

Title:

SPECIAL SESSION: A Program of Research: Cancer Symptom Management

Presenter: Susan C. McMillan, PhD, MS, PhD, ARNP, FAAN

Type:

Oral

Keywords:

cancer symptoms, research program and symptom management

Summary:

Dr. McMillan will review her program of research in cancer symptom management. She will report her early descriptive studies that led to her later funded clinical trials.

Final Number:

K 08

Slot:

K 08: Saturday, 29 July 2017: 3:30 PM-4:00 PM

References:

1. 1. **McMillan, S.C.**, Rodriguez, R., Wang, H., Elliott, A. (2016). Symptom Occurrence and Symptom Distress Faced by Patients with Cancers of the Head and Neck, *Head and Neck Nursing Journal* 34(4), 10-15.
1. **McMillan, S.C.**, Rodriguez, R., Wang, H., Elliott, A. (2015). Issues Faced by Family Caregivers of Hospice Patients with Head and Neck Cancers. *Journal of the Society of Otolaryngology Head and Neck Nursing*, 33(2), 8-15. PMID 26263580
1. Sherman, D. & **McMillan, SC.** (2015). The Physical Health of Patients with Advanced Pancreatic Cancer and the Psychological Health of their Family Caregivers When Newly Enrolled in Hospice. *Journal of Hospice and Palliative Nursing* Volume 17, (3), 235-241. PMID 26617469
2. **McMillan, SC**, Tofthagen, C, Choe, R., Rheingans, J. (2015). Assessing Symptoms Experienced by Patients with Cancer: Occurrence, Intensity, Distress, Interference and Frequency. *Journal of Hospice and Palliative Nursing*, 17 (1), 56-65.

1. 5. **McMillan**, SC, Tofthagen, C, Small, BJ, Karver, S & Craig, D. (2013). Trajectory of Medication-induced Constipation. *Oncology Nursing Forum*, 40(3):E92-E100. Doi: 10.1188/13.ONF.E92-E100. PMID 23615153

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
Identify the symptoms experienced by patients with cancer that occur most frequently and cause the greatest distress.	Define the symptom experience to include incidence, intensity and distress of symptoms. Patients with cancer experience multiple symptoms and some symptoms are more common and distressing than others.
Describe the elements of the COPE intervention and the types of patients for whom it has been shown to be effective.	The elements of the of the COPE intervention are defined and explained and the three clinical trials in which they have been used are described.

Abstract:

The purpose of this presentation is to describe the program of cancer symptom research conducted over a 30 year academic career and how that research fit into teaching and service efforts of this oncology nursing faculty member. Dr. Susan McMillan from the University of South Florida in Tampa, Florida, begins by describing her early unfunded exploratory and descriptive studies conducted at the beginning of her research career, as she served on committees and boards in local cancer centers, general hospitals, veterans administration hospitals and hospices, and founded and implemented the only oncology nurse practitioner program in the state of Florida. She will then demonstrate how this program of research built to include large funded clinical trials that brought in more than \$12 million dollars in research funding to her university. Her research has been funded by the American Cancer Society, the U.S. Veterans Administration, the National Cancer Institute, the National Institute for Nursing Research, and the Patient Centered Outcomes Research Institute. She has studied pain and side effects in patients in surgical units, intensive care units, cancer center in-patient units, and several local hospices. Results of her early descriptive studies changed practice outcomes in some local settings where cancer patients receive care. **Results** generally reveal that 1). pain is poorly assessed and poorly managed with nurses giving patients a fraction of what is ordered for pain each day while they report significant pain; 2). hospice family caregivers are able to give more effective care resulting in better outcomes for both hospice patients with cancer and the caregivers

themselves when they are taught a systematic approach to symptom management such as COPE; 3). Nurses do not know enough about pain management and have attitudes that interfere with their success in pain management for persons with cancer; 4). Opioid-induced constipation is under-recognized and under treated in persons with cancer; 5). COPE as a symptom management approach is more effectively taught to family caregivers than to the patients themselves. Research in these important areas needs to continue.