

HEAR *(Health Evidence Awareness Report)*

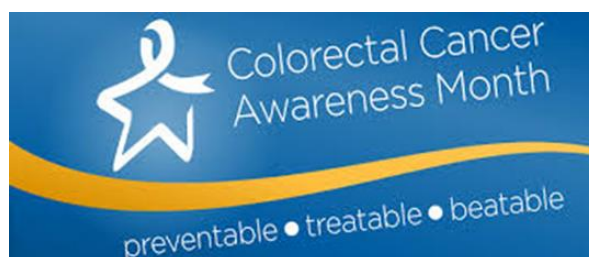
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Welcome! Focus on Bowel Cancer month April 2015.

HEAR is the result of a collaboration between librarians in St. Vincent's University Hospital, the Health Service Executive, St. Luke's Hospital, University Hospital Limerick, St. Michael's Hospital, Temple Street Hospital, Milford Care Centre, St. Vincent's (Navan Road) and the Irish Blood Transfusion Service.

Feedback from the first issue was overwhelmingly positive and the HEAR team is gratified and heartened by your comments! And, of course, we always welcome your tips and suggestions.



This month, the theme is Bowel Cancer, also known as colorectal cancer. We have included our "Health Bytes" dietetics and nutritional information, Bibliotherapy for book recommendations, "Rapid Rounds" includes guidelines and other important evidence-based papers aimed at

healthcare professionals. We also have Health Awareness, Patient Education – including an "Easy Read option" – and much more.

To submit your comments or suggestions for future issues, please send your emails to:

HEAR@hslg.ie

Did you know? Fast facts on Bowel Cancer.

"Colorectal cancer (CRC) is the third most common cancer in men and the second in women worldwide with incidence higher in men than women." Source: NCRI

BowelScreen offers free bowel screening to men and women aged 60-69 through a home test kit known as the faecal immunochemical test (FIT).
<http://www.cancerscreening.ie/bowel-screening.html>

"..because of public embarrassment, colorectal cancer is rarely discussed outside the medical press, despite being the commonest internal cancer in the Irish population."
<http://www.colorectal.ie>

HEALTH AWARENESS



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

The HSE has an 'A to Z' of common health conditions which is accessible at http://www.hse.ie/eng/A_to_Z/. A section on Bowel Cancer is available here: <http://www.hse.ie/eng/health/az/B/Bowel-cancer/>

Patient UK also has a patient information leaflet on Bowel Cancer. <http://www.patient.co.uk/health/bowel-colorectal-cancer>

Mayo Clinic: Colon Cancer Factual information, treatments etc. <http://www.mayoclinic.org/diseases-conditions/colon-cancer/basics/definition/con-20031877>

American Cancer Society: Colon Cancer Information and links <http://www.cancer.org/cancer/colonandrectumcancer/index>

National Cancer Helpline

Freephone

1800 200 700 to talk to a specialist cancer nurse.

It's open **Monday-Thursday** from 9am to 7pm and **Friday** from 9am to 5pm

Stories from the press...

[‘Irish scientists develop cheap blood test for bowel cancer’](#) by Paul Cullen *Irish Times*, Tue, Feb 5, 2015

[Screening detects 200 bowel cancer cases](#) By Paul Cullen *Irish Times*. Friday, 21st November 2014

[“Cork has highest bowel cancer rate in the country”](#) By Evelyn Ring *Irish Examiner*. 1st April 2014

[“Discoveries in bowel cancer raise hopes for survival”](#) By Evelyn Ring *Irish Examiner*. 12th Sept 2014

Support Groups

[Irish Cancer Society](#)

[Colostomy Care Group](#)

[Irish Stoma Care and Colorectal Nurses Association \(ISCCNA\).](#)

[The Ileostomy & Internal Pouch support group.](#)

[Marie Keating Foundation](#)

[UK Colostomy Association](#)

Upcoming Events

[Irish Cancer Society’s “Relay for Life”.](#)

Local dates:

UCD 14-15 April 2015

NUIG 15-16 April

[Men’s Cancer Alliance: “Blue September”](#)

HEALTH BYTES

Information and tips on diet after bowel cancer from Cancer Research UK

<http://www.cancerresearchuk.org/about-cancer/type/bowel-cancer/living/diet-after-bowel-cancer>

Nutrition in cancer care information about good nutrition, effects of treatments on appetite, weight loss, from the National Cancer Institute at the National Institute of Health

http://www.cancer.gov/ncertopics/pdq/supportive_care/nutrition/Patient

“A diet rich in veg and fish may reduce bowel cancer risk” NHS Choices UK

<http://www.nhs.uk/news/2015/03/March/Pages/A-diet-rich-in-veg-and-fish-may-reduce-bowel-cancer-risk.aspx>

Books and Bibliotherapy

“[Understanding Colon Cancer](#)”

by A. Richard Adrouny

from Amazon.com:

"For the lay reader wishing to know more about this disease that has become more prominent in public attention, Understanding Colon Cancer gives concise information and explanation. It covers fundamental knowledge about occurrence, carcinogenesis, genetics, diagnosis, staging, prognosis, and treatment, as well as forecasting the kinds of diagnostic tests and treatments that may be developed."



