

Te Whatu Ora

Health New Zealand

Waitematā

Chemotherapy Orientation

for

Rongoā Mārie Infusion Centre

North Shore Hospital

COVID-19

- During this time of Covid-19/Coronavirus please be assured we are still here to look after you and your cancer treatment needs.
- You may be asked a few screening questions prior to attending the infusion centre as well as have a RAT test.
- If you have symptoms of sore throat, fever, cough please phone ahead.

Monday – Friday 8am-4pm ring “ACUTES”

09 3074949 ext. 23826

Welcome to your oncology (cancer) treatment orientation




These speech bubbles will guide you through the orientation to oncology treatment, if you can't attend in person

Karakia Timatanga – opening prayer

Whakataka te hau ki te uru,
Whakataka te hau ki te tonga.
Kia mākinakina ki uta,
Kia mātaratara ki tai.
E hī ake ana te atākura he tio,
he huka, he hauhunga.
Haumi e! Hui e! Tāiki e!

Get ready for the westerly,
and be prepared for the southerly.
It will be icy cold inland,
and icy cold on the shore.
May the dawn rise red-tipped on ice,
on snow, on frost.
Join! Gather! Intertwine!



This traditional karakia is made to offer strength and positivity through joining together at this time

Nau mai • haere mai • welcome

- What to expect on your treatment days
- Information about cancer, its treatment and side-effects
- Safety
- Support
- You will be given an information pack to take away, either at your in-person orientation, or on your first treatment day

