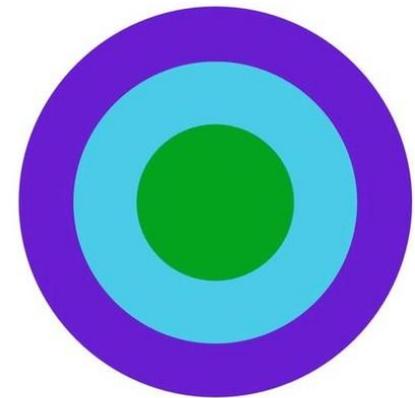


## Resource Bank

Cancer e-learning  
for Community Pharmacy



Let's Communicate Cancer

[www.bopa.org.uk](http://www.bopa.org.uk)

# Lead Organisations

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**British Oncology Pharmacy Association** – a charity run by pharmacists to promote education, training and best working practice of oncology in pharmacy.

<https://www.bopa.org.uk>



**Cancer Research UK** – a charity devoted to understanding the science of cancer. Great for statistics and help with learning and free resources to help you help your patients. Topics include Spotting Cancer early- about early diagnosis, effects of lifestyle choices on cancer.

<https://www.cancerresearchuk.org/>



**Macmillan** - a charity devoted to helping patients and professionals at all stages of the cancer journey. You can access a comprehensive list of free resources to display in the pharmacy. You and your patients can also access gold standard information on all types of cancer, types of treatments and all the drugs used to treat cancer.

<https://www.Macmillan.org.uk>

# Module 1 - Supporting prevention and early diagnosis

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(Identifying patients with suspected cancer: red flags and referral, lifestyle advice, screening, skin cancer, myth-busting)

## Identifying patients with suspected cancer: red flags and referral

This article provides practical advice to support pharmacy professionals in their duty of care to recognise and refer patients with 'red flag' cancer symptoms.

<https://pharmaceutical-journal.com/article/ld/identifying-patients-with-suspected-cancer-red-flags-and-referral>

<https://pharmaceutical-journal.com/article/ld/how-to-support-cancer-patients-in-community-pharmacies>

16 OCT 2018 By **Jackie Lewis**



## Red Flags for Pharmacy poster

<https://devonlpc.org/wp-content/uploads/sites/20/2020/12/Red-flags-for-pharmacy-2019.pdf>

# Module 1 - Supporting prevention and early diagnosis - Continued

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## CRUK Spotting Cancer Early

<https://www.cancerresearchuk.org/about-cancer/cancer-symptoms/spot-cancer-early>



## CRUK Signs and symptoms of cancer publications available

<https://publications.cancerresearchuk.org/healthcare-professionals?ga=2.267063494.991706631.1607595606-105153950.1591369993>



## Skin websites Dermnetz

<https://dermnetz.org/topics/skin-cancer>



## PCDS

<http://www.pcds.org.uk/ee/images/uploads/general/skin-cancer-detection-patient-advice-07-2012.pdf> with kind permission

# Module 1 - Supporting prevention and early diagnosis - Continued

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**NHS Be Clear on Cancer campaigns** - access to free resources with simple messages for patients. Information on this is now under Help Us, Help You - Accessing NHS Services –

<https://campaignresources.phe.gov.uk/resources/campaigns/113-help-us>

# Module 1 - Lifestyle Advice

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## Lifestyle Advice

<https://publications.dev.cruk.org/healthcare-professionals>



## Ageing and cancer

90% of cancers occur in people aged 50 and over

<https://www.cancerresearchuk.org/health-professional/cancer-statistics/incidence/age#heading-Zero>

50% of cancers occur in people aged 70 and over  
For more information about ageing and cancer see:

<https://scienceblog.cancerresearchuk.org/2018/06/20/age-the-biggest-cancer-risk-factor/>



# Module 1 - Lifestyle Advice - Continued

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## Smoking and cancer

Cigarette smoke contains thousands of chemical compounds, many of which cause damage that can lead to cancer. For example, some chemicals fix themselves to the cells' DNA, causing mutations. see:

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/how-does-smoking-cause-cancer#tobacco10>

<https://www.cancerresearchuk.org/health-professional/cancer-statistics/risk/tobacco#heading-Zero>

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/how-does-smoking-cause-cancer>

