

Northwest / Alaska Oncology Nurses

Vol. 3, No. 1 — Spring 1980

PRESIDENT'S MESSAGE

NOTICE

While reading the latest issue of Washington Nurse and the articles on future trends in nursing, I began to think about current and future trends in oncology nursing. Due to an expanded focus in the delivery of health care because of increased technology and an increased knowledge of specific diseases, efforts have been put forth by nurses to become specialized in various areas. Oncology nursing has rapidly developed into an area of specialized care about which more nurses are seeking knowledge. Areas of cancer detection and screening, acute care including various forms of active treatment, and the care of individuals in the advanced stages of disease offer numerous roles for the nurse in a variety of settings. The ability to give quality care requires a significant amount of technical, theoretical and experiential knowledge in an area in which there is much controversy and in which the field of knowledge is changing continuously. As the care becomes more complex, nurses are frequently required to deal with ethical issues which arise, and often feel the need for a formalized system of support.

How as nurses can we become and continue to be prepared for practice in the field of oncology nursing? What does each of us have to offer to cancer care nursing? And, what role can RONs play in assisting nurses working in the field of oncology?

Fortunately within our membership we have individuals with a wide range of knowledge and expertise. In an informal manner we can be of assistance to each other by consulting with each other, disseminating information which we have obtained, and simply by offer-

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REGIONAL ONCOLOGY NURSES MEETING

APRIL 18, 1980

Vancouver Memorial Hospital
3400 Main Street
Vancouver, Washington

Dinner

6:00-7:00 p.m. - \$4.00 per person

Reservations must be sent by April 11, 1980 to:

Karen Landenburger
Hutchinson Cancer Research Center
1124 Columbia Street
Seattle, Washington 98104

QUARTERLY MEETING

7:00 p.m.

Program

8:00 p.m.

Judy Campbell and Kay McClain

"Care of the Patient and Family
Involved in Bone Marrow Transplantation"

Directions

South on I-5 until you see Vancouver signs. Take first City Center exit and follow signs to City Center Road which turns into Main Street. Follow Main to 3400.

If any problem, contact Sheila King, R.N., 696-5000 (hospital paging).

To live is not merely to breathe; it is to act; it is to make use of our organs, senses, faculties - of all those parts of ourselves which give us the feeling of existence.
-- Rousseau

SECOND ANNUAL CANCER NURSING SYMPOSIUM

The Second Annual Cancer Nursing Symposium was sponsored by the Fred Hutchinson Cancer Research Center on January 11 and 12, 1980.

The topic was "Cancer: A Family Disease," with presentations by Ida Martinson, R.N., Ph.D., Edna Menke, R.N., Ph.D., and Deborah Welch, R.N., M.S.N. Martinson spoke of the child and the family at the end stage of life, presenting findings from a home care program carried out in Minnesota. Her main focus was that children with cancer in the end stage of disease can be safely, effectively, economically and lovingly cared for in their homes by their parents and siblings.

Edna Menke focused on the role of the nurse supporting and assisting families facing the crisis of cancer. Menke's speech centered around the impact on the family when a child has cancer. Her presentation included phases of living with cancer, factors influencing how a family lives with cancer and types of loss.

Deborah Welch presented the needs of families of adult cancer patients, directed primarily toward the hospital setting. Her presentation consisted of preliminary data studying the needs of family members and the voids in the care given.

The 2nd day of the symposium consisted of workshops offering the participants opportunity to ask questions, present ideas and discuss problems encountered in practice.

The symposium, according to many involved, was a success which would not have been possible without the efforts of Sue Porter, (symposium coordinator), and other members of the planning committee.

A conference such as "Cancer: A Family Disease" takes much pre-planning and coordination. Sue Porter is encouraging persons to contact her now with topics for the Third Annual Cancer Nursing Symposium to be held in January 1981.

(Editor: Our thanks to Julia Foard for the use of her symposium outline.)

RESEARCH HIGHLIGHTS

"A Survey of Nurses' Work Experience, Self-Confidence, Death Anxiety and Attitudes Regarding Care Orientation in Two Work Settings."

The purpose of this study was to examine the relationships between a nurse's self-confidence, work experience and work setting with death anxiety and care orientation. Care orientation described a nurse's focus in practice along a continuum of recovery care to comfort care.

The descriptive design utilized a composite questionnaire. 91 registered nurses in community and intensive care settings participated. The results were mixed.

The data supported the hypothesis that as the intensity of medical technology within the work setting decreased, comfort care orientation increased. Comfort care orientation was related to baccalaureate or higher education whereas less education was associated with recovery care orientation. The study supports the findings of Bullough and Sparks that orientation toward care or cure corresponds with differences in basic education. Care orientation was not associated with age, length of work experience, self-confidence or types of continuing education.

