

Advanced Practitioners' Favorite Websites



There's no denying that the Internet has changed the way we live and the way we practice. It wasn't all that long ago that we didn't have access to such valuable resources as the National Comprehensive Cancer Network's www.nccn.org, the National Cancer Institute's www.cancer.gov, and certainly the Oncology Nursing Society's www.ons.org, but how many of us can imagine not using these sites today? For this issue of JADPRO, we decided to dig a bit deeper and see what other—possibly lesser known—websites advanced practitioners of oncology just can't live without. Take a look at the websites our contributors have suggested, and you just may find yourself adding a few more bookmarks to your browser.

Contributors

Jill M. Gore, MPAS, PA-C
Texas Transplant Physician Group
San Antonio, Texas

Shannon Iakiri, RN, MSN, OCN®, FNP
Cancer & Hematology Centers of
Western Michigan
at The Lacks Cancer Center
Grand Rapids, Michigan

Kelley D. Mayden, MSN, FNP, AOCNP®
Southwest Virginia Cancer Center
Norton, Virginia

Linda Penwarden, MN, RN, AOCN®
St. Luke's Mountain States
Tumor Institute
Boise, Idaho

Shirley Triest-Robertson, PhD, APNP, ACHPN, AOCNS®
St. Vincent Hospital
Green Bay, Wisconsin

Laura Zitella, RN, MS, NP, AOCN®
Stanford University Cancer Center
Stanford, California

Medical Information

Medscape

 www.medscape.com

Medscape is a health professional network that is part of WebMD. It contains original, professional medical content, including review articles, journal commentary, expert columns, patient education articles, book reviews, continuing education, and more. It also has conference coverage, an online medical journal, professional medical news, and access to MEDLINE. You can customize your homepage to Oncology, and there are 25 different oncology resource centers. The homepage lists links to informative articles about the latest medical news of that day in your chosen specialty area. There is also a Nurse Practitioner resource center. Registration is free and allows you to view most of the information on the site. Use the eMedicine search engine to find a comprehensive clinical overview of nearly 7,000 topics or use the Medscape CME tab to find free Category I CME and CE on a broad range of topics.

 **Cost:** Free

UpToDate

 www.uptodate.com

UpToDate is an evidence-based, peer-reviewed information resource available via the Web, desktop/laptop computer, and mobile device. It covers over 8,300 topics in 16 medical specialties (including oncology), and content is updated on a routine basis. It provides evidence-based treatment recommendations for various medical problems without influences from pharmaceutical companies or other advertisers. CME is available as well as printable patient information and medical calculators.

 **Versions and Cost:** Web, desktop, and PDA versions. Individual subscription: \$495/yr.

Oncology Information/Guidelines

Oncology Nursing Society (ONS) Putting Evidence into Practice (PEP)

 www.ons.org/Research/PEP

ONS PEP Resources are evidence-based summaries of interventions related to cancer and treatment-related symptoms. Teams of oncology nurses review the literature periodically to provide a summary of interventions appropriate to manage cancer patients' symptoms. Each intervention is classified based on the available evidence as follows: Recommended for practice, Likely to be effective, Benefits balanced with harm, Effectiveness not established, Effectiveness unlikely, or Not recommended for practice. Advanced practitioners can quickly and easily determine which interventions are supported by research and would be beneficial to incorporate into their practice. There are PEP resources available for the following topics:

- | | | |
|-------------------------------|-----------------------|---------------------------|
| • Anorexia | • Dyspnea | • Pain |
| • Anxiety | • Fatigue | • Peripheral Neuropathy |
| • Caregiver Strain and Burden | • Lymphedema | • Prevention of Bleeding |
| • Constipation | • Mucositis | • Prevention of Infection |
| • Depression | • Nausea and Vomiting | • Sleep/Wake Disturbances |

 **Versions and Cost:** Free

PEP applications are also available for iPhones. The first app on oral mucositis is free; all others are \$1.99 each. Visit the iTunes store at www.apple.com/itunes/ for iPhone applications.

OncoLink

 www.oncolink.org

OncoLink has been touted as “The Web’s First Cancer Resource.” It is operated by Abramson Cancer Center of the University of Pennsylvania. This website was created in 1994 by their cancer specialists with “a mission to help cancer patients, families, health care professionals, and the general public get accurate cancer-related information at no charge.” Information available includes cancer types, treatment, coping resources, and a library. An interactive section allows visitors to the site to participate in a monthly webchat. This resource-rich website also provides continuing education for professionals, downloadable PowerPoint presentations, and nursing tips/news as well as patient education. Useful documents and programs are available such as the OncoPilot, a series of forms a patient might use to track important information during treatment, as well as the LiveStrong Careplan (originally an OncoLink program), which provides cancer survivors with information regarding the health risks they might face after cancer therapy.

 **Cost:** Free

Chemoregimen.com

 www.chemoregimen.com

This website partners with MPR (Monthly Prescribing Reference) to offer chemotherapy regimens searchable by cancer site. You may then search by cancer stage. Dosage adjustments for renal and hepatic dysfunction are available by drug with links to references. A link to the American Society of Clinical Oncology guidelines for antiemetics is provided. The formula for calculating the carboplatin dose is available, but not in medical calculator form. A search tool for the site is available. Chemoregimen also provides links to abstracts and articles.