## How can I stop smoking?

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/how-do-i-stop-smoking>

# Module 1 - Lifestyle Advice - Continued

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## KEEP A HEALTHY WEIGHT

Keeping a healthy weight reduces our risk of 13 different types of cancer

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/obesity-weight-and-cancer>

<https://www.cancerresearchuk.org/health-professional/cancer-statistics/risk/overweight-and-obesity#heading-Zero>



## The cancers linked to obesity:

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/obesity-weight-and-cancer/does-obesity-cause-cancer>



## DON'T STAY OUT IN THE SUN TOO LONG

Sunlight directly damages our skin cells' DNA, causing mutations that can later lead to cancer

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer>



# Module 1 - Lifestyle Advice - Continued

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## **DON'T DRINK TOO MUCH ALCOHOL**

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/alcohol-and-cancer>



## **KEEP ACTIVE!**

Doing exercise reduces our risk of breast and bowel cancer (and other cancers)  
In people who've had cancer, regular exercise helps them cope with treatment, improves their quality of life and lowers the risk that their cancer will come back

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/physical-activity-and-cancer>



## **Benefits of exercise:**

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/physical-activity-and-cancer/what-are-the-benefits-of-exercise>

<https://www.cancerresearchuk.org/about-cancer/coping/physically/exercise-guidelines>

[https://www.macmillan.org.uk/images/physical-activity-and-cancer-the-underrated-wonder-drug\\_tcm9-336275.pdf](https://www.macmillan.org.uk/images/physical-activity-and-cancer-the-underrated-wonder-drug_tcm9-336275.pdf)



# Module 1 - Lifestyle Advice - Continued

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## EAT HEALTHILY

What we eat and drink can affect our health in lots of ways. There are some foods that are directly linked to cancer, but our overall diet is more important than these individually.

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/diet-and-cancer>

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/diet-and-cancer/do-foods-high-in-fibre-reduce-my-risk-of-cancer>



## What's wrong with red and processed meat?

<https://scienceblog.cancerresearchuk.org/2019/04/26/bacon-salami-and-sausages-how-does-processed-meat-cause-cancer-and-how-much-matters/>

# Module 1 - Lifestyle Advice - Continued

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## MAKE SURE YOUR CHILDREN GET VACCINATED FOR HPV

Human papillomavirus (HPV) causes cervical cancer in women, penile cancer in men, and both anal and mouth and throat cancers in men and women.

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/infections-eg-hpv-and-cancer/does-hpv-cause-cancer>



There's loads more information on charity websites such as **Cancer Research UK** and **Macmillan Cancer Support**.

For example: Cutting your cancer risk – **CRUK**. Also phone to access more leaflets.

<https://publications.dev.cruk.org/publication/want-cut-your-cancer-risk>

<https://publications.dev.cruk.org/healthcare-professionals>

# Module 1 - Lifestyle Advice - Continued

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## Screening – CRUK

<https://www.cancerresearchuk.org/about-cancer/screening/what-is-cancer-screening>



**Talk cancer** – is a FREE online course which will give you confidence to speak about cancer.

[https://www.futurelearn.com/courses/talking-about-cancer.](https://www.futurelearn.com/courses/talking-about-cancer)



## Module 2 - What is Cancer? Additional resources:

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Information on **“What is cancer?”** from **Cancer Research UK:**

<https://www.cancerresearchuk.org/about-cancer/what-is-cancer>



Information on the **causes of cancer** from **Cancer Research UK:**

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer>



**Article about the confusing language used to talk about cancer:**

<https://www.fredhutch.org/en/news/center-news/2016/09/cancer-communication-breakdown-medical-jargon.html>



**TedX** talk about the importance of empathy and communication when talking to people with serious illnesses:

<https://www.youtube.com/watch?v=PPTcnlsbdjk>

## Module 3 - Cancer treatments Additional resources:

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**Information on chemotherapy from Macmillan Cancer Support:**

<https://www.macmillan.org.uk/cancer-information-and-support/treatment/types-of-treatment/chemotherapy>



**Information on radiotherapy from Macmillan Cancer Support:**

<https://www.macmillan.org.uk/cancer-information-and-support/treatment/types-of-treatment/radiotherapy>



