

Cancer Support for Community Pharmacies

Steve Freedman

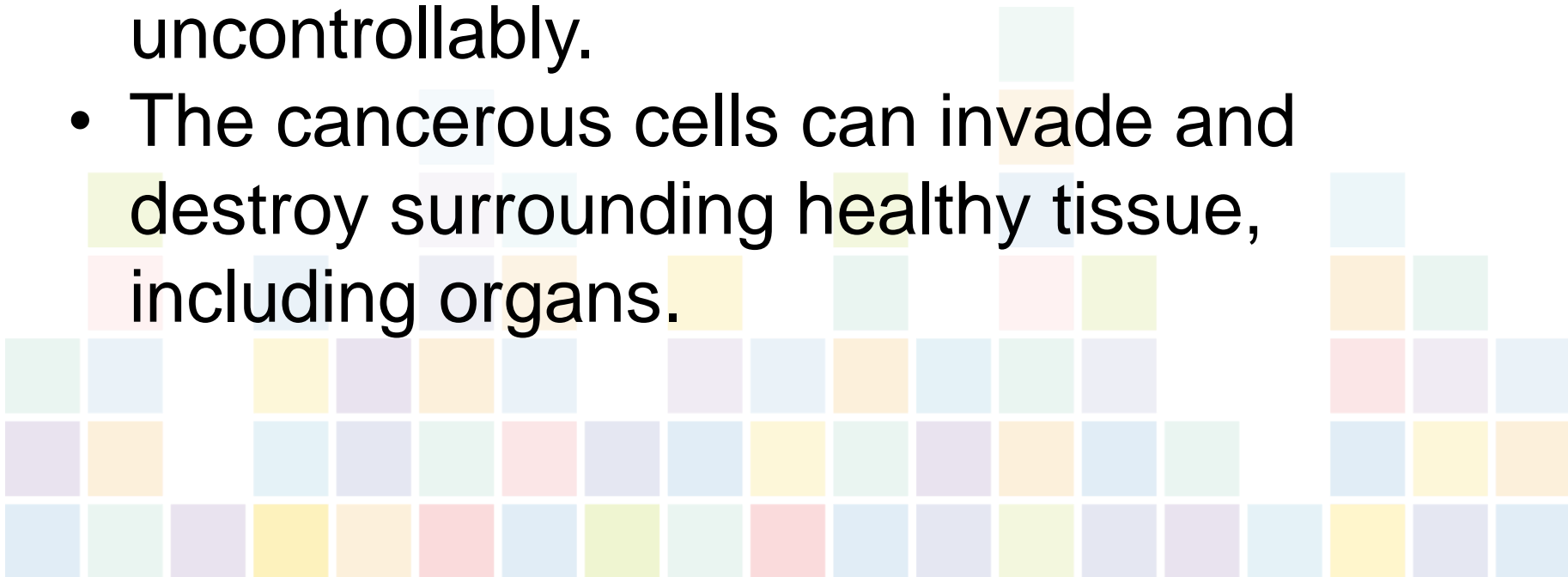
NHS Sheffield CCG

(LPC 13 Sept 2016)

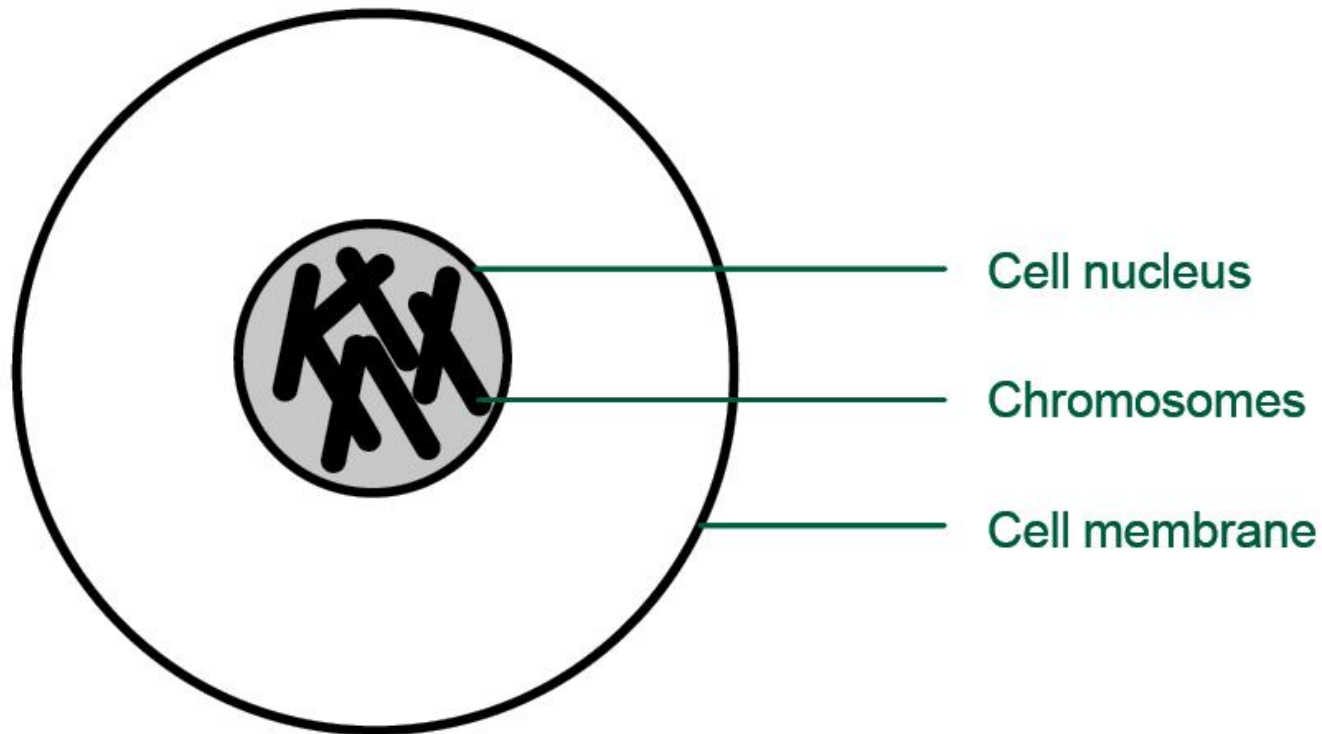


What is cancer?

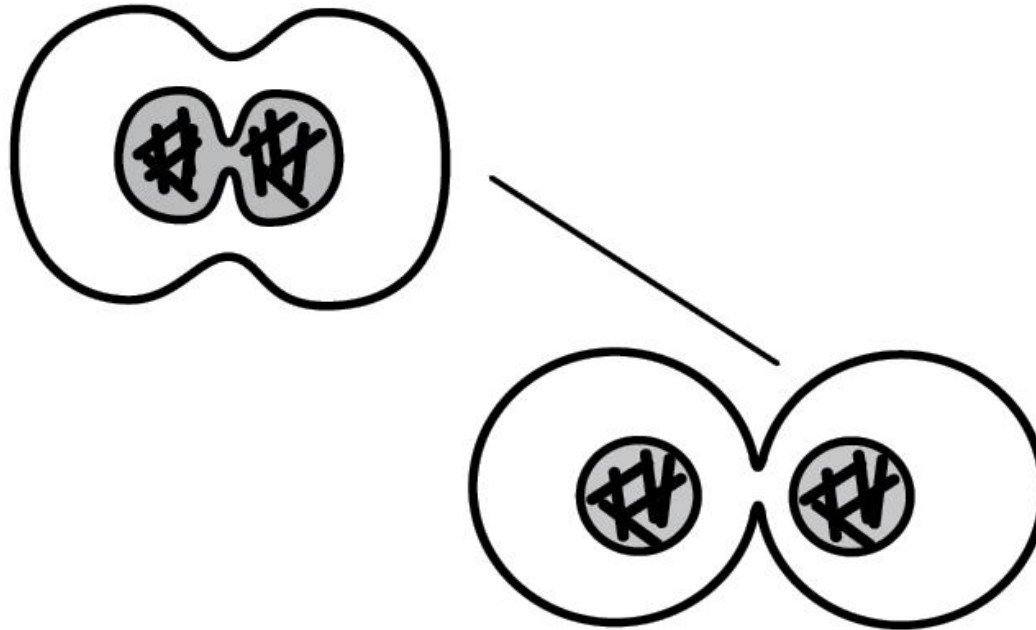
- A condition where cells in a specific part of the body grow and reproduce uncontrollably.
- The cancerous cells can invade and destroy surrounding healthy tissue, including organs.



