

Chemotherapy orientation for North Shore Hospital



Covid- 19

- During this time of Covid-19/Corona Virus and the frequently changing alert levels 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
- If you have symptoms of sore throat, fever, cough please phone ahead.

Monday – Friday 8am-4pm ring “ACUTES”

09 3074949 extn 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

These
slides will
cover

- 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

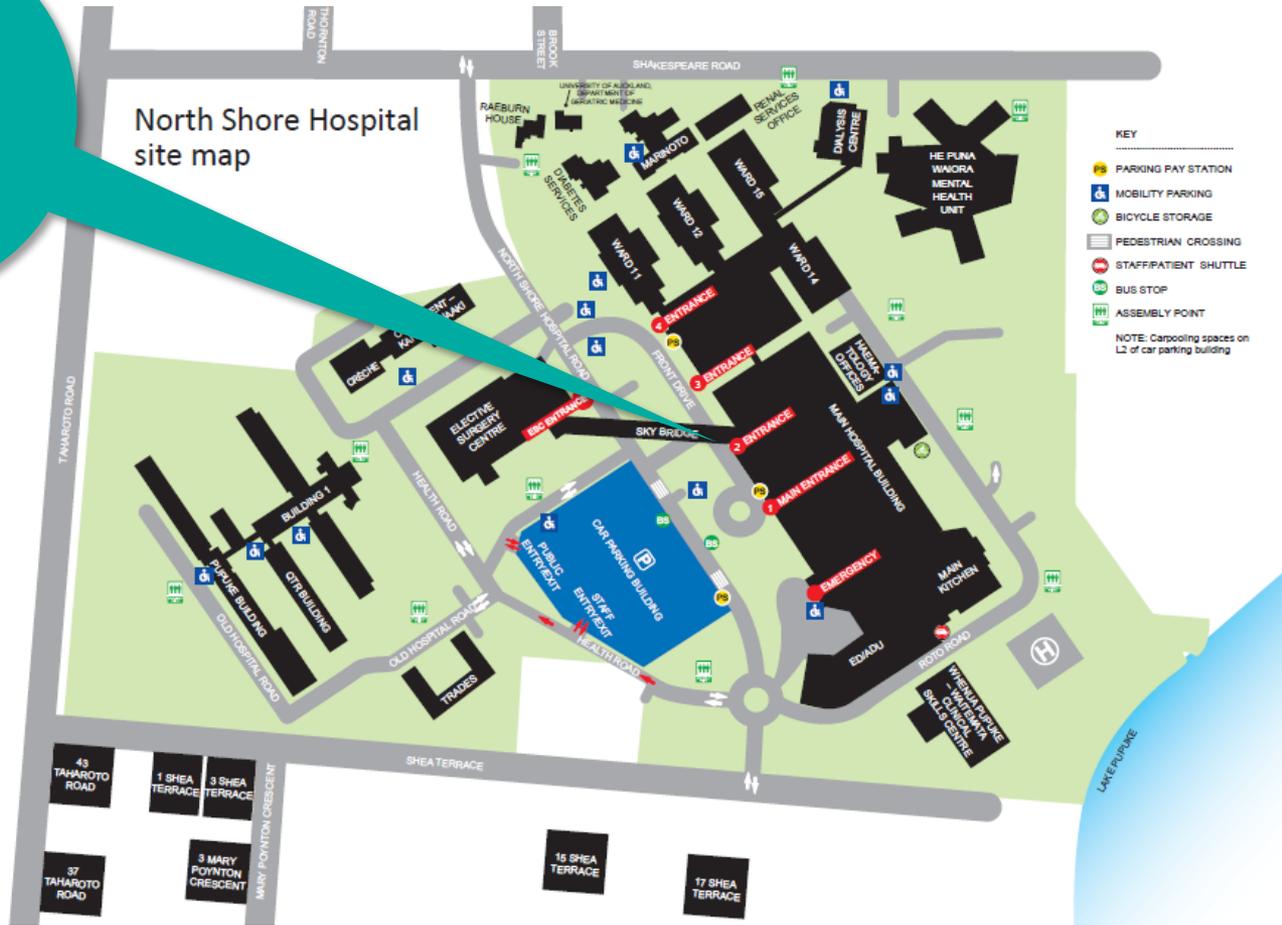
This is our main North Shore Hospital building