The data also supported the hypothesis that as self confidence increased, death anxiety decreased. No significant relationship existed between death anxiety and care orientation. Demographic variables were not related to death anxiety. The data pointed to the existential nature of death anxiety.

-- Thesis Abstract by
Elizabeth White

Bullough, B., and C. Sparks. "Baccalaureate vs Associate Nurses: The Care-Cure Dichotomy." Nursing Outlook. 23(1): 688-692, November 1975.

In spite of all his faults, there is no creature worthier of affection than man.

-- Goethe

CONFERENCES

Conferences - continued

May 9-10, 1980

SIXTH ANNUAL CANCER CONFERENCE: SEXUALITY AND THE CANCER PATIENT

This workshop will provide an opportunity for nurses to consider variables that influence sexuality in cancer patients. The participants will have an opportunity to assess their attitudes and values regarding cancer and sexuality and to increase their comfort in communicating about sexual phenomena. Approved for 9 CERP.

Location: Sheraton Renton Hotel
Renton, Washington

Fee: \$48, includes lunch

Contact: Continuing Nursing Education
University of Washington (SC-72)
Seattle, Washington 98195
(206) 543-1047

May 28-30, 1980

FIFTH ANNUAL ONCOLOGY NURSING SOCIETY CONGRESS

The Congress' overall goal is to present a forum for the sharing of current oncology nursing concepts.

Location: Sheraton Harbor Island Hotel
San Diego, California

Contact: Oncology Nursing Society
701 Washington Road
Pittsburgh, Pennsylvania 15228

September 1-5, 1980

THE SECOND ANNUAL INTERNATIONAL CONFERENCE ON CANCER NURSING AND ANNUAL NURSING EXHIBITION, presented by Nursing Mirror.

Contact: Conference Administrator
1 PC Business & Industrial
Training Ltd.
Surrey House
1 Throwley Way
Sutton, Surrey SM14QQ
England

MEET YOUR NEW OFFICERS!



Officers - from left to right - Barbara Warren, Karen Landenburger, Sharon Burke, Judy Kornell.

HAS YOUR ADDRESS CHANGED?

All address changes must be submitted in writing, with old and new address, to:

Outreach Program
RONs
Fred Hutchinson Cancer
Research Center
1124 Columbia Street
Seattle, Washington 98104

Please allow 6 weeks for address changes to take effect.

COMMITTEE CHAIRPERSONS NEEDED!!!

Volunteers are needed to chair and work on the following committees:

- Newsletter - contact Mary Jo Hunt at RONs address.
- Program - contact President at RONs address.
- Bylaws - contact President at RONs address.

MINUTES

-4-

MEETING OF REGIONAL ONCOLOGY NURSES 2nd Annual Business Meeting January 11, 1980

Red Lion Inn, Seattle, Washington

The meeting was called to order by Ruth McCorkle, President. The presence of a quorum was established. There were representatives from Idaho, Montana, Alaska, British Columbia and Washington.

The October 26, 1979, minutes were accepted as written.

Report of the President:

Highlights of the first year were published in the Newsletter.

Two new committees were appointed: a) A Program Committee - it will establish the dates and times of the business meeting. The chair is J. Roszel; b) A Newsletter Committee - it will establish guidelines and editorial policies.

Priorities of the coming year include: a) A discussion of the issue to join national organization, ONS; b) To establish new channels of communication and strengthen ones that now exist; c) To review the by-laws.

Report of the Treasurer was given by R. McCorkle in the absence of C. Toker: a) 28 new members have been enrolled since July 28, 1979; b) Major expense has been the publication of the Newsletter - \$233.73; c) Assets - \$563.89; d) Motion was made and seconded and passed to establish the official calendar year as July 1 to June 30 of the following year; e) Publication of a directory was discussed; a motion was made, seconded and passed to have a directory printed by March; f) Membership cards were discussed; the consensus was that cards are not needed at this time.

Report of the Newsletter was presented by Mary Jo Hunt, Editor: a) The title of the Newsletter is not the same as the organization. The motion was made, seconded and passed that the Executive Committee would deal with this problem; b) Publication dates were discussed. The consensus was that the Newsletter should be mailed in between the meeting times; c) A research

highlights section has been included in the last publication and it is hoped that this feature can be regularly included; d) It is hoped that, once a year, regional highlights will be featured.

Report of the Telephone Subcommittee by Pat Gonzales: a) There have been 303 calls into the system from 5 states and British Columbia; b) Local (Seattle) nurses should still call the network number, otherwise the calls will not be logged in; c) A motion was made, seconded and passed which will allow Pat Gonzales to send out questionnaires to the members to do an evaluation study on the network; her study will be reported to the membership; this research also will be included in her Master's thesis; d) P. Gonzales proposed that 2 meetings a year be held with the consultants; the number of consultants is 18; e) Calls from lay individuals are now being referred to nurses in the community; f) Stickers with the network number are still available.

