

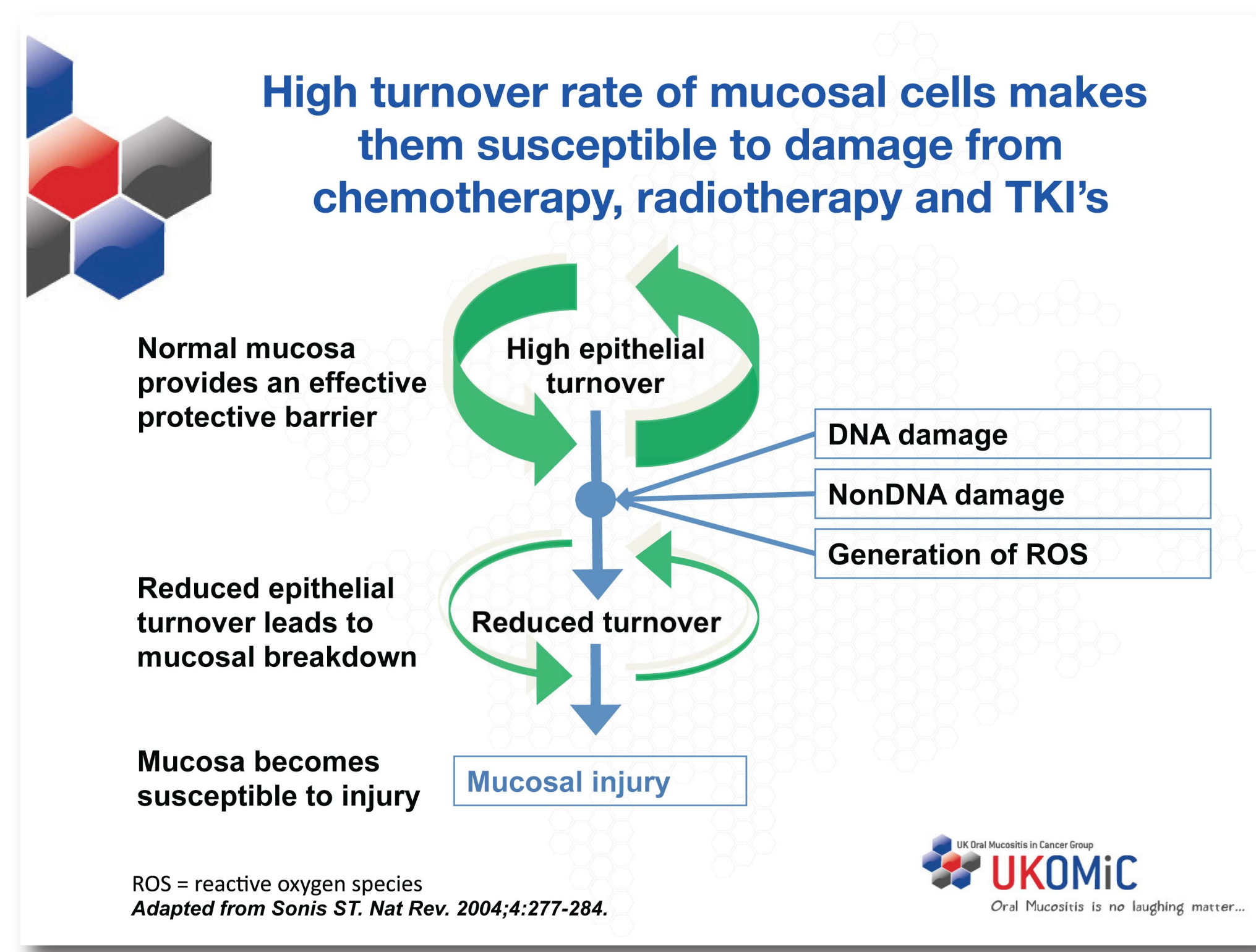
# DISSEMINATING BEST PRACTICE IN ORAL CARE: A NATIONAL PROJECT: UKOMiC (THE UNITED KINGDOM ORAL MUCOSITIS IN CANCER CARE EXPERT GROUP)

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"Despite its acknowledged importance, oral care is one of the first things to be set aside when workloads are excessive" (McGuire 2003)

**Background:** It is widely recognised that oral problems including oral mucositis (OM) can be very distressing for the individual, making substantial demands on the person's health and indeed health care resources. However, some of the distressing symptoms and health risks can be greatly reduced by the correct proactive care and treatment of oral problems.

**Oral Mucositis** is defined as inflammation of the mucosal membrane. It is characterised by ulceration, which may result in pain, dysphagia and impairment of the ability to talk, eat and swallow. Mucosal injury provides an opportunity for infection to flourish, placing the patient at risk of sepsis.



**Objectives:** The United Kingdom Oral Mucositis in Cancer Care Group (UKOMiC), a multi-professional group of oral care experts was set up over two years ago to promote education and address the often under reported impact of oral problems in cancer care. Drawing upon their expertise and the most up to date evidence, the group developed guidance on the prevention and treatment of oral problems secondary to disease and treatments.

**Methods:** An educational programme was launched to disseminate best practice in oral care across the United Kingdom. Members of UKOMiC have spent the last year disseminating the guidance in a variety of clinical and non-clinical settings, using a variety of teaching modalities including, clinic based teaching, educational study days, internet site resources and an on line module.