North Shore Hospital



North Shore Hospital site map

Come to North Shore Hospital Ground Floor Entrance 2



Come in at
Outpatients
Entrance 2

Once you arrive



Rongā Mārie Infusion Centre

Haere mai -
come on in

The Rongā Mārie
Infusion Centre is
in the discharge
lounge



Reception

Check in at reception

Our friendly receptionists will give you a parking exit ticket



Treatment room

This is our treatment room



What the nurses wear when giving chemotherapy – eye shield, mask, gloves and full length GOWNS (or may be purple colour).



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.

The image shows a 'Your Pathology' form from Labtests. The form is titled 'Your Pathology' and includes fields for patient name (Kathryn Chrysal), address, phone number (19517), and XACHD status. It also has sections for 'Blood Tests', 'Urine Tests', and 'Other Tests' with various checkboxes and columns for results.

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

Echocardiogram (Echo)

You may
have an
echo first

- 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.

Having an IV line put in

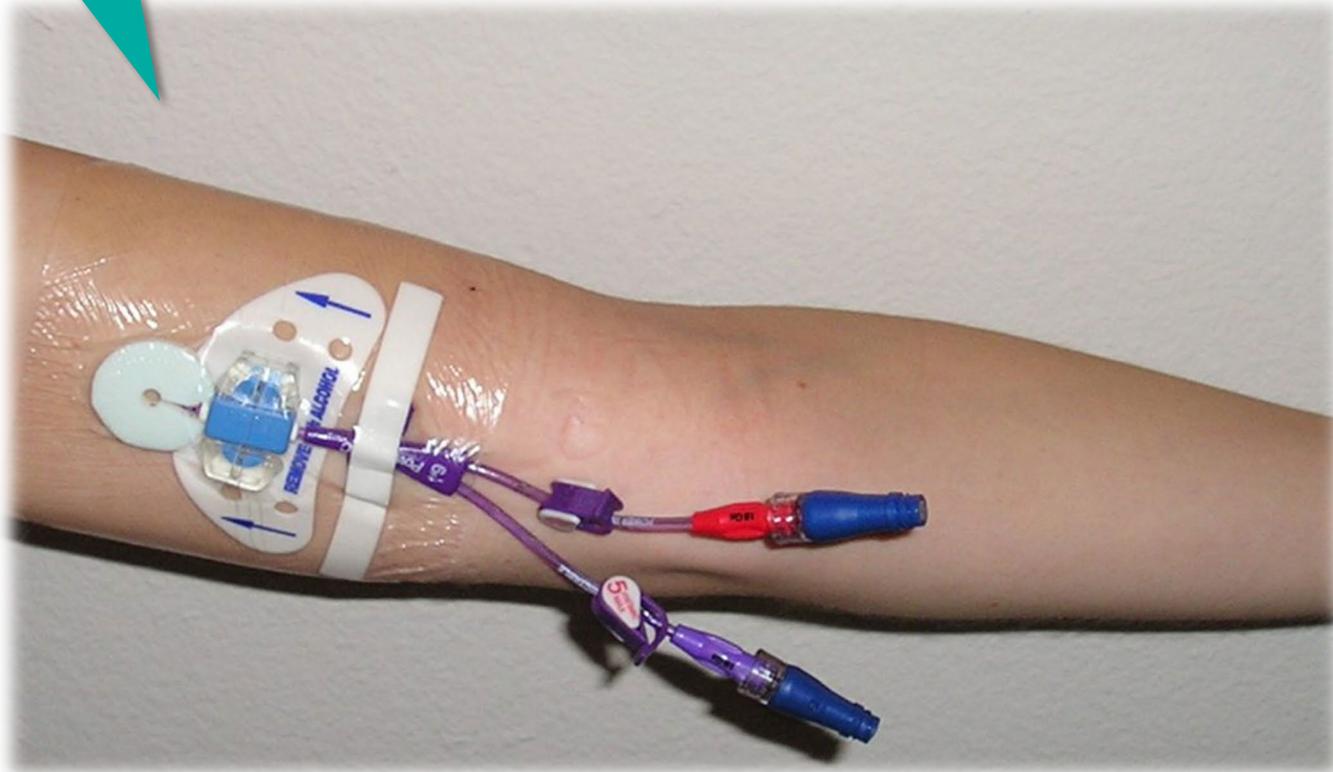
IV Line



Some
people may
have a PICC
line

PICC line

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

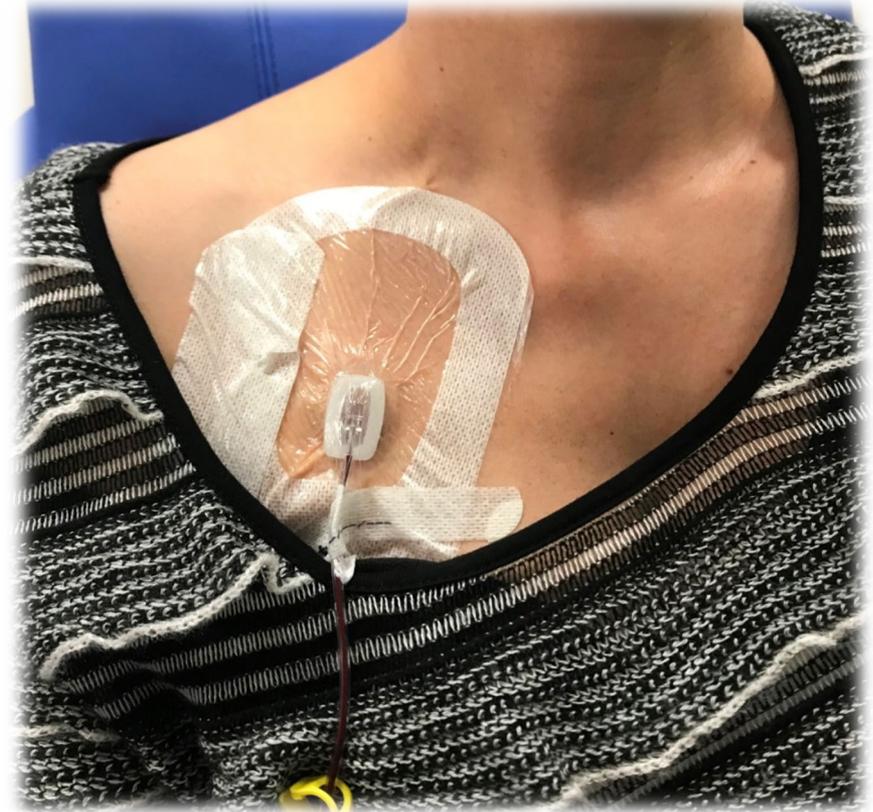


Some people may have a port-a-cath. If you have one, it is a good idea to wear a low cut top or button-up shirt for easy port access

Port-a-cath (Port)

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?

- Our bodies are made up of millions of cells which are normally renewed in a controlled way - and we remain healthy.
- Sometimes, this control is lost and the cells keep duplicating themselves. A solid group of these cells is called a tumour.
- Malignant tumour cells may travel to lymph nodes or through blood to other parts of the body.