Report of the Program Committee by Judy Roszel: a) The 4 meetings in 1979 were held in Oregon, Washington and British Columbia; b) The dates for the 1980 meetings are Wednesday, April 16, Friday, July 18 and Wednesday, October 15; c) The sites of the meetings have not been planned; the Program Committee would welcome any suggestions.

Report of Bylaws by R. McCorkle: Copies of the bylaws were distributed.

Report of Nominations Committee by K. Landenburger: a) It was difficult to obtain representatives from every area; b) There were some problems getting the ballots out because: mailing list was not accurate with respect to paid memberships; directions on the ballot were not followed; consent to serve was not formally obtained; c) 9 members present at the meeting reported they did not receive ballots; d) a motion was made, seconded and passed to accept the results of the election and correct the situation in the coming year;

e) Report of the Tellers - B. J. Gallucci:

President	E. Harrington (22)
	K. Landenburger (32)
Vice President	B. Warren (54)
Secretary	S. Burke (53)
	J. Roszel (1)
Treasurer	J. Kornell (53)
	P. Hutton (1)

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President's Message cont.

ing support. One mechanism which will assist us in this process is the development of a membership directory. Another mechanism is the Nurse-to-Nurse Network based at FHCRC. The quarterly newsletters and meetings will continue. The format of each will depend upon what your needs are and upon your informing the officers and committee chairpersons of those needs. Future meetings will be held in different areas as has been done in the past. The topics of the programs at the quarterly meetings will again depend upon membership interest and efforts.

I wish to take this opportunity to thank those who have been involved in RONS, with special acknowledgment to the officers and committee members who have put forth a great deal of effort in order to establish RONS. I sincerely hope that those of us who have assumed their roles will continue the good work and support the goals of RONS.

-- Karen Landenburger

Minutes cont.

Induction of new officers was made by R. McCorkle.

New Business: None

Old Business: K. Landenburger read a letter she was sending to the national organization - ONS - concerning the issue of the national meeting being held in non-ERA states.

A motion was made, seconded and passed that we as members of ONS would like the ERA item to be placed on the agenda for the annual national meeting.

-- B. J. Gallucci
Recorder

MEMBERSHIPS

Applications are still coming in! All those who sent applications by March 10 should be included in the membership directory. The directories should be in the mail by the end of March.

CHEERS! TO THE OLD OFFICERS



Officers - from left to right - Ruth McCorkle, Betty Galluci, Julie Roszel, Mary Jo Hunt, Pat Gonzales.

CANCER NURSING
CONTINUING EDUCATION PROGRAM

The Cancer Nursing Outreach Program (CNOP) has completed continuing education programs in Seattle, Everett and Longview, Washington. On April 21, 1980, the faculty will travel to Anchorage, Alaska, to present the 2-week program at Alaska Pacific University.

Community participation in the program and support for the necessary clinical facilities has been very strong. The traveling faculty are also very appreciative of the many kind things that have been done for them personally while they are away from their home base.

Program participants keep in close communication with the faculty by calling on the Nurse-to-Nurse toll-free telephone network (1-800-522-7410) when a question or concern arises.

A new faculty person, Nancy Jordan, recently was welcomed to the staff of the Fred Hutchinson Cancer Research Center.

CORRECTION TO RONS MINUTES OF OCTOBER 26, 1979 - Barb Warren and Sue Rothwell work for the Cancer Control Agency of British Columbia (not the Cancer Foundation).

MARIJUANA/CHEMOTHERAPY STUDY
UNDERWAY AT UW

A study of the antiemetic properties of marijuana when given to cancer patients undergoing chemotherapy has recently been initiated by a team of investigators headed by Dr. David L. Dunner, chief of psychiatry at Harborview Medical Center.

The project had its origins in a law enacted by the Washington State Legislature in the 1979 session. The Controlled Substances Therapeutic Research Act was passed in response to the pleas of cancer patients who had sought access to this drug and then discovered it could not be prescribed by their physicians due to its classification under federal law. Since legal access could be obtained only through participation in a study approved by the Food and Drug Administration, the Legislature agreed to have state government take on the responsibility for seeking federal approval to conduct the study, meeting the reporting requirements, administering the project, and funding the staff.