**Video about radiotherapy from the Teenage Cancer Trust** (useful for everyone, not just teenagers!):

[https://www.youtube.com/watch?v=3205dn\\_H0O0&feature=emb\\_logo](https://www.youtube.com/watch?v=3205dn_H0O0&feature=emb_logo)

## Module 3 - Cancer treatments Additional resources: - Continued

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**Video about surgery from the Teenage Cancer Trust** (useful for everyone, not just teenagers!):

<https://www.youtube.com/watch?v=rW4XOxKbyYs>



Free, online education course about **targeted cancer treatments and immunotherapy** (presented by **Elaine Vickers** and **Anne Croudass** from **Cancer Research UK**):

<https://www.futurelearn.com/courses/targeted-cancer-treatments>



**Documentary film about Jim Allison and the creation of checkpoint inhibitor immunotherapy:**

<https://www.breakthroughdoc.com/>

# Module 4, Supporting your patients. Additional resources:

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**Help your patients** – a practical guide to what you can do in your pharmacy

**Screening** (as for **Module 1**)

<https://www.cancerresearchuk.org/about-cancer/screening/what-is-cancer-screening>



**Talk cancer** (as for **Module 1**). Also see **Module 2** Additional resources.

<https://www.futurelearn.com/courses/talking-about-cancer>

Science and statistics of cancer **CRUK**

<https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type>



**Types of cancer** – go into the type of cancer on these websites to access reputable tumour specific websites

<https://www.cancerresearchuk.org/about-cancer/type>

<https://www.macmillan.org.uk/cancer-information-and-support/cancer-types>



# Module 4, Supporting your patients. Additional resources: - Continued

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**Macmillan** online support 'From Day One'

<https://www.macmillan.org.uk/>



**Macmillan Prehabilitation resources** -

<https://www.macmillan.org.uk/healthcare-professionals/cancer-pathways/prehabilitation>

Local Face to face support centres: **Maggie's centres** -

<https://www.maggies.org>



**FORCE** in Exeter -

<https://forcecancercharity.co.uk>



## Module 4, Supporting your patients. Additional resources: - Continued

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**CanRehab** – a trust which educates and qualifies personal trainers in cancer.

<http://canrehab.co.uk/>



**Macmillan Move More** provides a guide to becoming more active.

<https://be.macmillan.org.uk/be/p-24948-move-more-your-guide-to-becoming-more-active.aspx>



# Module 4, Supporting your patients. Additional resources: - Continued

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## Systemic anti-cancer therapy (SACT) General

[https://www.ukons.org/site/assets/files/1134/acute\\_oncology\\_initial\\_management\\_guidelines.pdf](https://www.ukons.org/site/assets/files/1134/acute_oncology_initial_management_guidelines.pdf)



## Neutropenic sepsis

[\[https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/sepsis](https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/sepsis)

[https://cks.nice.org.uk/topics/neutropenic-sepsis/\]](https://cks.nice.org.uk/topics/neutropenic-sepsis/)



## Nausea and Vomiting

<https://www.mascc.org/antiemetic-guidelines>



# Module 4, Supporting your patients. Additional resources: - Continued

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## Mucositis

[http://www.ukomic.co.uk/documents/Mouth\\_care\\_flow\\_chart.pdf](http://www.ukomic.co.uk/documents/Mouth_care_flow_chart.pdf)

[http://www.ukomic.co.uk/documents/Mouth\\_care\\_guide.pdf](http://www.ukomic.co.uk/documents/Mouth_care_guide.pdf)

[http://www.ukomic.co.uk/documents/oral\\_mucositis\\_products.pdf](http://www.ukomic.co.uk/documents/oral_mucositis_products.pdf)



## Care of IV line

<https://www.macmillan.org.uk/cancer-information-and-support/treatment/types-of-treatment/chemotherapy/central-lines>



# Module 4, Supporting your patients. Additional resources: - Continued

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## Skin toxicity

### Hand/Foot syndrome or PPE

<https://link.springer.com/article/10.2165/00128071-200001040-00004>

<https://doi.org/10.2165/00128071-200001040-0000>



### General Advice on skin toxicity

Watch this video from specialist cancer nurse Janette Beech from The Christie

[https://players.brightcove.net/4631489699001/default\\_default/index.html?videoId=6100263666001](https://players.brightcove.net/4631489699001/default_default/index.html?videoId=6100263666001)