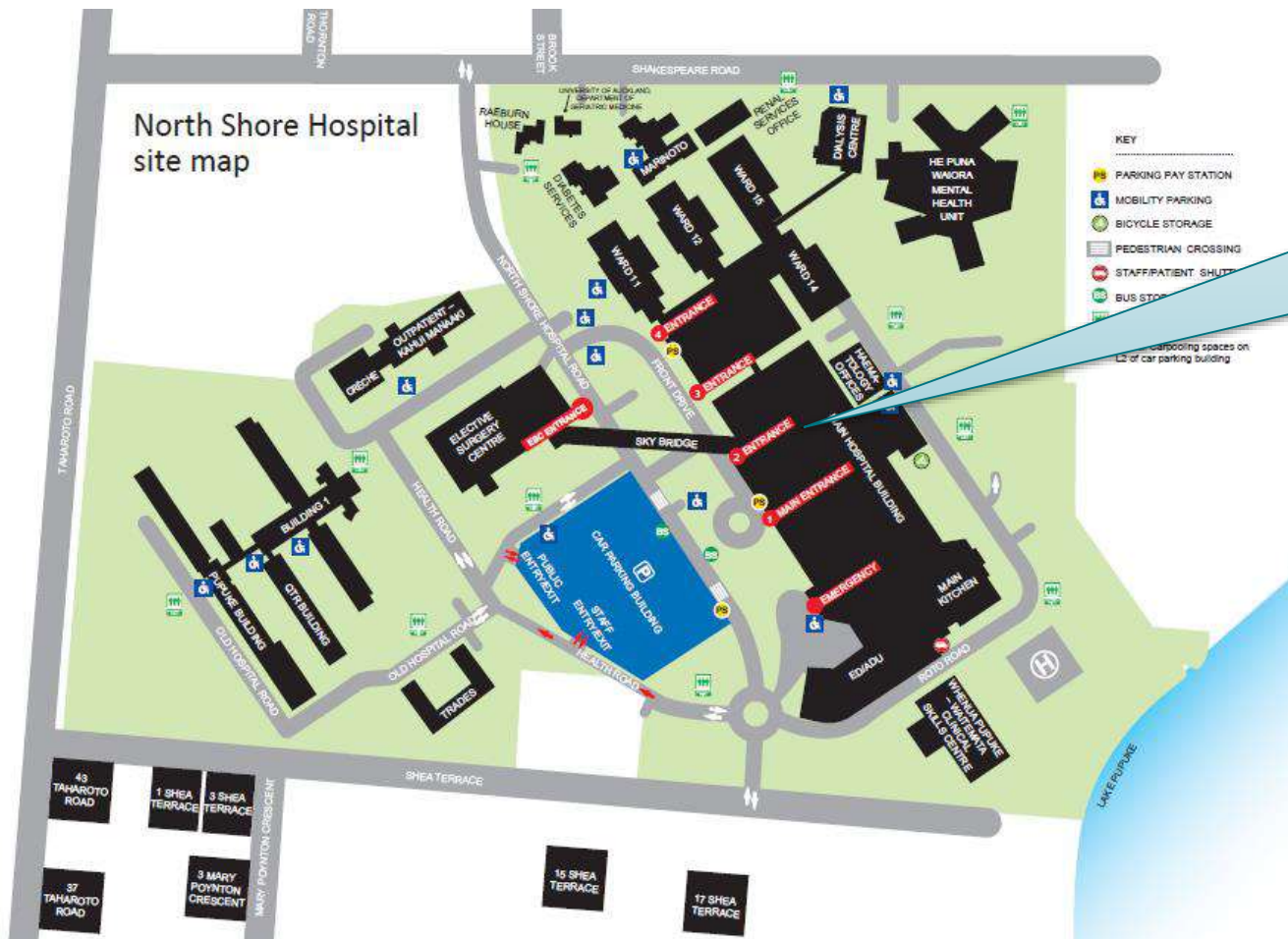


North Shore Hospital

This is our main
North Shore
Hospital building



North Shore Hospital site map



Come to North Shore Hospital Ground Floor Entrance 2

Once you arrive...

Come in at
Outpatients
Entrance 2



Reception

Our friendly receptionists will give you a parking exit ticket

Check in at reception



Rongoā Mārie Infusion Centre



Haere mai - come on in!

Treatment room

These are our
treatment
rooms



Before each treatment

- You will need to see the doctor or nurse practitioner a day or so prior to every treatment.
- •Please ring your scheduler if you have any questions about your appointment.
- •You will be given a coloured card at your first treatment appointment with your scheduler's phone number on it.



You will need a blood test – you can do this at any community lab

You may
have an
echo first

Echocardiogram (Echo)

- You may also be asked to have an echocardiogram (echo) before and during your treatment.
- •An echo is a simple and painless ultrasound scan of your heart.
- •If you are referred to have an echo, you will be phoned by the cardiology unit to arrange an appointment.
- •Echos are done in two different places within North Shore Hospital.
- •The clerk who phones you with your appointment will give you the directions to get there.

Treatment process

This is what happens on the day of treatment

- Check in at reception.
- A nurse will collect you.
- You are welcome to bring a support person (please check first in case of COVID-19 alert level restrictions).
- We suggest you bring a book or an electronic device with headphones.
- The nurse will put in an IV line (or access your PICC or Port-a-cath).
- The nurse will give you anti-nausea medications.
- Your treatment will be checked with two nurses and yourself.
- Before leaving, you will be given instructions to follow at home.

To note:

- treatment time varies between individuals
- you may wish to bring your own food and drink although tea, coffee, sandwiches and biscuits are provided for patients
- you will be given a parking exit ticket for your treatment appointments.

IV Line

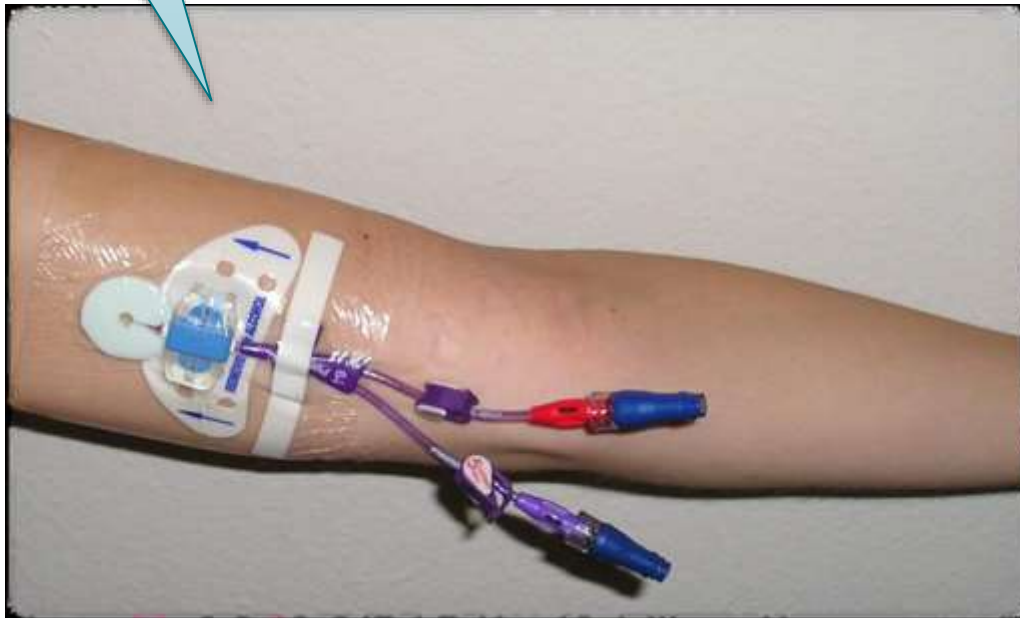


Having an IV
line put in

PICC line

Some people
may have a
PICC line

A PICC line is a type of intravenous (IV) access that can be used for a prolonged period of time.



