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President's Message

Hello to all,

If your past few months have been anything like mine they have been crazy. If you had the opportunity to attend Congress I am sure that you had as great a time as I did. And if you are also like me you have attended at least one graduation already or had one of your own. All of this has made me think of something I always tell my patients "if you think ever that you have learned it all in nursing then it is time to quit because you should never stop learning." At Congress one of the many things that I was impressed with is how much oncology nursing and how we treat patients has changed over the years. At Congress I learned about new pathways and genes that will shape the future of oncology treatments. I realized that this is one of the many reasons that I love oncology is that I am always encouraged to keep on learning. Learning is something that we do from the time we are born and do daily as we go through life. Seniors from high school are excited to complete their high school education only to move on to learning about their specific profession. Those graduating from professional schools or colleges are looking forward to putting to use all the knowledge they have been cramming in over the past 4-5 years.

Many have gone on to complete post graduate degrees. What ever the case the point is that whether in schools or at conferences we need to be constantly learning and keeping up with what is going on in oncology. We should have a desire to learn which never goes away. Our patients deserve the best treatment available and this means we must continue to learn and grow. So never think that graduation is the end, it really is only the beginning.

Sincerely,

Amy Voris MS, CNS, AOCN
CTC-ONS President



Greetings From the Editor

Letter to the Editor: Ruth Gholz

Chapter Members where are you?

I would like to reflect on my observations of the past few years in our Chapter. We have greater than 200 members, yet at our meetings we consistently have less than 50 nurses attend.

Having been an Oncology Nurse for 30 plus years I continue to get excited about networking, learning and sharing with my colleagues. At each chapter meeting the attendance is very predictable- we die hard, committee chairs and members and maybe a new face or two.

When I attend educational or promotional programs outside of chapter meetings, I see attendance of 40-50 oncology nurses but they are not faces I recognize; yet they are practicing oncology nurses and chapter members. How exciting it would be if these nurses also attended our chapter meetings! What stops them from coming to OUR programs?

The profession of oncology nursing is promoted by our chapter and knowledge is disseminated and lifelong friendships are made. This does not occur at promotional meetings.

I challenge each chapter member to make a concerted effort to attend the chapter meetings, share your strengths and concerns as it is only together we can make the greatest difference.

Yes, the twelve hour shifts are challenging, young families have needs and other commitments can get in the way. The dates for the meetings are available early and schedules can be changed IF YOU WANT IT!

Make this chapter a want, not a line item on your curriculum vitae. We need you and you need us!

My first ten years in Oncology were in Buffalo New York and trust me, I drove through blizzards and sleet, left my young children with baby sitters, prayed for sleep and pushed myself to support Oncology Nursing with my Chapter. When I arrived in Cincinnati as a single mother my first friendship came as a result of this chapter. The members are my friends as well as colleagues and they have shared my challenges as a nurse, mother, new wife and grandmother. Where else can you find a group of people who CARE?

Please come meet me and my friends because we know that life is hard and we together can make it easier.

Hope to see you in September because you matter and this is a life changing experience.

Ruth Gholz

Outreach Ohio Mentorship Award Recipient

Kudos goes to Susan Partusch!

Susan was named the Outreach Ohio Mentorship Award recipient for 2010. Susan's contributions as a leader, mentor, educator, collaborator, and friend are outstanding. CTC-ONS members congratulate her and we are very proud she is one of us.





