

Chemotherapy orientation for Auckland Hospital



Covid-19

- During this time of Covid-19/Corona Virus and the frequently changing alert levels please be assured we are still here to look after you and your cancer treatment needs.
- You may be asked a few screening questions prior to attending the infusion centre
- If you have symptoms of sore throat, fever, cough please phone ahead.

Monday – Friday 8am-4pm ring “ACUTES”

09 3074949 extn 23826

Welcome to your Oncology Treatment Orientation



These speech bubbles will guide you through the orientation to Oncology treatment, if you cant attend in person.

Karakia Timatanga - Opening Prayer

Whakataka te hau ki te uru,
Whakataka te hau ki te tonga.
Kia mākinakina ki uta,
Kia mātaratara ki tai.
E hī ake ana te atākura he tio,
he huka, he hauhunga.
Haumi e! Hui e! Tāiki e!

This traditional karakia is made to offer strength and positivity through joining together at this time.

Nau mai, haere mai, welcome.



These slides will cover

- What to expect on your treatment days
- Information about cancer, it's treatment and side effects.
- Safety
- Support
- You will be given an information pack to take away either at your in person orientation, or on your first treatment day

Auckland City Hospital

This is Auckland Hospital. Oncology Outpatients is immediately behind this part of the hospital.



If you are driving in,
go straight, past the
pedestrian crossing.
(Follow this car!)



Turn right at the
Intersection and go
up the hill



Regional Cancer and Blood Service Oncology Outpatients / Building 8



This is Oncology
Outpatients

Building Entrance



There is parking in front of the building, and down the hill on the left. Just collect a parking slip from reception.

Parking

You can park on either side of this one-way road.



Parking

Or here....



Parking



Or in here

Parking

Or in here



Building Entrance

Once you have parked your car, come back up to the main entrance



Level 5 building 8



Reception

Turn to the left for the
reception area.



Reception

Check in at the desk



Our friendly receptionists will give you a parking slip

A nurse will collect you shortly

Day Stay

The nurse will take you to the day-stay suite



Infusion Room

Or direct you to
the infusion
room



Treatment Room

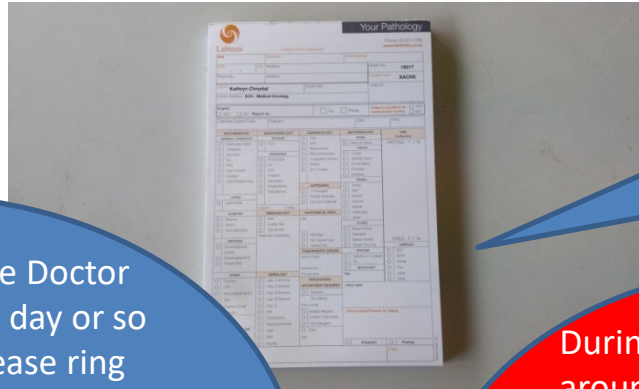
This is one of our treatment rooms.



What the nurses wear when giving chemotherapy – eye shield, mask, gloves and full length gowns (or may be purple colour).



Before each Treatment

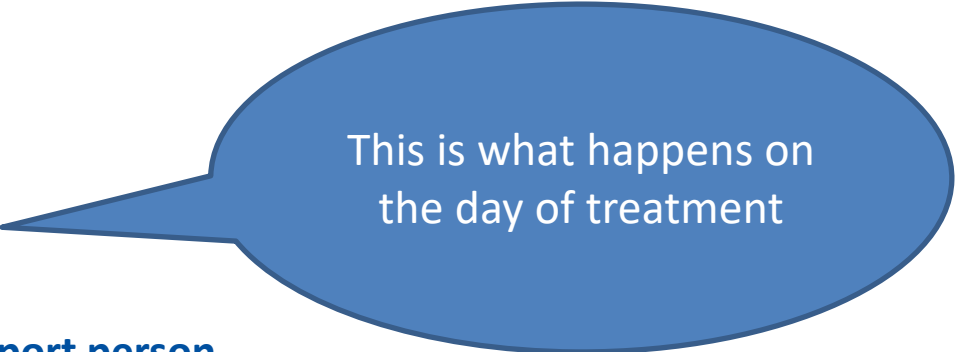


You will need to see the Doctor or Nurse Practitioner a day or so prior to treatment. Please ring your scheduler if you have any questions about your appointment. (You will be given a coloured card at your first treatment appointment, with your scheduler's phone number on it.)

