A Nurse-led Oral Cancer Therapy Clinic: meeting the challenges of drug adherence, AE monitoring and patient self-management

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Disclosures

Susanna Wong  
• No conflict of interests/honoraria to report
Objectives

• Present nurse-led oral cancer therapy clinic model
• Identify 2 challenges in patient education delivery for oral cancer therapies compared to traditional IV chemotherapy
• Identify 2 strategies/tools for educating patients and caregivers in using their oral cancer medications correctly and safely

Patient education challenges with oral cancer therapy

IV therapy:
Captive audience
Education focused on symptom management

Oral therapy:
Limited time for teaching
Education needs beyond symptom management

(Rittenberg, 2012; Moody & Jackowski, 2010)
Why a clinic?

• Patients need specific education and coaching to:
  • Understand what/where/when/why/how for their meds
  • Self-manage and stay motivated

• Too time-consuming for oncologist and primary nurse (traditionally – this work is shared by chemotherapy nurse)

• Gap in documentation and ongoing monitoring
Clinic goals & benefits

✓ Provide specific education and coaching to:
  ✓ Understand what/where/when/why/how for their meds
  ✓ Self-manage and stay motivated

✓ Clinic Nurse Navigator a value-add to oncologist and primary nurse team

✓ Bridge gap in documentation and ongoing monitoring

Results: Maximize therapeutic effect, better therapeutic outcomes

Model of care

Day 0:
Meet with oncologist and primary nurse.

Day 0:
Patient meets with oral therapy nurse navigator
Patient specific assessment and education given. (1 hr)

Day 1:
Telephone follow up on start day of oral therapy; second check 5W’s, review

Day 10:
2nd Telephone follow up.
Symptom review, ask adherence

~3-4 months
Patient discharged from oral therapy program when demonstrating safe, adherent behavior and major adverse effects addressed.

Continue visits and phone calls with oral therapy nurse
Continue to follow blood work/diagnostics
Oral therapy nurse point of contact for symptoms/team members.

3-4 weeks
Oncologist follow up, review blood work, diagnostics, symptoms.
Provide cycle 2 Rx.
Patient education strategies

• Teaching at the appropriate time
• A separate, focused visit
• Address unique side effects
• Meet expectations proactively with individual and specific information
• Coaching and motivation
  – Bandura’s Self-efficacy Theory
  – Identify psychological and physical barriers
• Include family when possible

(Simchowitz, 2010; Bandura, 1977)

Patient education tools

Worksheet

• Adapted from Multinational Association of Supportive Care in Cancer (MASCC) Oral Agent Teaching Tool (MOATT) evidence based tool
  www.mascc.org/MOATT
• Built-in teach-back

(Worksheet adapted from Multinational Association of Supportive Care in Cancer (MASCC) Oral Agent Teaching Tool (MOATT))
Patient education tools

Worksheet
- Safety tips on back

Tips when taking oral cancer therapy:
1. Tell your other doctors, dentists or healthcare providers that you are taking pills tablets for your cancer.
2. Keep the pills tablets away from children and pets and in a childproof container.
3. Keep the pills tablets in the original container, unless otherwise directed. It could be dangerous to mix with other pills.
4. Wash your hands before and after handling the pills tablets.
5. Do not crush, chew, cut or disrupt your pills tablets unless directed otherwise.
6. Have a system to make sure you take your pills tablets at the right time. Try a timer, clock or calendar.
7. Make sure you have directions about what to do if you miss a dose.
8. If you accidentally take too many pills or if someone else takes your pills tablets, contact your doctor or nurse immediately.
9. Bring unused pills back to your pharmacy.
10. Let us know if you have a problem with paying for or getting your pills.
11. Plan ahead for travel, visits and weekends.

Patient education tools

One Oral Chemotherapy Twice a Day:

<table>
<thead>
<tr>
<th>Drug Name:</th>
<th></th>
<th>Start Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>How Much:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>I have others:</th>
<th>Wife:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your employer's name:</td>
<td>Phone:</td>
</tr>
<tr>
<td></td>
<td>715-728-0900 x7905</td>
</tr>
<tr>
<td>Your primary care provider's name:</td>
<td>Phone:</td>
</tr>
<tr>
<td></td>
<td>715-728-0900 x7905</td>
</tr>
</tbody>
</table>

Special instructions:

<table>
<thead>
<tr>
<th>Date:</th>
<th></th>
</tr>
</thead>
</table>

Patient Health Diary

<table>
<thead>
<tr>
<th>Day</th>
<th>Week</th>
<th>Month</th>
</tr>
</thead>
</table>

Not sure what to do about your signs and symptoms? Call 715-728-0900 ext. 7905

If you know

<table>
<thead>
<tr>
<th>Sign</th>
<th>Description</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>Rate from 0 to 10</td>
<td></td>
</tr>
<tr>
<td>Fatigue</td>
<td>Rate from 0 to 10</td>
<td></td>
</tr>
<tr>
<td>Nausea (feel like throwing up)</td>
<td>Rate from 0 to 10</td>
<td></td>
</tr>
<tr>
<td>Vomiting (actually throwing up)</td>
<td>Write down the number of times you vomited that day</td>
<td></td>
</tr>
</tbody>
</table>

What did you do to help? (e.g. took medication, changed diet, etc.):

What day did the signs/symptoms happen?:

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
</table>

Diary/Calendars
Patient education tools

Fever Card

- Patient shows card at Emergency Department
- Helps ED staff to triage and run appropriate tests with minimal delay

Program evaluation – first day teaching

Evaluation on 5Ws teaching
Program evaluation – first day teaching

Distribution of responses **before** class

- Very Low: 46%
- High: 32%
- Moderate: 6%
- Low: 3%

**after** class

- Very Low: 15%
- High: 40%
- Moderate: 9%
- Low: 2%

n = 16

Program evaluation – end of program

**Nurse Navigator Program: Distribution of Responses**

- Very satisfied: 69%
- Satisfied: 27%
- Somewhat satisfied: 1%
- Not at all satisfied: 3%

**Questionnaire ask level of satisfaction with:**

- Education received
- Ongoing support
- Ability to manage symptoms
- Nurse navigator’s help
- Care received

n = 14
Program evaluation – end of program

Nurse Navigator Program: Ease of understanding of patient materials

Question: was the info received easy to understand?

- Yes: 81%
- No: 1%
- Not relevant: 8%

- n = 14

Usefulness of Information

Question: was this info relevant? 

- No: 5%
- Somewhat: 15%
- Yes: 80%

- n = 14

Chart audit – fewer grade 3/4 AEs

Grade 3/4 Adverse Events

- n = 29

- 14 Grade 3/4 AEs before clinic
- No Grade 3/4 AEs after clinic
Meeting standard of care

Impact on systems

- Patient well being and satisfaction
- Increased patient safety and adherence
- Provider satisfaction
- Community pharmacy knowledge / collaboration
Thank you!

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References

References