THE “PSYCH” CORNER

Barb Henry, APRN-BC, MSN
Mhap65@ucmail.uc.edu

ALTERNATIVE HEALING

CTC-ONS members experienced pampering and healing at the May chapter meeting to celebrate Oncology Nurses Month. We enjoyed delicious food, drinks, and dessert from Tastefully Simple: www.tastefullysimple.com/web/cross Ruth Gholz & Gigi Robison won baskets of Tastefully Simple goodies. Mary Kay representatives gave us advice on make-up, skin and hand care. Sue Partusch won a MK prize package. We received MK samples and 10% off future orders: www.marykay.com/maburchett Nancy Murrin won a goody bag from the Village Spa in West Chester: <http://www.thevillagespasalon.com/>

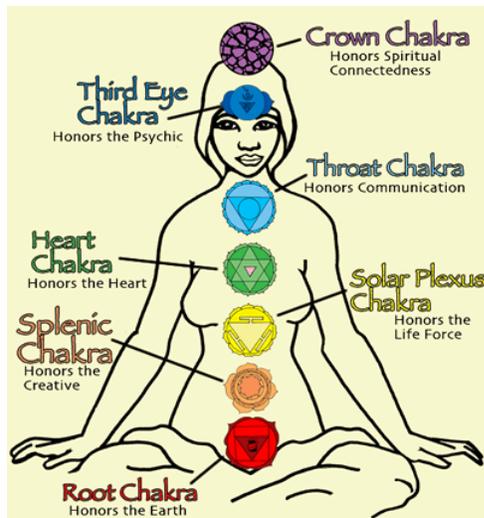
Two nurses who provide alternative healing in their work settings were present. We enjoyed Jen Rehling’s hand massages; she uses Twisted Peppermint lotion from Bath & Body Works with patients on the oncology units at Good Samaritan Hospital, which also helps relieve nausea. Mary Duennes, Tri Health & Parish Nurse, taught us Reiki energy holds for deep relaxation: Halo, Head, Crown, Shoulder, and Heart; followed by brushing off of energy fields and grounding, preceded by a head and shoulder acupressure release with a great handout for future use; www.capacitar.org

Julie Neal, PCA from Good Samaritan Hospital inpatient oncology unit and licensed massage therapist for 37 years, provided chair massage. Debbie Heidrich set up a humor station with You Tube videos that provided laughter, the best medicine.

An exercise physiologist from the Tri-Health Pavilion gave us motivating advice. I won two guest passes to help with my fitness: www.TriHealthPavilion.com

A licensed acupuncturist from Tri Health Integrative Health & Medicine demonstrated Ear Reflexology using electronic acupuncture. We learned the Alexander Method to improve sitting/standing posture: <http://www.alexandertechnique.com/>

During the Crystal Healing session, we reclined on a comfy table while the practitioner opened our chakras using energy techniques and various colorful crystals: <http://www.astrostar.com/Crystal-Healing-Chakras.htm>



Thanks to the volunteer healers, prize donors, GlaxoSmithKline, the Wellness Community <http://www.thewellnesscommunity.org/cincinnati/>, Sally, Sue, Debbie, and the Program Committee for making this a fun and healing chapter event!

For more information- author contact: mhap65@ucmail.uc.edu

COMMUNITY OUTREACH

Skin Cancer Screening at Cincinnati Sports Club

By Diane Detmer RN, BSN, OCN

On May 15, 2010, employees of The Christ Hospital Cancer Center collaborated with volunteers from Melanoma Know More Foundation to assist Dr. Susan Kindel, dermatologist, in a free screening clinic for skin cancer at Cincinnati Sports Club. The effort was coordinated by Connie Cook RN, director of the cancer center. Susan Crafton RN, Diane Detmer RN, and Judy Piron RN assisted Dr. Kindel in checking 25 persons in a 3 ½ hour period. Others from the cancer center who helped process persons through were radiation therapists Kathy Faller and Sanja Glavan. Lynn Heath and Marge Fearn from Melanoma Know More also assisted in check-in and check-out.

Analysis from the day show that there were 75 total findings, including 5 basal cell cancers, 4 actinic keratosis, 17 dysplastic nevus and 1 squamous cell cancer. Thirteen of those screened were recommended to have biopsies and fifteen were referred to a dermatologist. Free samples of sunscreens and brochures were given to participants. The Christ Hospital also partners with Cincinnati Sports Club in providing educational programs for colorectal cancer.



