





**NHS Foundation Trust** 

Garau D, Baldwin J, Beaver K, Williamson S

## Head and Neck Cancer: Promoting Patient Independence



Head and Neck Cancer defines collectively a group of cancers arising in:

oral cavity, pharynx, larynx, paranasal sinuses and nasal cavity, salivary glands



**11449 new cases** of head and neck cancer have been diagnosed in 2014, accounting for 3% of all the new cancer cases for the same year



Head and neck cancer incidence rates increased by 30% since the early 1990s, and are projected to rise by 33% between 2014 and 2035



Depending from site, stage, size and comorbidities, head and neck cancers are treated with either surgery, chemotherapy, radiotherapy, targeted therapies, alone or in combination

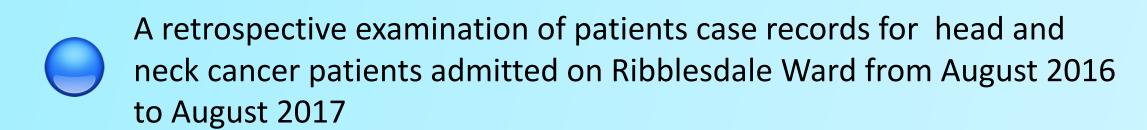


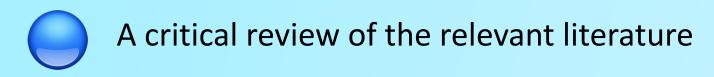
The treatment is challenged by the potential functional impact through disruption of vital anatomy and cosmesis

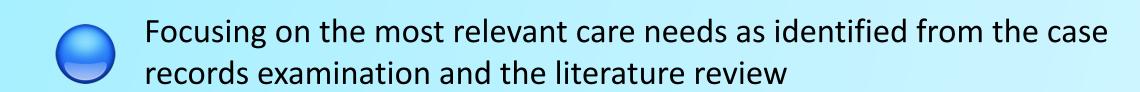


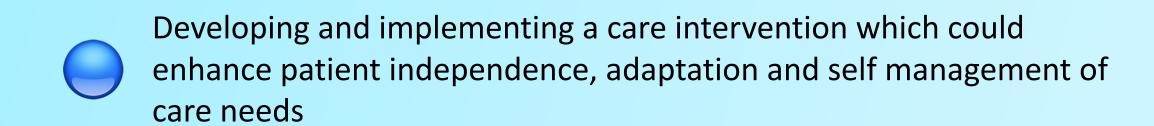
One year net survival among head and neck cancer subtypes is higher in salivary glands cancer, and lowest in hypopharyngeal cancer. 54.7 % of patients affected by larynx cancer (the most frequent subtype), survive 10 years after diagnosis.

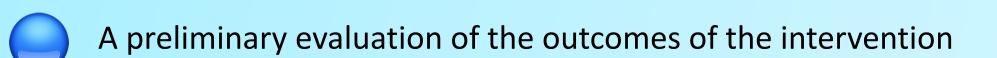
## **Project stages**











Early assessment

Individual care planning

## Background



A questionnaire taken by nursing staff on Ribblesdale, the Royal Preston Hospital inpatient oncology ward, identified that this patient group carries a burden of symptoms and distress which are often poorly recognised and treated

From clinical experience, it is apparent that early and sustained head and neck cancer patient education could facilitate patient empowerment and self-management of health needs, and potentially reduce admissions and length of stay

## Preliminary findings

So far, the most prominent adaptive problems emerging from our case notes review are in the area of nutrition and hydration, and present as a variety of issues including swallowing problems, oral mucositis, dental issues, kidney injury, inability to use the feeding pumps and devices and odynophagia.



These preliminary findings will inform the next stages of the project