(courtesy of J. Beech Amgen, with thanks)

# Module 4, Supporting your patients. Additional resources: - Continued

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## Heart failure

<https://www.bhf.org.uk/information-support/conditions/heart-attack/heart-attack-symptoms>  
<https://www.bhf.org.uk/information-support/conditions/heart-failure>



## Drug interactions

<https://crediblemeds.org/healthcare-providers/>

<https://cancer-druginteractions.org/>



## Hormone treatment

<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/hormone-therapy>



# Module 4, Supporting your patients. Additional resources: - Continued

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## Radiotherapy

<https://www.macmillan.org.uk/cancer-information-and-support/treatment/types-of-treatment/radiotherapy/side-effects-of-radiotherapy>

**For Radiotherapy related N&V see MASCC guidelines**

<https://www.mascc.org/antiemetic-guidelines>

## Surgery

<https://www.macmillan.org.uk/cancer-information-and-support/treatment/types-of-treatment/surgery>

**Examples of personal accounts:**

*'Tea and Chemo' or 'The C-Word' – both listed publications*

# Module 4, Supporting your patients. Additional resources: - Continued

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## Switching Opioids

**BNF Section: “Prescribing in Palliative Care”**

<https://book.pallcare.infohttps://www.palliativecareguidelines.scot.nhs.uk>



## Syringe Drivers

**Watch the following videos to help you understand syringe drivers:**

<https://www.mariecurie.org.uk/help/support/terminal-illness/medication-pain-relief/syringe-drivers>

<https://youtu.be/LIOIjThnAWE>



## Essential reading

<https://about.medicinescomplete.com/publication/palliative-care-formulary/>



## Q&A

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**If our risk of cancer goes up and up as we get older, why do children get cancer?**



<https://www.youtube.com/watch?v=hl3wrKpxySA>



**Does everyone diagnosed with cancer die from it? What if it's stage 4?**



From **CRUK**: Nowadays, half of all people diagnosed in the UK survive their cancer for 10 years or more. Cancer survival is improving and has doubled in the last 40 years in the UK. Earlier diagnosis and improving cancer treatments are contributing to an increase in cancer survival.



**is it safe for people to use complementary therapies during treatment, like acupuncture or vitamin and herbal supplements?**



<https://www.independent.co.uk/life-style/health-and-families/health-news/women-with-breast-cancer-warned-to-stop-using-alternative-therapies-instead-of-chemotherapy-a7026331.html>



## Q&A - Continued

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**Is it ok for cancer patients to use cannabis or cannabis extracts?**



<https://scienceblog.cancerresearchuk.org/2012/07/25/cannabis-cannabinoids-and-cancer-the-evidence-so-far/>



**Should we be encouraging people to take vitamin supplements to reduce their risk of cancer?**



[https://www.cancer.gov/about-cancer/causes-prevention/hp-prevention-overview-pdq#\\_109\\_toc](https://www.cancer.gov/about-cancer/causes-prevention/hp-prevention-overview-pdq#_109_toc)



**If someone is really worried about getting cancer, what's the most useful thing I can tell them?**



<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/can-cancer-be-prevented-0>



## Q&A - Continued

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How about suggesting the staff member(s) sign up for a Talk Cancer workshop:

[https://www.cancerresearchuk.org/health-professional/awareness-and-prevention/talk-cancer-cancer-awareness-training-programme/what-we-offer#TalkCancer\\_About1](https://www.cancerresearchuk.org/health-professional/awareness-and-prevention/talk-cancer-cancer-awareness-training-programme/what-we-offer#TalkCancer_About1)  
or do the FutureLearn course: <https://www.futurelearn.com/courses/talking-about-cancer>



**Do the sorts of cancer that people are diagnosed with differ in different parts of the UK? If there are lots of people of Asian heritage in my local community, does this mean I should give different advice?**



Resources from Macmillan in a range of formats and languages:

<https://www.macmillan.org.uk/cancer-information-and-support/get-help/all-the-ways-we-can-help/other-resources-and-formats>

**Find local statistics:**

<https://www.cancerresearchuk.org/cancer-info/cancerstats/local-cancer-statistics>