From left to right: Sanja Giavan,RRT, Lynn Heath,Judy Piron, RN, Susan Crafton RN, Dr. Susan Kindel, Marge Fearn, Kathy Failer RRT and Diane Detmer RN.

CTC-ONS Journal

A SCHOLARLY GATHERING

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Please call Gigi or Barb for more information or to RSVP...

Date: Wed., August 18th

Time: 6 to 8 p.m.

At the Home of Gigi Robison

Address: 3265 Linwood Ave.

Mt. Lookout 45226-1260

Gigi's Cell: 720-9198

TOPIC: SMOKING CESSATION & PSYCHO-ONCOLOGY ISSUES

ARTICLES WILL BE POSTED AT:
www.cincinnati.vc.ons.org

or email Barb Henry to obtain copies: Mhap65@ucmail.uc.edu or Bjzh@aol.com
Barb's Cell Phone: 237-6840

DIRECTIONS:

Gigi's house is in Mt. Lookout, very close to Mt. Lookout Square and Christ the King Church, 4 houses up from the church on Linwood.

Google map, Mapquest, or call Gigi for more detailed directions!

We are open to other hostesses/locations or sponsor volunteers ☺

*****Any nurse interested in the topic or Journal Club is welcome to attend.**

**Feel free to bring a side dish or dessert.
Pizza & water will be served so please RSVP ☺**

***Expanded Indication for Treatment of NHL
Zevalin Radiopharmaceutical Therapy***

**Ronda Bowman, RN, BSN, OCN
Oncology Hematology Care, Inc.**

Zevalin Therapy for NHL has been approved since 2002 for relapsed or refractory, low-grade or follicular B-cell non-Hodgkin's lymphoma. The treatment regimen includes 3 days of commitment from the patient for a potential overall response of 75-80% with complete response in 15% from studies that allowed accelerated approval.

September 2009 Zevalin has been approved for previously untreated follicular NHL patients who achieved a partial or complete response to first-line chemotherapy. This has allowed the opportunity for Zevalin to be used as "front line" treatment following a successful course of initial chemotherapy. The clinical trial that supported the expanded indication included 414 patients with follicular NHL with a partial or complete response upon completion of first-line chemotherapy. Key eligibility was less than 25% bone marrow involvement, no prior external beam radiation or myeloablative therapy, and recovery of platelets to range 100,00-150,000 or greater. Randomization included administration of Zevalin or no further therapy following first-line chemotherapy. Among the 414 patients progression free survival was significantly prolonged among the Zevalin-treatment patients compared to those receiving no further treatment. The median PFS of 38 months vs. 18 months was reported.

The significant treatment side effects include bone marrow suppression with monitoring of complete blood count for 12 weeks post treatment.

The treatment includes Day 1 of Rituxan/In-111 for biodistribution imaging; Day 3 for total body scan for biodistribution imaging of In-111; Day 8 of Rituxan/Y-90 (radioactive isotope yttrium-90 with monoclonal antibody linked). Following the infusion the monoclonal antibody targets the CD20 antigen, which is found on the surface of mature B cells and B cell tumors. The mechanism of action is cytotoxic radiation is delivered directly to the malignant cells.

Oncology Hematology Care, Inc. has administered Zevalin Therapy since 2002. The treatment regimen is very simple for the patient and has provided another treatment option in recurrent disease and now following first-line chemotherapy.

New Treatment Option for Prostate Cancer

Now Available in Cincinnati

By: Becky Arledge, RN, OCN

Oncology Hematology Care, Inc.

