

AUTUMN 2011  
(19th edition)



# Cancer Nursing News

## Dear Members...

I hope this finds you all well and that you have been able to take some well deserved holidays over the Summer even if that sunshine was sadly lacking.

By the time you have received this newsletter, we hope that your oncology units will have received the information which we have circulated on the TARGET programme (scheduled for October 7th, 2011 in the Hilton Hotel, Kilmainham, Dublin). This one day programme is a European Oncology Nursing Society (EONS) educational initiative which aims to provide nurses with a greater understanding of the science underlying targeted therapies in general and a greater understanding of the use and efficacy of these therapies. As we are all too aware, this is a very complex subject and the numbers of these therapies are ever expanding. We would appreciate it if members could encourage nurses who are likely to benefit from attending this free educational programme to log onto the IANO website ([www.iano.ie](http://www.iano.ie)) for details on how to register. Delivery of the programme is made possible by unrestricted grants from Amgen (Europe) GmbH, Novartis and Merck Serono.



Trish Fox

At this time, we would like to send our good wishes to Kay Leonard as her four year term of office on the EONS executive board comes to a close this September. We would like to thank Kay once again for providing us with a good insight into the role in our last newsletter and we hope that some Irish oncology nurses will put their names forward for these elections when they come around again in four years time.

Finally, it is with great sorrow that we learned earlier this Summer of the passing of Pat Hargadon. As many of you are aware, Pat worked as a nurse counsellor at ARC, Cancer Support Centre, Eccles St for many years and undoubtedly she will be sadly missed by patients and the oncology community alike.

*Best wishes, Patricia Fox, IANO President*

### contents:

*Message from  
the President*

*The IANO 2nd  
President's Prize*

*Complementary  
Therapy*

*Prostate Service  
- The first year*

*5 Day Educational  
Programme in Cancer  
Care for Non-  
Specialist Nurses 2011*

*Dates for your Diary*

*Enhancing Primary  
Palliative Care*

*Local News*

## The IANO 2nd President's Prize

**In 2012, the IANO will be awarding its 2nd President's Prize to the successful applicant of this year's research proposal. This is supported by an unrestricted educational grant from Bayer Healthcare. Closing date for submission is Friday, March 9th, 2012.**

The prize will be a clinical placement at Memorial Sloan Kettering Cancer Centre (MSKCC) in New York which has devoted more than a century to patient care as well as innovative research, making significant contributions to new and better therapies for the treatment of cancer.



*Ms Patricia Fox President IANO and Ms Eilish Moran Nurse Manager Bayer Healthcare.*

This award will be an excellent opportunity for the successful candidate to work alongside a multidisciplinary oncology team within their chosen specialty area, in a world renowned centre of excellence.

*The judging panel will be independent of Bayer Healthcare*

sponsored by



Grupo Zeltia

# Complementary Therapy

*The introduction of Complementary Therapy into the Acute setting of the Paediatric Haematology/Oncology Unit in OLCHC.*

**The inspired vision of a Mother and her daughter who attended St. Johns Ward, the haematology/Oncology unit in Our Lady's Children's Hospital Crumlin, has led to funding for a Complementary Therapy service for the Malignant Haematology Oncology Patients and their families attending the unit. She believed that parents their carers and indeed the patients themselves needed more psychological support to cope with their diagnosis and the treatment. Hence the Julie Wrenn Complementary Therapy Unit was established in January 2011.**

Complementary Therapy (CT) refers to a diverse group of health related therapies and disciplines which are not part of mainstream medical care. (House of Lords 2000). However it is described in much of the literature as playing an important role in relieving symptoms and in turn improving quality of life. The ever increasing popularity of therapies coupled with patient demand has inevitable led to integration of CT's into main stream health care. For parents of children with cancer, CT enables them to alleviate some of there child's discomfort during a time when they often express feelings of helplessness.

