may have a critical role in the risk of oral cancer (OC) in women, but this effect may be modified by their educational standard. Tooth-brushing twice a day or more was inversely related to the risk of OC in women with high school education or above, but not in those who were illiterate or had primary-middle school education. Wearing dentures showed an increased risk only in less well-educated women, whilst the loss of more than five teeth and oral ulceration were associated with increased risks of OC in all three groups.
Body weight trajectories and risk of oesophageal and gastric cardia adenocarcinomas: a pooled analysis of NIH-AARP and PLCO Studies	British Journal of Cancer, Vol. 116, No. 7, pages 951-959.	28 March	Results from a study of more than 400,000 people found that those who were overweight at the age of 20 were 62%-76% more likely to develop oesophageal adenocarcinoma (EA) or gastric cardia adenocarcinoma (GCA) compared with those who maintained a healthy weight throughout life. The study also found that people who gained more than three stone (20kg) during adulthood were twice as likely to develop EA compared with people who had little weight change.
Accuracy of staging of oral squamous cell carcinoma of the tongue: should incisional biopsy be done before or after magnetic resonance imaging?	British Journal of Oral and Maxillofacial Surgery, Vol. 55, No. 3, pages 298-299.	April	Despite some clinicians delaying diagnostic biopsy until after magnetic resonance imaging (MRI), a study of oral squamous cell carcinoma cases shows that whether the biopsy is taken before or after MRI does not seem to affect the accuracy of clinical staging. As waiting for the results of a biopsy can delay treatment, the study shows no benefit in delaying biopsy.
Long-term results and recurrence patterns from SCOPE-1: a phase II/III randomised trial of definitive chemoradiotherapy +/- cetuximab in oesophageal cancer	British Journal of Cancer, Vol. 116, No. 6, pages 709-716.	14 March	Results of a trial suggest that cetuximab should not be used as standard alongside definitive chemoradiotherapy (dCRT) in the treatment of oesophageal cancer. In the trial involving 258 patients, the median overall survival was 34.5 months in the dCRT group and 24.7 in the dCRT + cetuximab group. Median progression-free survival was 24.1 months and 15.9 months respectively.

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New accurate and non-invasive breath test for diagnosing oesophageal and stomach cancers	Gastrointestinal Nursing, Vol. 15, No. 2, page 8.	March	A new non-invasive breath test has been found to be 85% accurate for detecting oesophageal and stomach cancers. The new test is based on research that found there are different levels of five specific chemicals (butyric, pentanoic and hexanoic acids; butanal and decanal) in people with and without stomach or oesophageal cancer. It is thought these differences could be detected with a breath test to indicate who is or is not likely to have cancer, which could result in earlier diagnosis and treatment and better survival.
Implications of recent advances in radiotherapy techniques and technology	Nursing Times, Vol. 113, No. 3, pages 28-30.	March	NHS England are to provide £130m to upgrade radiotherapy equipment. This article outlines the implications of recent advances in radiotherapy techniques, both for patients and professionals. It explores the enhanced accuracy of treatment and how in the future, patients will undergo shorter radiotherapy courses, experience fewer long-term side-effects and make fewer visits to hospital.
Smoking prevalence and attributable disease burden in 195 countries and territories, 1990-2015: a systematic analysis from the Global Burden of Disease Study 2015	The Lancet, Vol. 389, No.10082, pages 1885-1906.	13 May	Data from the Global Burden of Disease Study found that in 2015, smoking was the second leading risk factor for early death and disability worldwide, causing more than one in ten deaths. Smoking has claimed more than 5 million lives worldwide every year since 1990. A total of 933 million people are estimated to be current daily smokers and 80% of these smokers live in low-income and middle-income countries. Half of these can be expected to be killed prematurely by their smoking unless they stop.
Is the government still serious about reducing smoking?	The BMJ, No. 8098, page 474.	25 March	Article suggests that despite the UK now selling cigarettes in standardised plain packaging, concern is growing that the government has not replaced crucial tobacco control measures which expired in 2015 and which it says helped smoking prevalence among adults drop by over a third and in young people from 11% to 3%. The author also suggests that budgets for media antismoking campaigns and smoking cessation services have been cut, which "threatens to slow or even halt the long term decline in smoking prevalence".

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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.