Image: [HSE](#)

[Counselling people with cancer.](#)

Mary Burton, Margaret Watson

Counselling People with Cancer is a practical 'how to' book written by two eminent psychologists The book is intended primarily for health care professionals in regular contact with cancer patients and whose work involves a counselling element (Amazon.co.uk)

[ABC of Colorectal Cancer,](#)

Annie Young, Richard Hobbs
2011

[Oxford Handbook of Oncology](#)

Jim Cassidy 2010 (3rd Edition)
From Oxford University Press

“[I know someone with cancer](#)”

Sue Barraclough (junior collection)
Available from [Dublin City Libraries](#)

“[Understanding bowel cancer: a guide for people with cancer, their families and friends.](#)”

Cancer Council (Australia)
Download the full booklet from this link.

“Significantly lower uptake of FIT screening for colorectal cancer in men”

Nick Clarke

<http://www.ncri.ie/news/article/significantly-lower-uptake-fit-screening-colorectal-cancer-men>

RAPID ROUNDS

Journal scan:

Hebbar M et al. [FOLFOX4 versus sequential dose-dense FOLFOX7 followed by FOLFIRI in patients with resectable metastatic colorectal cancer \(MIROX\): a pragmatic approach to chemotherapy timing with perioperative or postoperative chemotherapy from an open-label, randomized phase III trial.](#) Ann Oncol. 2015 Feb;26(2):340-7

Koerberle D et al . [Bevacizumab continuation versus no continuation after first-line chemotherapy plus bevacizumab in patients with metastatic colorectal cancer: a randomized phase III non-inferiority trial \(SAKK 41/06\).](#) Ann Oncol. 2015 Jan 20. [Epub ahead of print]

Pietrantonio F et al. [Predictive role of BRAF mutations in patients with advanced colorectal cancer receiving cetuximab and panitumumab: A meta-analysis.](#) Eur J Cancer. 2015 Feb 9. [Epub ahead of print]

Yang B et al. [Active Smoking and Mortality Among Colorectal Cancer Survivors: The Cancer Prevention Study II Nutrition Cohort.](#) J Clin Oncol. 2015 Mar 10;33(8):885-93.

Systematic Reviews

Nelson RL, Gladman E, Barbateskovic M. [Antimicrobial prophylaxis for colorectal surgery.](#) Cochrane Database of Systematic Reviews 2014, Issue 5. Art. No.: CD001181.

Vennix S, Pelzers L, Bouvy N, Beets GL, Pierie JP, Wiggers T, Breukink S. [Laparoscopic versus open total mesorectal excision for rectal cancer.](#) Cochrane Database of Systematic Reviews 2014, Issue 4. Art. No.: CD005200.

Colorectal surgery

Tashiro 2014. [Inferior oncological prognosis of surgery without oral chemotherapy for stage III colon cancer in clinical settings.](#) DOI 10.1186/1477-7819-12-145

Klos 2014. [Accordion complication grading predicts short-term outcome after right colectomy.](#) DOI 10.1016/j.jss.2013.11.1084

Tanaka 2014. [Randomized controlled trial comparing subcuticular absorbable suture with conventional interrupted suture for wound closure at elective operation of colon cancer.](#) DOI 10.1016/j.surg.2013.10.016

Steele 2014. [Time-dependent estimates of recurrence and survival in colon cancer: clinical decision support system tool development for adjuvant therapy and oncological outcome assessment.](#) PMID: 24887722

Contact your hospital/ healthcare librarian if you have any difficulty locating full text for these or any other articles.

“Healthcare Librarians – making evidence evident”



“Predicting outcomes for patients with bowel cancer could become easier and more precise following the identification of several new biomarkers by researchers in Limerick.”

<http://www.rte.ie/news/2014/1201/663854-cancer/>



[Health Technology Assessment \(HTA\) of a population-based colorectal cancer screening programme in Ireland. HIQA, March 2009.](#)

Health Sciences Libraries Group

A section of the Library
Association of Ireland.

Contact us:

HEAR@hslg.ie

We're on the Web!