Oncology Hematology Care, Inc. is has been certified and selected by Dendreon as one of only 50 sites nationwide to offer sipuleucel-T (Provenge) therapy. Provenge is the first FDA approved autologous cellular immunotherapy. It is indicated for use in the treatment of asymptomatic or minimally symptomatic metastatic hormone refractory prostate cancer. OHC's North Treatment Center in Blue Ash has been designated as the referral site for this exciting new therapy. The treatment staff and physicians at NTC were required to receive comprehensive, onsite training provided by the manufacturer in order to be certified as a provider of treatment. The office staff is now prepared to manage the care of treatment candidates from enrollment and throughout the 5-6 week schedule of care. We began accepting referrals on May 6th and have received inquiries from within our own practice, across the state, and as far away as Virginia. The staff and physicians at OHC are excited to be able to offer this new and promising therapy to our patients.

Integrating Complementary Therapy into Oncology Care

By Lynne Brophy, RN, MSN, OCN, AOCN

In the summer of 2008, the inpatient medical surgical oncology unit at Bethesda North Hospital began to offer integrative medicine to patients on the inpatient oncology unit using a grant provided by the Bethesda Foundation. We began by offering Reiki, Healing Touch, Hand Massage, Aromatherapy and Guided Imagery. One therapy was offered each afternoon, four days a week. Inpatient nurses compiled a list of potential patients for the integrative therapy practitioner to approach when they arrived. Patients had positive impressions of these therapies as methods to reduce pain, nausea, anxiety and insomnia. Nurses were pleased to offer their general surgical, surgical oncology and medical oncology patients these modalities.

Since the inception of the program, we have made additions. In 2009, services were expanded to include the Ambulatory Treatment Center at Bethesda North, an outpatient clinic which serves chronically ill medical, oncology and short term antibiotic/IV therapy patients. Last year the program was coordinated by Lindy Mathes, RN and Donna Wetick, RN, a CTC ONS Chapter member. These women worked to further encourage integration of these therapies. Due to some nausea reported in response to Aromatherapy, it was discontinued in the second year of the program and reflexology was substituted. These additions have been well received.

This year, plans are being made to reapply for funding from the Bethesda Foundation. We hope to further expand services to include our inpatient palliative care patients. We also hope to include acupuncture for pain, nausea and anxiety as one of our services. It has been gratifying to see the positive response from patients and families to this new program. It is difficult to attribute the program as one of the reasons our patient satisfaction scores continue to rise in the oncology areas at Bethesda North but we like to think it has had a role.

An Angel in Navigator's Clothes

By Lynne Brophy, RN, MSN, OCN, AOCN

Sometimes an angel comes in the form of someone who has time to listen and perhaps hold someone's hand. At Bethesda North Hospital, one of our angels is Julie Behan, American Cancer Society (ACS) Cancer Patient Navigator.

In 2009, Julie Behan, the ACS Cancer Patient Navigator began to visit patients on the inpatient medical surgical oncology unit. Julie comes in two mornings a month, beginning her visits by touching base with the unit's Care Manager, oncology nursing expert, Susan Strouth, RN. Susan gives Julie a list of patients who have just been diagnosed with cancer and those who have been admitted with complications due to an existing cancer diagnosis. Julie visits each patient and gets to know them a little better. She offers them information about community resources associated and not associated with American Cancer Society. For example, when she visits a newly diagnosed breast cancer patient who is having trouble making ends meet and putting food on the table, she will offer information about Reach to Recovery but might also present a list of food pantries in the patient's county. After visiting the patients on the list, Julie gives a brief report to Susan and or our social worker, Tina Stevens, to share any information she has gleaned which will assist in the care management process. This allows the patient and family time to share their concerns and provide the care team with valuable information to prepare the patient for discharge. Everyone wins.

Julie's smile, wonderful enthusiasm for what she does and her caring attitude makes our team stronger and more cheerful. We are happy to have her as a part of our care team.

Memoirs of my First ONS Congress

By: Ann Fuhrman, RN, BSN, OCN

I recently had the opportunity to attend the 35th ONS Congress in San Diego, California. I presented a poster presentation based upon the discharge follow up calls for our inpatient oncology patients at The Christ Hospital.