Port-a-cath (Port)

Some people may have a port-a-cath. If you have one, it is a good idea to wear a low cut top or button-up shirt for easy port access

- A port is a small chamber that sits under the skin and is connected to a vein.
- The nurse places a small needle into the chamber and attaches a drip to deliver your treatment.



Next, we will talk
about cancer, its
treatment and
the side-effects of
treatment


What is cancer?

- This spread of a cancer from one organ to another organ, or part of the body not directly connected with it, is called metastasis or metastatic cancer. Not all cancers are metastatic.
- •There are over 100 different types of cancer.
- •Cancer is not contagious and cannot spread from person-to-person.
- •Each person's cancer has a different cause, prognosis, treatment and care-need.

Treatment of cancer with medicines

- There are different ways of treating cancer with medicines:
 - chemotherapy
 - immunotherapy
 - targeted therapy

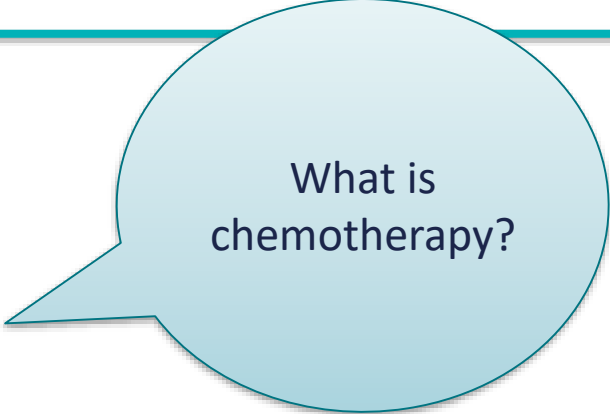
Sometimes these medicines can be combined with radiation.



Now we will talk
about the
treatment

Chemotherapy

- The treatment of cancer using drugs.
- Chemotherapy stops cancer cells from dividing.
- It can also effect normal cells. Especially those that divide and grow quickly – cancer cells, skin cells, blood cells, mouth cells.
- Even when normal cells are damaged, they grow again.
Damaged cancer cells are less likely to grow back.



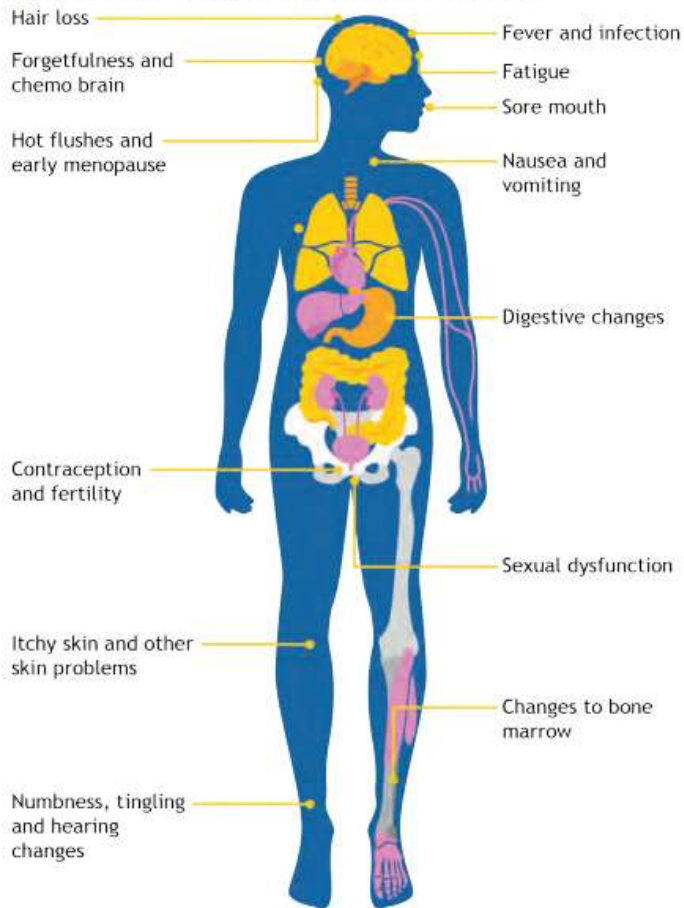
What is
chemotherapy?