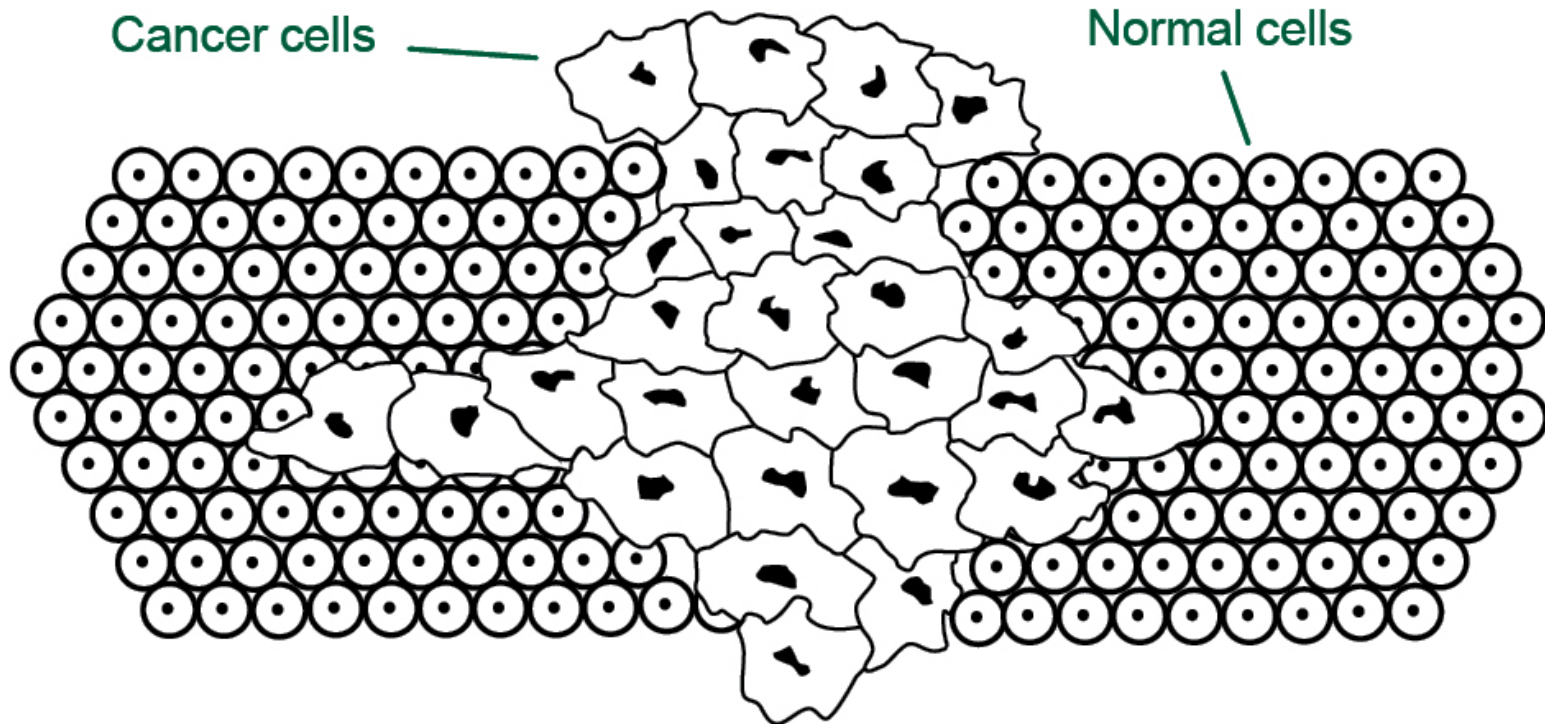
The normal cell



Normal cell dividing



Uncontrolled cell growth



Differences between normal and cancer cells

Normal cells:

1. Regulated cell division
2. Programmed cell death
3. Respond to external growth and anti-growth signals
4. Balance between blood vessel development and cell need
5. No tissue invasion.

Cancer cells:

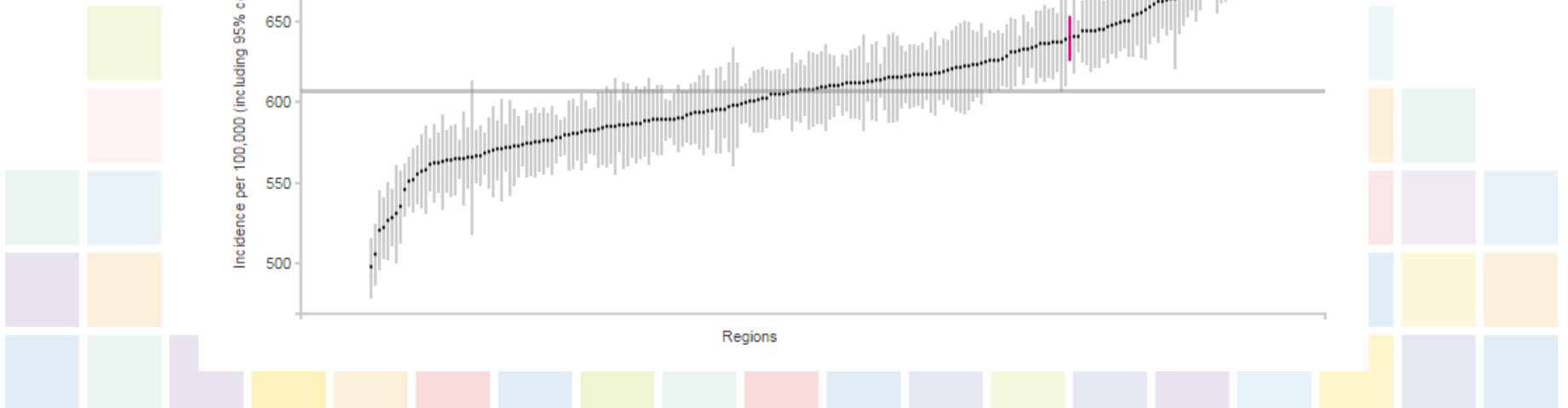
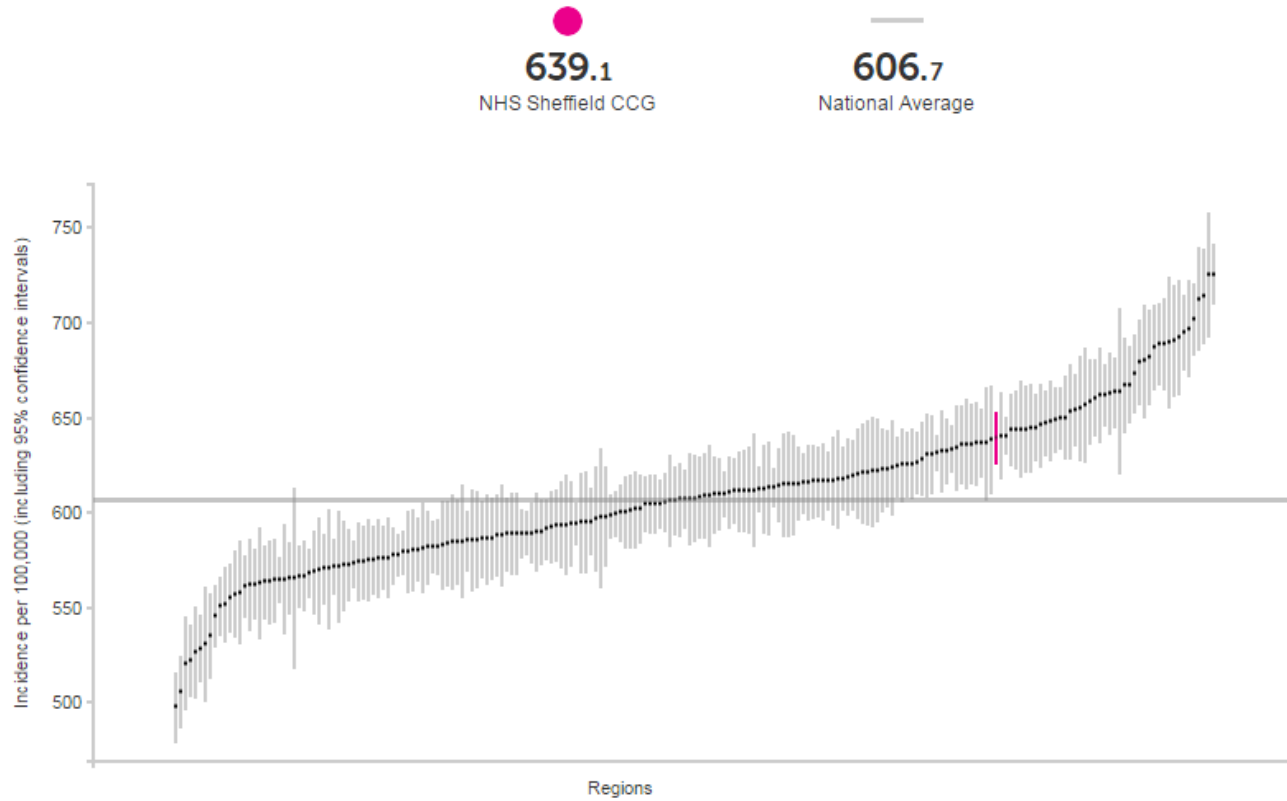
1. Unregulated cell division
2. Lack programmed cell death
3. Generate own growth signals and insensitive to antigrowth signals
4. New blood vessel growth
5. Tissue invasion and metastasis.

