

ons foundation NEWS

VOLUME 12, NUMBER 2
FALL 2005

Research Funded by the ONS Foundation Makes Its Way Into Clinical Practice

Ellen Carr, RN, MSN, AOCN®

From time to time, the *ONS Foundation News* features the work of oncology nursing colleagues who have received support for their research through ONS Foundation grants.

This issue highlights the research of four outstanding oncology nurse researchers, who have completed—or are near completion of—studies supported by the ONS Foundation's Center for Leadership, Information and Research.

Aligning Pain Reassessment Practices With Evidence-Based Practice Guidelines Through Use of an Interdisciplinary Research Utilization Approach

Principal investigator: Cynthia Smith-Idell, BA, RN, MSN, AOCN®

Professional Practice Leader, Medical Oncology
City of Hope National Medical Center
Duarte, CA



The project (December 2003–2005) addresses the problem of undertreated pain because of the failure to adequately assess and document pain.

With Marcia Grant, RN, DNSc, FAAN, Smith-Idell is looking at pain reassessment practices of nurses,

adopting National Comprehensive Cancer Network Level IIA evidence-based practice guidelines, through an interdisciplinary research utilization approach. The project evaluated current levels of nursing pain reassessment on inpatient units, critiqued pain reassessment practice guidelines, identified and evaluated strategies toward improving symptom pain management, and implemented those strategies through practice change models.

Smith-Idell's sample included inpatient oncology nursing staff on medical-surgical oncology units. Her research involved a pilot project to disseminate strategies to promote reassessment, including unit-based pain grand rounds, staff performance pain competency trending, one-on-one individual performance feedback, and red-flagging patients with moderate to severe pain.

"We are hopeful that information gained from this study will benefit other institutions," Smith-Idell said, "as pain management ranks among the top tier of nurse-sensitive patient outcomes. With the generous support of the ONS Foundation, we were able to hire a research specialist to support project implementation. This role was critical in maintaining project momentum and in enhancing practice outcomes."

Adolescent Daughters and Mothers With Breast Cancer

Principal investigator: Donna (Danuta) A. Clemmens, PhD, RN

Postdoctoral Research Fellow, School of Nursing
Yale University
New Haven, CT
Associate Professor, Division of Nursing
New York University
New York, NY

This 2001 grant supported Dr. Clemmens' research project from December 2002–2005. Her

phenomenologic-designed descriptive and interpretive research has focused on understanding adolescents' experiences when their mothers were diagnosed with breast cancer.

From this research, major themes highlight the uniqueness and significance of "mom" having breast cancer. Among themes of the adolescents' experience are Life Unraveled (stressful feelings in the adolescents especially during initial diagnosis and maternal treatments for cancer), Learned to Be With Mom (in a different way when mom was increasingly fatigued), Turning to Self (included being strong for mom, and coping by immersion in music, homework, and activities), Needing to Normalize (wanting to be able to be adolescent children again), and Talking Out Openly (highlighted the need by adolescents to be included in all family discussions about their moms' cancer).

Dr. Clemmens cited Ruth McCorkle, PhD, RN, FAAN, and Cheryl Beck, DNSc, CNM, FAAN, as tremendous mentors in alerting her about grant opportunities and guiding her through the grant writing process.

Dr. Clemmens is embarking on a follow-up study, which, similar to her experience with this project, requires relationship building with cancer center staff and access to patients. "It points out the importance of the issue of communication with health professionals about sensitive cancer-related matters and existing family patterns of communication in dealing with crises and life events," she said.

Patient Control and End-of-Life Care

Principal investigator: Debbie Volker, PhD, RN, AOCN®

Associate Professor

School of Nursing

University of Texas at Austin



This grant, awarded in 2001, funded a study looking at the nature of what patients with advanced cancer want regarding personal control and comfort at the end of life and explored strategies oncology advanced practice nurses (APNs) use to assist patients in achieving personal control and comfort at the end of life.

Using a descriptive, naturalistic method of inquiry, the study was based on interviews with oncology APNs and patients with advanced cancer.

The project's findings showed that APNs' descriptions of patient preferences for control at the end of life involved engagement with living, turning the corner, comfort and dignity, and control over dying. The APN roles included presenting bad news within a context of choices, managing physical care and emotional needs, and facilitating care services and systems.

Themes from the patient interviews included protection of one's dignity, control of pain and other symptoms associated with disease, management of treatment, management of how remaining time is spent, management of impact on family, and control over the dying process.

