

- The School of Nursing, Midwifery and Social Work
- The Christie Hospital
- The Macmillan Research Unit
- The Greater Manchester and Cheshire Palliative Care Research Alliance

Inside this issue:

Research at the Christie	2
Macmillan Research Unit	2
Occupational health and cancer	2
Research Alliance	3
Cancer prevention network	3
Cancer Experiences Collaborative	3
News of people	3
Prize for breast cancer research	4
Publications and grants	4
Dates for your diary	4

Newsletter

Manchester Supportive and Palliative Care Research

Volume 1, Issue 2

December 2008

International carers research workshop in Manchester

In June 2008 a workshop convened by Gunn Grande brought together researchers from Canada, Australia and the UK with expertise in research into family caregiving at the end of life. This is part of a longer term collaboration which aims to develop future international research projects to inform and improve support for family carers. The workshop reviewed the current state of research in this field with particular emphasis on identification of gaps and future international research priorities. International participants were Assistant Professor Kelli Stajduhar

and Laura Funk from the University of Victoria, Canada, Associate Professor Samar Aoun from Curtin



Family care giving workshop
From back, L to R, Smar Aoun, Kelli Stajduhar, Julia Addington-Hall, Chris Todd, Sheila Payne, Chris Toye, Gunn Grande and Laura Funk

University, Australia, and Dr Chris Toye from Edith Cowan University, Australia.

UK participants were Dr Gunn Grande and Professor Chris Todd from the University of Manchester, and Professors Sheila Payne, Lancaster University and Julia Addington-Hall, University of Southampton. Work over the next year will focus on systematic reviews of the needs of older carers, the needs of carers of patients with conditions other than cancer, and on publication of a position paper from the workshop. The workshop was funded by the British Academy. A further workshop to continue this work is already planned for June 2009 in Canada.

New Research Findings

Referral practice in palliative care

Recent research has shown that the way that community palliative care professionals perceive themselves and others has an impact on the way they refer to other services and professionals.

General Practitioners, District Nurses and specialist palliative care professionals in three Primary Care Trusts were interviewed to identify the factors that affected the way they referred

patients to each other. Two main influences on their referral decisions were found. First, the way they saw themselves, with issues such as their expertise, autonomy and relationships with patients affecting the way they worked.

Second, the way they saw others with whom they worked affected referrals. They judged what others could add to their own care, based on prior experience of re-

errals. Many more factors than an assessment of patients' clinical needs appear to affect referrals. Practitioners need to be explicit about these influences on decision making.

Walshe, C., Chew-Graham, C., Todd, C., Caress, A. (2008) What influences referrals within community palliative care services? A qualitative case study. *Social Science and Medicine*. Vol.67. No.1. p.137-146.

The Christie and supportive and palliative care research

Christie Hospital 
NHS Foundation Trust

Two large grants have come to the team in the last six months, with funding of £735,000. The first is funded by the NIHR Health Technology Assessment and is a large randomised trial for the use of acupressure wristbands in the management of chemotherapy-induced nausea and vomiting. The project is led by Prof. Alex Molassiotis and hopes to recruit 700 patients from Manchester, Liverpool and Plymouth over the next two years. Details of the project can be found at

www.ncchta.org/news/newsitem220908.shtml. This work builds on a previously published pilot trial from the team, showing significant improvements with the use of acupressure wristbands.

The second also builds on past work, and has been funded by the National Cancer Research Institute. The aim of this project is to work together with patients and develop a new intervention (or a package of interventions) that will assist lung

cancer patients to manage the 'respiratory cluster of symptoms', namely breathlessness, cough and fatigue. The project is also led by Prof. Alex Molassiotis, collaborating with the Universities of Liverpool and Southampton. Both projects are part of the Cancer Experiences Collaborative (CECo).

