



Northwest/Alaska Oncology Nurses

Vol. 3, No. 3 — Autumn 1980

PRESIDENT'S MESSAGE

RONs membership enrollment has been steadily increasing since its inception over two years ago. As of September 1980 we had 224 members! As the number of members has increased so has the complexity of the organization and the sophistication of the newsletter. What this adds up to is involvement from a number of people. Within the next couple of months elections for Vice President and Treasurer will be held. Stop and think about what you may offer the organization. If holding an office does not seem feasible, involvement is needed on the membership, newsletter and program committees. The more individuals become involved, the better RONs will be.

As members who have been with us since the beginning may notice, while the format of the newsletter remains primarily unchanged, new content has been added. Members are encouraged to voice ideas and share professional experiences. The Spring 1980 issue began the inclusion of the Research Highlights column. The quarterly meetings continue to be held in varying geographical locations to support the involvement of all the members. Another means of support is the Nurse-to-Nurse Network. The number of consultants has increased, expanding the areas of expertise offered.

We have come a long way but the force of RONs will continue to grow only according to the strength and involvement of its members.

- Karen Landenburger, President

REMINDER

The renewal date for all RONs membership was July 1, 1980. Those who wish to retain membership, please return the renewal application (see your Summer 1980 newsletter) with your 1980-81 dues.

MEETING NOTICE

REGIONAL ONCOLOGY NURSES MEETING

OCTOBER 17, 1980

Security Bank Building
Wenatchee, Washington

Dinner

6:00 p.m. - Brown Bag Dinner

QUARTERLY MEETING

6:30 p.m.

PROGRAM

7:00 p.m.

"Mind Over Cancer"

Betsy Totini, R.N. and Dr. Dave Noter, oncologist, will discuss a case history: a female who is cured of cancer after an alternate therapy program.

Directions

From I-5 in Seattle, go east to 405; north on 405 to Exit 23; follow Hwy. E-522 through Monroe; follow signs to Wenatchee. Turn left onto E-2 (Stevens Pass highway). E-2 turns into Wenatchee Avenue. Follow through town. Turn left after 7-11 store onto Stevens Street; go across bridge. Take Waterville Exit off bridge. Stay in right lane; go straight to Wenatchee Valley Mall. Security Bank building is in center of mall.

NOMINATIONS

New officers will be elected in January for RONs. Nominations for the office of Vice President and Treasurer are open. Any member can nominate another member

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REGIONAL MEETING MINUTES

Minutes (continued)

The 9th meeting of the Regional Oncology Nurses was held in Vancouver, British Columbia, on Friday, July 18, 1980. The meeting was called to order at 7:10 p.m. by the Vice-president, Barbara Warren. A quorum, 22 members, was present. The minutes of the 7th and 8th RON's meetings were adopted without correction or addition.

President's Report

No report.

Treasurer's Report

\$1,300 on hand.

Secretary's Report

No report.

Committee Reports

A. Newsletter - submitted by M. J. Tornberg

1. Addition of British Columbia to logo:

Executive decided to pay \$5 per newsletter issue to have B.C. included in logo, rather than pay \$50 to design a new logo which would include B.C.

Barbara Sullivan offered to discuss the cost of a new logo with her brother who designs logos.

2. Request was made for articles to be submitted for publication.
3. Deadline for submissions for next newsletter is August 25, 1980.
4. The President should be notified if members do not receive their newsletters.
5. The Newsletter Committee now has another member, Kit Bakke.
6. Comments on ONS affiliation will be welcomed for the next newsletter.

B. Program Planning Committee

1. Discussion of location of next meeting: it was unanimously agreed that the next meeting be held in Wenatchee, October 17, 1980, if arrangements can be made. It was suggested, failing this, the next meeting be held in Seattle in conjunction with KCNA/ACS Oncology Special Interest Groups meeting on October 15, 1980.
2. Program Committee agreed that meetings should be held close to Interstate 5 freeway to best serve the majority of attending members. Also, the possibility of holding meetings only on the west side of the mountains was discussed, without consensus of opinion.
3. Lack of attendance at meetings was discussed, and worry about loss of membership should meetings be centralized was expressed. It was suggested that core people in various locations be identified so they could be contacted to plan and publicize meetings.
4. It was unanimously agreed to suggest to the Program Committee that, when possible, tours of local oncology institutions be included before or after meetings, and that a list of accommodations available at the meeting location be circulated.
5. The FHCRC annual symposium, to be held in January, is being planned. Topic will be "grief and bereavement." Speakers are being considered and the Committee plans to hold round table discussions on special aspects of loss. Meredith Boldt is representing RONs on the symposium planning panel.