Dr. Volker's research revealed that patients' need for control manifests in a wide variety of actions and

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Your Gifts Support the Development of Strong, Powerful Nurses

As I reflect on the past year and look forward to the coming year, I am reminded of the power and importance of the presence of oncology nurses in our nation.

I am sure you would agree that

1. We need to develop strategies to recognize and reward oncology nurses for their excellence in practice, education, administration, and research in this nation.
2. We need to create mechanisms to support oncology nurses continuing their education and meeting their ongoing educational needs so they can improve the care of patients with cancer in the United States.
3. We need to raise dollars that will support multisite oncology nursing research that will influence the clinical outcomes of patients experiencing cancer and improve the work life of oncology nurses.

If you agree with the previous statements, then you believe in and support the mission of the ONS Foundation. The ONS Foundation is committed to celebrating excellence in oncology nursing, providing scholarships to support oncology nurses' educational learning and advancements, and providing grants to



Kevin Sowers, RN, MSN
ONS Foundation President

oncology nurses to improve the lives of patients with cancer through outcome studies.

Your ongoing contributions to the ONS Foundation support all of the previous statements. January 2005 began a yearlong 30th anniversary celebration of ONS and the more than 30,000 ONS members who make a difference in cancer nursing and the care of patients with cancer every day. Together, every one of these members helps to illustrate the ONS mission of promoting excellence in oncology nursing and quality cancer care.

As a group, we, and our colleagues before us, have worked diligently to advance the oncology nursing profession and the treatment of patients with cancer in countless ways. We have mentored colleagues, shared best practices, worked to change and improve practice, and committed our lives to caring for others. Together, we have made many outstanding accomplishments.

In April 2005, another significant milestone took place. The ONS Foundation and 10 corporate supporters challenged ONS members, chapters, special interest groups, staff, and donors to raise \$30,000 to benefit oncology nursing in the 30 Years of Excellence

Challenge. In what quickly became the largest member-driven fundraising event in the history of the ONS Foundation, more than 2,200 people worked together to not only meet our goal but to exceed it by 400% in a 30-day time period. Together, we raised more than \$324,290 (including \$200,000 in matching gifts) and generated funds to create and maintain new and current awards and learning and research opportunities for oncology nurses nationwide.

As we near the end of 2005 and the beginning of a new year full of a completely new set of milestones, I sincerely thank the many people who have worked together to advance oncology nursing. For the 90% of ONS members who have not made a financial investment in oncology nursing this year, I urge you to do so. You are an integral member of the oncology nursing team, and we need your help. As the more than 2,200 donors who contributed to the success of the 30 Years of Excellence Challenge demonstrated, together we are a strong, powerful force.

Kevin Sowers, RN, MSN
ONS Foundation President

Research *(Continued from page 1)*

desires to live fully and remain actively involved in personal decision making. Her findings also showed that APNs play a pivotal role in determining and facilitating patient preferences for control.

Her findings suggested that academic programs that prepare oncology APNs must include attention to communication skills, clinical care needs, and care management strategies for the end-of-life continuum of care. They also indicated that APNs may need to increase their efforts to dispel patient and family misperceptions about the value—and timing—of palliative care and hospice services.

In looking back on being a recipient of an ONS Foundation grant, Dr. Volker commented, "I am grateful to the Foundation and all of its donors for their support of my work. I have long been a Foundation donor and feel even more compelled than ever to give back to the Foundation so that we continue to build the scientific basis of oncology nursing practice."

Virtual Reality Intervention for Chemotherapy Symptoms

Principal investigator: Susan M. Schneider, PhD, RN, AOCN®
Chief of Adult and Family Nursing Division

Director of Graduate Oncology Nursing Specialty
School of Nursing
Duke University
Durham, NC

This grant, awarded in 2002, funded a study exploring the use of virtual reality as a distraction intervention to relieve symptom distress in adults receiving chemotherapy treatments for lung, colon, or breast cancer. The study also looked at whether the intervention reduced symptom distress over the first 48 hours post-treatment.

The study involved individuals—as a means of experiencing virtual reality—wearing headsets that project an image with corresponding sounds.

Using a crossover research design, Dr. Schneider looked at whether virtual reality is an effective distraction intervention for reducing chemotherapy-related symptom distress in patients and whether the effects last for two days. The final study analysis to be completed at the end of 2005 will address symptom outcomes (symptom distress, fatigue, and anxiety).

With this project's findings, the virtual reality technique may gain favor as a patient intervention because chemotherapy side effects and their accompanying symptom distress are major reasons that patients discontinue treatments prematurely.