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

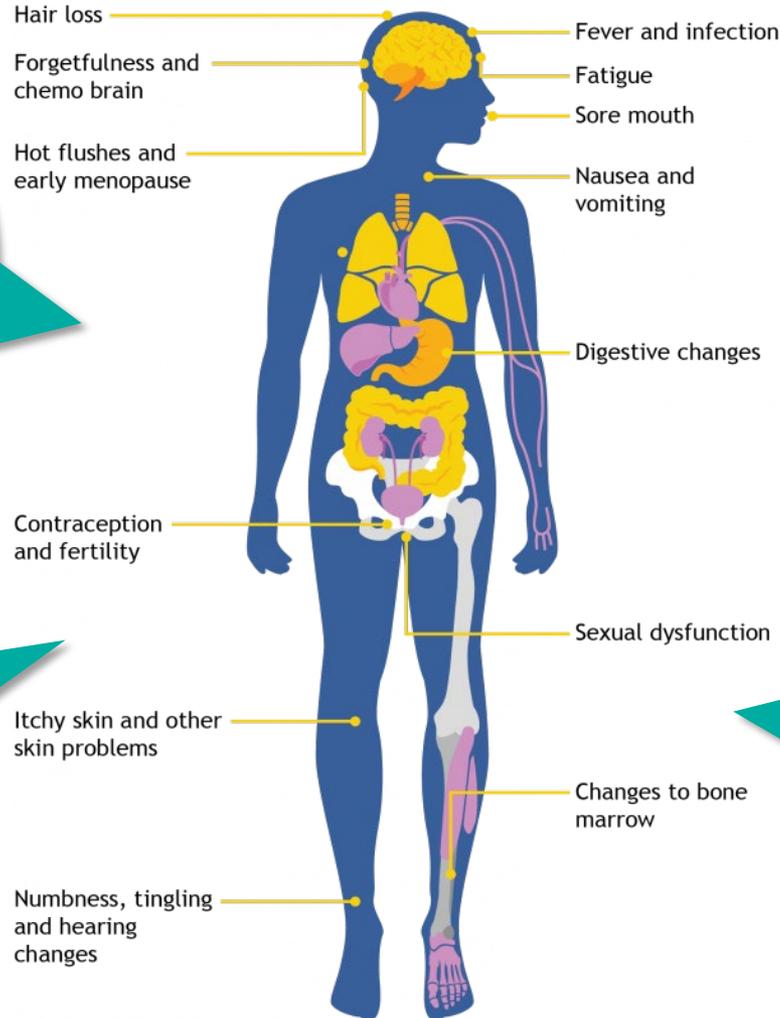
What is
chemotherapy?

- 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.

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



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

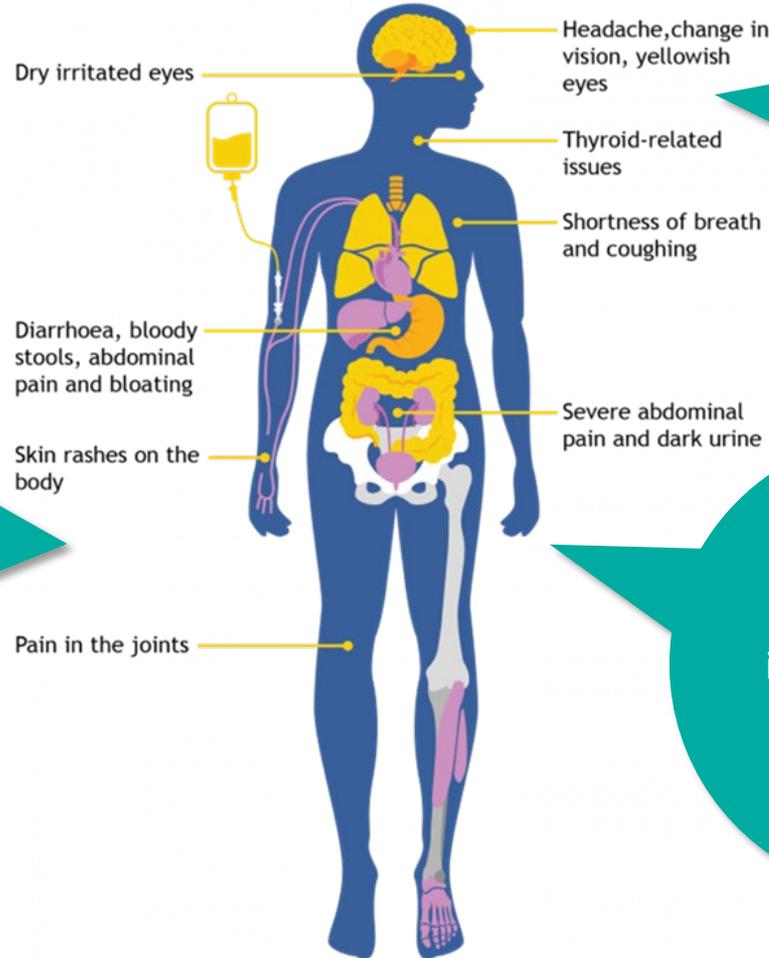
e.g. Pembrolizumab and Nivolumab.