Side-effects of chemotherapy

Many of these side-effects can be managed. Please don't hesitate to tell us or your doctor how things are going when you are receiving the treatment

We will talk more about side-effects when we see you in person


Common side-effects of chemotherapy



Chemotherapy affects all fast dividing cells

There is usually something we can do to help

Immunotherapy



Some people
may have
immunotherapy

- Immunotherapy is a type of cancer treatment that helps your own immune system to fight cancer e.g. Pembrolizumab and Nivolumab.

Side-effects of Immunotherapy

Immunotherapy can cause your immune system to be over-active resulting in flu-like symptoms

Please tell us if you have any side-effects, so we can help

Common side-effects

Dry irritated eyes

Diarrhoea, bloody stools, abdominal pain and bloating

Skin rashes on the body

Pain in the joints

Less common side-effects

Headache, change in vision, yellowish eyes


Thyroid-related issues

Shortness of breath and coughing

Severe abdominal pain and dark urine

Any new symptom on immunotherapy warrants a phone call

Targeted therapy

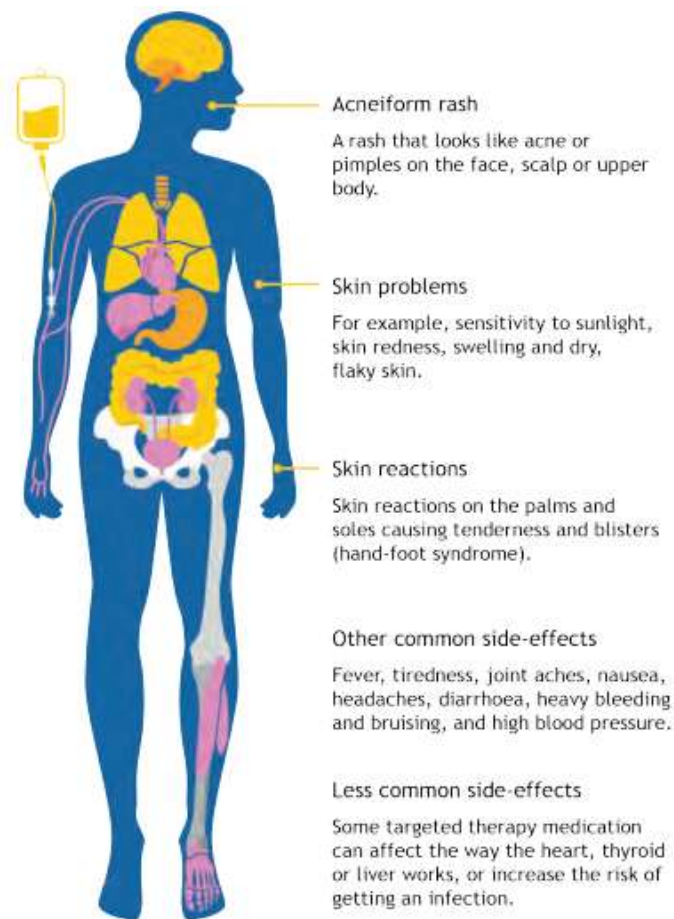


Some people
have targeted
therapy

- Drugs target specific mutations or proteins within the cancer cell that stop the cancer growing and spreading i.e.
 - Trastuzumab (herceptin)
 - Pertuzumab
 - Erlotinib.
- These therapies target cancer cells, but some normal, healthy cells can also be affected.

