YIKES!
7 Weeks of Treatment!

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Objectives:

• Patients perspective of challenges faced in the treatment room.
• How we overcome each challenge.
• Describe how we at Roswell Park deliver the prescribed treatment within the timeframe.
Top Challenges:

• Anxiety
• Mask
• Nutrition
• Difficulty laying flat without choking
• Completion of treatment in a successful time frame
Anxiety
How to help the claustrophobic/scared patient without being medicated:

• Music
• Warm blanket
• Words of encouragement
• Breathing techniques, the “4, 7, 8”
• Talk to them frequently during the treatment.
• Cut mask (not highly recommended)
Mask is too tight
What do you do?

• Do you have the correct headrest?
• Have the patient move around. Up, down, turn head side to side. Tuck or raise chin.
• Call the attending.
“THE STARE”
"The Slit Technique"
Mask is too loose
What do you do?

• Do you have the correct headrest?
• Have patient position head in the same position of the mask. (This is why I don’t recommend cutting the mask.)
• Daily KV match or image to verify positioning.
• Notify the attending.
“THE STARE”
Nutrition:

• Encourage a consumption of 2200 calories per day.
• Highly recommend counting calories. Keep a journal!
• Stay away from your favorite foods!!!!!!
• Weekly weight check.
Fluid intake:

• Encourage 70 ounces of fluid daily.
• Room temperature beverages. Not too hot! Not too cold!
• Stress the importance of getting enough fluids!
Difficulty laying flat without choking

- Phlegm build up makes laying flat very difficult causing a choking sensation.

- Highly recommend rinse/gargle at least 20 times a day and increase rinses as the phlegm increases. The patient should rinse and spit all day long.

- **Rinse/Gargle recipe:**
  - 1 pint of room temperature water
  - 1 Tbsp sugar or Splenda/equal
  - 1 tsp salt
  - 1 tsp baking soda

Note: 8 pints to a gallon- multiply the recipe by 8 to make a gallon.
Completion of treatment in a successful timeframe

- Aggressive treatment
- Patient starts and finishes radiation treatments within 47 days.
- BID treatments to make up for missed treatments during this timeframe.
- No more than 6 treatments per week.
Conclusion:

• The head and neck treatment is a very tough treatment for the patient.

• Be the reason your patient has the best possible experience during this tough time.

• Do everything possible to get them through their treatment.

• Be aggressive!