

## PRESIDENT'S MESSAGE CINDY KANESHIRO, RN, OCN



**Cindy Kaneshiro,  
RN, OCN  
Hawaii  
ONS President**

As Oncology nurses, we often help our patients through their difficult cancer journeys. In the early 1990's the term "compassion fatigue" was coined. Research has found that compassion fatigue, the traumatization of helpers, through their efforts of helping others is a relational source of stress that weighs heavily on oncology nurses. We need to develop skills to assist us in managing compassion fatigue so that we can continue to do the work we love.

In April, I had the opportunity to attend a Provider Resiliency Training (PRT) Workshop on the Big Island. PRT program came about from studies from Walter Reed Army Medical center where provider fatigue was identified. Provider fatigue can result from trauma and loss of empathy healthcare providers face as a result of combat and operational stress. In May 2006, the Army command mandated that all providers be assessed and provided with training

to increase resiliency against provider fatigue. Care providers take an assessment that would give information on the levels of fatigue and be provided with resources to help them deal with it. PRT is designed to help health care providers experiencing provider fatigue to recharge.

In the workshop, we were provided with a book by Al Seibert, PhD "The Resiliency Advantage". In his book, he states "Resiliency means being able to  
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## PRESIDENT-ELECT'S MESSAGE ROBIN EASLEY, MNsc, ACNP-BC, OCN



**Robin Easley,  
MNsc, ACNP-BC, OCN  
Hawaii  
ONS President-Elect**

### *Community Service:*

I am gathering a list of support homes that assist our Oncology patients around the State of Hawaii who rely on donations. As I have mentioned before, one of my goals is to promote and participate in community service projects. Once I have a working list, I will contact these locations and get an idea of what sort of services we can offer. The plan will be to have a membership drive for selected items at our quarterly meetings which, will then be distributed to the chosen location.

Please email me the name of the facility, contact name, and phone number.

### *Facebook Page:*

Aloha to all our members. As you know, we are working to get the website updated; however, there are some difficulties with this technology. I have started a Hawaii (Oahu) Chapter ONS page for our members, which can also be utilized in distributing Information such as meeting dates, events, and our newsletter. If you are interested in joining our site look us up on facebook, search

*Hawaii (Oahu) Chapter ONS.* You must already have an account to view the page. If you do not have an account, I am more than willing to help you get one set up (it's free). Contact me if you have any questions.

### *Mentorship weekend:*

I am looking forward to representing our chapter at the upcoming Mentorship weekend in Pittsburgh, PA, July 15-17, 2011. I expect to gain quite a bit of knowledge while I'm there, and hope to bring some new insight and ideas back to our membership.

## MY ONS CONGRESS EXPERIENCE GISELE IGE, RN, BSN, OCN



This year's 36<sup>th</sup> annual ONS Congress was held in Boston, Massachusetts from April 28<sup>th</sup> to May 1<sup>st</sup>. As a second time attendee, I did not expect to see as many nurses due to the conference venue being on the East Coast. However, it just goes to show that no matter where the venue, Congress has an exceptional turnout of oncology nurses from all over the globe. This Congress was jam-packed with many informative topics such as Multiple Myeloma, Ovarian Cancer and Signaling Pathway, just to name a few. Also, there were many interesting topics at the crack-of-dawn breakfasts, lunches and dinners that provided great information on topics such as safe drug handling, breast cancer, and new medications. The sessions

were divided up between morning and afternoon, with time to visit vendors in between. There were so many good topics to choose from, it was quite difficult to narrow it down to just one for each session. Visiting with vendors is another great way to get pertinent information on new medications, novel equipment, or further your education with a master's degree.

This year's keynote speaker was an osteosarcoma survivor. His name was Charile Lustman and he had a career in music. His story, from finding out about his diagnosis to achieving remission, provided me with a better idea of what our patients go through when embarking on the journey of cancer. It was a great presentation that made me feel that

oncology nurses really do make a difference in the lives of our patients. Each major morning presentation provided pertinent information on Lung cancer and genotype guided therapy to palliative care by nurses around the world.