Multi disciplinary collaboration and communication are essential if Complementary Therapy (CT) is to play a significant role in providing holistic care to the patient and their families attending the Haematology /Oncology Unit. It is very important to create an environment that fosters a culture of respect, trust and awareness and where dialogue and feedback are welcomed. (The Prince of Wales Foundation fro Integrated Health) 2002. It is vital for the success of the CT unit that there is a supporting infrastructure within the Haematology/Oncology Unit. Moreover it is imperative that all staff members have an awareness of their own attitude to CT, have the knowledge of what Complementary Therapies are been provided and an adequate understanding of what is involved in these Therapies. It is hoped that having Clinical Governance and the ability to demonstrate safety in the deliverance of high quality therapies, that integration of CT's into the Haematology /Oncology Unit along side conventional

medicine will not alone be achieved but prove to be an effective aid to conventional medicine.

The therapies that are currently being provided in the unit are both hand and foot reflexology, indian head massage, and visual and breathing relaxation techniques. From September 2011 it is hoped to offer aromatherapy and full body aromatherapy massage. Patients and their families are referred to the service by any member of the multi-disciplinary team. Treatment sessions usually last from 40 minutes to 1 hour and the number of sessions they receive depends on their need and length of admission. Anecdotal evidence from the first six months offering this service suggests that reflexology helps chemotherapy induced nausea, One 14 year old boy described it as the only thing that helped his nausea while on chemotherapy. It has helped in the relief of peripheral neuropathy, constipation, headaches and insomnia. However, the most positive impact the service has to date is to relieve some of the enormous stress and anxiety levels amongst both the patients and their Parents. To sum it all up one 16 year old girl said that having reflexology was the "best part of being in hospital" when the therapist came to work her "magic hands."

It is hoped that in 5 years we will produce a credible paper to showcase the use of complementary therapy in both the acute cancer care and in the palliative care settings.

***Olive O' Neill,  
Complementary Therapist Clinical Nurse specialist  
Olive.O'Neill@olchc.ie***

References available on request.



# Prostate Service - *The first year*

In January 2011 the National Cancer Control Programme (NCCP) produced national prostate and lung cancer referral guidelines for General Practitioners (GP's). These provide advice for GP'S about the referral process for men with suspected lung or prostate cancer, including advice on where rapid access cancer centers are located and direct contact information for health care staff. The Mid Western Regional Hospital (MWRH) in Limerick is one of the rapid access diagnostic cancer centre's. It already had a rapid access service for symptomatic breast disease, so some of the ground work on how to set up the service was in place.

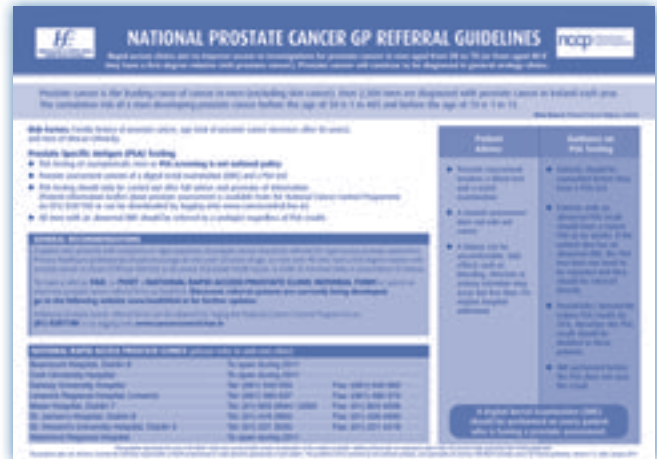
The NCCP provided the hospital with Nurse Coordinators (1 for lung and 1 for prostate) to facilitate these clinics in order to reduce multiple hospital visits thus reducing patient anxiety and shortening the time period to diagnosis.

Prior to the rapid access prostate service all patients were reviewed at an OPD clinic first and then booked to the Surgical Day ward for a prostate biopsy. The prostate service aim, is to have a "one visit approach" where clients would be urological assess and their prostate biopsied if needed all on the one day. All referrals are processed through a central office and triaged on a weekly basis by the consultant Urologist. The clinical lead for prostate oncology in the MWRH is Mr. Garrett Durkan who is the clinical led for prostate oncology for the Western Region. All correctly completed referrals are triaged either as urgent or redirected to the general urology clinics. An appointment is then generated and all patients are seen in a timely fashion.

