



Newsletter  
Of the  
Association of  
Pediatric/Hematology Oncology Nurses  
Southern California Chapter



# SCAPHON SCOOP

Happy summer, SCAPHON!

If I am being honest, I miss having a summer break. Everyone is “off,” enjoying lazy days and late nights, with little responsibility in the morning. Many of my friends and family are school teachers, and I often joke with them about making a poor life choice in a career in where you work in the summer. However, in one of my moments of jest, I was quickly reminded of how untrue that really was. I can’t think of a better choice I’ve made in my adult life than that the one that lead to me becoming a nurse; a pediatric oncology nurse that works in the summer. Having the summer off doesn’t compare to the rewards of walking with a child and their family during their difficult journey; witnessing the triumphs of remission and crying alongside them when a scan or marrow shows progression. And although having summers off does sound wonderful, it’s also wonderful to have a job where you know you are making a difference and part of something so much bigger than yourself. So, instead of throwing myself a pity-party, I’ll be thankful for the choice I made so many years ago to become a nurse....for the patients, their families, the amazing colleagues and mentors, and for all the opportunities it has brought me.

Being involved in SCAPHON and serving as the President these past 3 years has brought me opportunity, camaraderie and friendship that has enriched and added to my nursing career in such unique ways. I can definitely say I wouldn’t have my current job if it wasn’t for the networking through SCAPHON. Sitting around the table with amazing nurses planning the largest local chapter regional conference, hearing their ideas for community service, brainstorming on ways to energize our colleagues about profession, and being able to contribute with them is truly inspiring. I hope that you have, or one day will, experience the privilege it is to be on the SCAPHON board.

Each July (yes, in the summer!) we restart the SCAPHON year, it’s always exciting to look both back and dream forward. We truly had a wonderful year highlighted by the amazing regional conference---with both record breaking attendance and crazy record breaking heat! I can’t thank our entire team, led by TAS Ahmad, enough for all the hard work and extreme dedication that went into putting on such a wonderful event in May. We will be back in Newport Beach again in 2015 as we truly felt that venue provided us all the necessary pieces for our successful conference....again the week after nurse’s week and with taking into consideration the ideas of our membership.

As I challenge the board to find someone new to mentor into serving with SCAPHON, and as I welcome new faces into our organizations leadership, I am reminded of my start in SCAPHON, and how their then president, Joyce Derrickson, took a chance on a “new-ish” nurse with lots of energy and a strong desire to be involved. Joyce was the perfect mentor and cheerleader to me as I grew up in SCAPHON, and it has been my true joy to work with such a professional, grace filled individual over these years. After over 17 years serving—in many, many roles—on our board, Joyce Derrickson is stepping away. I can’t thank her enough for the role she’s played in the molding of our organization and in so many of our lives. It’s true that all the departures from the SCAPHON board are significant, but to me, this rings the loudest, as I am here, serving this way, because 11 years ago she welcomed me in.

We are looking forward to another wonderful year; and we want to experience it with you. We need your time, your ideas and your talent to sustain and grow this organization. SCAPHON is YOUR chapter; if you are looking to get connected, please let me know! Our year starts (after the summer is over!) at the Claim Jumper in Fountain Valley on September 9. The speaker and topic was chosen with you all in mind, as we wanted to have something unique for pediatric oncology nurses day. Hope to see many of you there!

Until then, enjoy what summer has for you.....whether it’s time off, or time for work....or time for both, and reflection.

See you in September!

Scarlett Czarnecki

## Opportunities for Professional Growth

### **APHON Pediatric Chemotherapy/Biotherapy Provider Course**

13.75 Contact Hours  
Pediatric Chemo/Biotherapy Provider Card

**Children's Hospital Los Angeles  
October 7th, 8th, 2014**

\$150 CHLA employees  
\$300 Non-CHLA employees

To register, contact Maria Velasco at (323)361-1677 or at  
[mvelasco@chla.usc.edu](mailto:mvelasco@chla.usc.edu)

### **SCAPHON Website On-Line!**

Our website address is:



[www.scaphon.org](http://www.scaphon.org)

### **The SCAPHON website features Information about:**

- ❖ Quarterly Meetings
- ❖ Conferences
- ❖ Scholarships
- ❖ Board Members
- ❖ Downloadable copy of our newsletter
- ❖ Quarterly Dinner Meeting Flyer
- ❖ And soon... the conference brochure!

Please visit our website often!