Ovarian cancer has been an area that has not seen too many advances in treatment. I have been an oncology nurse for 5 years and have seen a few people, both patients and friends, succumb to this deadly disease. As you all know, ovarian cancer is the leading cause of death in gynecologic cancers, there were 21,880 estimated new cases, and 13,850 estimated deaths in 2010. I attended a session titled 'New Horizons in Ovarian Cancer Treatment' to learn what treatments are  
(cont on page 3)

## MY ONS EXPERIENCE KARLA IHARA, RN, BSN, OCN



There is just one word I would use to describe the ONS Congress in Boston Massachusetts, "Inspirational." As soon as you walk through the doors, you feel connected to the wonderful people from across the nation and around the world. The resources were abundant and the camaraderie was simply inspiring.

As a new nurse manager at the Queens Medical Center, I am constantly seeking new opportunities and innovative strategies.

Many of the poster presentations were impressive and familiar. One poster in particular, "Investigating and supporting the experience of nurse grief in the ambulatory oncology setting: connecting with the disconnect", seeks out the different strategies for a nurses' coping. It reminded me of how we use "debriefing" as a strategy at our institution to help nurses' deal with the loss of patients, who we have made close relationships with. The

relationships we build with our patients and their families become permanent and endearing not realizing that, we the caregivers, are going through that same grief. Pastor Al Miles has been our advocate for guiding us through this grieving process. The nurses recognize that they are processing through the same stages of grief. By understanding and facing that grief, it assists them to continue to be the advocate for the next patient/family  
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## PRESIDENT'S MESSAGE CONT

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*those who have  
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bounce back from life developments that may feel totally overwhelming at first. When resilient people have their lives disrupted they handle their feelings in healthy ways. They allow themselves to feel grief, anger, loss and confusion when hurt and distressed, but they don't let it become a permanent feeling state. An unexpected outcome is that they not only heal, they often bounce back stronger than before." He describes a "survivor personality" with specific qualities and traits that help you thrive in

adverse situations. He believed these traits and qualities could develop greater resiliency.

When I think about my years in Oncology nursing and the patients and families I have worked with, I can see what Dr. Seibert was referring to. I have had the opportunity to see how different patients and families have dealt with their oncology journeys. There are those who have definitely come through the experience more resilient than others. I have seen the same in my oncology nurse

colleagues. What are the traits that help them to emerge from life experiences stronger and better than before?

I encourage you to take the Resiliency Quiz—find out how resilient you are and what qualities to build to strengthen your resiliency. Share this information with your colleagues, patients, and families and emerge stronger as you go through the oncology journeys together. A copy of the resiliency quiz with interpretation can be found on the web at [www.resiliencycenter.com](http://www.resiliencycenter.com).

## GISELE IGE: MY ONS CONGRESS EXPERIENCE CONT

being utilized by other cancer institutions. In brief, this session provided a brief overview of the pathophysiology of ovarian cancer and elaborated on the different types and stages. The most common is the Epithelial (accounts for 60% of cases), Germ cell (accounts for 20% of cases), and Sex cord stromal (accounts for 10%). Treatments introduced in this session included PARP and Angiogenesis inhibitors, and ovarian vaccines. A PARP inhibitor is a substance that blocks the poly (ADP-ribose) polymerase enzyme that repairs damage done to the DNA. Simply put, PARP enzymes regulate our body's ability to repair DNA. In normal cells, this is useful and stops cell

death. Cancer cells use this mechanism to their advantage and proliferate. PARP-1 inhibitor is a new treatment that blocks the PARP function. Recent studies have shown that this new drug inhibits cancer as it disrupts the chemotherapy resistance in cancer cells. There are currently two clinical trials examining the use of PARP drugs: Olaparib (AstraZeneca) and BSI 201 (Sanofi Aventis). Both drugs are in the phase two trials. Other treatments mentioned included Bevacizumab and a few other medications that were still under going trial research, and vaccines. The thought behind vaccine therapy is to program the body's immune system to better

recognize cancer cells. Antibodies will then develop and be specific for ovarian cancer cells. Currently, the standard of care is IV Paclitaxel and IP Carboplatin. At the Queen's Cancer Center, we currently have a very small population of ovarian cancer patients that are receiving this chemotherapy regimen. It is a very trying treatment for both the patient and the nurse. The rest of the session focused on management of side effects, assessment (blood tests, scans, health history, etc), treatment options for recurrence, and management of a patient with prior hypersensitivity reaction and desensitization to Carboplatin.