To date, Dr. Schneider's research—based on a sample of 123 patients—indicates that using the virtual reality intervention can be effective; patients report that their chemotherapy treatment with the virtual reality intervention was better than previous chemotherapy treatments. Patients had a significant ($p < 0.001$) alteration in perception of time when using the virtual reality equipment. (When an average chemotherapy treatment lasted 58 minutes, patients using the virtual reality technique thought it lasted 47 minutes.)

Dr. Schneider commented on her grant-seeking experience with the Foundation: "What I find beneficial about writing a grant proposal for the ONS Foundation is that your audience of readers is experienced oncology nurses with an excellent knowledge of issues that pertain to cancer patients," she said.

"While you need to make a clear argument for the rationale for your proposal, you are addressing a group of peers who truly understand oncology nursing."

These major grants were funded through unrestricted support from Genentech, Inc., and OrthoBiotech.

ONS Foundation Aids Oncology Nurses in Planning for the Future

For the second consecutive Congress, the ONS Foundation provided two free one-hour informational sessions to aid oncology nurses in planning for their financial futures. Sessions were led by Sylvia Myers Maurin of Source One, LLC, and Laura Hilderley, RN, MS, ONS Foundation immediate past president. Approximately 30 ONS members attended.

"The Foundation was pleased to provide these sessions as a service to ONS members," said Linda Worrall, RN, MSN, OCN®, executive director of the ONS Foundation. "During the past few years, there have been increasing inquiries about estate planning and the different vehicles available for making a planned gift through the Foundation. These sessions were designed to serve as a starting point in helping members to evaluate their personal needs and goals while providing a general overview of the many gift mechanisms that enable donors to realize their own dreams while providing for loved ones and future generations of oncology nurses."

The ONS Foundation launched its first formal planned giving program in 2004 to better meet the needs of ONS members. A recent addition to the planned giving program is the "Legacy Leaders," a special recognition group that enables planned giving donors to enjoy exclusive ONS Foundation benefits now as a reward for their thoughtful planning for the future. To learn more or to notify the Foundation of your planned gift, contact the Foundation at 866-257-4667 and press 4.

Scholarship Will Honor ONS's First Employee

Using some of the funds raised in the 30 Years of Excellence Challenge to establish a Congress scholarship fund, the ONS Foundation will honor ONS's first employee, Nancy Berkowitz, who retired in 2004 after 25 years of service. As director of Meeting Services for ONS, Nancy coordinated Congress for many years. For more information, see the related article on page 3.

Make a Tax-Deductible Donation of \$30 or More and Receive Your Free, Limited-Edition ONS 30th Anniversary Pin!*

Yes! I want to support oncology nursing through the ONS Foundation. Enclosed is my tax-deductible gift of:

\$30 \$50 \$100 \$

Name _____

Address _____

City, State, Zip _____

Please make checks payable to:
ONS Foundation
PO Box 3258
Pittsburgh, PA 15230-3258



* Pins are available only while supplies last.

Members and Donors Raise \$324,290 to Benefit Oncology Nursing

The results are in—the 30 Years of Excellence Challenge fundraiser was extraordinarily successful, raising \$324,290 to benefit oncology nursing.

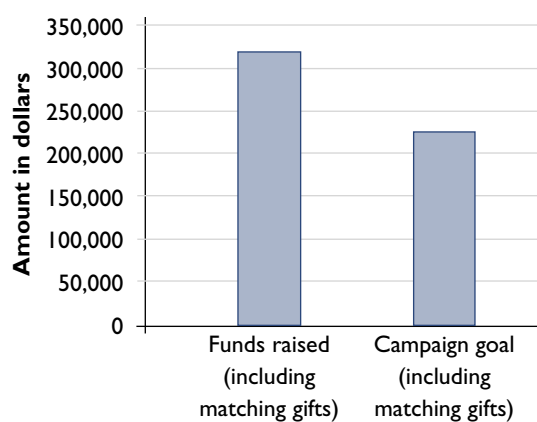
How did this happen? In April, a \$30,000 fundraising challenge was issued as part of the 30 Years of Excellence celebration honoring ONS's 30-year anniversary.

"The support from everyone was outstanding," said Heather Inch-Desuta, BA, MPM, former director of development for the Foundation. "This was the largest member response that the Foundation has ever had to a fundraising campaign. By midnight on May 1, 2005, more than 2,200 donors had made gifts to the Foundation."