<http://www.hslg.ie>

From last year's Slainte Magazine, April 2014: "People living in Cork, Leitrim and Louth found out from the Irish Cancer Society today that they have the highest rates of bowel cancer in the country." Read on at:

<http://slaintemagazine.ie/bowel-cancer-spot-the-symptoms/>

Guidelines

NICE (2014) [Colorectal Cancer: the diagnosis and management of colorectal cancer](#). NICE clinical guideline 131. Available at <https://www.nice.org.uk/guidance/cg131>

SIGN. (2011) Diagnosis and management of colorectal cancer. SIGN 126. Available at <http://www.sign.ac.uk/guidelines/fulltext/126/index.html>.

Glimelius B et al. [Rectal cancer: ESMO Clinical Practice Guidelines for diagnosis, treatment and follow-up](#). Ann Oncol. 2013 Oct;24 Suppl 6:vi81-8.

Van Cutsem E et al. [Metastatic Colorectal Cancer: EMSO Clinical Practice Guidelines for diagnosis, treatment and follow-up](#). Ann Oncol (2014) 25 (suppl 3): iii1-iii9.

Dunfield L, et al. [Protocol: Screening for colorectal cancer. 2013 \(revised 2014\)](#). Canadian Task Force.

NICE Guidelines CG118 (March 2011) [Colonoscopic surveillance for prevention of colorectal cancer in people with ulcerative colitis, Crohn's disease or adenomas](#).

CLINICAL GUIDELINES/NURSING. Guideline for Care of a Patient with a Stoma. Nottingham University Hospitals. NHS Trust. <https://www.nuh.nhs.uk/handlers/downloads.ashx?id=52409>

Mental Health/Emotional Support

Susie's Cause - psychological effects of colon cancer
<http://www.coloncancerfoundation.org/treatment/psychological.html>

Colon Cancer: coping and support (Mayo Clinic)
<http://www.mayoclinic.org/diseases-conditions/colon-cancer/basics/coping-support/con-20031877>

Easy Read/Accessible format

An easy guide to having a colonoscopy NHS
<http://www.easyhealth.org.uk/sites/default/files/An%20Easy%20Guide%20to%20Having%20a%20Colonoscopy.pdf>



Image: [Simon James](#)

Patient Education & Information

Bowel (Colorectal) cancer information

<http://www.patient.co.uk/health/bowel-colorectal-cancer>

BowelScreen – The National Bowel Screening Programme is a new, government-funded screening programme. Includes video on how to use the home screen test kit.

<http://www.bowelscreen.ie>

Colon Cancer - JAMA patient page . Risk factors, screening and additional links.

<http://jama.jamanetwork.com/article.aspx?articleid=183082&resultClick=3#SCREENINGFORCOLONCANCER>

From Cancer.ie: how to recognise the signs and symptoms of bowel cancer.

<http://www.cancer.ie/reduce-your-risk/bowel-cancer-what-you-should-know//bowel-cancer-know-the-symptoms#sthash.hOiOzs76.dpbs>

“Living with a colostomy” from NHS Choices.

<http://www.nhs.uk/Conditions/Colostomy/Pages/living-with.aspx>

Living with a stoma (MacMillan Cancer Support). Watch Pat’s story, and access others on their online community link.

<http://www.macmillan.org.uk/Cancerinformation/Cancertypes/Colonandrectum/Treatinrectalcancer/Surgery/Livingwithastoma.aspx>

Patient leaflets

Irish Cancer Society - raising awareness of bowel cancer -

http://www.cancer.ie/sites/default/files/content-attachments/hp_bowel_campaign_leaflet.pdf

NCCN Guidelines for patients - Colon Cancer

<http://www.nccn.org/patients/guidelines/colon/index.html>

Screening for Colorectal (bowel cancer)

<http://www.patient.co.uk/health/screening-for-colorectal-bowel-cancer>

DISCLAIMER

This newsletter contains information about Bowel Cancer. The information is not advice and should not be treated as such.

This month’s issue was compiled by a collaborative group of health librarians. We are: **Joanne Callinan**, Milford Care Centre; **Marie Carrigan**, St. Luke’s Radiation Oncology Network; **Bernadette Colley**, Temple St. University Hospital; **Isabelle Delaunois**, University Hospital Limerick; **Catherine Dillon**, HSE; **Grace Hillis**, Daughters of Charity Disability Support Services; **Aoife Lawton**, Dr. Steeven’s Hospital; **Anne Madden**, St. Vincent’s University Hospital; **Margaret Morgan**, Midland Regional Hospital Mullingar; **Caroline Rowan**, St. Michael’s Hospital; **Niamh O’Sullivan**, IBTS.