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## Oncology Nursing Society 36th Annual Congress Podium and Poster Abstracts

Each abstract has been indexed according to first author and identified as a podium or poster session on page E180.

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### 1000211

**BRIDGING THE GAP: IMPROVED PATIENT OUTCOMES AND INCREASED STAFF SAFETY DIRECTLY ATTRIBUTED TO THE DELIVERY OF THE "SAFE HANDLING OF ORAL CHEMOTHERAPY" EDUCATION PROGRAM AT MATER HEALTH SERVICES.** Jane Roach, RN, Mater Education Centre, Mater Health Services, Brisbane, Queensland, Australia

Cancer therapies are used throughout many patient care areas to treat non cancer conditions such as rheumatoid arthritis and multiple sclerosis. Patients diagnosed with cancer are also being managed on outlying wards due to a shortage of beds in the oncology unit. Nurses administering these cytotoxic agents require specialist training to handle these therapies safely. A learning needs analysis was conducted on Registered Nurses (RNs) working outside the oncology environment identifying major knowledge gaps and safe handling concerns. This resulted in an education program designed to bridge this knowledge gap, improve the standard of safe practice and ensure high quality patient outcomes. This education program would ensure a baseline level of competence for every clinician administering oral cytotoxic medications. According to the Cancer Nursing Society of Australia and the Oncology Nursing Society, only RNs with specialised training in cytotoxic administration should administer cytotoxic chemotherapy. Employers must ensure that these requirements are met. These guidelines provided the basis for developing the model of chemotherapy education needed at the Mater. The chemotherapy education included: Reviewing current research articles on safe handling of hazardous drugs, Successful completion of a learning package, attending an 8 hour workshop, Pre and post workshop tests, Supervised practice in administering oral cytotoxics and assessment of competencies in safe handling of cytotoxics and oral chemotherapy administration. Three, six and nine months after completing the program the registered nurses were observed, to determine whether they had integrated the knowledge gained in the program into their clinical areas. If non compliance was realised then further training was given. The oral chemotherapy education program undertaken for RNs working in wards outside the oncology area at Mater Health Services, has resulted in improved safe handling of cytotoxic waste, increased knowledge around safe administration of oral cytotoxics, side effect management and patient education.

### 1000406

**RELAX REJUVENATE REVITALIZE: A NURSING RETREAT TO WELLNESS.** Louise Baca, RN, MSN, CCRP, Kennedy Cancer Center, Kennedy Health System, Sewell, NJ; and Lizzie Martinez, RN, BSN, OCN®, Ocean Medical, Brick, NJ

Relax Rejuvenate Revitalize: A Nursing Retreat to Wellness was a collaborative project developed by two Southern New Jersey ONS chapters focused on the concept of "caring for the caregiver". Nurses by nature are nurturers and tend to put the needs of others ahead of their own. Trying to maintain the balance of family, work, household and self often leaves the "self" neglected. The retreat provided oncology health care professionals with an educational and experiential retreat on the prevention/management of stress and anxiety, the importance of proper nutrition and exercise as well as nurturing the body, mind, and soul. Taking the time out of their busy life to care for themselves and ways to accomplish this concept was the focus of this retreat. The Southern Jersey Shore and Central New Jersey Chapter presidents had an initial "brainstorming" meeting to discuss the concept for the "retreat" originating from a grant awarded for a program called 'Fitting Yourself Into Your Own Schedule'. The decision to incorporate education, nutrition and integrative therapies into an all day retreat to offer a relaxing and educational experience for the attendees was established. Local experts in the field of integrative therapies and nutrition were invited to participate as speakers for morning educational sessions. A nutritional session preceded a nutritious lunch. Local and regional integrative therapists were asked to voluntarily participate and provide sessions on reiki, yoga, massage, reflexology, visualization, dance/exercise, healing touch and aromatherapy during the afternoon sessions. Attendees were required to complete an ONS evaluation for 4.75 continuing education credits. Evaluations were exceedingly positive and speakers' goals and objectives were overwhelmingly met. The Retreat was a total and unequivocal success and one hundred percent of the attendees requested that the retreat be offered the following year. Attendees also shared that this was a well needed experience and that they often do not take the time for themselves. In addition, one hundred percent of the therapists/presenters felt that this was a truly positive experience, both beneficial and integral to attendees and have asked to be involved in any future retreats.