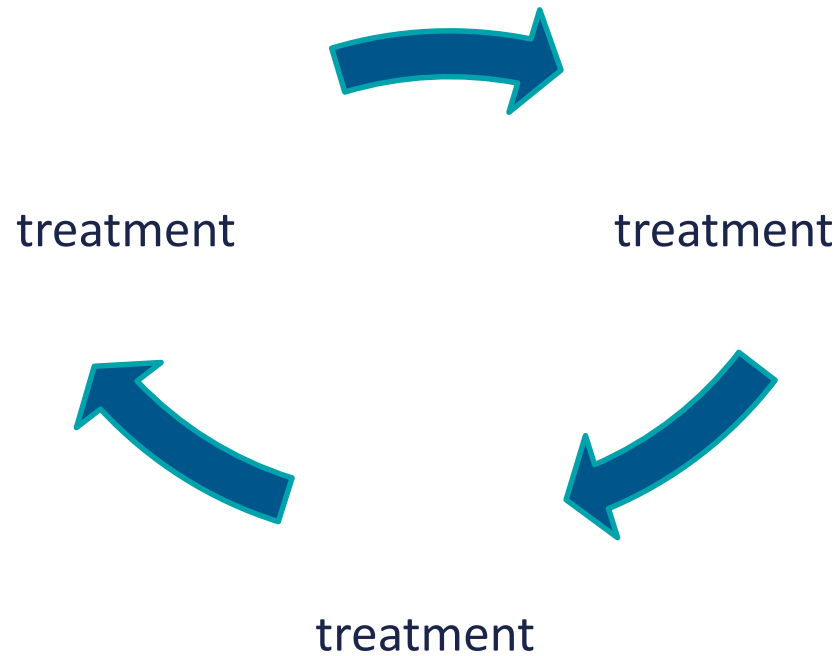
Side-effects of targeted therapy

Targeted therapy reduces harm to healthy cells but can still cause some side effects



Please tell us if you have any side-effects, so we can help

Treatment cycles



Treatment is often given in cycles to allow for a period of recovery between treatments

Side-effects

Remember...

- Every individual is different.
- You won't get all the side-effects described.
- Most side-effects can be managed, please tell us if you experience any.

Please look out...

When to seek
help....

- If your temperature is 38°C or greater
- If you have nausea/vomiting/diarrhea that isn't controlled
- If you feel unwell or have any side-effects that concern you

Monday to Friday, 8am – 4pm:

- **ring “ACUTES” (09) 307 4949 ext. 23826**

Out of these hours:

- come to your nearest emergency department
- or ring **Healthline 0800 611 116**

How to seek help

- Oncology Acutes
- Healthline
- Nurse Specialist
- Cancer Society Nurse



In your information pack you will find a white card which has the relevant contact numbers . This pack will be issued either at your in-person orientation, or at your first treatment.

Write your NHI (hospital number) on this card – so the information is handy.

