




**Caring for patients with
Head & Neck Cancer**

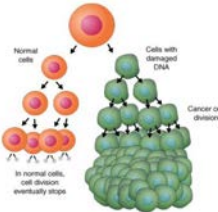
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Stephanie Shea, RN, BSN, OCN

At the end of this lecture, the participant will be able to

1. Identify the major treatment modalities, and at least 3 major side effects of these treatments.
2. Describe the modifiable/non modifiable risk factors for cancers of the head & neck, as well as signs and symptoms.
3. Discuss the emotional impact and quality of life issues with cancers of the head and neck.

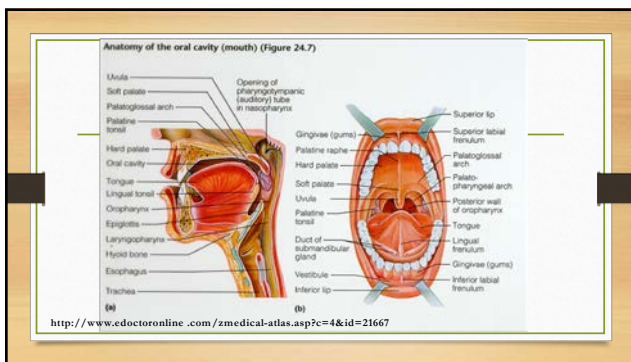


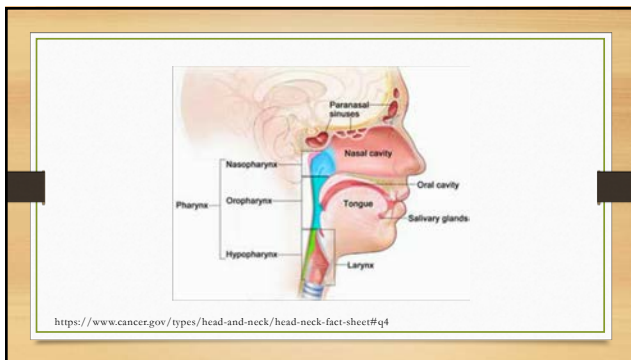
Normal Cell Division Cancer Cell Division



<https://slideplayer.com/slide/13508720/>







Some Statistics to Chew On...

- Head and neck squamous cell carcinoma HNSCC make up about 4% of all cancers in the United States.
- It is MUCH more common in China/Southeast Asia
- More than 70% of squamous cell carcinoma of the head and neck are estimated to be avoidable by lifestyle changes
- HPV has been established as a causative agent in the oropharyngeal squamous cell carcinoma and biologically active HPV can act as a prognosticator with better overall survival than HPV-negative tumors.

<https://oralecancerfoundation.org/wp-content/uploads/2016/03/nasopharynx.pdf>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6031231/>
<https://www.cancer.gov/types/head-and-neck/head-neck-fact-sheet#q4>

Oral Cavity Cancer Epidemiology of Oral Cancer

- 95% SCCA
- Incidence 6 per 100,000
- Average age 60 years
- M:F 2.2:1
- Tobacco and ETOH synergistic
- Betel chewing
- Poor oral hygiene



UNC Tobacco Treatment Program

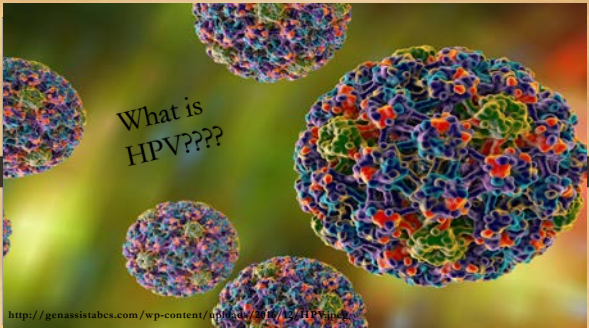
- If you smoke or use tobacco and are considering becoming tobacco free, contact the UNC Tobacco Treatment Program for support! We work with everyone: patients, community members and loved ones.
- <https://www.med.unc.edu/fammed/fammedcenter/tobacco-treatment-program/thinking-of-quitting/>

Some Signs and Symptoms...



- Leukoplakia
- Sore throat that doesn't go away
- Voice changes/hoarseness
- Difficulty chewing, swallowing, moving tongue
- Lump, with or without pain
- Persistent nasal congestion not related to allergies or cold
- Loosening teeth/dentures no longer fit

Staff, O., Scarpa, R. and Hickey, M. (2015). *Site-Specific Cancer Series*. Pittsburgh, PA: Oncology Nursing Society.



What is HPV????