 **Cost:** Free

ChemoOrders.com

 www.chemoorders.com/


ChemoOrders.com is an online disease management tool that facilitates the implementation of evidence-based chemotherapy protocols for health-care providers. You can create patient-specific orders, flow sheets, informed consents, and more in less than a minute; 319 different protocols are currently available. Patient education material, including printable specific drug information handouts, is provided as well.


 **Cost:** Free

Enterprise Opioid Calculator

 <http://bit.ly/dFkjHA> (case sensitive)

Published by the Cynergy Group, this is a web-based equianalgesic conversion tool developed for practitioners in both acute and chronic pain management. Opioid calculators are frequently used in the world of pain management, including oncology. This tool provides an estimate for converting one opioid to a different opioid, or converts doses between differing administration routes (intrathecal, rectal, transmucosal, and epidural). Equianalgesic dosing has its drawbacks. Advanced practitioners should be aware that the equianalgesic tables were established using healthy volunteers and single dosing in some cases. There is little research to substantiate their efficacy for clinical use. However, programs such as this one enable the practitioner to utilize published conversion ratios where available and expert consensus data where guidelines are not available.


 **Versions and Cost:** PDA (\$99), network (\$4,500), and on-line service (\$499 a year). There are no free trials available.


-  **TIPS**
- A dose reduction is built into the conversion for incomplete cross-tolerance when changing opioids in the conversion, but this can be bypassed if a reduction is not desired.
 - The results may be printed and used in the patient's chart.
 - An oral morphine equivalent is provided for each calculation.
 - References for the conversion are also provided.
 - This is one of the few calculators to include oral transmucosal fentanyl.
 - If opioids combined with acetaminophen are used, the daily dose of acetaminophen is also calculated with upper limit dose warnings.

GlobalRPh Opioid Calculator

 www.globalrph.com/narcoticonv.htm

This website has multiple medical calculators, including a BSA and carboplatin-AUC calculator. It also has IV dilution guidelines (no chemotherapy drugs), drug tables, consumer health topics, an infectious disease database, disease management tools, medical reference tools and guidelines, and links to other medically relevant sites.

 **Versions and Cost:** Web-based version is free. Links are available to a PC-based version and a PDA version. The PDA version (Palm and Pocket PC) offers a 14-day free trial, and the cost is \$21.95.

-  **TIPS**
- This only allows conversion of one opioid at a time so requires some hand calculation.
 - It does not include transmucosal or transdermal fentanyl conversions.
 - Oral morphine equivalents are included.
 - An option to put in a reduction for incomplete cross-tolerance is offered.
 - The PC version includes references, acute vs. chronic use of morphine and methadone, and suggestions for breakthrough dosing adjustments.

Complementary and Alternative Therapies

Natural Standard

 www.naturalstandard.com

Natural Standard is an international collaborative group of researchers who synthesize data on complementary and alternative therapies. Data are evidence-based, consensus-based, and peer-reviewed. Each therapy has a comprehensive review of all data and expert information available on the topic to provide a rating to the subscriber. The references used in these reviews are available, with a direct link to Entrez Pubmed. Databases include food, herbs, supplements, therapies, diets, fitness programs, and beauty products. There is an interaction program to assess for potential interactions of herbs/supplements/foods and medications. Continuing education on complementary and alternative therapies is available at this site as well.

\$ Versions and Cost: Individual and institutional subscriptions are available. Professional database: You must fill out an online form and a salesperson will contact you. PDA version: links to Skyscape for purchase, \$67.95 for 1 year. A partial trial version is available.

Professional Organizations

Clinician1

 www.clinician1.com

Clinician1 is an interactive community website only for Physician Assistants and Nurse Practitioners. Members have access to new employment listings, breaking medical news, free CME/CEU credits, clinical articles, specialty groups, special interest groups, patient education links, earning opportunities, and professional savings. Clinicians who need advice can post questions for other members to read and to make comments.

\$ Cost: Free

American Academy of Physician Assistants

 www.aapa.org

The American Academy of Physician Assistants website includes information about PA practice, CME articles and posttests, links to PA programs, information about clinical issues, legislation, and reimbursement, upcoming events and conferences, data from national surveys, and a job link. Members receive free posttest processing and discounts on programs, a membership directory, a peer-reviewed journal, a pre-prescribing reference, and multiple other publications, although access to most of the site is free.

\$ Cost: Website access is free, membership is \$275 per year.

IMER (Institute for Medical Education & Research)

 www.imeronline.com/gxpsites/hgxpp001.aspx

The Institute for Medical Education & Research (IMER) website is packed with educational opportunities as well as useful tools. Advanced practice nurses serve as resources for their staff and the site. Nurse and physician continuing education offerings include on-demand webcasts and regional and national meeting opportunities in oncology topics. For nurses, professional resources include mentorship programs, newsletters, case studies, literature reviews, and a video library. Clinical tools on staging, prognosis, symptom assessment and management, as well as patient education can be downloaded for practical use.

\$ Cost: Free