C. Nurse-to-Nurse Network

1. Application forms are available for persons interested in becoming consultants.

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REPORT OF PRESENTATION
AT JULY RONS MEETING

Barbara Sullivan and Lois Blais each presented details of their clinically innovative programs to the July 18 RONS meeting in Vancouver. Sullivan discussed the use of the CORMED ambulatory infusion pump with 5FU patients, and Blais reported on superfractionation radiation for brain tumor patients.

The CORMED pump has been used on an out-patient basis at the Maxwell Clinic in Vancouver since December 1979, compiling 95 successful runs. The battery-powered pump, not much bigger than a paperback book, allows patients to receive their 72 hour 5FU infusions as out-patients. The chemotherapy is delivered at about 2 cc/hour. Patients must return to the clinic three times in each three-day infusion period to have their bags replaced and infusion site checked. The program requires that patients live within 30 minutes of the clinic.

The pump is a non-vented system with no meters or alarms. Because the infusion is so slow, problems with needle infiltration and local irritation have been minimal. The non-vented system should prevent any air infusion unless the line separates; this has not yet occurred. Patients have access to a 24-hour emergency phone number at the clinic.

Patient satisfaction is reported as excellent. Many people are able to continue working during their 5FU treatments. The CORMED costs about \$1,000. Discussion after Sullivan's presentation included questions about using this delivery system for chronic pain management in community health agencies.

Superfractionation is a radiation delivery schedule developed by Douglas in Vancouver. He is using it on adult brain tumor patients and, according to Blais, has three and four year follow-up on some patients.

Patients are admitted for about a five-week stay. They receive whole brain irradiation three times a day for a total

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A REPORT ON "LONDON, 1980"

The Queen Elizabeth Hall-Royal Festival Hall in London, England, was the setting for the Second International Cancer Nursing Conference and Exhibition, sponsored by the Royal Marsden Hospital and Nursing Mirror, September 1-5, 1980. This report attempts to capture some of the spirit of the conference, especially its international character.

The Setting

The Queen Elizabeth Hall and Royal Festival Hall is a performing arts and convention center located on the South Bank of the Thames, just downstream from the Houses of Parliament and Big Ben. The riverside plaza of the complex provides a pleasant promenade, affording a panoramic view of the skyline of central London. The conference site is conveniently located for public transportation to and from accommodations and to the abundance of sightseeing activities.

The Sponsors

The Royal Marsden Hospital, founded in 1851 by Dr. William Marsden as the Free Cancer Hospital, was the first hospital in the world devoted exclusively to cancer treatment. It is presently housed at two locations - Fulham Road in Chelsea, and Sutton, Surrey. Today the Royal Marsden Hospital continues its international prominence in the field of cancer nursing care and, as such, was a co-sponsor, with Nursing Mirror, of the First International Cancer Nursing Conference and Exhibition (London, 1978). The success of this first conference prompted the repetition of the event, under the same sponsorship, this year.

Nursing Mirror, now in its 92nd year, is Britain's best-selling nursing journal and a sponsor of both the 1978 and 1980 International Cancer Nursing Conference and Exhibition. Mark Allen, the editor of Nursing Mirror, and Robert Tiffany, director of nursing at the Royal Marsden Hospital, were co-coordinators and masters of ceremonies of the conference.

Gala Concert

The conference was inaugurated on the eve-

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ning of Sunday, August 31, 1980, with a benefit concert at the Royal Festival Hall. The proceeds from the concert, sponsored by the League of Friends of the Royal Marsden Hospital (similar to a hospital auxiliary), are to be used to upgrade the Nurses' Home at the Marsden. Works by Schubert, Mozart and Mendelssohn were performed by the City of London Sinfonia, conducted by Richard Hickox. Moura Lympny was piano soloist.