Cancer facts

- More than 1 in 3 people within their lifetime
- 309,500 new cases of cancer per year
- 1 in 4 deaths in UK due to cancer
- most over 65
- lung, breast, colorectal and prostate account for over half of all cancers in the UK.

Reference: Cancer Research UK (2013)

Cancer Incidence (All Cancers)



Potential?

- 639 /100,000 vs 606 /100,000
- Community Pharmacy Health message



Risk factors for getting cancer

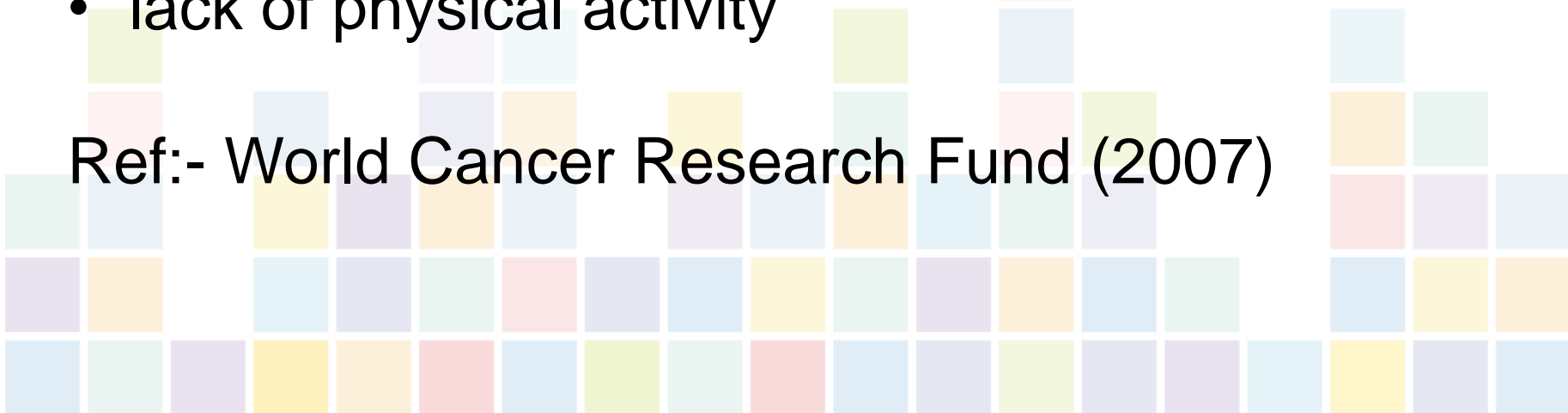
Main lifestyle risks:

- smoking
- being obese
- sun/sunbed
- alcohol
- lack of physical activity

Other risk factors

- age
- genetic
- environmental
- ethnicity

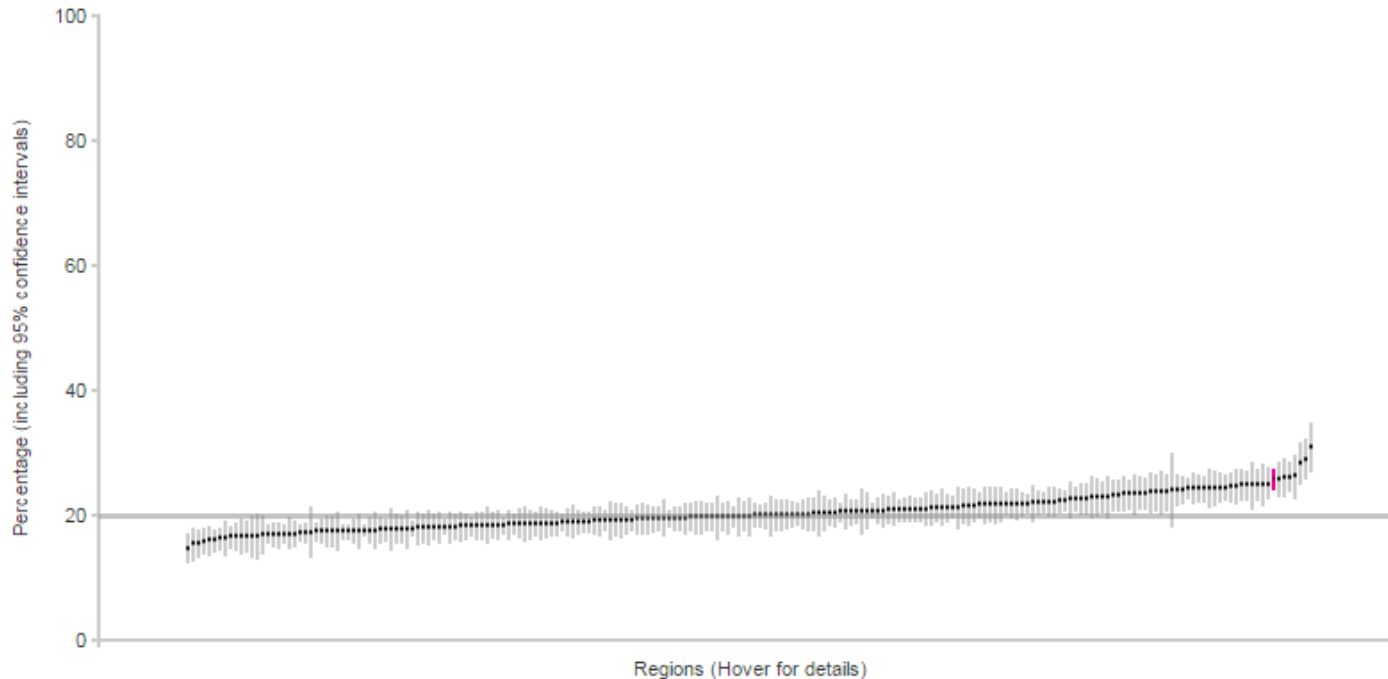
Ref:- World Cancer Research Fund (2007)



Emergency Presentations

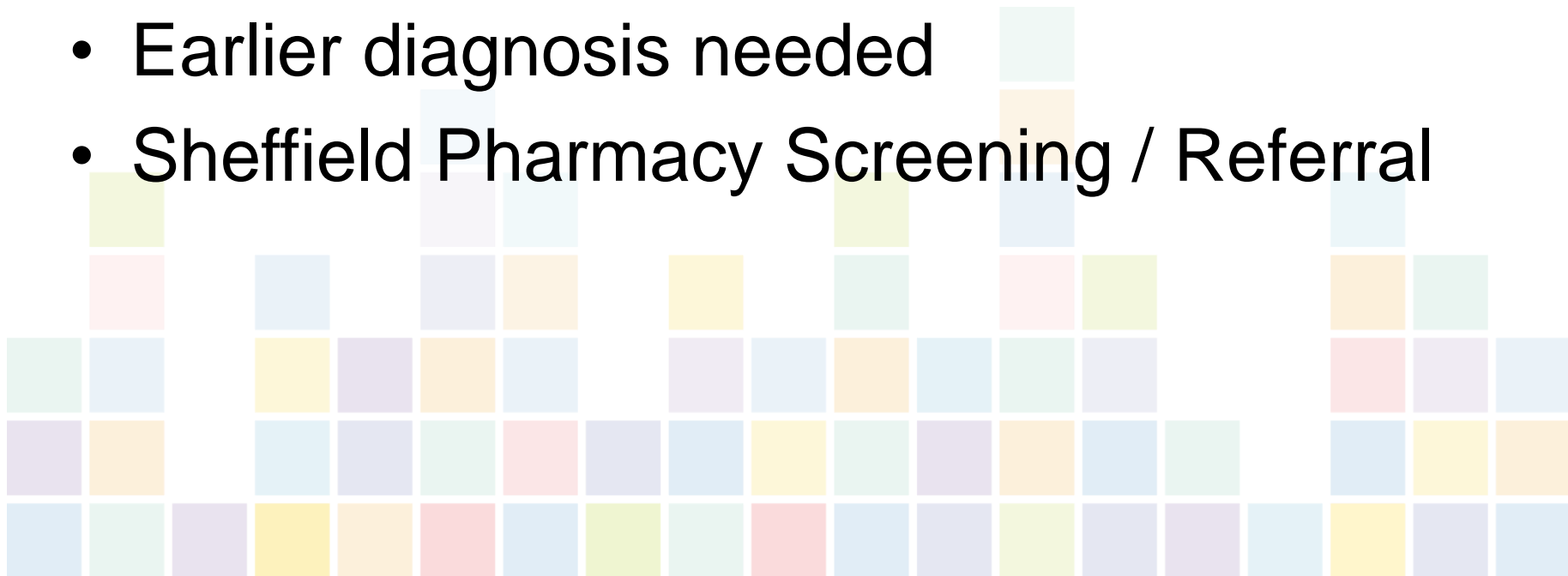
25.7
NHS Sheffield CCG

20.1
National Average



Potential?