The decision to challenge ONS members to raise \$30,000—equivalent to approximately \$1 for each active ONS member—was an initiative established by the ONS Foundation and made possible through the generous partnership of 10 pharmaceutical companies. Paula Rieger, RN, MSN, CS, AOCN®, FAAN, served as honorary chair of the 30 Years of Excellence Challenge.

To reach the \$30,000 goal, various incentives were established: Corporate partners agreed to provide \$200,000 in matching gifts if the \$30,000 goal was reached at the end of a 30-day time period. Also, donors who made gifts of \$30 or more received a limited-edition ONS 30th anniversary pin. The names of all donors were listed on a special 30 Years of Excellence virtual donor wall, which currently appears on the ONS Foundation Web site at www.onsfoundation.org.

And to ensure that the Foundation met and far surpassed the campaign's \$30,000 goal, ONS members, chapters, special interest groups (SIGs), staff, and donors worked together as never before.



30 Years of Excellence Campaign: 2005 Results

The Radiation SIG, led by Coordinator Marilyn Haas, PhD, RN, CNS, ANP-C, issued a challenge to all ONS SIGs, asking for their help in raising funds. The SIGs collectively raised more \$4,970 by the end of the 30-day time period.

In early spring 2005, Debra Adornetto-Garcia, RN, MS, AOCN®, president of the ONS Houston Chapter, sent e-mails to 221 chapter presidents and treasurers

emphasizing Houston's support of the campaign and urging other chapters to join in the challenge. In addition, the Houston Chapter challenged individual chapter members to make personal donations. By campaign end, approximately 20 chapters had collectively raised more than \$7,000. In addition, countless chapter members had made individual gifts.

So, how will the 30 Years of Excellence funds be spent?

"It's very important to the ONS Foundation Board and staff that we give back to the many people who donated to this campaign," said Linda Worrall, RN, MS, OCN®, executive director of the ONS Foundation.

"Because of this, one of the first uses of the funds will be to complete the Nancy Berkowitz Congress Scholarship Fund," Worrall said. Monies from this fund will enable the Foundation to provide a Congress scholarship to one oncology nurse per year for the life of the fund.

"In addition, we will use a portion of the funds to maintain and offset the costs associated with the current learning and research opportunities offered through the Foundation," Worrall said. "In short, we intend to do as promised: invest the funds in oncology nursing."

In partnership with the 30 Years of Excellence Challenge campaign and the ONS Foundation, Christopher Friese, RN, PhD, AOCN®, conducted a targeted, direct-mail campaign to raise funds in honor of Paula Calvert Bass, RPh, a recently retired Amgen employee. The campaign raised more than \$10,000 to benefit oncology nurses through the ONS Foundation endowment.

2005 ONS Foundation/Pfizer Fun Run, Walk & Wheel Had Record Number of Participants

Tina Mason, RN, MSN, AOCN®

At ONS's 30th Annual Congress in Orlando, a record number of 559 participants gathered for the 15th annual ONS Foundation/Pfizer Fun Run, Walk & Wheel to support the Ann Olson Scholarship Fund.

Participants had various motivations to rise early on one of the busy days of Congress and participate in this annual event. Some participants stated that the Fun Run, Walk & Wheel was a good way to start off the day. One participant said that she was walking in honor of her birthday—that day.

Others said that the Fun Run, Walk & Wheel brought attention to a good cause—raising funds to aid oncology nurses in pursuing academic scholarship at the doctoral level. It also served as a nice diversion from sitting in lectures all day. One participant said that because of her arthritis, she tries to participate in as many fun runs as possible, and the Ann Olson event is just one more that she enjoys.

Cynthia A. Seegers, LT ASTC, this year's winner in the run category, ran at the invitation of her mother, Jane Adams, RN, an ONS member since 1988. This was



the first Fun Run, Walk & Wheel that either woman had entered.

"My daughter has heard me talk about cancer and nursing for a long time," Adams said. "We attended the conference in Orlando to spend some time together. Because my daughter loves to run and compete, I thought this was something we could do together and at the same time support the organization I am so proud to be a part of," she said.

The women also participated in memory of Adams' husband/Seegers' father, who recently lost a four-year battle with colon cancer. "He was known as a fighter," Adams said. "He got into every clinical trial he could qualify for at that time. This race was to honor him."

Adams said that Seegers, a Naval officer in the Aerospace Physiology Program and a triathlon team member, has been in sports of some kind all of her life, including gymnastics, varsity volleyball, and track.