Once Congress was over, I left Boston with

newfound information that I could share with my colleagues back home. Unlike my first Congress in Las Vegas, I had a better foundation of what cancer is and the role of the oncology nurse. Whether you are just starting out in Oncology or an expert, Congress has topics for every person and every learning level. I truly recommend attending Congress, not only for continuing education credits, but to help keep you up to date on the latest treatments/issues in Oncology. This Congress in Boston gave me a new sense of what it means to be an Oncology nurse and emphasized the impact our care has on each and every one of our oncology patients.

situation that they will encounter.

Other presentations, "From charge nurse to resource nurse: an evolving leadership role for the staff nurse" and "The transformation of bedside nurses to bedside leaders during one cancer institute's journey toward magnet designation," reminded me of the many wonderful leaders we have on our oncology unit. The clinical ladder program at QMC guides and nurtures our nurses to expand their experiences beyond bedside care. They actively participate in unit based projects to enhance bedside practices. However, evolving leaders are not just clinical ladders, they are the nurses who challenge and magnify continued quality patient care. Our involvement with Oncology on Canvas, Relay for Life, I Can Cope classes, Strides for Breast Cancer, or the marathon for the Leukemia Lymphoma Society, shows the commitment that develops that inner personal growth.

The keynote speakers energized, educated and gave exhilarating symposiums. The opening ceremony featuring Charlie Lustman's Musical HOPE campaign, was an inspiring "edutainment" of his cancer journey realities. Traveling across the

country, connecting and relating with patients through his musical compositions, Mr. Lustman reminds us of how special oncology nursing truly is and the effect we have on our patients. One familiarity we found was that Mr. Lustman once resided here on the island of Maui and remembers that road to Hana. He was excited to connect with our Hawaii nurses and one day hopes to come back to present here in the islands.

Another symposium featuring keynote speakers Dr. Lecia Sequist and Michele Myers RN, presented "Bench to bedside lecture: genotype directed therapy for lung cancer in 2011". This session provided an overview of the emerging cellular pathways that serve as therapeutic targets for non-small cell lung cancer. Researchers identified a genetic mutation of the EGFR gene in lung cancer patients. In the United States, 10% of lung cancers and 50% of those in non-smokers, carry this mutation. More than 70% of EGFR mutant tumors respond to the EGFR inhibitors Iressa or Tarceva, showing that initial treatment of EGFR mutant lung cancers with EGFR inhibitors have far better outcomes than initial treatment of traditional chemotherapy. The Mass General

Cancer Center has established a dedicated translational research laboratory in which tumor specimens are genotyped for key mutations that may affect the selection of targeted agents. Many mutations are relatively rare in any given type of cancer, their identification by a "real time" systematic approach is essential for the ability to rapidly match individuals patient's tumors with the novel therapeutic agents to which may be responsive. These methods are giving rise to new treatment paradigms focused on genetic mutations that may be shared by different tumors, irrespective of their tissue of origin.

The Cure Magazine hosted the Extraordinary Healer award with keynote speaker Cynthia Dixon from the popular sitcom "Sex & the City". Ms. Dixon has become a strong supporter for cancer research and hope for cancer survivorship. She spoke of her cancer journey and how her nurses became her advocate. She reminded us of the differences we make each day on the lives that we touch. This year's Extraordinary Healer was awarded to Marie Hayek of Columbus Community Hospital in Columbus Texas. Nominated by one of Marie's patients, it reminded me of the how the most minor tasks

make huge impressions on our cancer patients everyday.

Along with the many new clinical trials on the horizon, changes in protocols and evidence based practice, the ONS Congress presents with an abundant amount of information. However, gaining knowledge and attending inspirational lectures were not the only events to revel in. I was very fortunate to have Connie Gazmen at my side, guiding me through the many activities waiting for me to experience. Signing up for raffle tickets and submitting your name in contests just to try your luck for a 3 day spa getaway, an iPad 2, and much more. We were treated with not only breakfast, lunch and dinners, but also spoiled with a relaxing facial and a much needed massage.

For those who have already experienced the ONS Congress, I am sure they can relate to my excitement. For those who have not yet attended an ONS Congress, I encourage them to plan on going to at least one. The ONS Congress experience provides you with a genuine feeling of affirmation that oncology nursing is the place to make the most difference and I am proud to be apart of it.

Hawaii (Oahu) Chapter ONS members at the 35<sup>th</sup> Annual ONS Congress  
Boston, Massachusetts  
April 28<sup>th</sup> to May 1<sup>st</sup>



This picture was taken at the CURE magazine dinner honoring the extraordinary healer. The keynote speaker was Cynthia Nixon, a breast CA survivor [actress from Sex in the City].