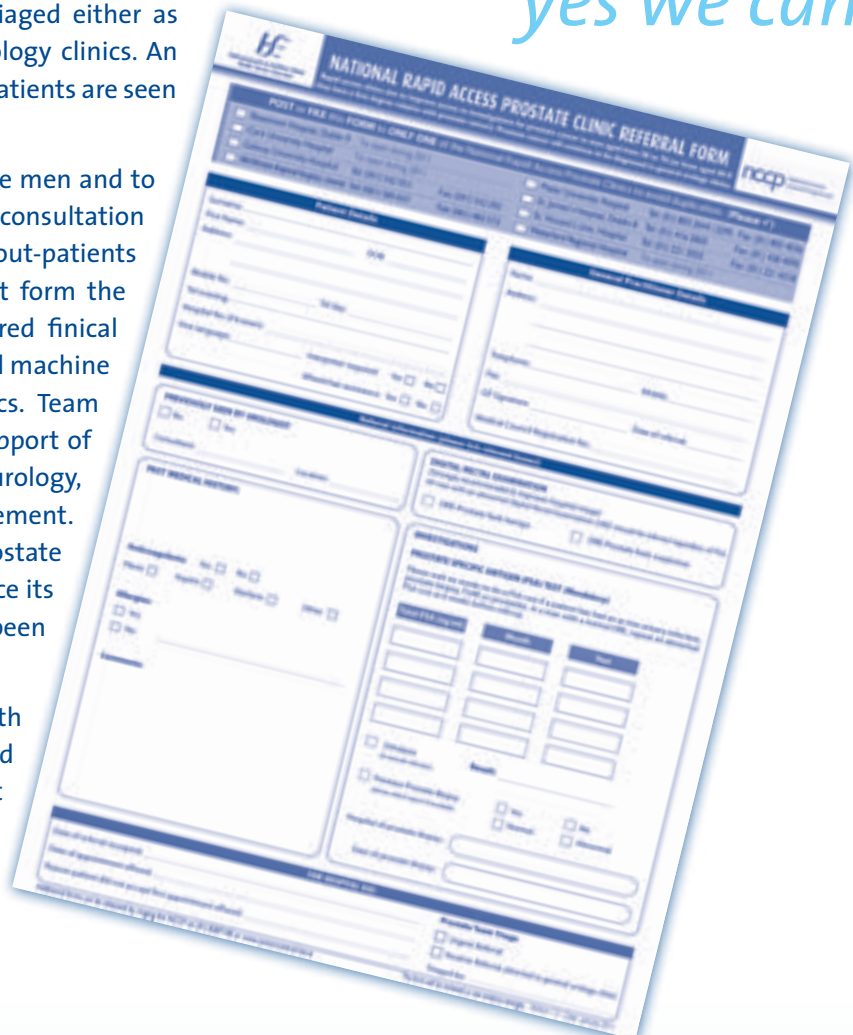
An area was then sought to assess these men and to perform prostate biopsies. This required consultation with the nursing manager for the out-patients department along with clerical support form the out-patients department. It also required finical support for equipment for an ultrasound machine and equipment for urology diagnostics. Team meetings were arranged to gain the support of major stakeholders such as radiology, urology, medical records and nursing management. After all negotiations, the rapid access prostate clinic was opened in December 2011. Since its foundations, over 200 new men have been seen in the prostate clinic.

The creation of this service was both challenging and rewarding and it would not have happened without the support provided by administration, medical and nursing. This alone was the footprint of its creation. As Obama would say "yes we can".

**Shiely Kiely.**  
**Rapid Access Prostate Co-ordinator.**  
**Cancer Services, Mid Western Regional Hospital Limerick**



*"yes we can..."*



# 5 Day Educational Programme in Cancer Care for Non-Specialist Nurses 2011

This course was organised in AMNCH for a 3rd time running from April until June 2011. It was run in conjunction with AMNCH, Irish Cancer Society and Naas General Hospital. Two days were held in AMNCH, one day in St Lukes Hospital, Rathgar, and the final two days in Naas General Hospital.

The aim of this five-day programme is to provide registered nurses with an overview of cancer, the current treatments available and the psychosocial impact of a diagnosis of cancer. This in turn enables them to provide quality holistic care for patient with cancer in the non-specialist settings.

## The attendees were from:

- AMNCH
- Naas General Hospital
- Beacon Hospital
- Regional Public Health Nurses
- Regional Practice Nurses

A total of 26 nurses enrolled in the course and 25 certificates were presented on the final day for 100% attendance on the programme. 4 attendees returned from previous years to attend the day they missed then to obtain their certificate.