Molassiotis A, Helin AM, Dabbour R, Hummerston S. The effects of P6 acupressure in the prophylaxis of chemotherapy-related nausea and vomiting in breast cancer patients. *Complement Ther Med.* 2007 Mar;15(1):3-12.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

'The Manchester MRU is focused on services for people affected by cancer, and pursues a number of themes related to psychosocial issues and service development'

Macmillan Research Unit

Here's the latest news from the Macmillan Research Unit.

First, we would like to welcome our new member of staff – Joanna Brocki, who joined us in September, and will work on the 'Working through Cancer' research programme.

The MRU is now directly involved with the new National Cancer Survivorship

Initiative (NCSI) by feeding various working groups with evidence from our research programme.

The first Macmillan Coffee Morning in our new University Place building took place on Friday 26th September. We have managed to raise about £1300. Well done to Sue Tizini who organised this event on MRU's behalf.

Our PhD student, Sean Hughes, is taking a short break from his studies in October to undertake a charity trek in the Himalayas for 'New Futures Nepal', a small charity that supports two facilities in Kathmandu that provide care for disadvantaged and disabled children. 'Break a leg' Sean!

New Research Findings

Occupational Health and cancer

The MRU has recently completed a national survey of Occupational Health Physicians (OHP), exploring their perceptions on professional difficulties advising employed cancer survivors, approaches taken by managers to such employees, and the understanding of roles and information flows between therapeutic services and occupational health services and employers.

The research found that there is a significant unmet need to assist cancer survivors in the return to work process in the UK. There may be a role for OHP to assist with this need but this study has identified significant issues with respect to timely access of patients to Occupational Health services, Communication between health professionals and also between health professionals and employers, The knowledge base of

OHP in this area, and the understanding of the potential assistance OHP can provide in this area.

There is an opportunity to develop and provide up-to-date occupational information to OHPs concerning common malignancies and research opportunity to assess the effectiveness of the provision of such information.

Research Alliance



One of the main aims of the Alliance is to bring people with a common interest together in order to build a greater evidence base for key areas of Palliative Care practice. For example, we currently have an interest group embarking on working up a project to look at the influence of different models of community care on patient outcomes.

Information about the goals and interests of the Alliance and how to join is available online at <http://www.ihs.manchester.ac.uk/ResearchNetworks/PalliativeCare/>.

Anyone interested in finding out more, forming links with the group, or becoming a member should contact Dr Dai Roberts (droberts@sah.org.uk).

The Alliance is planning a showcase event for next year in order to allow others to come along and find out more about us, and to provide a forum for sharing some of the work of the Alliance to date. Further details, including date and venue, will be publicised nearer the time.

Cancer Prevention

The Cancer Prevention Research Network in the North West of England brings together researchers from a wide range of biomedical and social science backgrounds and forms a cohesive platform to seed, develop and deliver future "cutting-edge" research in cancer prevention. The network was launched in September 2007 and now has over 120 members. The aim is to encourage, facilitate and coordinate high-quality cancer prevention research. There are over 19 disciplines represented, with three subgroups: basic science and bio-markers, clinical trials and epidemiology, and behavioural and social sciences. These subgroups now meet delivering 2 to 3 theme-related workshops per year. The Network has developed partnerships with other research interested bodies.

The Network's scope is research-based and includes primary, secondary and tertiary cancer prevention. While the focus is on primary prevention, there is considerable interest in tertiary prevention and cancer survivorship issues, for instance, the prevention of second primary cancers and identifying risk factors associated with treatment-related second malignancies. The aims of the Network are purposefully ambitious - its success will be benchmarked against increased research incomes and publication outputs in the future, and ultimately patient and population benefit.

Details are available at our website (<http://www.ihs.manchester.ac.uk/ResearchNetworks/Preventioncancer/>)

Cancer Experiences Collaborative



The Innovative Approaches to Complex Symptoms Theme of CECo held a very successful State of the Science meeting in Liverpool in April. It was attended by over 55 delegates (research partners, researchers, clinicians and specialist registrars and representatives from primary, secondary and hospice care) who heard four thought-provoking key note talks from eminent speakers from the UK and Europe. The State of the Science meetings are held annually, and the next one will take place in Southampton on May 21st 2009.