Back: Yvonne Toyama and Charlene Sunada  
Front: Karla Ihara, Paula Gallagher, and Connie Gazmen

# Oncology on Canvas

Volunteers Needed!!! This is the 5<sup>th</sup> year of Oncology on Canvas and we need your help again. As you know, the Cancer Journey can be tumultuous, an emotional rollercoaster. Oncology on Canvas provides an outlet for that experience. This event is open to patients, families, friends and caregivers. Attendees and volunteers have found the experience to be rewarding.

A survivor, who was a perfectionist and did not feel she was creative or artistic enough to take part, was initially reluctant to participate in the event. Once she gave herself permission to simply express herself, however it turned out, she felt relieved, a healing and acceptance of what she had experienced and is still experiencing today.

Your help and support is greatly needed, so please join us.

## Kapiolani Medical Center for Women and Children

Joyce Wong ([Joycwong@aol.com](mailto:Joycwong@aol.com)) for pediatrics  
Suzanne Ditter ([suzannen@kapiolani.org](mailto:suzannen@kapiolani.org)) for adults

Date: Saturday, 23 July 9am-3pm.

Where: Conference rooms B & C, in the back of the cafeteria, 2<sup>nd</sup> floor

## Queens Medical Center

Darlene Sardinha ([dsardinha@queens.org](mailto:dsardinha@queens.org))

Date: Saturday, 6 August 9am-3pm

Where: Queen Emma Tower 7

## Tripler Army Medical Center

Pat Nishimoto ([pat.nishimoto@us.army.mil](mailto:pat.nishimoto@us.army.mil))

433-4087

Dates: Friday, 22 July 3-8 pm and Saturday, 23 July 9am-3 pm

Where: Tripler 10<sup>th</sup> floor, A Wing

## Kaiser Permanente, Moanalua Medical Center

Donna Primiano-Holton

([Donna.J.Primiano-Holton@kp.org](mailto:Donna.J.Primiano-Holton@kp.org))

Date: TBA

Feel free to contact any of these point people to offer your assistance.

Volunteers are needed for set up, break down, registration, assistance with paintings/narratives and food.

Help is also needed to display the artwork at **Honolulu Hale, August 23-Sept 2.**

## MANA'OLANA 2011'S MESSAGE LEILANI KARASAKI, RN

Aloha to ALL.

It has been an exciting year serving as Mana'olana 2011. I would like to thank everyone for the love and support over this past year. I truly felt all your warm wishes. I have been blessed and honored to be able to spread the word of the hard and beautiful work we do as Oncology Nurses. I volunteered to help at the Clinical Trails Celebration on April 9, 2011 at the Queen's Medical Center. I had the privilege of planning and implementing the third session of C.L.I.M.B. (Children's Lives Include Moments of Bravery)) This program, through

arts and crafts, assists the children of parents who have cancer. The purpose of this program is to allow the children to express feelings and concerns they may be experiencing. Some questions we dealt with this session were: Since my mom has cancer- am I going to get cancer, or, Is my mother going to die?

I worked with Residents and physicians whose profession is child Psychiatry. I am scheduled to be a guest speaker in June at the annual 2011 Renal Conference as an inspirational speaker.

I was able to share the work we do with many

leaders of our community at the Annual Executive Conference held last month on Lanai. I have met many fabulous individuals over this past year. They have only love and admiration for you, the oncology nurse. I want to thank all of you for this opportunity to share all the wonderful and inspirational work we do. I am very proud to be an Oncology Nurse.

Please submit your nomination for the Mana'olana 2012. The application can be found on page 6 of this newsletter and on the ONS web site. Mahalo Nui Loa.



Leilani Grippin Karasaki  
Mana'olana 2011

# *Mana`olana*

## *Nurse of Hope ~ 2012*

Through the Mana`olana Program, the Hawaii (Oahu) Chapter of the Oncology Nursing Society seeks to recognize one of the many outstanding nurses in Hawaii – one who demonstrates professionalism, community services, and hope in working with persons with cancer.

### **Who Qualifies?**

All registered and licensed practical nurses residing in the State of Hawaii qualify for this award. Previous recipients of the Mana`olana award are not eligible to be nominated again. Nurses who have been nominated in the past are eligible, and are encouraged to apply again.