When you call, we
might advise you
to go to your
nearest hospital

Te Whatu Ora - Waitematā



North Shore Hospital



Waitakere Hospital

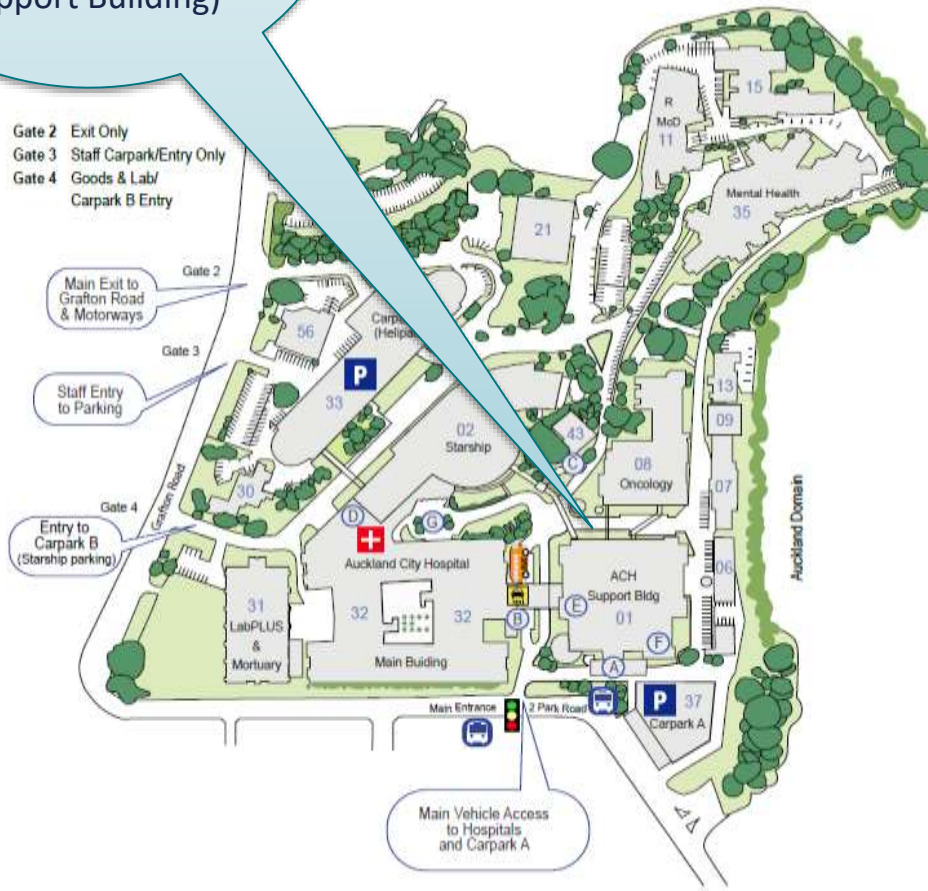
Oncology Acute Unit

Or we might
advise you to go
to the Oncology
Acute Unit at
Auckland City
Hospital



Oncology Acute Unit

This building is on the bottom corner of the 'old' Auckland City Hospital (ACH Support Building)



Clinical Nurse Specialist (CNS)

At your first appointment, you will have been given the contact card for your nurse specialist

Your CNS is a central point of contact for you and can:

- ensure you have the information you need about your illness, investigations, procedures and treatment
- spend time with you to talk about your illness and the treatment offered
- provide support, advice and help with your concerns and questions
- provide you with information about, or link you with, other services and professionals in the hospital and in the community
- coordinate your care by liaising with other services and health professionals
- provide support to manage the side-effects of treatment at home

This is what they do

Te Whatu Ora - Waitematā Cancer Support Service: Psychology and Social Work

- Cancer may affect you and your whanāu in many ways.
- Coping with appointments and treatment side-effects, as well as the emotional impact of cancer, can be challenging and stressful.
- The Cancer Support Team includes psychologists and social workers who specialise in helping people cope with the impact of cancer.

Support can include:

- managing how you feel in yourself
- practical support
- future planning
- coping at home
- supportive counselling or therapy
- access to community supports

If you would like to talk with one of our team, please ask your health professional (doctor, nurse specialist, clinic nurse, Cancer Society nurse etc.) who can make a referral for you.

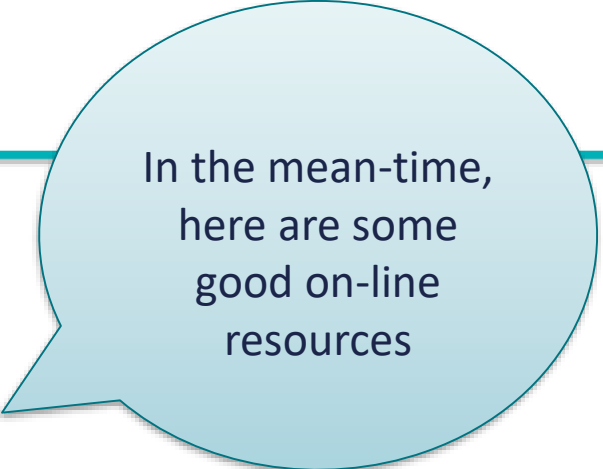


A message
from the
Waitematā DHB
Cancer Support
Team

We hope these slides help to make you feel welcome and answer some of your questions. We will always be keen to answer any other questions you may have when we see you next

Resources

- Introduction to Cancer and Blood Service ADHB
 - <https://www.adhb.health.nz/our-services/a-z-services/oncology/>
- Cancer Society NZ
 - <https://auckland-northland.cancernz.org.nz/>
- EVIQ
 - <https://www.eviq.org.au/>
- Macmillan Cancer Support
 - <https://www.macmillan.org.uk/>
- Te Whatu Ora - Waitematā
 - <https://www.waitematadhb.govt.nz/>



In the mean-time,
here are some
good on-line
resources

Cancer Society- Auckland/Northland



Cancer Society Auckland Northland

Call 0800 CANCER
(226 237)



Cancer Society in Auckland is based at Domain Lodge, 1 Boyle Crescent, Grafton.

Across the road from Auckland City Hospital, the Regional Cancer and Blood service and the Auckland Domain.

Who we are and what we do: Free services

Community Nursing Service: Support getting through treatment

A Cancer Society nurse will attempt to make phone contact with you. We work closely with the hospital and can provide additional support.

Psychological Service: Emotional support

Cancer Society psychologists can provide support for those with a cancer diagnosis, supporters, and family/whanau.

Volunteer Service: Getting to treatment

Access to this service is via Cancer Society nursing team & eligibility criteria apply.

NOTE: During any COVID 19 lockdowns our nurses and psychologists will still be able to contact you by phone.

