

adha **CELL 2015**
92ND ANNUAL SESSION **JUNE 17-23*2015**
SESSION **NASHVILLE, TN**

CE Course Handout

**Comprehensive, Compassionate Care for
Patients with Cancer**

**Thursday, June 18, 2015
2:30pm-5:30pm**



American
Dental
Hygienists'
Association

2015 Center for Lifelong Learning at the 92nd Annual Session, Nashville, TN

Comprehensive, Compassionate Care for Patients with Cancer

Presented by Catherine Draper, RDH, MS

June, 18, 2015

Dental hygienists play a key role in caring for people with all types of cancer. Oral health issues often go untreated during cancer therapy due to the rigors of the treatment. Side effects, particularly oral mucositis, are associated with severe pain and infections that can delay treatment and significantly impact the patient's quality of life. Individuals undergoing treatment for all types of cancer need ongoing support from their oral healthcare providers as well as their oncology team in order to maintain their oral health and minimize the oral side effects occurring during and following treatment.

Learning Objectives

Course participants will be able to:

- Discuss the various treatment modalities for cancer therapy
- Describe the common oral side effects from cancer therapy
- Discuss the current, evidence based strategies for minimizing the severity of oral complications
- Describe the current accepted treatment options for managing oral side effects resulting from cancer therapy
- Discuss ways to increase collaboration between oral healthcare providers and medical care providers for treating patients with cancer

Course Outline

- I. Overview of Cancer in 2015
 - a. Historical perspectives
 - b. Morbidity
 - c. Mortality
 - d. Risks
 - e. Public awareness/perceptions

II. Review of Cancer Types

- a. Solid tumors
- b. Fluids

III. Cancer Diagnostics

- a. Biopsies
- b. Pathologic staging
- c. Pathologic grading

IV. Cancer Therapy

- a. Surgery
- b. Radiation
- c. Chemotherapy
- d. Innovations in treatment
- e. Clinical Trials

V. Cancer Screening and the Role of the Oral Healthcare Provider

- a. Skin Cancer
- b. Head and Neck Cancers
- c. Salivary cancers
- d. Thyroid cancer
- e. Hypo - laryngeal cancers
- f. Oral and oropharyngeal cancers

VI. Caring for Patients with Cancer

- a. General side effects of treatment
- b. Oral side effects/complications
- c. Oral Mucositis
- d. Infection
- e. Xerostomia
- f. Osteonecrosis of the Jaw
- g. Fibrosis/trismus

VII. Oral Care During Cancer Therapy

- a. Oral hygiene
- b. Palliative therapies
- c. Professional care
- d. Contraindications for care

VIII. Collaborative Care

- a. Challenges
- b. Opportunities

IX. Resources and Patient Support

Oral Health Products for Xerostomia Symptom Management

This is not a comprehensive list of products for symptom management, only a summary of the various types of products available. The speaker does not have a financial relationship with any of the manufacturers listed.

Artificial Saliva (saliva substitutes)

Mimic natural saliva, do not stimulate salivary gland production. Contain carboxymethylcellulose, hydroxymethylcellulose or mucopolysaccharides.

- Entertainer's Secret® (KLI Corp) spray
- Glandosane® (Kenwood/Bradley) spray
- Moi-Stir® (Kingswood Labs) spray, swabs
- Optimoist® (Colgate-Palmolive) spray
- Saliva Substitute® (Roxane Labs) liquid
- Salivart® (Gebauer) preservative-free aerosol
- Salix® (Scandinavian Natural Health & Beauty) tablets
- V. A. Oralube® (Oral Dis. Res. Lab) sodium-free; liquid
- Xero-Lube® Artificial Saliva (Scherer) sodium-free; spray
- MouthKote® (Parnell) spray

Salivary Stimulants (sialogogues)

Natrol Dry Mouth Relief (Natrol and Amarillo Biosciences) lozenges

Sugar-free chewing gums (various vendors) Xylitol, Amorphous Calcium Phosphate (ACP), Recaldent

Salivary Enzyme Replacement

Biotene Products (Glaxo-Smith-Kline) Contain three primary salivary enzymes - Glucose Oxidase, Lactoperoxidase, and Lysozyme, sodium laurel sulfate free. Toothpaste, mouthwash, gum

Oralbalance (Glaxo-Smith-Kline) gel

Lozenges and Disks

Oramoist™ dry mouth treatment patch (Quantum Health)

Salese™ dry mouth lozenges (Nuvora)

Xylimelts™ moisturizer and salivary stimulant (OraHealth)

Prescription Salivary Stimulants

Pilocarpine: Stimulates residual salivary glands, solution, gel or tablet form (Salagen)

Cevimeline: Increases exocrine gland secretions, tablets (Evoxac)

Anathole trithione: Stimulates exocrine gland secretions (Sialor)

Cytoprotective Gels

Gelclair®: forms a protective layer over the oral mucosa and by lubricating, hydrating, and coating the damaged tissues without numbing, stinging, or drying.

Rincinol®: forms a thin, invisible, protective coating that promotes healing.