### **How is the Mana`olana Chosen?**

Selection criteria include:

- At least 3 years clinical experience
- Demonstration of continuing education and nursing skills
- Currently practicing in Oncology Nursing
- Participation in community service
- Commitment to Oncology Nursing and patient care

### **How are Applications Made?**

Nurses may apply directly, or may be nominated by former or present patients, families of patients, nursing colleagues, other healthcare professionals, administrators, or physicians. Hospitals, clubs, and other organizations are encouraged to submit nominations.

### **When are nominations and Applications Due?**

Mana`olana nominations must be made by **June 10, 2011**. All nominators will be sent electronic applications to complete on behalf of their nominee. Completed applications must be received by **June 30, 2011**. Judging will be based on the written application and a brief interview with the nominee. Interviews and judging will take place on **July 14, 2011**. Nominees must be present for the interview and judging.

### **What does the Mana`olana receive?**

Serving as Mana`olana is a rich experience for the nurse selected. The experience includes professional recognition and personal growth. In addition, the Mana`olana receives financial assistance from the Hawaii (Oahu) Chapter of the Oncology Nursing Society to attend a national cancer conference on the mainland. It is hoped that the Mana`olana will choose some way in which to share conference knowledge with others in the nursing community.

### **Sound Interesting?**

It is! Mail, fax or email the Nomination Form [see page 6] for more information, or to nominate a nurse. Full details will be sent to the nominee.



# SAVE THE DATE...

## Upcoming ONS Dinner Lecture

June 16

Location: Morimoto's in Waikiki

Topic: Xgeva

TIME: 6pm registration



## Annual ONS Picnic

September 2011

---more info to come---



Saturday, July 16 - 6 pm through Sunday, July 17 - 6 am.

### **Looking for MENTORS!!!**

Interested in mentoring Nursing Students?...  
Contact Jackie or Cisco for more information.

### *Call for Volunteers*

### *Susan G Komen Education Committee*

*The education committee provides volunteers for the Komen events.*

*The volunteers provide information on Susan G Komen Affiliate  
and Breast cancer education at local events throughout the year.*

*For more information contact Cindy Kaneshiro@ctkaneshiro@gmail.com*



### **Happy Oncology Nurse's Month**

ONS recognizes that as an oncology nurse,  
you're there for your patients through one of the most challenging times of their lives.  
You help patients and their loved ones by caring, teaching, listening, and simply being present.  
Take some time this spring to recognize the hard work you do each and every day.

Celebrate you and your colleagues during Oncology Nursing Month. You deserve it!





In honor of National Cancer Survivor's Day  
the University of Hawai'i Cancer Center presents

# QUEST FOR A CURE: PROGRESS IN CANCER RESEARCH



**Saturday, June 11 • 8:30 to 10 a.m.**  
**Hilton Hawaiian Village**  
*with host Keahi Tucker*  
*of Hawaii News Now*

**An event for anyone whose life has  
been touched by cancer.**

Hear from leading experts on the most  
promising research, new therapies to  
combat cancer and how science has vastly  
improved survival.

Cost is \$10 with continental breakfast  
included.

This event is made possible with generous support  
from the Friends of the UH Cancer Center. Presented  
in partnership with the Hawai'i Comprehensive  
Cancer Control Coalition's Quality of Life Cancer  
Survivorship Conference.

To register, call the UH  
Conference Center at  
808-956-8204.

Or visit [www.manoa.hawaii.edu/uhconferencecenter/](http://www.manoa.hawaii.edu/uhconferencecenter/)

Space is limited so please  
register by June 7.



UNIVERSITY OF HAWAI'I  
**CANCER CENTER**

## Save The Date!

Hawaii (Oahu) Chapter Oncology Nursing Society Conference

### *Sex in the City: What's Working*

August 19, 2011  
7:00am – 4:30 pm  
Hilton Hawaiian Village  
Coral Ballroom  
Honolulu, Hawaii



#### Keynote Speaker:

Virginia Martin, RN, MSN, AOCN®  
Clinical Director of Ambulatory Care  
Fox Chase Cancer Center  
Philadelphia, PA

#### Fee:

ONS Members/Students \$100  
Non-members \$125

#### Co-Sponsored by:



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Registration info coming Will be sent by email and posted on Chapter website when available.

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**MESSAGE FROM THE EDITOR** Mahalo to all those that submitted articles and information to pass on.