*Email our Webmaster with changes to your  
profile*



ASSOCIATION of PEDIATRIC  
HEMATOLOGY/ONCOLOGY NURSES

**APHON's 38th Annual Conference & Exhibit**

**September 4-6, 2014**

**Oregon Convention Center**

**Portland, OR**

<http://www.aphon.org/meetings/conference/>

### **CPHON®**

**Review Course**

**Tuesday September 23rd, 2014**

**0800-1630**

at

**CHLA**

**7<sup>th</sup> Floor Telemedicine Conference Room**

**8 CEUs Offered**

Cost for non-CHLA employees: \$125

Lunch will be provided

To register or for questions, please email Diane Altounji at

[daltounji@chla.usc.edu](mailto:daltounji@chla.usc.edu)



Supported by SCAPHON

### **The SCAPHON SCOOP**

Published by  
**The Association of  
Pediatric Hematology/Oncology Nurses  
Southern California Chapter**

President: *Scarlett Czarnecki*

Editor: *Deborah Marino*

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*Donna Quiroz*

*Lynn Schubert*

*Sharon Bergeron*

### **September is Childhood Cancer Awareness month**

**Celebrate Pediatric  
Hematology/Oncology Nurses' Day  
September 8, 2013**





## Education Corner

Sharon Bergeron, RN, BSN, CPON, Research Educator, Hyundai Cancer Institute, CHOC Children's Hospital

### Use of Bendamustine and Rituximab for First Line Treatment of Marginal Zone B-Cell Lymphoma

**Marginal Zone Lymphomas** are a type of slow growing, low grade B-cell lymphoma. They account for 10 % of all lymphomas. This is mainly a disease of older adults (55-65 years) and it affects men and women equally. However, there are documented cases in adolescents and young adults so I thought it would be important to share this information since we recently had an adolescent male patient diagnosed with this type of lymphoma at CHOC Children's Hospital.

There are three main types of marginal zone lymphomas which are based or deal with location. The most common type of marginal zone lymphoma is **extranodal marginal zone lymphoma** which is also called mucosa associated lymphoid tissue lymphoma or MALT lymphoma. These lymphomas start in places other than the lymph nodes (extranodal). Most MALT lymphomas start in the stomach and are linked to infection by the bacteria *Helicobacter pylori* which is also the cause of stomach ulcers. Other possible sites of MALT lymphomas include the lung, skin, thyroid, salivary glands and tissues surrounding the eye. Usually it is confined to the area where it begins and is not widespread. Many of these other MALT lymphomas have also been linked to infections with bacteria or viruses.

**Nodal marginal zone B-cell lymphoma:** This is a rare disease, found mainly in older women. It usually stays in the lymph nodes, although lymphoma cells can also sometimes be found in the bone marrow.

**Splenic marginal zone B-cell lymphoma:** This is a rare lymphoma. Most often the lymphoma is found only in the spleen and bone marrow. This type has been linked to infection with the hepatitis C virus.

Treatment for this type of lymphoma is Rituximab and chemotherapy. The rationale for Rituximab is due to the high expression of CD20. Chemotherapy that has been utilized for this type of lymphoma is CHOP (Cytosin, doxorubicin, vincristine and prednisone) and Bendamustine.

**Bendamustine (TREANDA)** is an active alkylating agent-which means it is active against both resting and dividing cancer cells making it attractive to use in treating lymphoma. In a recent randomized, adult clinical trial, the combination of Bendamustine and Rituximab was determined to be the preferred first-line treatment approach to treat indolent, mantle cell lymphoma because of increased progression-free survival and fewer toxic effects compared to rituximab and CHOP chemotherapy (Cytosan, doxorubicin, vincristine and prednisone).

**How is the drug administered to the patient?** Bendamustine is given as an intravenous infusion over 30 to 60 minutes on Days 1 and 2 of each 28-day cycle. The dose utilized will be **90 mg/m<sup>2</sup>**. The patient will also receive Rituximab as intravenous infusion on Day 1 of each 28-day cycle. The dose utilized for treatment is **375 mg/m<sup>2</sup>**.

**Some common side effects for Bendamustine:**

- Myelosuppression
- Infection
- Infusion reactions that are usually mild but include fever, chills, pruritus and rash
- Tumor lysis syndrome usually with the first treatment of Bendamustine and if left untreated and without intervention could lead to acute renal failure and death.
- Skin Rash/Reactions (severe skin reactions have been associated when administering this agent with allopurinol).
- Nausea and vomiting, diarrhea
- Fatigue
- Possible hypertension
- Fever
- Increased bilirubin levels
- Mucositis
- Dry mouth, cough

**Supportive Care Guideline/Special Monitoring Considerations:**

- Antiemetics such as **Zofran** may be needed prior and after drug infusion
- Monitor CBC and platelet count for indication of neutropenia and thrombocytopenia; administer blood products when ordered
- Monitor chemistry panels for abnormal electrolytes especially during cycle one when there is an increased risk of tumor lysis
- Monitor for infusion reactions (fever, chills, itching); may need premeds if patient experiences an infusion reaction with prior infusion
- Monitor for changes in blood pressure (can cause hypertension)
- Monitor skin for potential rashes and/or reactions.