Attendance

Approximately 1,500 nurses from 32 countries participated in the conference, including a half-dozen representatives from Washington State. Delegates from Great Britain predominated and, in combination with those from other commonwealth nations, justified the overall orientation of the conference toward the British system of nursing. Representatives, many of them nationally and internationally prominent, came from all levels of expertise in nursing - clinical practice, nurse specialists, educators, researchers, authors, publishers - and legislators (one of the speakers is a Dame of the British Empire and has been active in developing government health policy in Britain). A few of the conference participants and speakers were allied health professionals.

Muriel Skeet, nursing and health manpower consultant to several international agencies and organizations (including World Health Organization Headquarters in Geneva) was Conference Chairman and International Nursing Adviser.

Although the conference was in English, it was not unusual to hear a variety of foreign languages being spoken in the vicinity of the meeting halls. Some of the participants required the services of translators during the presentations.

Format

The conference consisted of five days of oral presentations, offered sequentially in a single location, rather than in the form of concurrent sessions. A spacious auditorium in the Queen Elizabeth Hall provided pleasant and comfortable surroundings for the talks, while the lobby

was the site for the registration booths, and the information stands for the Royal Marsden Hospital, Nursing Mirror, and the Royal College of Nursing (the national nursing organization in Britain).

Closed circuit television screens were located at a number of areas outside the auditorium, enabling latecomers to follow the proceedings. (Persons were not permitted to enter or leave the auditorium while a speaker was presenting a paper, a courtesy which reduced distractions).

Commercial exhibits were displayed in the ballroom of the Royal Festival Hall, adjacent to the Queen Elizabeth Hall. Forty stands, representing drug companies, health care supply and equipment companies, publishing companies, and professional foundations and agencies provided up-to-date product information and literature during the first four days of the conference.

The conference was conducted from 9:15 a.m. to 4:45 p.m. each day, and was divided into three sessions, by a half-hour for coffee and 1½ hours for lunch.

Evening "special interest sessions" were available for limited numbers of delegates. These were held at various locations in London and usually included a complimentary dinner provided by one of the exhibiting companies. In addition, visits to local hospitals, including the Royal Marsden, were arranged for interested delegates by the Royal College of Nursing.

Registration

Participants paid 85 pounds (one pound = \$2.40) to register for the conference. This fee included a copy of the program information book, the delegate listing book, the abstracts of papers presented, the two most recent issues of Nursing Mirror, and five British cancer nursing books (The Proceedings of the First International Cancer Nursing Conference, and four books edited by Robert Tiffany). A clipboard, pad and carrying case were provided for each delegate. In addition to meals at evening sessions, complimentary tickets to London theatre productions were available.

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The Presentations

The conference sessions were organized by broad topics, as papers dealt with topics derived from all areas of education, practice and research in cancer nursing. Basically, the first day of the conference addressed topics of interest to nursing in general, with the subsequent four days being devoted to a range of topics in oncology nursing. A brief grouping and summary of topics follows:

1. General issues in nursing, e.g., clinical specialization, reality in nursing education, philosophy and nursing, the role of economics in nursing, nursing process, informed consent, application of research findings to clinical practice.

2. Information on topics related to care of all types of cancer patients, e.g., chemotherapy administration, teamwork in terminal care, sensory deprivation, living with cancer, infection, nutrition, metabolic disturbances, staff support, radiation therapy.

3. Care of specific patient populations, e.g., gynecologic radiation therapy, Hodgkin's disease, testicular cancer, neurologic tumors, retinoblastoma, lung cancer, breast cancer, radiation therapy of oral cancers, cis - platinum therapy.

4. Information on procedures and treatments, e.g., bone marrow transplants, management of malignant pleural effusion, subcutaneous mastectomy with implants, compression pumps for lymphedema, use of entonox for acute pain, fine bore tube feedings, whole body hyperthermia, stoma care, use of varidase for wound care, facial prosthetics.

5. Information on services offered by health agencies in different countries, e.g., the organization of gynecologic cancer services in Norway, cancer services in Africa, pediatric home care services in Amsterdam, hospice care in Great Britain, public cancer education by nurses in Australia.