You will need a Blood test – you can do this at any community lab.

During this period of concern around COVID virus we will be conducting telephone assessments for some people a day or so before their treatment. If this is you, we will let you know about the appointment by letter or by telephone

Treatment process



This is what happens on the day of treatment

- Check in at reception
- A nurse will collect you
- You are welcome to bring a support person
- The nurse will put in an IV line (or access your PICC or Port-a-Cath)
- The nurse will give you anti-nausea medications
- Your treatment will be checked with two nurses and yourself
- Before leaving you will be given instructions for at home

To note:

- Treatment time varies between individuals
- Tea / Coffee / Sandwiches will be provided for patients.

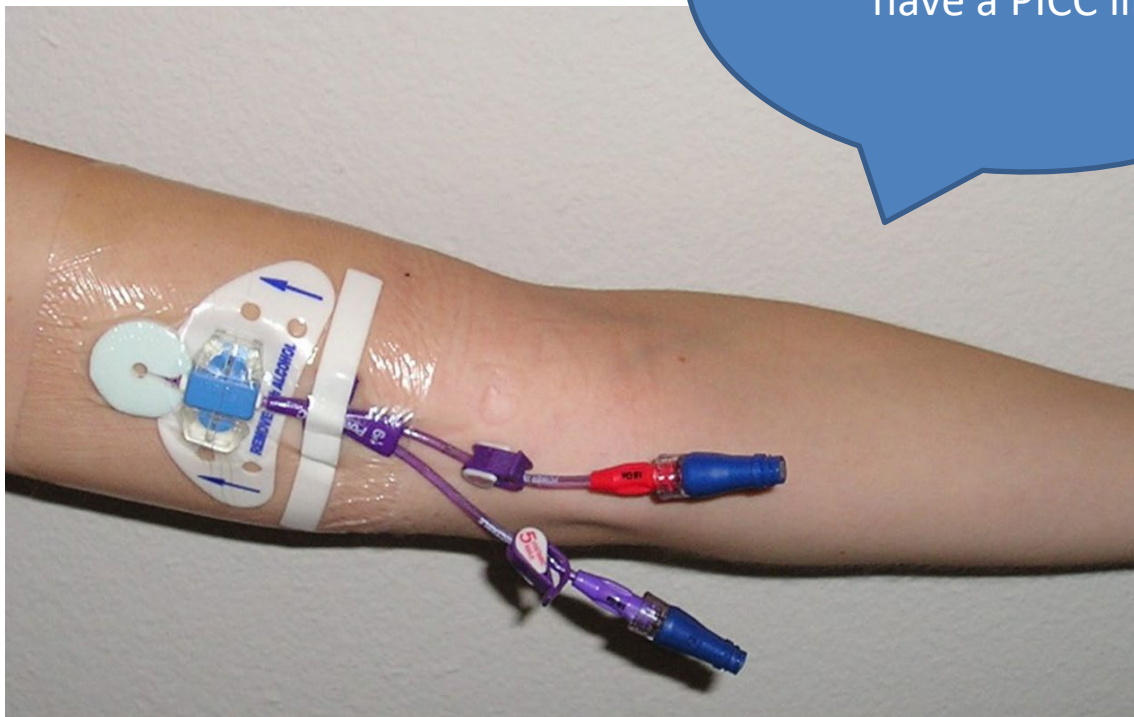


Having an IV
line put in

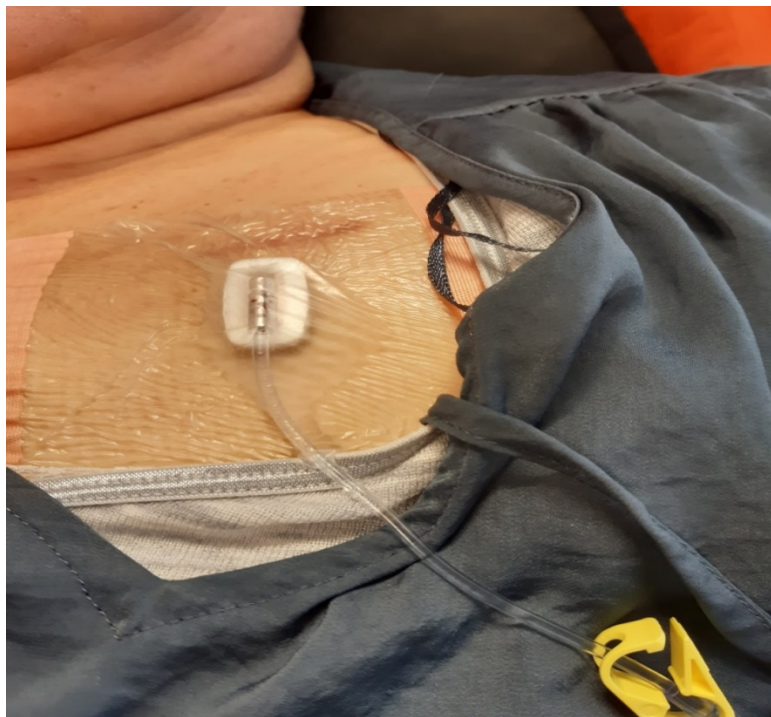


PICC line


Some people may
have a PICC line



Port-a-Cath



Some people may have a port-a-cath. If you have one, it is a good idea to wear a low cut top or button up shirt for easy port access.



Next we will talk about cancer,
it's treatment and the side effects
of treatment.

But first.....



What is Cancer?



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- **Our bodies are made up of millions of cells which normally are renewed in a controlled way, and we remain healthy.**