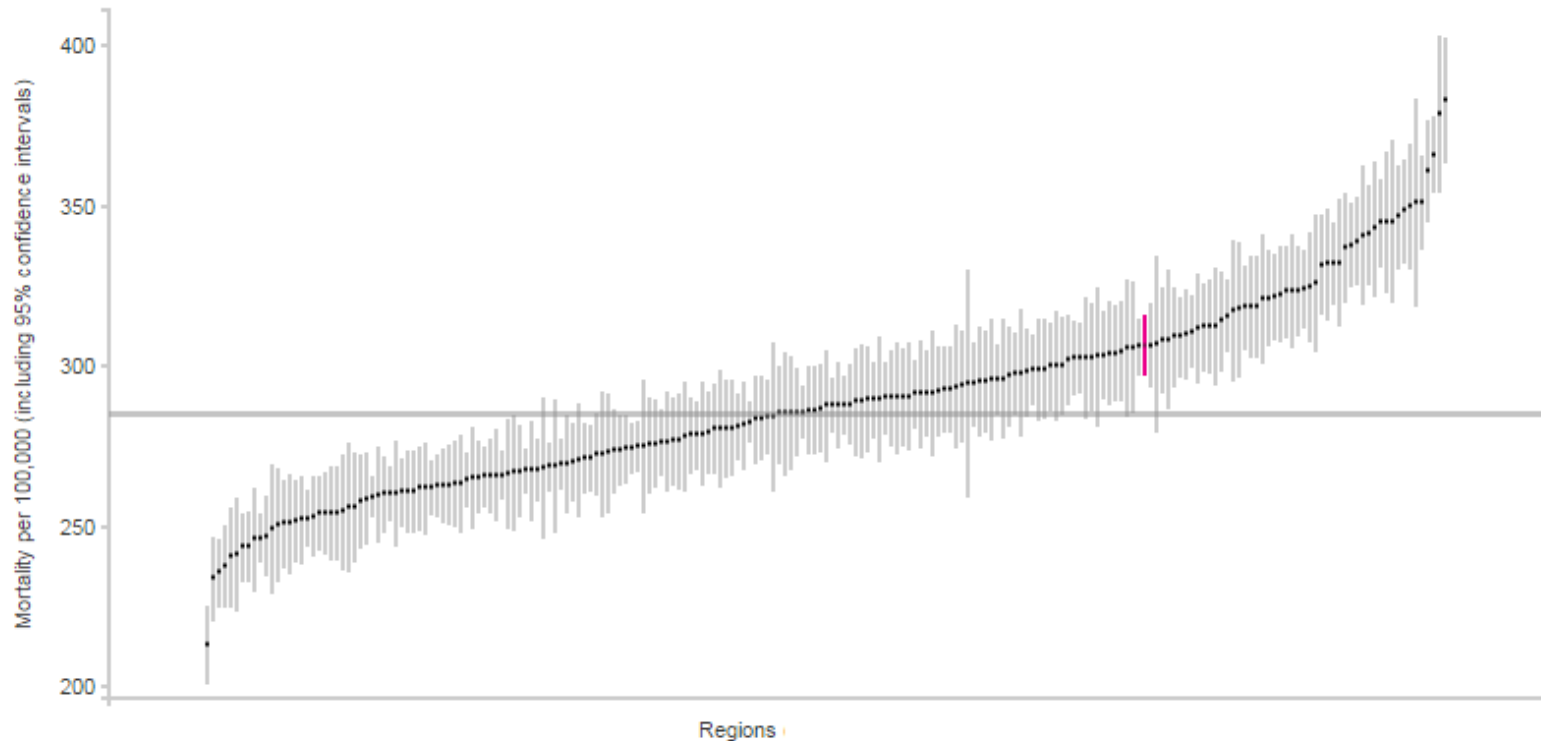
- 25% of cancers diagnosed as emergency presentation (20% national)
- Earlier diagnosis needed
- Sheffield Pharmacy Screening / Referral