In June a research master class focusing on the evaluation of complex interventions in palliative care was held in Southampton, and included presentations from Prof Alex Molassiotis, Prof Chris Todd and Dr Gunn Grande. The aim was to provide an opportunity for researchers and practitioners to explore the challenge of designing and conducting trials of complex interventions using the MRC framework.

Information about events, master classes, contact details, discussion fora and other resources (presentations, seminars etc) can be found on the CECo website: www.ceco.org.uk

The Complex Symptoms Theme awarded £10,000 in research development grants to groups developing protocols within the Protocol Development Meetings. The following research groups were successful:

1. Auricular acupuncture vs. self administered acupressure in the management of sleep disorders
2. Suffering: an exploration of the meaning of suffering and its relationship with other aspects of cancer leading to depression
3. Transitions: an exploration of the experience of transition from active treatment to follow-up
4. Clinical hypnosis in the management of post-mastectomy pain

News of people

Congratulations to Katrina Lavelle and Sorrell Burden who have respectively been awarded NIHR and Macmillan post-doctoral fellowships. Katrina will be studying the treatment of breast cancer in older women, and Sorrell investigating nutritional support pathways and colorectal cancer.

Michelle Woods, an Art Therapist from London has been successful in being awarded a CECo scholarship, and will be working closely with Alex Molassiotis and Sarah Brearley.

Prize for breast cancer follow up research

Professor Kinta Beaver has been awarded the Brian Booth Oncology Research Prize. This research award is given every three years by Rosemere Cancer Foundation. Rosemere Cancer Foundation is a charitable organisation that provides additional facilities and equipment for patients being treated at the Cancer Centre in Preston and the local Cancer Units throughout Lancashire and South Cumbria. Rosemere also funds vital local research, helping to provide the very best care possible for patients throughout the region.

The award was given for a randomised controlled trial that compared hospital and telephone follow-up for women with breast cancer. A total of 374 participants were followed up over a mean of two years, randomised to either hospital or telephone follow-up. Participants in the telephone arm of the study received a structured intervention delivered by specialist breast care nurses at two study locations. The study aimed to provide women with the information and support they needed following treatment for breast cancer. Findings indicated that patient were highly satisfied with

the telephone approach.

The award was presented on 15th October at the annual Lancashire & South Cumbria Cancer Research Network research conference. The prize of £2,000 will be donated to the breast specialist nurses at Blackpool Victoria Hospital, who played a key role in the successful completion of the research study, in order to further develop the telephone follow-up service

Publications and grants during 2008

Here are some of the grants and publication during 2008:

Publications

Bardy J, Slevin NJ, Mais KL, Molassiotis A. A systematic review of honey uses and its potential value within oncology care. *J Clin Nurs*. 2008;17(19):2604-23.

Brearley SG, Clements CV, Molassiotis A. A review of patient self-report tools for chemotherapy-induced nausea and vomiting. *Support Care Cancer*. 2008 ;16(11):1213-29.

Hök J, Tishelman C, Ploner A, Forss A, Falkenberg T. 2008. Mapping patterns of complementary and alternative medicine use in cancer: an explorative cross-sectional study of individuals with reported positive "exceptional" experiences. *BMC Complement Altern Med*. Aug 8;8:48.

Lavelle KJ, Todd C, Campbell MG. Do postage stamps versus pre-paid envelopes increase responses to patient mail surveys?: A randomised controlled trial. *BMC Health Service Research*. 2008. 8 113.

Lally RM, Chalmers KI, Johnson J, Kojima M, Endo E, Suzuki S, Lai YH, Yang YH, Degner L, Anderson E, Molassiotis A. Smoking behavior and patient education practices of oncology nurses in six countries. *Eur J Oncol Nurs*. 2008;12(4):372-9.