**Rituximab (Rituxan)** is a monoclonal antibody that stops the cancer cell by destroying both normal and malignant B lymphocytes, and is therefore used to treat diseases which are characterized by having too many B cells, overactive B cells or dysfunctional B cells. Rituxan has been actively used to treat B-cell Non-Hodgkin's Lymphoma and Post-Transplant Lymphoproliferative Disorder (PTLD). This monoclonal antibody targets CD20 which is a marker on the surface of B-cells and helps the immune system destroy them. Rituxan has also been approved to treat rheumatoid arthritis, ITP, and other autoimmune disorders.

**How is the Drug Administered to the Patient? First Infusion:** Initiate infusion at a rate of 50mg/hr. In the absence of infusion toxicity, increase infusion rate by 50mg/hr increments every 30 minutes, to a maximum of 400mg/hr.

**Subsequent infusions:** Initiate infusion at a rate of 100mg/hr. In the absence of infusion toxicity, increase rate by 100mg/hr increments at 30-minute intervals, to a maximum of 400mg/hr. **DO NOT ADMINISTER AS IN INTRAVENOUS PUSH OR BOLUS, ADMINISTER AS AN INTRAVENOUS INFUSION.**

PRE MEDICATE PRIOR TO INFUSION WITH:

- ✓ Acetaminophen 15 mg/kg (650 mg max)
  
- ✓ Benadryl 1 mg/kg (50 mg max)

**Some Common Side Effects for Rituxan:**

- Fever
- Chills
- Shakes
- Itching
- Hives
- Sneezing
- Swelling
- Throat irritation or tightness
- Mucositis with sore throat or mouth sores followed by a diffuse skin rash, which can worsen rapidly and result in total body sloughing and can be life threatening
- Cough
- Low blood counts
- Infections
- Tired
- Blood pressure changes (high or low)
  
- **Rare side effects:** Severe infusion reactions or allergic reactions: redness in the face, rash/hives, fevers/chills, shortness of breath, trouble breathing, kidney damage, severe skin reactions and progressive multifocal leukoencephalopathy.

**Supportive Care Guideline/Special Monitoring Considerations:**

- Rituxan has a high incidence of reactions. Always pre-medicate with Tylenol and Benadryl as well as infuse the drug slowly
- Monitor vital signs every 15 minutes for the first hour or until the patient is stable, then hourly until infusion is complete
- Rituxan may cause tumor lysis syndrome (TLS). Patients at risk for tumor lysis syndrome will need to have liver function tests and be monitored.
- Rituxan may reactivate hepatitis B.
- Rituxan may cause an irregular heartbeat during the infusion.

## From the SCAPHON Scholarship Chair . . .

It's not too early to start thinking about 2015 Survivor Scholarships! Thanks to the generous donations and member support of the 2014 SCAPHON Conference raffle, we raised over \$5000 to help support six \$1,000 Survivor Scholarships. We were able to give Two Hematology Survivor Scholarships this year due to having funds from 2012 when we received no applications. Please remember to encourage your patients and families to apply. Scholarship applications are available year-round on [www.scaphon.org](http://www.scaphon.org); please feel free to print these and hand them to your patients and families throughout the year. The 2015 deadline for applications is April 1<sup>st</sup>. The winners will be announced at the 2015 SCAPHON Conference, to be held at the Newport Beach Hyatt. And don't forget to nominate that exceptional coworker for the Kathy Ruccione Award!

For those of you not in attendance at the May 2014 Conference, the winners were:

**Michael Murrin**

Winner, Denisse Heard Childhood Cancer Survivor Scholarship

**Paloma Lamb**

Winner, Amy Nishimura Memorial Education Scholarship

**Bailey Quishenberry**

Winner, Gloria Velasquez Memorial Childhood Cancer Survivor Scholarship

**Lauren Graham**

Winner, Eric-Stig Engblom Memorial Childhood Cancer Survivor Scholarship

Enjoy these words from one of our scholarship winners, Bailey, pictured below:

**“Thank you so much for the scholarship award. It will enable me to cover my books for the first quarter and hopefully the second! Having a second chance at life has made me a better person and I am more excited than ever to begin college!”**



Kind Regards, Lynn Schubert  
SCAPHON Scholarship Chair



### **SCAPHON 2014 Raffle - a Resounding Success!**

Thanks everyone who supported this year's raffle ticket sales! Over

**\$4,300** was raised for the scholarship fund!

We also would like to thank our generous donors who made the Raffle a success:

- ❖ Restaurants: SETA, ROY's BJ's, Olive Garden, AGO, Island's
- ❖ Coffee/tea: Starbuck's, Peet's
- ❖ Health and Beauty: Jack Winn Salon and Spa in Newport Beach; Sara's House of Beauty in Glendale; Nieman-Marcus beauty bags; Burke-Williams
- ❖ Entertainment: San Diego Zoo; Rancho Cucamonga Quakes Baseball; Regal Cinema Movie Tickets
- ❖ Travel: 2 night stay Southern California Beach Club Oceanside; Hyatt Regency Newport Beach
- ❖ Artwork: signed lithograph by Laguna Beach artist, Walter Visolay

### **From the SCAPHON Community Service Chair . . .**

**A BIG thanks to all who volunteered to prepare and serve meals at 4 of our local Ronald McDonald houses on 3/20 and 3/21! We were able to serve hundreds of people and had so much fun doing it. We could not have pulled it off without the many people who volunteered a few hours of their time to cook, serve and then clean up the kitchens. Thank you also to all who donated dental care supplies for our collection to support Project Healthy Smile. We collected an amazing amount of toothbrushes, toothpaste and dental floss that will be used to make a huge difference in the lives of children in South Asia and the Caribbean.**

**SCAPHON had a great year of community service and we are looking forward to having another productive year. Please keep watching the SCAPHON website for our next community service activity....**

**Thank you for all that you do-**

Donna Quiroz  
Community Service Chair



# Supporters 2013-2014

*SCAPHON would like to thank the following who have generously contributed education grants or support in 2013-2014*

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Loma Linda University Children's Hospital  
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Octapharma  
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Rady Children's Hospital, San Diego  
Sanofi  
Sickle Cell Disease Foundation  
Sigma Tau Pharmaceuticals  
St. Baldrick's Foundation  
Thirty-One Bags – April Sayers  
UCLA Health  
Walgreen's Infusion Services  
WeCan Pediatric Brain Tumor Network



**SCAPHON**  
Southern California Association of  
Pediatric Hematology/Oncology Nurses

**Association of Pediatric Hematology/Oncology Nurses  
Southern California Chapter**

Cordially invites you to attend our  
Quarterly Dinner Meeting and Educational Forum

**"Integrative Self Care Strategies for Nurses"**

By: Lisa Thompson RN, CHTP/I

Coordinator of Healing Touch and Massage Services  
Rady Children's Hospital, San Diego

Program Supported by Galen US

**September 9, 2014  
6:30 p.m.**

**Claim Jumper Restaurant  
Fountain Valley**

18050 Brookhurst St.  
Fountain Valley  
(714) 963-6711

**From the 405 Freeway:**

Exit Brookhurst and proceed south.  
Located just south of the 405 Freeway  
at the corner of Brookhurst and Talbert

**Parking is free and readily available.**

Approved by the California Board of Registered Nursing  
Provider Number 10530, for 1.0 Contact Hour

*At the conclusion of this presentation,  
The learner will:*

1. Discuss burnout and compassion fatigue
2. Demonstrate two Healing Touch techniques used for stress reduction

**For more information, contact:**

**Shawna Esarey  
Quarterly Program Planner  
Esarey, Shawna  
sesarey@rchsd.org**

**SCAPHON Quarterly Meeting Registration Form  
Registration Deadline: September 2, 2014**

Yes! I will be attending the SCAPHON Quarterly Dinner Meeting and Educational Forum  
At 6:30 pm on Tuesday, September 9<sup>th</sup> at the Claim Jumper in Fountain Valley

Name: \_\_\_\_\_ Menu selection:  Vegetarian  Meat  Gluten Free

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ APHON Member:  Yes  No

Institution: \_\_\_\_\_ RN License # \_\_\_\_\_

Please return this registration form by September 2, 2014

Enclose registration fee of \$25 payable to SCAPHON (\$30 if postmarked after September 2, 2014)

Mail to:

**Shawna Esarey RN, BSN, CPON  
1578 Black Walnut Dr.  
San Marcos, CA 92078**





ASSOCIATION of PEDIATRIC  
HEMATOLOGY/ONCOLOGY NURSES

Anne Nord  
2433 Bywood Drive  
Glendale, CA 91206



**SCAPHON**

Southern California Association of  
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**SAVE THE DATE!**

**SCAPHON'S 29<sup>TH</sup>  
ANNUAL  
CONFERENCE  
MAY 14 & 15, 2015**

**THE HYATT  
REGENCY  
NEWPORT BEACH**

**SCAPHON now has a page on Facebook!  
"Like" us to get updates on the events of  
our local chapter!**

**Note:** If you no longer wish to receive the *SCAPHON Scoop* and wish to be removed from the mailing list, please contact Anne Nord @ [ANord@chla.usc.edu](mailto:ANord@chla.usc.edu) or mail notice to 2433 Bywood Drive, Glendale, CA 91206