Designed by a team headed by Drs. Fred Appelbaum and Philip Greenberg of the Division of Oncology at University Hospital, the protocol specifies random assignment of patients to one of two principal treatment conditions: (a) THC and prochlorperazine, or (b) THC and placebo. (THC is the active ingredient in marijuana and is delivered to the patient in capsule form. Prochlorperazine is a conventional antiemetic substance) Patients unable to swallow oral medications are assigned to a treatment group using marijuana cigarettes. Those who are prone to adverse reactions with prochlorperazine receive THC alone. To enroll patients in the study a referring physician completes a medical history form. The patient fills out a brief psychiatric status questionnaire, and both sign an informed consent statement. Once accepted, each patient is given an initial pre-chemotherapy trial with marijuana that is monitored by the physician for toxic effects. The patient's response to each subsequent dose is measured by self-report concerning levels of nausea and vomiting, degree of psychological comfort, level of somnolence, and food and fluid intake.

(Continued next column)

CANCER PAIN: ASSESSMENT AND
INTERVENTION IN NURSING PRACTICE

With Margo McCaffery, R.N., M.S.

February 27, 1980

Sponsored by the
Fred Hutchinson Cancer Research Center

On Wednesday, February 27, 80 nurses and allied health professionals throughout western Washington attended a special presentation on cancer pain sponsored by the Outreach Program of the Fred Hutchinson Cancer Research Center. The all-day presentation featured Margo McCaffery, R.N., M.S., author of the book Nursing Management of the Patient with Pain. Ms. McCaffery has authored numerous articles on the care of patients with pain. She conducts programs on pain relief throughout the United States and Canada. She is currently a self-employed consultant in the nursing care of patients with pain.

The conference focused on 3 major areas:

1. Nursing interventions for the cancer patient who is experiencing pain.
2. Specific pain relief measures for brief and prolonged pain in all age groups.
3. Effective use of medications and additional pain relief techniques.

Marijuana cont.

Both the marijuana capsules and cigarettes are provided by the National Institute on Drug Abuse from standardized stocks developed for research purposes. The capsules are of 2.5, 5.0, and 10 mg. in strength and the cigarettes are approximately equivalent to 1 to 3% THC content. While the state law permitted the use of confiscated marijuana, the availability of standardized government supplies has precluded such use.

The Clinical Coordinator for the program is Dr. Jan Penna (206-223-3104). Individuals interested in learning about the application process for participation in this program should call Dr. Penna directly.

-- Roger Roffman

CAREER OPPORTUNITIES

EXECUTIVE DIRECTOR - for Hospice of Snohomish County. Position involves major responsibility for planning and implementing Hospice Program. Hospice and administrative experience desirable. B.S. required; M.S. preferred. Send resumes to:

Sister Georgette Bayless
1019 Pacific
Everett, Washington 98201
(206) 258-7123

PROGRAM FACULTY - regional comprehensive cancer center is sponsoring a community-based cancer nursing continuing education program and is recruiting program faculty members. B.S. required, M.S. preferred; clinical cancer nursing experience and teaching skills required. Contact:

Deborah A. Welch, R.N., M.S.N.
Outreach Program
Fred Hutchinson Cancer Research Center
1124 Columbia Street
Seattle, Washington 98104
(206) 292-2522
1-800-552-7410 (within Washington State)

CANCER CLINICIAN - 321 bed, acute-care teaching and referral center for Alaska and Pacific Northwest seeking R.N. with oncology experience. M.S. preferred. Challenging position for candidate with proven communication, teaching and counseling skills in oncology setting. Excellent fringe benefits. Salary commensurate with experience. Unlimited cultural and recreational activities easily accessible to greater Seattle Area. Send resume to:

Lois Berg, Assistant Personnel Director
Virginia Mason Hospital
925 Seneca
Seattle, Washington 98101
(206) 624-1144, Ext. 331
AN EQUAL OPPORTUNITY EMPLOYER

STAFF NURSE - for Hospice of Snohomish County. Position opening in next few months. B.S. with experience in Hospice care preferred. Send resume to:

Sister Georgette Bayless
1019 Pacific
Everett, Washington 98201

FUTURE CONFERENCES

Because of the enthusiasm generated by the participants in the "Cancer Pain: Assessment and Intervention in Nursing Practice" and a waiting list of over 40 persons, the Outreach Program will repeat the conference with Margo McCaffery on July 9, 1980.

Contact person is Sue Porter, at 292-2468 or 1-800-552-7410.

The program will be held in Walla Walla on July 10, 1980, sponsored by the Walla Walla Community College. Contact person is Karen Hanson-Seese, (509) 527-4451.

The RONS Newsletter is published quarterly.

EDITOR: MARY JO HUNT, R.N.
Associate Editor: Norene Leitzell
Items for inclusion in the newsletter are requested from all areas in the region.

Submit material for publication to Mary Jo Hunt, Editor, RONS, c/o Outreach Program, Fred Hutchinson Cancer Research Center, 1124 Columbia Street, Seattle, WA 98104.

When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.

-- Helen Keller