Evaluation forms were completed for each day and gave very positive feedback regarding the organisation and delivery of the course.

The organisers would like to express their gratitude and appreciation to all the speakers who gave their time and expertise free of charge for delivery of the lectures. We would also like to extend our thanks to all those who assisted us in facilitating this invaluable course.

## Course coordinators

- Sylvia Macken, CNM 2 - AMNCH
- Sarah Stanley, CNS - AMNCH
- Peggy O'Dwyer, CNM2 - NGH
- Nora O'Mahony, NPDD - NGH



*Delegates and two of the organisers on the last day of the programme after presentation of certificates of attendance*

## DATES FOR YOUR DIARY:

### TARGET-EONS PROJECT

Targeted therapies in the treatment of cancer.

**WHEN:** 7th October 2011 9-5pm.

**WHERE:** Hotel Hilton, Kilmainham, Dublin 8.

**CONTACT:** info@iano.ieu

### SEMINARS IN HEAD AND NECK CANCERS

**WHEN:** Saturday November 12th 2011

**WHERE:** Oriel Hotel, Ballincollig, Cork

**CONTACT:** pauline.odea@hse.ie or colette.healy@hse.ie

# ENHANCING PRIMARY PALLIATIVE CARE

In line with current health care policy, there will be a greater emphasis on the delivery of care to patients with life-limiting disease in community settings, and this will be supported by the development and consolidation of the primary care teams. As it stands, the majority of care (90%) of patients in their last year of life is provided for by GPs and Community Nursing, and because of advances in health care, people are now living longer with chronic life-limiting diseases including cancer. Yet, unlike other countries, in Ireland there are no formal frameworks to support primary care teams identify and respond to the palliative care needs of their patients.

The aim of the primary palliative care programme is to seek to identify and support the primary care team's responses to this patient group. This is a joint programme between the Irish Hospice Foundation, ICGP and HSE. The first phase of the programme, which took place between 2010 and early 2011, related to determining the potential palliative initiatives that would support GPs and community nursing in their work with patients with advanced life limiting disease. The findings from this initial phase will inform the implementation phase which is due to commence early next year. The Irish Cancer Society and National Cancer Control Programme were represented on the national steering committee, though the work of the programme considered the needs of those with malignant and non-malignant disease.

Over the period of six months, through consultation meetings and questionnaires, the programme gathered views of over 200 primary health care professionals working across Ireland. The analysis of the responses indicated that primary care teams recognised that palliative care is an essential part of their work. However, the respondents indicated that they would like education and guidance to support their work in this area. For example, 66% of respondents indicated they would benefit from further training in symptom control. The participants in the questionnaires and consultation meetings also identified the need for enhanced communication systems between the health care professionals, so that they could be prepared and be consistent with the messages that patients have received whilst in hospital or with their specialists.

"I sometimes feel inadequate and unable to fulfil my role properly due to lack of information from hospital" GP

The full report of the work of the programme will be available later this year, and some of the interim findings are available if you click on the development page of the IHF website. **For more information contact Marie Lynch, Programme Development Manager [marie.lynch@hospice-foundation.ie](mailto:marie.lynch@hospice-foundation.ie)**



*Back row: Edith McMahon, Michele Megan, Eileen O'Leary, Dr Kevin O'Doherty, Lorna Peelo-Kilroe, Anne Tan, Liz Hoctor. Front Row: Dr Emer Loughrey, Dr Paul Gegan Chairperson, Marie Lynch, Mary Bowen*

...local news...local news...local news...local news...local news...local news

## NORTH WEST NETWORK

**Chairpersons Report: The North West Branch has had a relaxing summer so we are ready for a busy few months ahead.**

### Upcoming events:

#### October 2011:

We are looking forward to Dr. Allesandra Gennari, a medical consultant from Galliera Hospital in Genoa, Italy coming to Letterkenny on October 26th to talk about diagnostic and therapeutic innovations in breast cancer. Her current research is on the identification of individual drug responsiveness in breast tumours. This event has been kindly sponsored by Cephalon. It will take place on site in Letterkenny General Hospital where we expect a big turnout.

