HEAR (Health Evidence Awareness Report)

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?

“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

Fast facts on Bowel Cancer.

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
The HSE has an ‘A to Z’ of common health conditions which is accessible at [http://www.hse.ie/eng/A_to_Z/](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/](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](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](http://www.mayoclinic.org/diseases-conditions/colon-cancer/basics/definition/con-20031877)


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


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/cancer-topics/pdq/supportive-care/nutrition/Patient

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


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.”

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

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

“Healthcare Librarians – making evidence evident”

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


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

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.

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: Joanna 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.