- **Sometimes this control is lost and the cells keep duplicating themselves. A solid group of these cells is called a tumour.**
- **Malignant tumour cells may travel to lymph nodes or through blood to other parts of the body.**




- **This spread of a cancer from one organ to another organ or part of the body not directly connected with it is called metastasis or metastatic cancer. Not all cancers are metastatic.**
- **There are over 100 different types of cancer.**
- **Cancer is not contagious and cannot spread from person to person**
- **Each person's cancer has a different cause, prognosis, treatment and care need.**



Treatment of Cancer with Medicines

- There are different ways of treating cancer with medicines:
 - Chemotherapy
 - Immunotherapy
 - Targeted therapySometimes these medicines can be combined with Radiation.



Now we will talk about the treatment

Chemotherapy

What is
chemotherapy?

- The treatment of cancer using drugs
- Chemotherapy stops cancer cells from dividing
- It can also effect normal cells. Especially those that divide and grow quickly – cancer cells, skin cells, blood cells, mouth cells
- Even when normal cells are damaged they grow again. Damaged cancer cells are less likely to grow back.

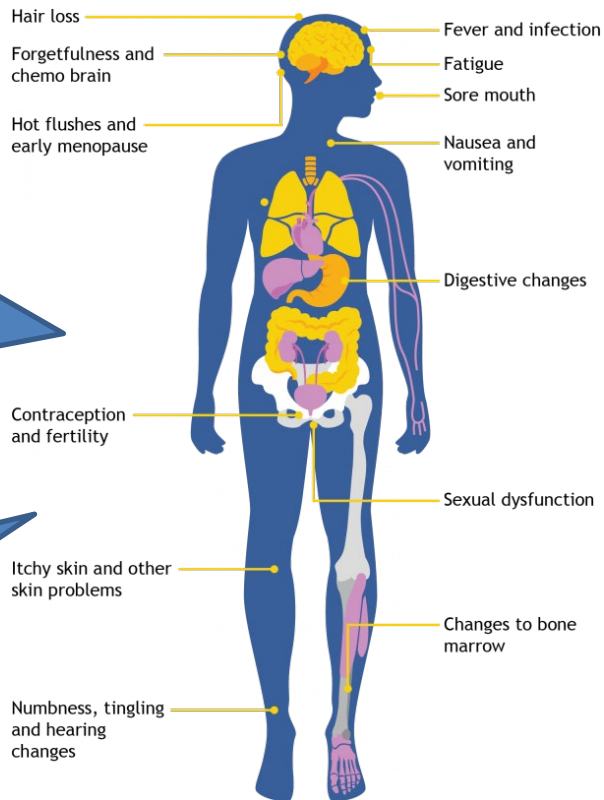


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Side-effects of Chemotherapy

Because we don't know exactly what side effects YOU will get, we want you to tell us how things are going when you are on treatment