Mortality for All Cancers

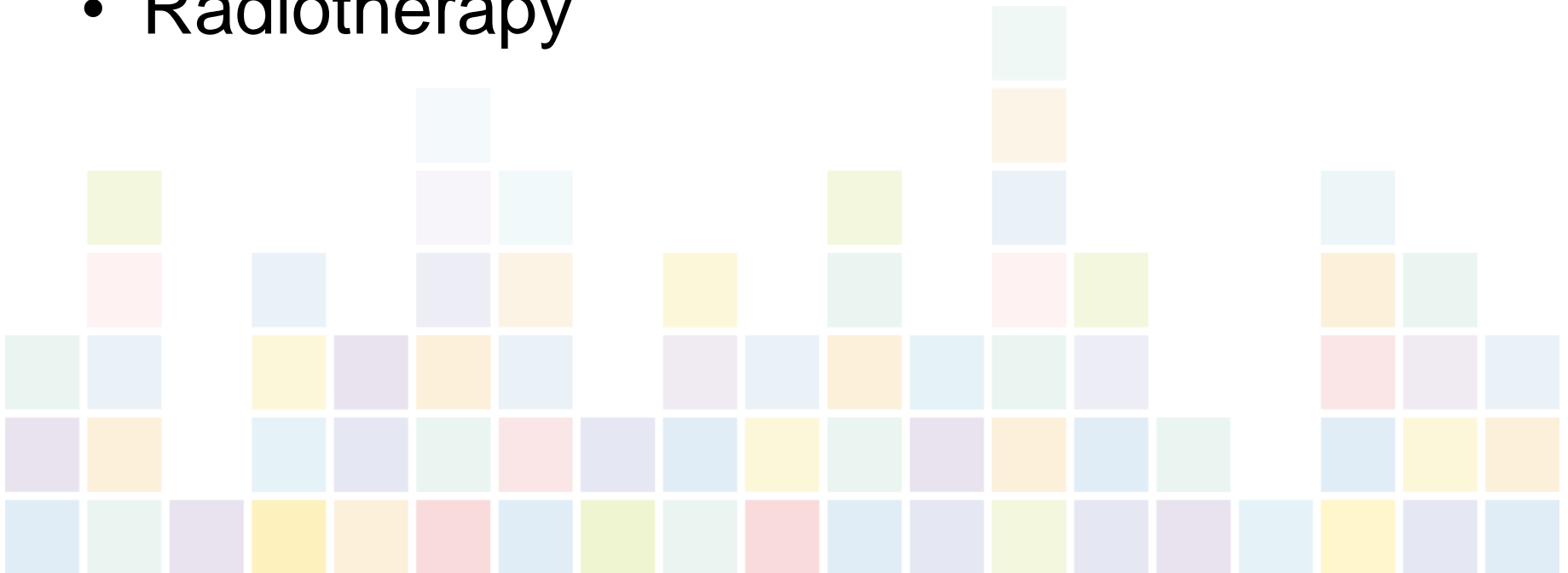
306.3
NHS Sheffield CCG

285.4
National Average

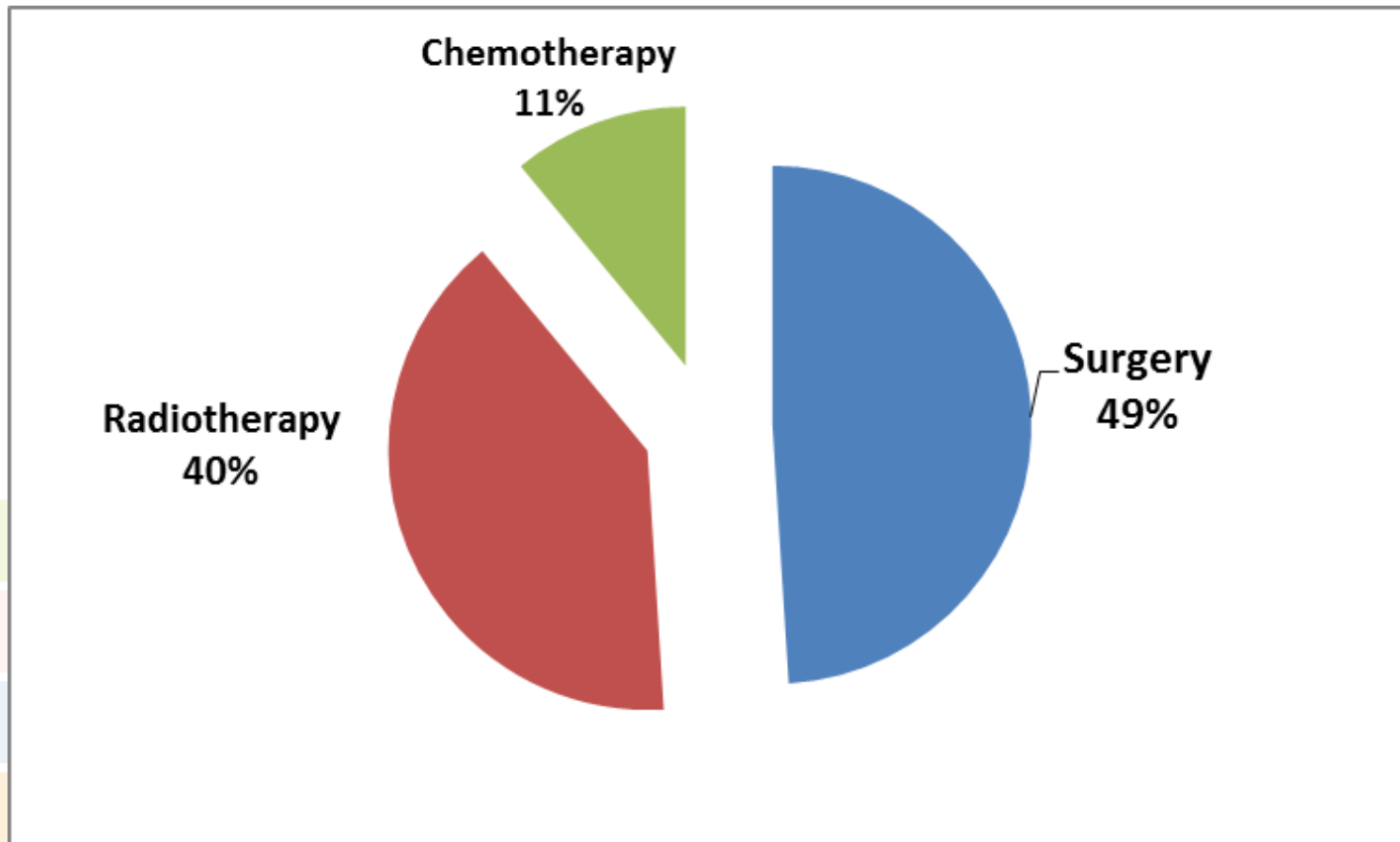


Cancer treatments

- Surgery
- Chemotherapy
- Radiotherapy



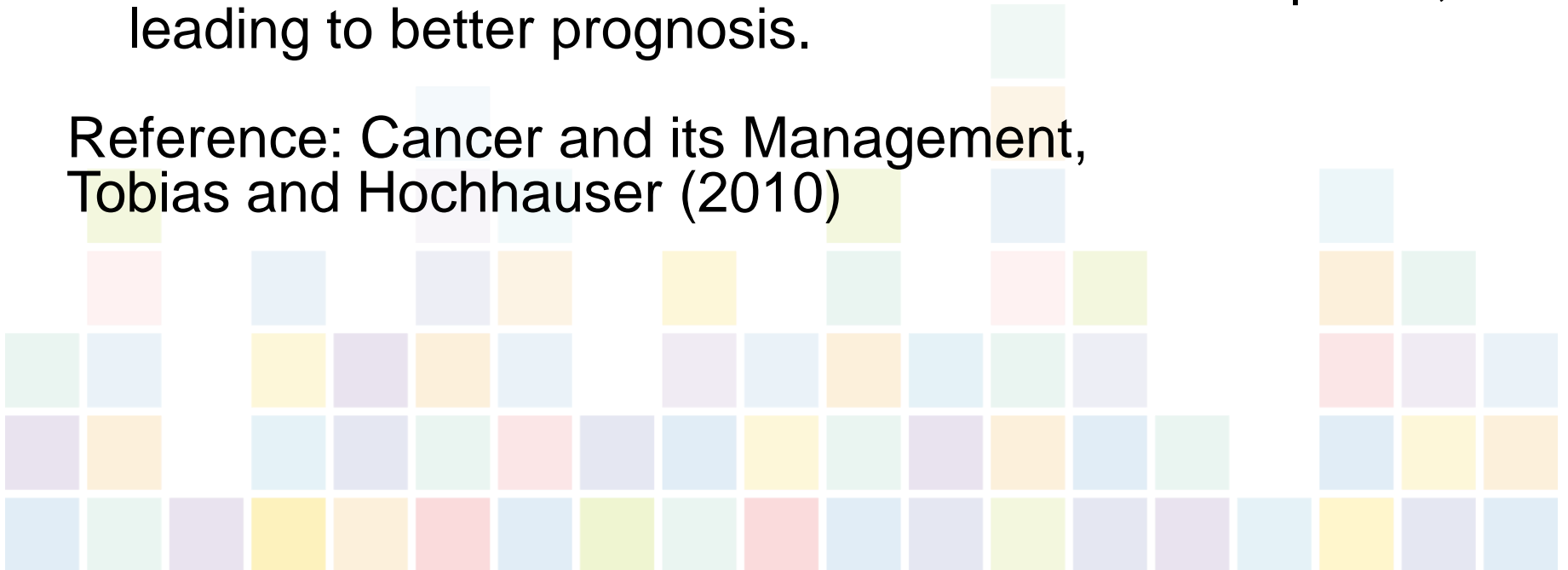
Cure Rate Comparisons



Surgery

- Removal of body tissue
- One of main treatments for cancer
- 49% of those 'cured' of cancer are treated by surgery (Royal College of Radiologists 2003)
- The best treatment for cancers that have not spread, leading to better prognosis.

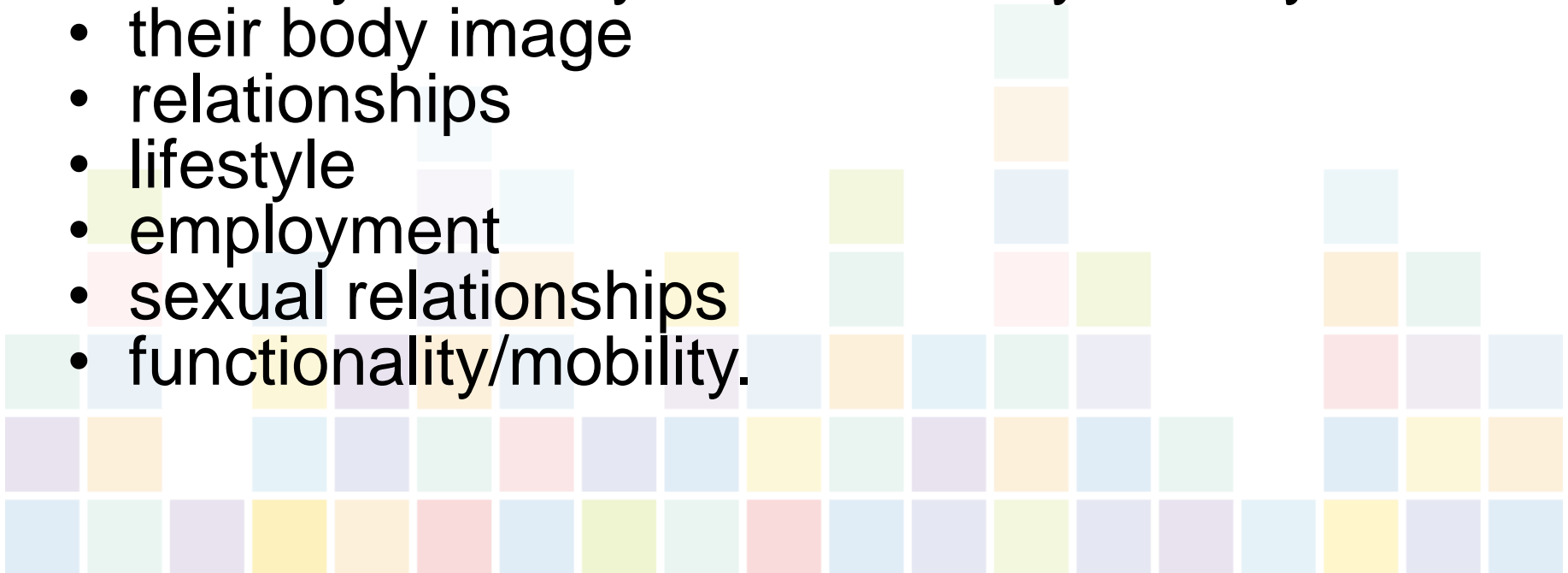
Reference: Cancer and its Management,
Tobias and Hochhauser (2010)



Implications

Can effect:

- self-esteem
- the way that they are viewed by society
- their body image
- relationships
- lifestyle
- employment
- sexual relationships
- functionality/mobility.



Definition of chemotherapy

- Use of drugs for treatment
- Cytotoxic chemotherapy
- 11% of those 'cured' of cancer are treated by chemotherapy

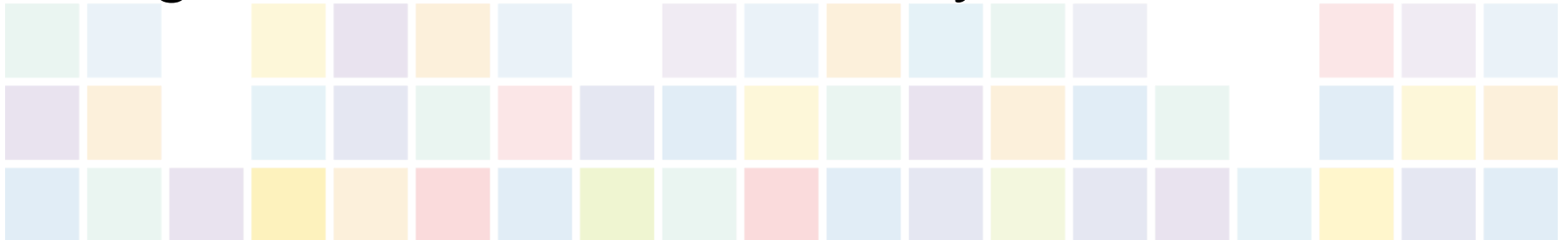
(Royal College of Radiologists 2003).