#### November 2011:

We are in the midst of organising an event in which Dr. Marc Peeters is the guest speaker. Dr. Peeters is well known on the

international stage, having presented at ECCO and ASCO in the past. He has a keen interest in digestive oncology and he is widely published specifically on colorectal cancer. Dr. Peeters was lead investigator in one of the panitumumab clinical trials the 181 (Vectibix + FOLFIRI) study and was the lead in developing the national clinical practice guidelines for colon cancer in Belgium. He is attached to the University of Gent – Belgium. Amgen are sponsoring this event.

#### December 2011:

Archimedes Pharma is kindly sponsoring a talk on PecFent. PecFent is indicated for the management of breakthrough pain in adults who are already receiving maintenance opioid therapy for chronic cancer pain. The talk will outline the profile and use of this drug as well as the Community Support Nurse Service that they provide for PecFent.

*Regards, Geraldine Mc Gilloway*

## LIMERICK NETWORK

On Wednesday the 6th of July the IANO Limerick branch held an educational evening entitled 'Gynaecological Malignancies' at the Castletroy Park Hotel.

Speakers on the night included: Triona Neenan, Dr Valerii Switzer and Mr Kevin Hickey.

Triona Neenan is a clinical nurse specialist in oncology and she opened the evening with a very interesting discussion on gynaecological malignancies and the treatments involved.

Dr Valeri Switzer is the new clinical psychologist for cancer services at the mid western regional hospital in Limerick. She introduced her services and spoke about the psychological aspect of patient care and presented some intriguing studies.

Mr Kevin Hickey, consultant gynaecologist, spoke on ovarian and cervical cancers. He gave a brief overview on the role chemotherapy and radiotherapy in relation to both cancers and gave an in depth talk into gynaecological surgery.

The evening was a great success. It was very interactive and the audience participation was very enthusiastic, directing questions towards all three speakers.

There was an exceptional attendance of over 30 nurses from a variety of disciplines including medical, surgical, public health and palliative care nurses. The overall feedback on the night was excellent. Interesting suggestions were made for future study evenings which the branch is currently considering for the near future.

*Charlotte Gleeson, Secretary Limerick Branch*

## WESTERN NETWORK AUTUMN REPORT

After a quiet summer we are planning a number of activities for the Autumn/ Winter period.

The journal club continues in Galway University Hospital on October 13th. Patricia O'Brien Palliative Care CNS GUH will present an article for discussion.

Our main event for the Autumn/Winter season will be a half day educational meeting on the topics of thyroid cancer and fertility issues. It is hoped the Galway Clinic will host this event in early November, exact date to be confirmed. Details will be circulated to the network hospitals.

Finally Sligo General hospital will host an evening educational meeting in October on Thrombocytopenia and Neutropenia. Speakers will include Dr Andy Hodgson Consultant Haematologist, SGH. Exact date to be confirmed. Many thanks to Amgen for supporting this event.

*Olivia Grady, Secretary, Western Network*

## CORK NETWORK

In March 2011 the Cork Network held an evening education session titled 'Cancer Genetics – Secrets of the Germline'. This was held in the Oncology Conference Room at Cork University Hospital.

Our guest speaker was Dr Derek Power Consultant Medical Oncologist, Cork University Hospital and Mercy University Hospital.

Dr Power provided a very thought provoking informative lecture touching on many aspects of Cancer Genetics and looking towards the future uses of Genetics in Cancer Diagnosis and Care.

The evening was sponsored by Novartis and was well attended by staff from many areas including Oncology, Radiotherapy, Research, Public Health Nurses and Palliative Care from the Cork and Kerry Region.



*Dr Derek Power, committee members and attending delegates at the Cork meeting.*

## Future Plans in Cork

A study day titled 'Seminars in Head and Neck Cancers' is scheduled for Saturday November 12th 2011 in the Oriel Hotel, Ballincollig, Cork.

Many Clinicians, Nurses and Allied Health Professionals have committed their valuable time to present at this day. A full programme will be circulated within the Cork and Kerry area in early October.

*Pauline O'Dea*



Please encourage colleagues to join the IANO. For further details please contact any NEC member.  
Irish Association for Nurses in Oncology, PO Box 1499, Dublin 16. Email: [info@iano.ie](mailto:info@iano.ie) Website: [www.iano.ie](http://www.iano.ie)