6. Reports of research findings regarding loneliness in pediatric oncology patients, Adriamycin-related alopecia, breast screening, teaching children about cancer, communication with cancer patients, interaction between nurses and relatives of patients in radiotherapy departments, reac-

Minutes (continued from page 2)

2. Discussion on the screening of consultant applicants included the following suggestions:
 - a. That prospective consultants submit a personal statement explaining their areas of expertise, and why they think they have knowledge which would be helpful to others.
 - b. That a letter of reference or an endorsement of the personal statement be submitted by a professional associate.
 - c. That a list of consultants and topics be drawn up and two consultants be assigned per year to each topic.
 - d. It was suggested that present utilization of consultants be reviewed, and some attempt be made to determine if network users' needs are being met.

It was unanimously agreed that a task force be established to determine criteria for choosing and utilizing consultants for the Nurse-to-Nurse Network. Kathy Stetz and Patty Mulhern volunteered to be on this task force.

D. Nominations Committee

Ruth McCorkle, Chairman, will accept nominations for the offices of Vice-president and Secretary. Hopefully, a slate will be announced at the October meeting and candidates' statements will appear in the December newsletter. Kathy Stetz and Sharon burke will be committee members.

New BusinessA. ONS Report

1. Members shared sessions they found helpful.
2. The round table discussions were received positively, and it is hoped in the future they will be held earlier in the Congress to promote sharing and communication among members.

tions to breast reconstruction after mastectomy.

RONs member, Ruth McCorkle, Ph.D., presented her paper entitled, "Non-obtrusive Measures In Clinical Nursing Research," which describes her research on the development of two clinical nursing research instruments - the Symptom Distress Scale and the Enforced Social Dependency Scale. These instruments, which measure degree of symptomatology and changes in self-care and socialization ability experienced by cancer patients, offer practicing nurses more precise ways of documenting and reporting changes in patient status.

Toward the end of the conference, Dame Phyllis Friend, Chief Nursing Officer, Department of Health and Social Security in Great Britain, presided over the presentation of the Nursing Mirror awards. These consist of the Nursing Mirror-Royal Marsden Hospital Cancer Nursing Scholarship and the announcement of the nurses selected to participate in the Cancer Nursing Institute Exchange Program.

The Nursing Mirror-Royal Marsden Cancer Nursing Scholarship is awarded to a British nurse and consists of a study-tour of Memorial Sloan-Kettering Hospital in New York City.

The Cancer Nursing Institute Exchange Program is a project originally developed by Vernice Ferguson (currently Director, Veterans Nursing Administration Service, Washington, D.C.) at the National Institutes of Health (Bethesda). It provides opportunities for qualified American and European oncology nurses to participate, as exchange students in special educational projects related to cancer nursing. To date, four European and two American oncology nurses have participated in the exchange program. This year two European nurses (one from England and one from Portugal) will come to Bethesda, and one American nurse, Judy Spross, will go to Belgium as part of the program.

The closing address was given by Rev. Sister Paulina Pilkington, Assistant Director-General (Nursing), Department of Health, Canberra (Australia). She cautioned that depersonalization of nursing practice is a

threat faced by all nursing professionals today, and admonished nurses to take home from the conference an emphasis on "Being."

Significance for Cancer Nursing

Like any major conference, the Second International Cancer Nursing Conference provided a forum for the exchange of ideas, formally and informally, among practitioners sharing a particular interest. However, its international nature meant that nurses from divergent backgrounds, cultures and health care systems could discover both the commonalities, and the differences, in the practice of oncology nursing throughout the world. The potential that this type of sharing holds for the advancement of cancer patient care seems enormous.

In addition to its informational value, the conference reflected an enhanced prestige of professional nursing in general, and cancer nursing in particular. The opening address was delivered by Dr. Gerard Vaughan, Minister of Health in the Department of Health and Social Security for Great Britain. In it, he affirmed the pride of the British government in the nursing profession and pledged government support to the promotion of the aims of cancer nursing. He also challenged oncology nurses to provide ever-broadening direction in seeking answers to health care problems. The fact that cancer nursing has come to the attention of a high-ranking government official attests to the impact produced by a conference of this magnitude.