Giving cytotoxic drugs

Ways of delivering cytotoxics:

- single agent – tends to cause side-effects
- Combination – lower doses less side-effects
- continuous infusion
- Intermittent – enables cell recovery
- high dose – used to destroy bone marrow



Side Effects of Cytotoxics

Immediate side effects:

- pain at the injection site
- sensation of cold during administration
- itching – along or near path of vein, generalised
- hypersensitivity reaction
- allergic reaction
- leakage of drug into the tissues.

Chemotherapy

Other short-term side effects:

- hair loss
- low blood count
- nausea, vomiting
- loss of appetite
- sore mouth
- flu-like symptoms
- tiredness, weakness
- diarrhoea, constipation
- blood in urine
- discoloured urine.

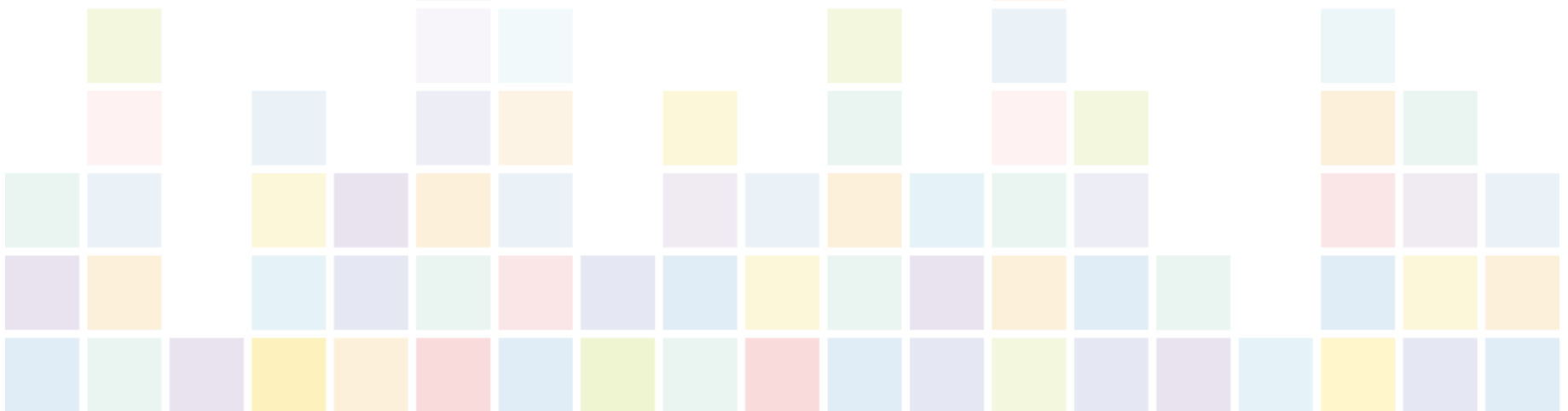


Radiotherapy

- Radiotherapy is the use of high energy X-rays and similar rays (such as electrons) to cause damage to cells, which then makes it difficult for them to replicate.
- 40% of those 'cured' of cancer are treated by radiotherapy.
(Royal College of Radiologists 2003)

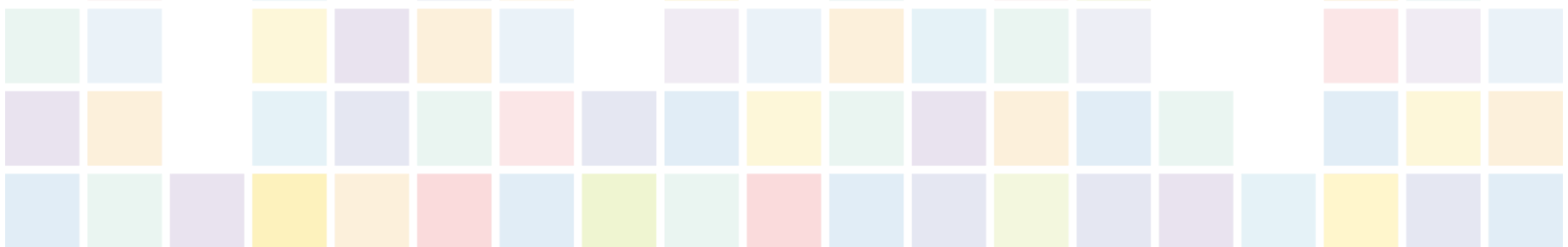
How radiotherapy is given

- Single Dose or Daily Dose
- Daily treatments where total dose is split into fractions to preserve normal tissue and reduce side effects of treatment.



Effects of radiotherapy

- Affects both normal and cancer cells
- Aim to preserve normal cells and damage only cancer cells
- Normal tissue repairs more effectively
- An area treated with radiotherapy usually receives a lifetime dose.



Radiotherapy: short-term side effects

- fatigue
- malnutrition
- weight loss
- skin: redness/sunburn-like symptoms
- head and neck: irritation of mucosal lining, dryness, ulceration
- chest: heartburn-like symptoms if oesophagus is affected
- upper abdomen: nausea and vomiting
- lower abdomen: cramps, diarrhoea and urinary problems.

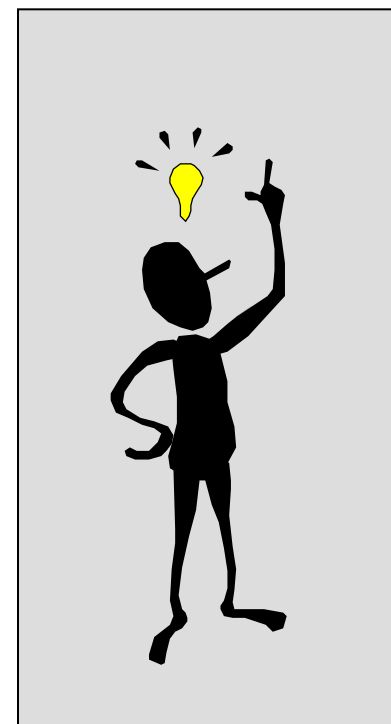
Late Effects

INCREASED SURVIVORSHIP



'People don't stop feeling the physical or emotional effects of cancer just because they have finished treatment.'

Professor Jessica Corner, Chief Clinician, Macmillan Cancer Support

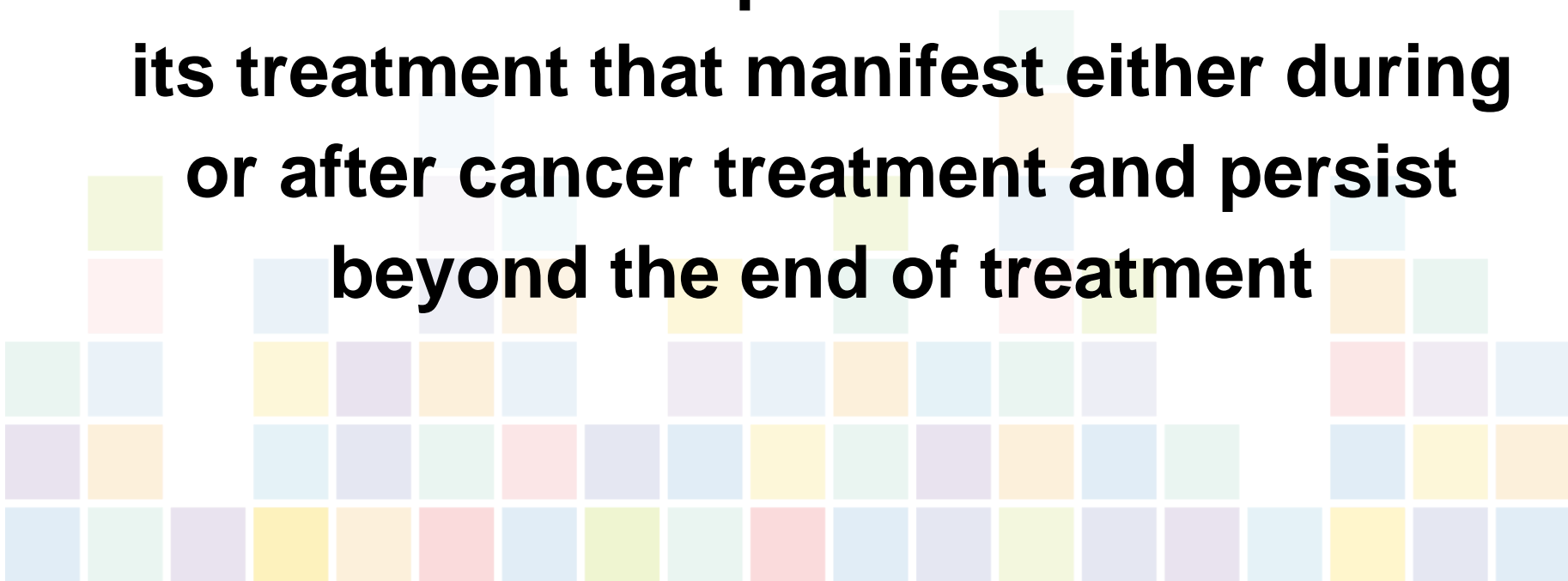


INCREASED LATE EFFECTS



Late Effects

Defined as: consequences of cancer and its treatment that manifest either during or after cancer treatment and persist beyond the end of treatment