Side-effects of Immunotherapy

Common side-effects

Less common side-effects



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

Any new symptom on immunotherapy warrants a phone call

Once again, please tell us if you have any side-effects, so we can help

Targeted therapy

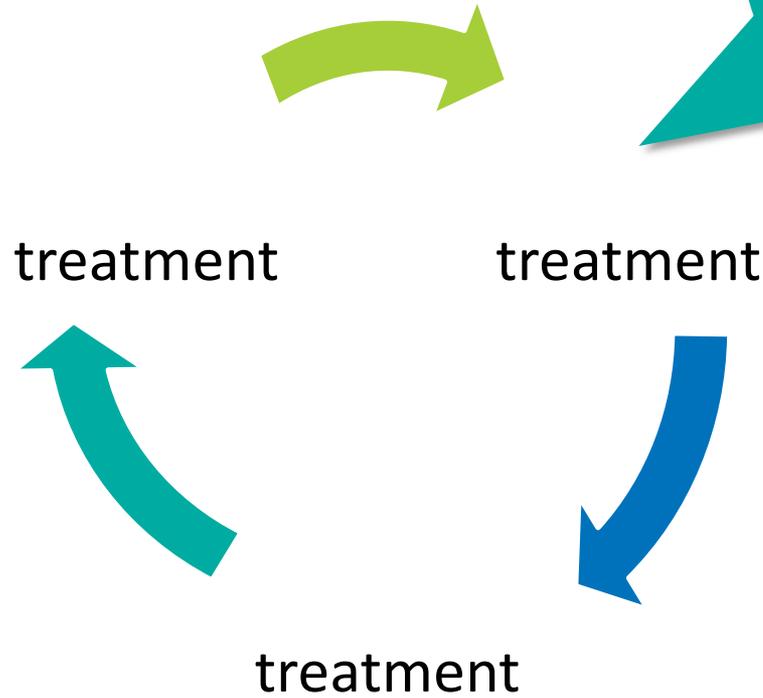
Some people have targeted therapy

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



Treatment cycles

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





Remember...

Side-effects

- 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.



When to
seek help....

Please look out...

- 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 extn 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

Waitematā DHB



North Shore Hospital



Waitakere Hospital



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

Oncology Acute Unit



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

Waitematā DHB Cancer Support: 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

A message
from the
Waitematā
DHB Cancer
Support
Team

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.

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

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

- Cancer Society NZ
 - <https://auckland-northland.cancernz.org.nz/>
- EVIQ
 - <https://www.eviq.org.au/>
- Macmillan Cancer Support
 - <https://www.macmillan.org.uk/>
- Waitematā DHB
 - <https://www.waitematadhb.govt.nz/>





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.

Daffodil House,

73 Kamo Road, Kensington, Whangerau.



Mon – Fri, 10am - 3pm
09 437 5593
0800 366 066