We will talk more about side-effects when we see you in person



Chemotherapy effects all fast dividing cells

There is usually something we can do to help

Immunotherapy



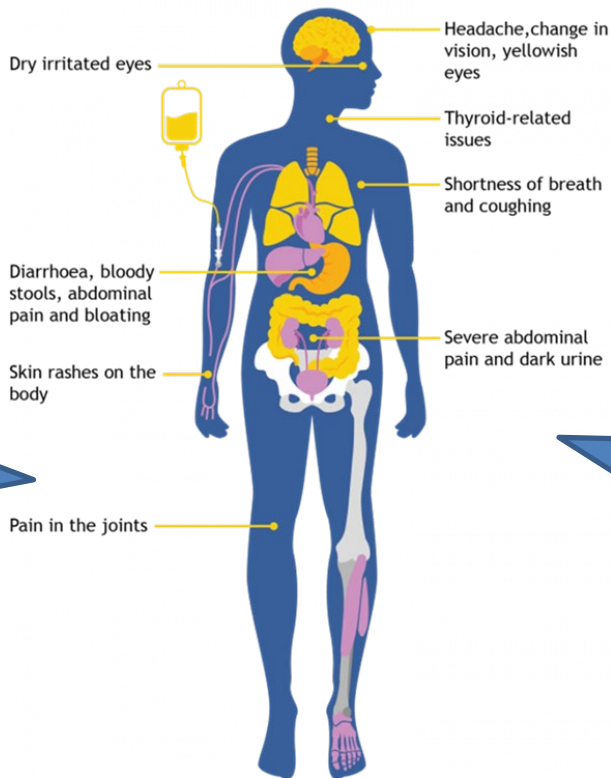
Some people
may have
immunotherapy

- **Immunotherapy is a type of cancer treatment that helps your own immune system to fight cancer**
 - e.g. Pembrolizumab and Nivolumab

Side-effects of Immunotherapy

Common side-effects

Less common side-effects



Immunotherapy can cause your immune system to be over-active resulting in flu-like symptoms.

Once again, please tell us if you have any side-effects, so we can help

Any new symptom on immunotherapy warrants a phone call.

Targeted therapy

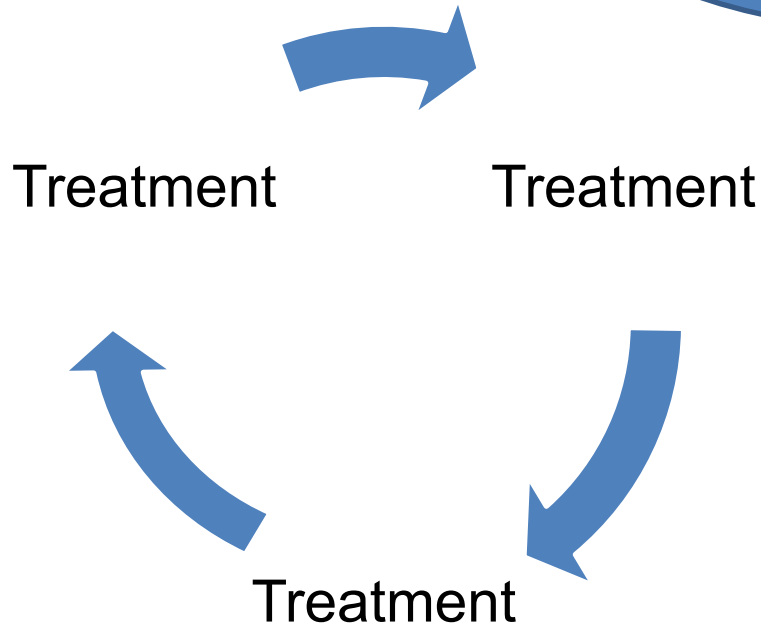
Some people
have targeted
therapy

- Drugs target specific mutations or specific proteins within the cancer cell.
 - e.g trastuzumab (Herceptin). Pertuzumab
 - e.g. Erlotinib
- These therapies target cancer cells, but some normal healthy cells can also be affected.

Once again, we
can help !

Treatment Cycles

Treatment is often given in cycles, to allow for a period of recovery between treatments



Side Effects

- Every individual is different
- You wont get all the side-effects described
- Ask for help



Remember...

When to seek help

- If your temperature is 38°C or greater
- If you have nausea/vomiting/diarrhea that isn't controlled
- If you feel unwell or have any side effect that concerns you

Monday – Friday 8am-4pm ring “ACUTES”

09 3074949 extn 23826

Out of these hours present to your nearest emergency department.