## Key Achievements:

Guidelines completed and rolled out. Guidelines have since been adopted by several UK Hospitals and Cancer Networks with 1000+ hard copies of the guidelines distributed

Website launched [www.ukomic.co.uk](http://www.ukomic.co.uk)

- Over 2000 people have accessed the website in the first year and downloaded 1000+ copies of the guidelines
- Numerous questions and contacts have been received via the website to the UKOMiC team



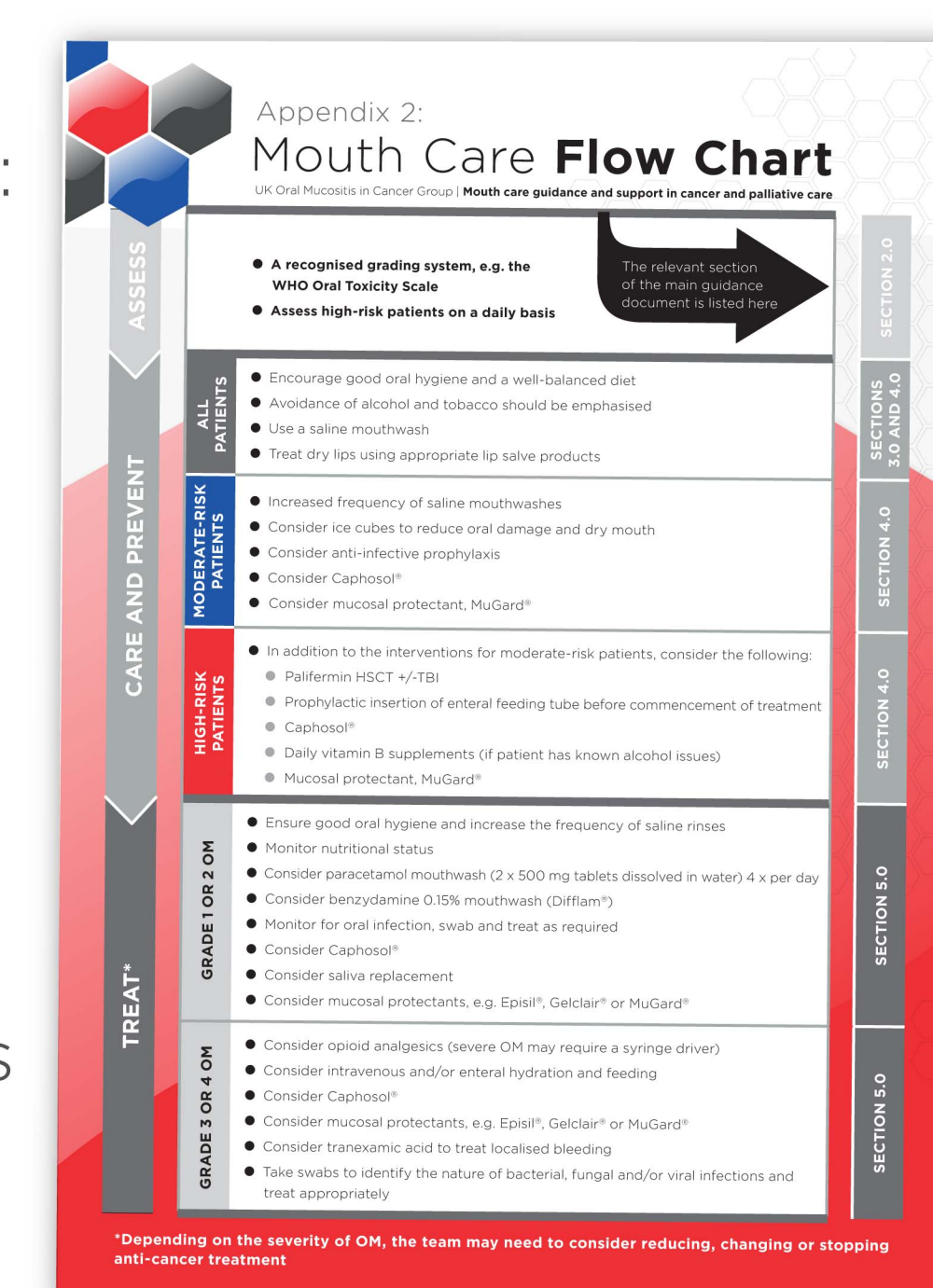
2 Oral Mucositis study days have been completed so far:

- Royal Marsden, London 56 attendees
- Christie Hospital, Manchester 72 attendee

'I was unaware of the guidelines and will hopefully use them to base our practice upon' (Study day participant)

'Most significant learning, that a mouth can look clean when significant damage is present. To listen to a patient when they say it is painful' (Study day participant)

Numerous local, national and international presentations and training sessions delivered by the UKOMiC team



## International:

- Website reaching across Europe and as far as Perth, Australia
- Polish OM Group launched following MASCC 2012 with the German OM Group established 2013

## Next steps:

- OM Study Day, Beatson West of Scotland Cancer Centre, Glasgow (September 2013)
- Review of the guidelines, including the impact of Tyrosine Kinase Inhibitors, to be rolled out in May 2014
- Involvement of broader range of experts including dental, oral hygienist, palliative care, via sub group of experts

**Results:** The group has engaged with practitioners and professional groups to advance this often neglected aspect of cancer care and the guidance is now being widely used in cancer centres across the United Kingdom to facilitate, support and update clinical practice.

**Conclusion:** The work of UKOMiC has been recognised globally and members of the group are working with MASCC, European Group for Blood & Marrow Transplantation (EBMT), European Oncology Nursing Society (EONS), British Society for Haematology (BSH), British Association of Head & Neck Oncology Nurses (BAHNON), Myeloma UK and other national organisations to develop practice

"I felt as if my illness were a blanket the world had thrown over me; all that could be seen from the outside was an indistinguishable lump" (Grealy 1994)

## Acknowledgement W Sweeting & EUSAPharma

Visit [www.ukomic.co.uk](http://www.ukomic.co.uk) where you can learn more about this group and download the guidelines



UK Oral Mucositis in Cancer Group

# UKOMiC

Oral Mucositis is no laughing matter...