Adams said that her husband shared her daughter's enthusiasm for exercise and sports. "He was always so proud while watching her," Adams said. "They used to run together, but she did complain that he was too slow," Adams added with a touch of humor.

Proceeds from the 2005 ONS Foundation/Pfizer Fun Run, Walk & Wheel benefit the Ann Olson Memorial Scholarship Fund, which, to date, has helped 14 oncology nurses fulfill their educational goals.

In 1990, the Ann Olson Scholarship Fund and Fun Run were established to honor the memory of Ann Olson, who died in 1989 from lymphoma.

After Ann died, her colleagues at the former Adria Laboratories (now Pfizer Inc.) approached the ONS Foundation, wanting to do something to aid oncology nurses in Olson's memory. Since her death, thousands of runners and walkers have participated in the Ann Olson Fun Run, Walk & Wheel to raise funds for scholarship.

Ann was a young, vibrant woman who passed away soon after diagnosis, according to William "Jack" Kuhn, senior oncology sales consultant at Pfizer and a former colleague of Ann's. "It was a shock for all of us, being in this field and to have it be one of us. The best way to remember Ann was by honoring oncology nurses," Kuhn said. "They helped her get through what she needed to get through."

ONS Foundation's "It's in the Bag" Auction Returns

ONS Foundation's second "It's in the Bag" auction will be held at the Institutes of Learning and Nurse Practitioner Conference from November 10–12 in Phoenix, AZ. Conference attendees and those not attending can participate.

"One aspect that makes this auction special is that participants are able to weigh their odds to win prizes that they really want," said Linda Worrall, RN, MS, OCN®, executive director of the ONS Foundation.

"If, for example, I really wanted to win a Congress registration (donated by Smiths Medical MD, Inc.), I could toss some or all of my tickets into the Congress registration prize bag," Worrall said. "Since I would be competing only with others who want to win that particular prize, my odds of winning are much greater than if I entered a traditional drawing."

The auction for prizes—as a group worth more than \$4,000—begins October 11 at 9 am (EDT). Online participation ends November 11 at 5 pm (EST). On-site participation ends at 5:30 pm (MST) on November 12. An on-site drawing will be held at that time. All winners will be notified by mail during the week following the auction.

Tickets are \$5 each or \$10 for three tickets. For auction rules and a complete prize list, visit the ONS Foundation Web site at www.onsfoundation.org in October. Auction proceeds will be used to create and maintain education and research opportunities for oncology nurses nationwide.

Visit the ONS Foundation Web site to view the 2006 winning nursing month theme and honorable mentions. Plus, check out the 2006 nursing month products that are coming soon!

Roche Oncology's Support Includes Breast Cancer Programs

Joy Pakkianathan, RN, MSN, CNS, AOCN®

Roche Oncology, exclusive sponsor of the *ONS Foundation News*, has long supported oncology nurses and quality care for patients with cancer. The company also has had a special focus on breast cancer awareness, expanding programs that emphasize quality of life.

"We at Roche believe that it is the responsibility of pharmaceutical companies to focus on the overall care of the patients with cancer, not just the medicine," said Virginia Valenze, Roche's director of public affairs.

"Everybody at Roche Oncology has either been touched by cancer or has loved someone who has been touched by cancer," she said. "Because of this, Roche is truly committed to supporting patients with cancer."

As evidence of that commitment, Roche has supported many efforts to educate the public about early breast cancer testing, including the following.

- During Breast Cancer Awareness Month (in October), Roche Oncology, in partnership with the Y-ME

National Breast Cancer Coalition™ program, raised awareness about the need for early testing in young women.

- In partnership with Y-ME and Young Survival Coalition, Roche has held town hall meetings in five major U.S. cities to encourage women younger than 30 years with a history of breast cancer to be proactive and regularly have themselves screened for breast cancer.

"Our efforts have made a significant impact," Valenze said. "While it is difficult to measure exact numbers, Roche's call center reported a 400% increase in calls during Breast Cancer Awareness month."

Valenze also said that Y-ME members have written letters to Roche Oncology, commenting on the impact of Roche's outreach efforts. Those letters have underscored the value of the company's consistent focus on quality care for patients with cancer.

Upcoming ONS Foundation Deadlines

November 1, 2005
Small Research Grants

December 1, 2005
Congress Scholarships
Career Development Awards
Cancer Public Education Grants

February 1, 2006
Academic Scholarships

For more information about these ONS Foundation grants and awards (and to download applications), visit www.onsfoundation.org or call the Foundation at 412-859-6100.

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