Lavelle K, Moran A, Howell A, Bundred N, Campbell M, Todd C (2007) Older women with operable breast cancer are less likely to have surgery. *British Journal of Surgery* 94: 1209-1215

Lövgren M, Runesdotter S, Tishelman C. 2008. Symptoms and problems with functioning among women and men with inoperable lung cancer—a longitudinal study. *Lung Cancer*. 2008 Apr;60(1):113-24 .

Molassiotis A, Stricker CT, Eaby B, Velders L, Coventry PA. Understanding the concept of chemotherapy-related nausea: the patient experience. *Eur J Cancer Care* 2008; 17(5): 444-453.

Molassiotis A. Risk assessment models to estimate cancer risk. *Eur J Oncol Nurs*. 2008;12 (2):85.

Molassiotis A, Saunders MP, Valle J, Wilson G, Lorigan P, Wardley A, Levine E, Cowan R, Lancaster J, Rittenberg C. A prospective observational study of chemotherapy-related nausea and vomiting in routine practice in a UK cancer centre. *Support Care Cancer*. 2008;16(2):201-8.

V. Owen-Smith, J. Burgess-Allen, K. Lavelle, E. Wilding (2008). Can lifestyle surveys survive a low response rate? *Public Health, In Press, Corrected Proof, Available online 15 August 2008*

Orreval Y, Tishelman C and Permet J. 2008. A survey of nutritional problems and support in cancer patients enrolled in 21 palliative advanced home care teams in the Stockholm region of Sweden . *Supportive Care in Cancer*. Epub ahead of print, DOI 10.1007/s00520-008-0467-4.

Tishelman C, Bergenmar M, Bernhardtsson B-M, Blomberg K, Börjesson S, Foderus H, Leveälähti H, Sahlberg-Blom E, Ternstedt B-M. 2008. Using undergraduate students as mediators in a knowledge transfer program for care for patients with advanced cancer. *European J Canc Care*, 17, 253-60.

Walshe C, Todd C, Caress A, Chew-Graham CA. Judgements about fellow professionals and the management of patients receiving palliative care in primary care: a qualitative study. *British Journal of General Practice*. 2008. 58 264-272.

Walshe C, Chew-Graham CA, Todd C, Caress A. What influences referrals within community palliative care services? A qualitative case study. *Social Science And Medicine*. 2008. 67 137-146. 10.1016/j.socscimed.2008.03.027.

Walshe C, Caress A, Chew-Graham C, Todd C. Implementation and impact of the Gold standards Framework in community palliative care: a qualitative study of three primary care trusts. *Palliative Medicine*. 2008. 22(6) 736-743

Walshe C, Caress A, Chew-Graham C, Todd C. Patterns of access to community palliative care services: a literature review. *Journal of Pain and Symptom Management*. 2008 (in press).

Widmark C, Lagerlund M, Maina Ahlberg B & Tishelman C. 2008. Cancer screening in the context of women's health: Perceptions of body and self among women of different ages in Sweden. *International Journal of Qualitative Studies on Health and Wellbeing*, 3(2): 89-102.

Grants

'Surgical management of older women with operable breast cancer: the role of general health, tumour characteristics and patient preferences in treatment decisions and prediction of treatment outcomes'. K Lavelle, Todd C (£280,064) National Institute for Health Research Post-Doctoral Fellowship 2009-2012.

A non-pharmacological supportive care intervention for patients with lung cancer and their caregivers in the management of the respiratory distress symptom cluster. A Molassiotis, M Lloyd-Williams, C Bailey, P Lorigan. NCRI. (£250,000). 2008—2010

The effectiveness and cost-effectiveness of acupuncture for the control and management of chemotherapy-related acute and delayed nausea. A Molassiotis, M Lloyd Williams, J Richardson et al. (£500 000). NIHR HTA. 2009—2010.

Dates for your diary

21—22.4.09. CECo annual scientific meeting. Radisson Manchester Airport Hotel.

If you have any comments or questions about the newsletter, or have an article for the next edition contact Catherine Walshe on catherine.walshe@manchester.ac.uk or 0161 306 7649