Treatment consequences (long-term/late effects)

Physical

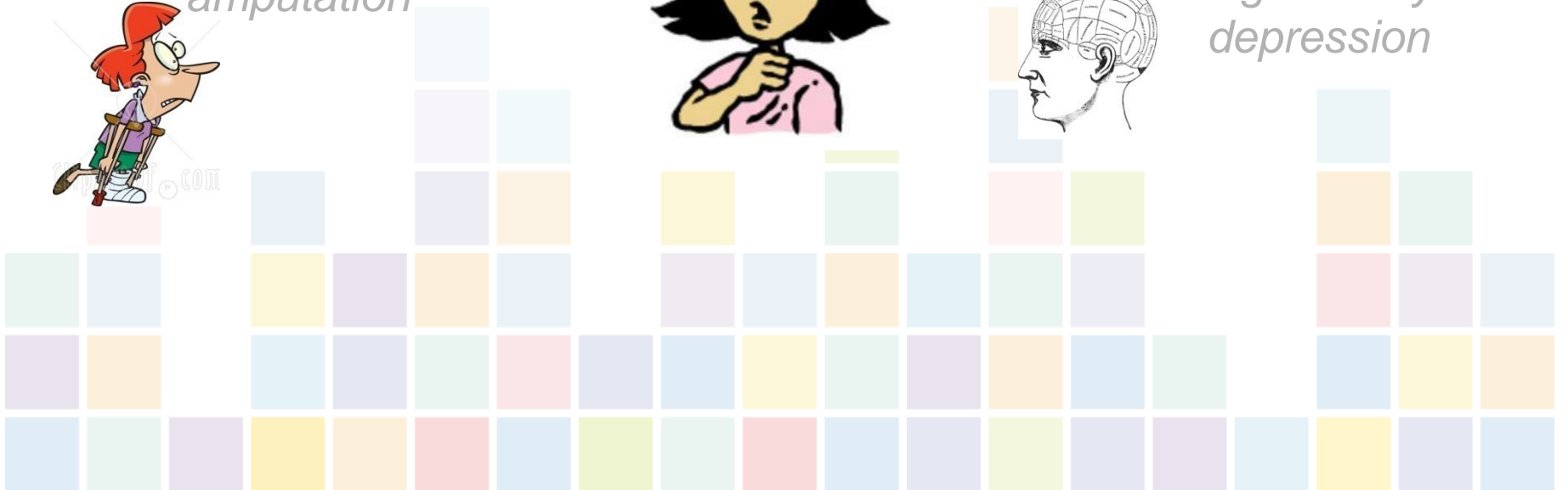
Functional

*e.g. stomas
amputation*



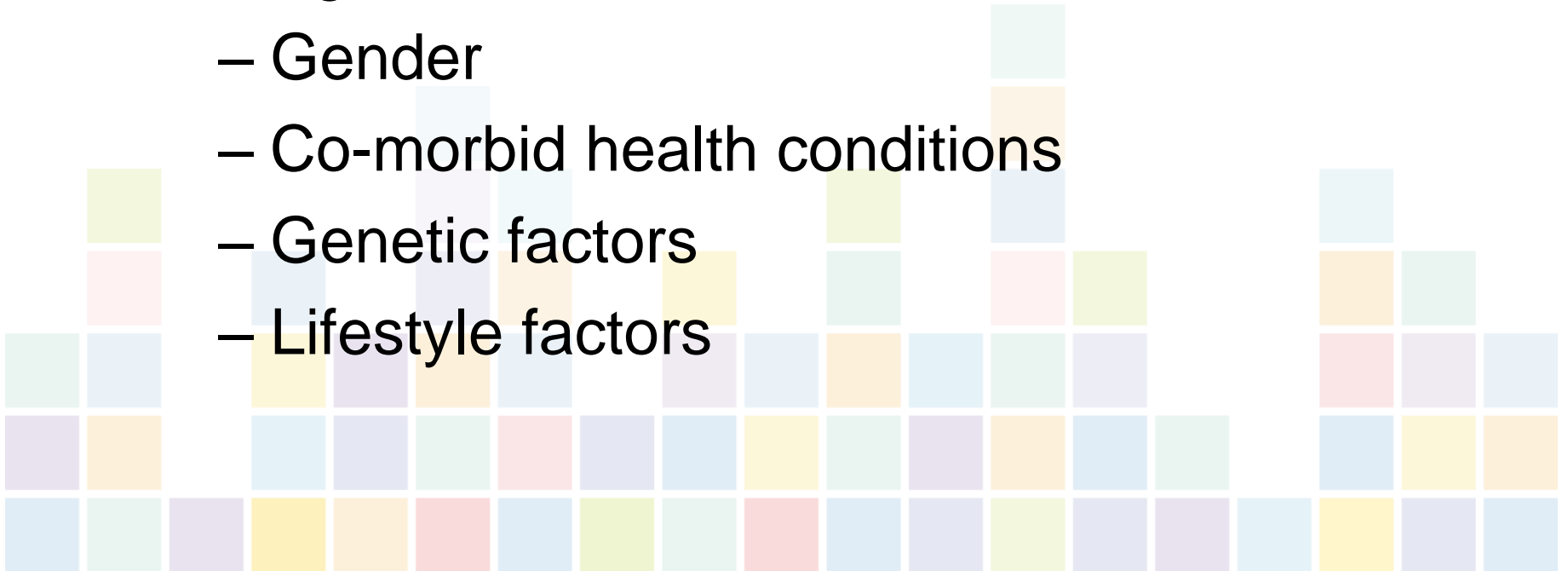
Psychological

*e.g. anxiety
depression*



Risk for Late Effects

- Risk for late effects:
 - Cancer therapy
 - Age at treatment
 - Gender
 - Co-morbid health conditions
 - Genetic factors
 - Lifestyle factors