As a **first time Congress attendee**, I was overwhelmed with all there was to do and see at Congress. There were educational sessions presented at Congress and by pharmaceutical companies, poster presentations, ONS Booths, and pharmaceutical / other company booths. Several coworkers have attended Congress in the past, and were helpful in navigating my plan of activities. I am glad I had “a plan,” as I was easily distracted on the exhibit floor. I actually lost track of time and missed one of my seminars while talking to the vendors. I learned about so many useful products to test for our in house oncology unit.

For the past year, I have been working on the **ONS PEP team** [Putting Evidence into Practice], and we have been reviewing literature related to interventions for skin / cutaneous skin reactions. At the ONS exhibit booth, I was able to see how easily the PEP information could be obtained for use by downloading directly from the ONS website to computer and soon personal I-Phone. I was also fortunate to meet Marc Irwin, who is the ONS Research Nurse in charge of the PEP team project, and several of my PEP team members, Julie Carlton and Gary Shelton, who were lecturing at the Congress sessions.

My favorite part of Congress was attending the **Opening Ceremony**. It was an honor to be surrounded by the International Chapter Members of ONS. Some members traveled from as far as China, Australia, and Korea. They were there to celebrate oncology nursing with us, waving their national flags. The keynote speaker, Selinza Mitchell, spoke of so many truths about nursing of today. The address made us laugh and cry, sometimes simultaneously. Her main message was how we, as oncology nurses leave our “fingerprints” on our patients without being aware of our importance. Sometimes it is as simple as a small gesture or a smile. How often do we hear people say our job is “so depressing” or “how can you work with cancer patients”? It was refreshing to be in an environment where others really “got it”. It was truly a celebration of oncology nurses and the patients and families we are committed to and have the pleasure of serving. It was a moment where I was reminded our work as oncology nurses was important and appreciated.

The experience of attending ONS Congress renewed my energy and passion to continue to learn and become more involved in oncology nursing. I will continue to remember the message that our fingerprints are equally valuable to both patients and nurses.



2010 CTC-ONS Leadership

President-Amy Voris
avoris@cedarville.edu

President-Elect-Kathy White
KWhite@Choinc.com

Secretary-Carol Amfahr
carol@amfahr.com

Treasurer-Marla Skoog-Prues
marla.prues@thechristhospital.com

Director At Large-Kim Blanton kim_blanton@trihealth.com

Archives-Gigi Robison gigi.robison@thechristhospital.com

Community Outreach Chair-Susan Colding jscolding@fuse.net

Health Policy Liaison-Janet Goeldner Janet.Goeldner@uc.edu

Journal Club Co-Chairs-Gigi Robison gigi.robison@thechristhospital.com &
Barb Henry Mhap65@ucmail.uc.edu

Membership Committee Chair-Monica Feiler mfeiler@healthall.com

Newsletter Co-Editors-Adrienne Lane Adrienne.Lane@UC.edu &
Ronda Bowman rbowman@ohcmail.com

Nominating/Awards Committee Co-Chairs-Carol Turner cturner539@cinci.rr.com & Becky Bolt
langbolt@hotmail.com

Outreach Ohio Representative-Nancy Murrin namurrin@healthpartners.org

Program Committee Co-Chairs-Sue Partusch Susan_Partusch@trihealth.com &
Sally Bishop DSBishop@fuse.net

Program Consultant-Debbie Heidrich dheidrich@cinci.rr.com

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TriState Chapter
of the
Oncology Nursing Society
P.O. Box 42791
Cincinnati, OH 45242-0791



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web addresses:

<http://cincinnati.vc.ons.org>

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NEWSLETTER

Co-Editors

Adrienne Lane, EdD, RN-BC, CNE

Ronda Bowman, BSN, RN, OCN

Deadline for Contributions to the next issue of Kinesis

PLEASE remember to have any articles you would like to have included or regular information to Ronda or Adrienne, co-editors of **Kinesis**, by **September 15, 2010**.