Later in the week, the conference speakers were invited to an evening reception at the House of Commons, sponsored by Dr. Vaughan and by the MP for Chelsea (the district in which the Royal Marsden Hospital is located). This honor seemed to be a public tribute to the contribution being made by the specialty of cancer nursing.

The nursing response to the conference, as evidenced by the attendance of delegates from all over the world (many of them funded by their employing agencies) attests to the fact that cancer nursing is seen as a viable and potentially powerful constituent of the health care community.

The success of both the First and Second International Cancer Nursing Conferences

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CONFERENCES

October 12, 27, and November 3, 17, 1980 -
Oncology Series
Central Washington Hospital
Contact: Anita Hupy, Sue Mattson
(509) 662-1511

October 24, 1980 - "Helping the Elderly
Live with Cancer," with Virginia
Barckley, R.N., M.S., National Nurs-
ing Consultant for ACS. Contact:
Darlene Wolfe, American Cancer Soci-
ety, 1-800-562-2703. Location: Tacoma
General Hospital, Medical Auditorium.

October 24, 1980 - "Putting It All Togeth-
er," Hospice of Tacoma. Contact:
Ann Katterhagen, Barbara Adams,
(206) 383-1788.

November 21, 22, 1980 - "Moral Problems
in Health Care," Simon Fraser Univer-
sity, Vancouver, B.C., (604) 291-3792,
(604) 291-4565.

3. The research sessions were well re-
ceived, and it was hoped that the
idea of labeling sessions (beginner,
intermediate and advanced) could be
applied to other sessions to facili-
tate audience session selection. It
was announced that, in future, the
Research Committee will review and
select research abstracts to be pre-
sented at the Congress. All abstract
submitters will receive feedback from
the Research Committee, regardless of
whether their articles are accepted
for presentation.

4. Suggested that Roberts Rules of Or-
der, Newly Revised, be followed for
future meetings.

B. Moved that car pools be allowed to sub-
mit to the Treasurer for consideration
of reimbursement.

Amended and moved that a task force be
set up to determine feasibility of, and
criteria for, reimbursement.

Motion and amendment passed. Mary Jo
Tornberg and Liz White agreed to sit on
task force. Hopefully, Judy Kornell
will also be a member.

Business meeting adjourned at 8:00 p.m.

Report (continued)

of about 4,700 rads. Individual treat-
ments are about 3 hours apart, total
about one rad each, and are spread over a
4 week period. This is distinguished
from conventional radiation for brain
tumors in which the delivery is localized,
once a day, with greater radiation levels
per treatment, and extends over a varia-
ble 2 to 7 week period. Survival times
with this conventional approach average
about 18 months.

During the admission for superfractionated
radiation, Blais observed that some of the
most difficult nursing problems include
differentiating among various causes of
behavioral and personality changes in the
patients.

- Kit Bakke, R.N.

Nominations (continued)

or her or himself. A consent to serve form
must be completed by all candidates. Send
nominations to:

Ruth McCorkle
School of Nursing
SM-24
University of Washington
Seattle, WA 98195

Nominations will be closed October 13, 1980.
A ballot will be prepared by the nomination
committee and mailed to all members.

Ruth McCorkle, Chairperson
Nomination Committee

London (continued)

appears to provide a firm foundation for the future development of interactions between cancer nurses in all nations. The integration and incorporation of the best elements of cancer nursing research and practice from different national settings should provide a climate for professional growth and improvement of the specialty, since patient care was clearly the underlying theme of the conference, regardless of nationality.

THE FUTURE

The Proceedings of the Second International Cancer Nursing Conference will be published by the Nursing Mirror Company sometime in 1981, and will consist of all papers presented, in their entirety.

The Third International Cancer Nursing Conference and Exhibition will be held in 1984 in Melbourne, Australia. It appears that the concept of having "international" conferences on cancer nursing is now well-established, and the accomplishments of the first two indicate that such events are well worth attending.

- Suzanne H. Kaempfer

The RONS Newsletter is published quarterly.

Editors: Mary Jo Tornberg and Kit Bakke

Items for inclusion in the newsletter are requested from all areas in the Northwest region.

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

Please send all changes of address to RONS c/o Outreach Program at above address.

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