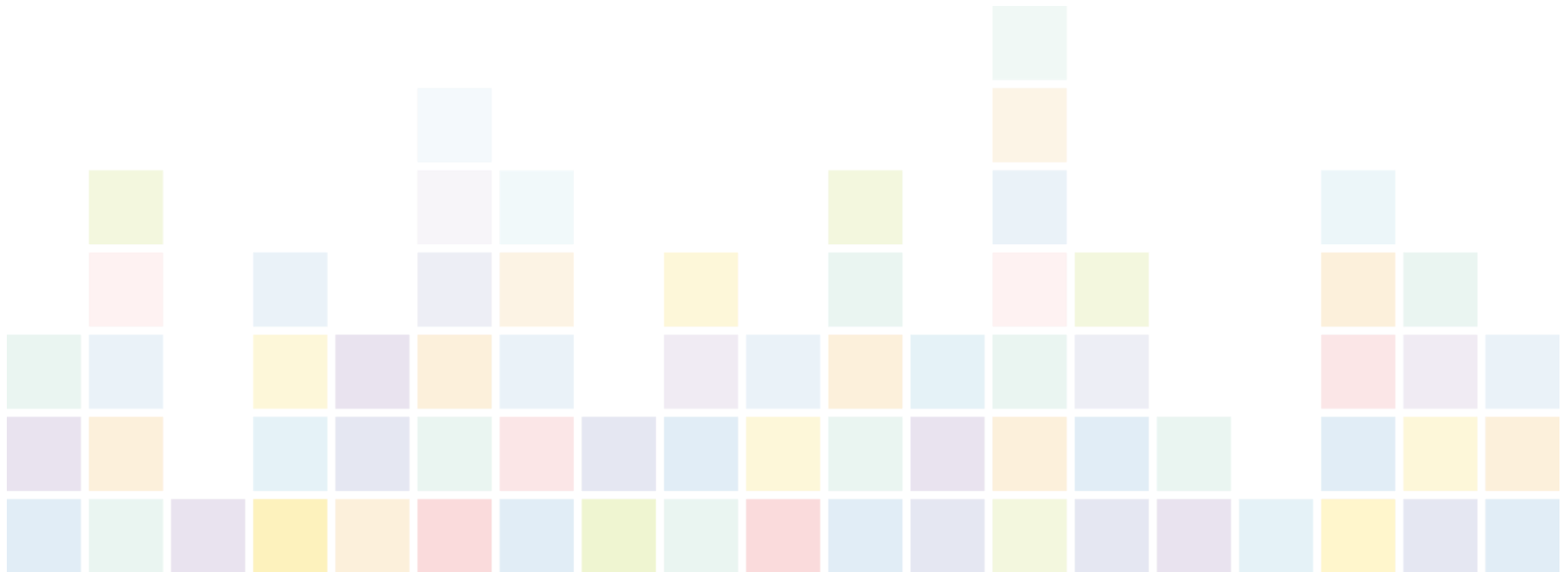
Working with you to make Sheffield

HEALTHIER

NHS

**Sheffield
Clinical Commissioning Group**

Living With And Beyond Cancer



New Support

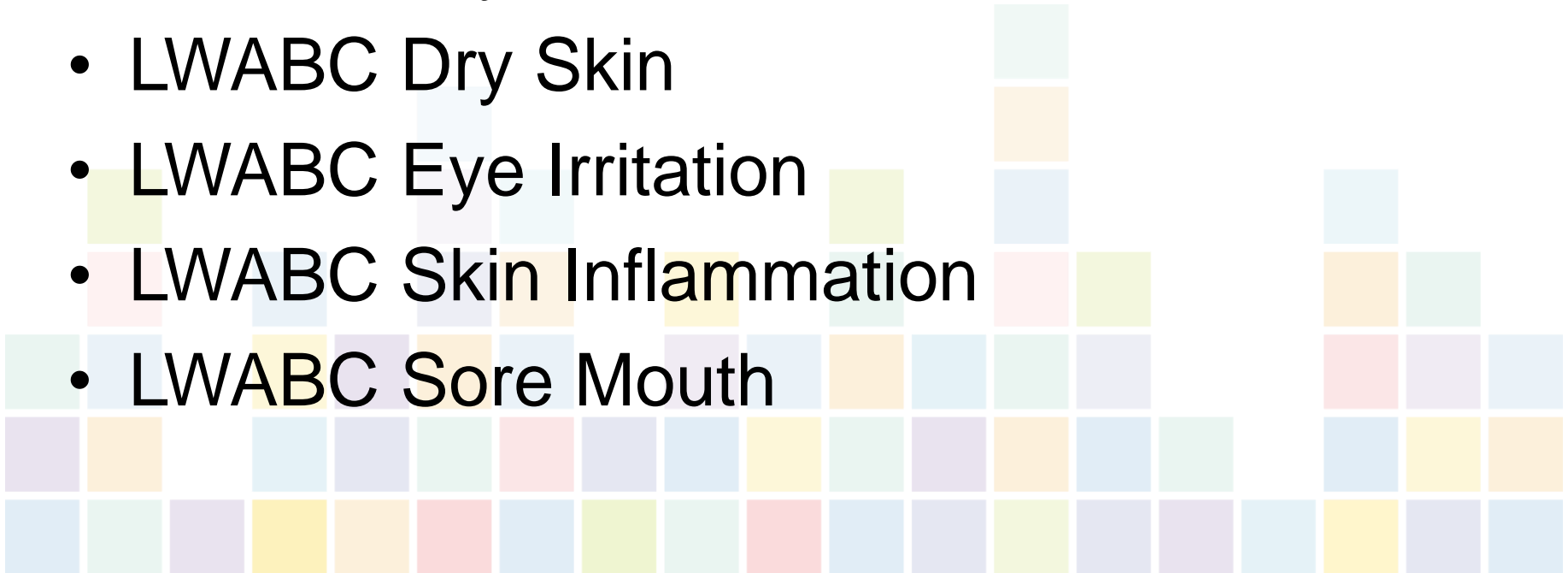
- ‘Hidden cohort’ of patients
- Undergoing or recently completed radiation therapy or chemotherapy
- Care closer to home
- Improved patient outcomes
- Utilising clinical skills of pharmacist

Telephone Triage

- WPH triage patients
- Referral to Pharmacy
- Pharmacies to ensure familiarity with monographs
- Not Minor Ailments to this cohort
- Living With And Beyond Cancer!

New Conditions

- LWABC Constipation
- LWABC Dry Mouth
- LWABC Dry Skin
- LWABC Eye Irritation
- LWABC Skin Inflammation
- LWABC Sore Mouth



New Products

Dry Mouth

- BioXtra® Gel Spray (50ml)
- BioXtra® Moisturising Gel (40ml)
- Salivix® Pastilles (50)
- Xerotin® Oral Spray (100ml)

Constipation

- Docusate Sodium 100mg Capsules (30) (Dioctyl®)
- Docusate Sodium 50mg/5ml (300ml)(Docusol®)
- Bisacodyl

Red Flag Symptoms

- Temperatures of 37.5°C or more
- Symptoms of infection
- Feeling generally unwell
- Bleeding or bruising
- Nausea and vomiting
- Diarrhoea
- Chest pains
- Breathlessness
- Neuro-sensory changes



Red Flag Symptoms



Contacts for 'Red Flag' patients:-

- Cancer team or radiotherapy department
(226 5282) at WPH or
- Cancer Information and Support Centre
(226 5391)

Resources

Home

Governing Body

A-Z

Weekly Round Up

Contacts

Discussion Forums

Useful Links

CCG Public Website

Home > Medicines & Prescribing > Community Pharmacy Resources > Locally Commissioned Services > Minor Ailments Scheme

Area Prescribing Group

Care Homes

Community Pharmacy Resources

Info' Archive

Locally Commissioned Services

Community Pharmacy Service to
Care Homes

Minor Ailments Scheme

Not Dispensed Scheme

Monitored Dosage Systems (MDS)
and 7-day Prescriptions

Newsletters

Minor Ailments Scheme

Why wait to see the Doctor?

If your prescriptions are free and you are suffering from...

- Athlete's Foot	- Hay Fever	- Nappy Rash
- Choker's Pea	- Headache	- Nasal Congestion
- Cold Sores	- Headache/Earache	- Period Pain
- Conjunctivitis	- Temperature	- Ruffles (Sting)
- Constipation	- Dental Pain	- Sore Throat
- Dermocase	- Injection/Injury	- Teething
- Eczema	- Tummy Upset	- Thrush
- Gemstones	- Head Stix & Strep	- Thrush (by Oral Treat)
- Hemorrhoids (Piles)	- Mouth Ulcers	- Urinal
	- Muscular Pain	- Toothache

... your pharmacist can offer advice and free treatment!
Pick up a leaflet or ask for further details.

Sheffield
Clinical Commissioning Group

[Minor Ailments Monographs \(April 2016\)](#)

[Minor Ailments Formulary \(as at June 2015\)](#)

[Minor Ailments Service Specification 2015/16](#)

[GP Referral Form](#)

[Patient Consultation Form](#)



Contacts

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305 1077

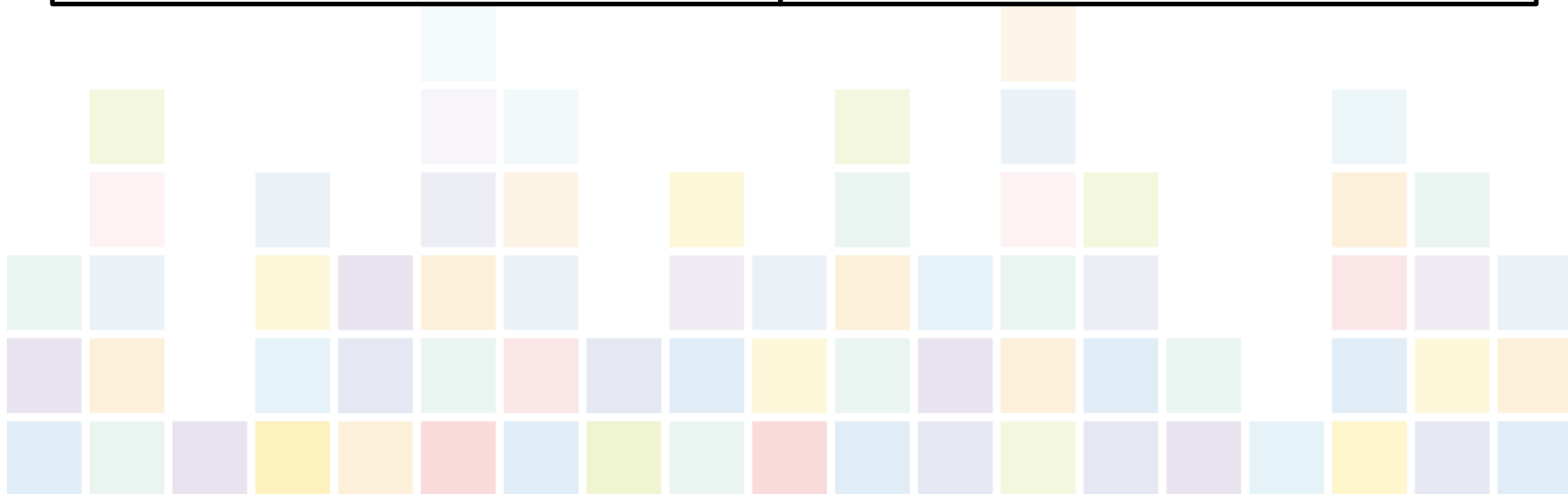
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Any Questions?