<http://genassistabcs.com/wp-content/uploads/2017/12/HPV-1.png>

HPV, or the **human papillomavirus**, is the most common cause of sexually transmitted infection in the United States. It is transmitted through intimate skin to skin contact and nearly all sexually active adults will get it at some point.

So...?

HPV is thought to be responsible for up to:

- 60-70% of Oropharangeal Cancer**
- Nearly 90% of cervical and anal cancers
- 70% of vaginal and vulvar cancers
- 60% of penile cancers

https://www.cdc.gov/cancer/hpv/basic_info/cancers.htm

Screening won't protect your patients from most HPV cancers. *protect* protect patients today with HPV vaccine.

Cervical Cancer
10,800 new cases in 2018

Cervical Preinvasive
300,000 new cases in 2018

Other HPV Cancers
12,900 new cases in 2018

OVER 90% of these cancers can be prevented with HPV vaccine.

On October 5, 2018 the FDA approves expanded use of Gardasil 9 to include individuals 27-45 years old

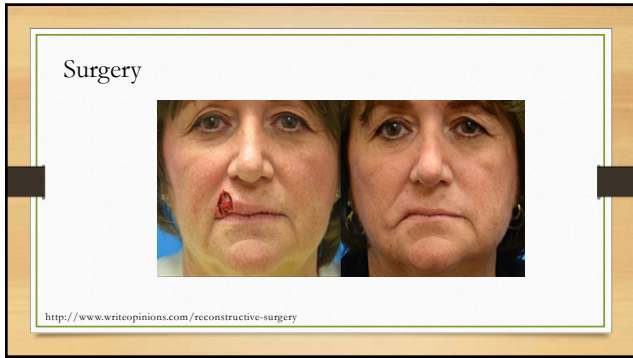
HPV vaccine = cancer prevention
 $1 + 2 = 6$
1 vaccine prevents 6 types of cancer

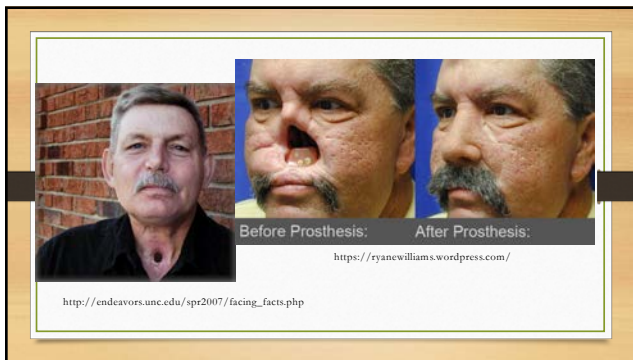
Ask your doctor or nurse about HPV vaccines.

<https://www.cdc.gov/hpv/hcp/2-dose/clinician-faq.html>

Treatment for Head and Neck Cancers


- 1.Surgery
- 2.Radiation
- 3.Systemic Therapy
(chemotherapy, targeted therapy, immunotherapy)







RADIATION THERAPY



<https://www.radiologyinfo.org/en/gallery/index.cfm?image=1240>
<https://www.clinicaladvisor.com/web-exclusives/head-neck-cancer-survival-up-with-imrt/article/329189/>

SIDE EFFECTS FROM RADIATION

Mouth Sores/Mucositis	Dysphagia
Taste Alterations	Xerostomia
Radiation Dermatitis	Fatigue/Depression




During chemo-radiation
10 days after chemo-radiation
3 weeks after CRT

https://www.researchgate.net/figure/Typical-change-over-time-in-radiation-dermatitis-The-patient-was-a-man-aged-70-years_fig2_272189625

SYSTEMIC THERAPY

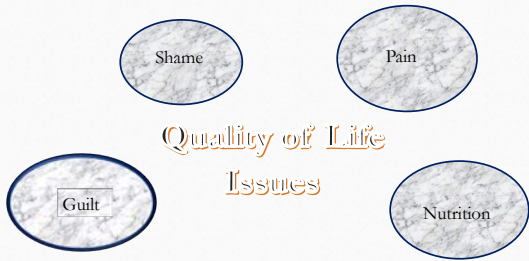


- Neoadjuvant Therapy or Induction Therapy*
Given prior to the primary treatment (i.e.surgery)
- Adjuvant*
Given after the primary treatment
- Concomitant ChemoRadiation*
Given at the same time as radiation



<https://mms.mckesson.com/product/954810/Bristol-Myers-Squibb-66733095823>
<https://www.wcbm.d.com/drugs/2/drug-8756/cisplatin-intravenous/detail>
<https://www.mckesson.com/news/ebson-prescription-medicine/news/16-approval-keytruda-pembrolizumab-treatment-patients-metast>

Quality of Life Issues



- Shame
- Pain
- Guilt
- Nutrition