Or ring **Health-line 0800 611 116**



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How to seek help

- Oncology Acutes
- Health line
- Nurse Specialist
- Cancer Society Nurse



In your information pack you will find a white card which has the relevant contact numbers . This pack will be issued either at your in-person orientation, or at your first treatment.

Write your NHI (hospital number) on this card – so the information is handy.

WDHB ADHB CMDHB NDHB

When you call we
might advise you
to go to your
nearest hospital



Oncology Acute Unit

Or we might advise you to come to Oncology Acutes



Oncology Acute Unit

This building is on the bottom corner of the 'old' hospital.



Acute Unit Reception

You might recognise some of the team.



Clinical Nurse Specialist

- Your CNS is a central point of contact for you and can:
 - Ensure you have the information you need about your illness, investigations, procedures and treatment.
 - Can spend time with you to talk about your illness and the treatment offered.
 - Can provide support, advice and help with your concerns and questions.
 - Can provide you with information about, or link you with, other services and professionals in the hospital and in the community.
 - Coordinate your care by liaising with other services and health professionals.
 - Provide support to manage symptoms of treatment at home.

At your first appointment you will have been given the contact card for your Nurse Specialist.

This is what they do..

ADHB Cancer Support Team

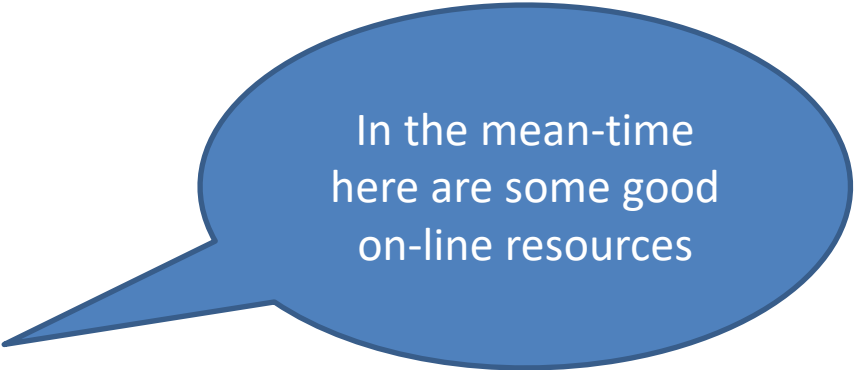
Message from
the ADHB cancer
support team

- Coping with cancer can be hard!
- We are a team of psychologists and social workers at Auckland Hospital
- We can support you and your family with navigating the ‘ins and outs’ of having cancer treatment, such as managing how you feel in yourself, practical support, future planning and coping at home

If you are struggling and think you might need extra help through treatment, please talk to your medical team. You may be referred to the Cancer Support Team.

We hope these slides help to make you feel welcome, and answer some of your questions.

We will always be keen to answer any other questions you may have, when we see you next.



In the mean-time
here are some good
on-line resources

- Introduction to Cancer and Blood Service ADHB
 - <https://www.adhb.health.nz/our-services/a-z-services/oncology/>
- Cancer society NZ
 - <https://auckland-northland.cancernz.org.nz/>
- EVIQ
 - <https://www.eviq.org.au/>
- Macmillan Cancer Support
 - <https://www.macmillan.org.uk/>



Cancer Society Auckland Northland

**Call 0800 CANCER
(226 237)**



Cancer Society in Auckland is based at **Domain Lodge**,
1 Boyle Crescent, Grafton.

Across the road from Auckland City Hospital, the Regional Cancer and Blood service and the Auckland Domain.

Who we are and what we do: Free services

Community Nursing Service: Support getting through treatment

A Cancer Society nurse will attempt to make phone contact with you. We work closely with the hospital and can provide additional support.

Psychological Service: Emotional support

Cancer Society psychologists can provide support for those with a cancer diagnosis, supporters, and family/whanau.

Volunteer Service: Getting to treatment

Access to this service is via Cancer Society nursing team & eligibility criteria apply.

NOTE: During any COVID 19 lockdowns our nurses and psychologists will still be able to contact you by phone.

Daffodil House,

73 Kamo Road, Kensington, Whangerei.



Mon – Fri, 10am - 3pm
09 437 5593
0800 366 066