Decay Prevention

Cari-free products (OralBiotech) Rinses, gels, sprays, gums in therapeutic dosing for caries prevention

pHluorigel™ (OralBiotech) 5000 ppm fluoride, 25% xylitol, pH neutralizing gel

Prevident 5000 (Colgate) Prescription level fluoride toothpastes and rinses

Clinpro™ 5000 (3M ESPE) Tri-calcium phosphate formula in a 1.1% sodium fluoride toothpaste

MI Paste (GC America) Professionally applied amorphous calcium phosphate paste, follow-up self application in custom trays

Antibacterial Mouthrinses

Chlorhexidene Gluconate Oral Rinse. (SunstarGUM) Alcohol free chlorhexidene rinse. Beneficial for oral infections, periodontal disease, and as part of a decay prevention regimen. Use as directed by physician or oral healthcare provider.

Caring for Patients with Cancer ~ Selected References and Resources

American Cancer Society

A national, community-based voluntary health organization dedicated to eliminating cancer as a major health problem. Web site includes latest news, information, advocacy and cancer research information. <http://www.cancer.org>

Cancer Facts and Figures for 2014

Annual report from the American Cancer Society provides the estimated numbers of new cancer cases and deaths in 2014, as well as current cancer incidence, mortality, and survival statistics and information on cancer symptoms, risk factors, early detection, and treatment. <http://www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2014/>

Cancer: The Emperor of All Maladies

PBS Documentary by Ken Burns <http://cancerfilms.org/>

Link to educator and additional resources: <http://www.pbs.org/kenburns/cancer-emperor-of-all-maladies/home/>

The Emperor of All Maladies. A Biography of Cancer by Siddhartha Mukherjee

Winner of the 2010 Pulitzer prize, a profound and humane biography of the history and current state of knowledge and treatment of cancer. <http://authors.simonandschuster.com/Siddhartha-Mukherjee/49784674>

National Cancer Institute

The main website for the National Cancer Institute (NCI), the U.S. government's principal agency for cancer research, redesigned for multiple platforms on 5/15/15. Includes NCI's comprehensive cancer information database, forms the core of the information for patients and health professionals. It is regularly updated with the latest evidence-based information. NCI is mandated by U.S. law to disseminate information about cancer and cancer research.

<http://www.cancer.gov>

Patient education publications from the NCI are available in a variety of formats.

<http://www.cancer.gov/publications/patient-education>

National Comprehensive Cancer Network

The National Comprehensive Cancer Network[®] (NCCN[®]), a not-for-profit alliance of 26 of the world's leading cancer centers focused on patient care, research, and education. The NCCN[®] is dedicated to improving the quality, effectiveness, and efficiency of cancer care to improve the quality of life for people with cancer.

<http://www.nccn.org>

Web site includes guidelines for cancer treatment by site.

http://www.nccn.org/professionals/physician_gls/f_guidelines.asp

National Institute for Craniofacial and Dental Research

The dental, oral and craniofacial research site of the National Institute of Health. Includes information on clinical trials for head and neck cancers.

<http://www.nidcr.nih.gov>

Free publications on oral cancer and the oral complications of cancer treatment for patients and health care professionals.

<https://catalog.nidcr.nih.gov/OrderPublications/>

Oral Cancer Foundation

National public service, non-profit entity designed to reduce suffering and save lives through prevention, education, research, advocacy, and patient support activities. <http://oralcancerfoundation.org>

Includes clinician resources and oral lesion photographs/slides

<http://oralcancerfoundation.org/dental/>

Stanford Health Library

Sponsored by Stanford Hospital & Clinics, Stanford Health Library provides scientifically-based medical information to help people make informed decisions about their health and health care. Site includes an information request form. All research services are free of charge.

<http://healthlibrary.stanford.edu/>

Stanford 25

Lectures and videos on the physical examination of 25 parts/processes of the body.

<http://stanfordmedicine25.stanford.edu/index.html>

Reference Articles

Critical evaluation of diagnostic aids for the detection of oral cancer

Lingen, M, Kalmer JR, Karrison T, Speight PM. Oral Oncol. 2008 Jan;44(1):10-22.

This manuscript systematically and critically examines the literature associated with current oral cancer screening and case-finding aids or adjuncts such as toluidine blue, brush cytology, tissue reflectance and autofluorescence. Free full text is available through PubMed Central.

Management of oral mucositis in patients with cancer

Lalla, RT, Sonis ST, Peterson DE. Dent Clin North Am. 2008 Jan; 52(1): 61–viii.

A comprehensive overview of oral mucositis from epidemiology to progression and treatment. Includes the importance of supportive oral care throughout cancer therapy. Free full text including color photographs and charts is available through PubMed Central.

MASCC/ISOO Clinical practice guidelines for the management of mucositis secondary to cancer therapy

Lalla, RT, et al. *Cancer*. 2014 May 15;120(10):1453-61.

A systematic review updating the Multinational Association of Supportive Care in Cancer and International Society of Oral Oncology (MASCC/ISOO) Clinical Practice Guidelines for mucositis. Free full text available through PubMed Central.

Appropriate and necessary oral care for people with cancer: guidance to obtain the right oral and dental care at the right time

Epstien, JB, Gueneri P, Barasch A. *Support Cancer Care*. 2014 Jul;22(7):1981-8.

Integration of oral care with the oncology care and in survivors requires effective communication between dental and medical providers beginning ideally at diagnosis.