

WELCOME

The editorial committee is cordially welcoming you to the 1st eSMART Newsletter. Our goal is to keep you updated regarding eSMART project progress, meetings & publications and up-coming events. Each newsletter will feature a focus on a specific site, introducing key people and sharing patients' experiences and "clinical pearls". Every month a different partner will have the opportunity to give an eSMART insight. We are very proud of where we are today and excited about where we are headed. Stay tuned!

Prof Elisabeth Patiraki

WHO WE ARE



The Newsletter Team

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Prof Christine Miaskowski
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[+ Find out more](#)

The eSMART project aims to demonstrate benefits for cancer patients using a real-time, mobile phone based remote patient monitoring system, the Advanced Symptom Management System (ASyMS). It is anticipated to greatly improve patient outcomes and delivery of care both during and after chemotherapy treatment.

[+ Find out more](#)

RECENT EVENTS



13-14 January 2015

eSMART ASyMS Training took place in January 2015, Surrey

[+ Find out more](#)



16-18 March, 2015

2nd eSMART Consortium Meeting was proudly hosted by the Faculty of Nursing, National and Kapodistrian University of Athens. 25 participants representing the 12 eSMART partners had a productive meeting.



17 March, 2015

Public Seminar, Athens
Over 200 cancer care health professionals, students and patients attended the eSMART public seminar.
[ECPC press release](#)
[Photos](#)

OTHER NEWS

Mobile technology in medicine

Prof Nora Kearney
Chemotherapy is a very effective cancer treatment that has helped save millions of lives, but the side effects can be severe.

eSMART PARTNERS



YOUR FEEDBACK

We value your opinion and invite you to share your thoughts about the eSMART newsletter with us:
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eSMART NEWS

READY TO COMMENCE A HISTORIC RESEARCH PROJECT!

by Prof Christine Miaskowski

A most sincere and heartfelt welcome to the inaugural issue of the eSMART newsletter! We are about to begin a historic project that will improve the management of symptoms in oncology patients receiving chemotherapy. Over the next three months, the newsletter themes will be **READY, SET, and GO**. In this issue, we will review the historical context for the eSMART study and the critical role that each of you will play in insuring its success. In the two subsequent issues, we will review strategies to enhance patient recruitment and retention, as well as focus on recruitment targets and final steps to recruit the first group of patients for this study.

As you all know, most oncology patients receiving chemotherapy report an average of 10 symptoms that are in the moderate to severe range. These unrelieved symptoms have a negative impact on patients' mood; interfere with their ability to function; decrease their ability to have meaningful social interactions; and decrease their overall quality of life. As oncology nurses, each time we see our patients, we assess these symptoms and work our patients to decrease their symptoms using a variety of pharmacologic and nonpharmacologic interventions. Effective symptom management is one of the HALLMARKS of oncology nursing.

So why is the eSMART study needed? The problem of unrelieved symptoms continues to be reported in the literature: patients with cancer regularly report at least 10 unrelieved symptoms! This suggests that our current symptom assessment and management strategies are not effective. In our busy oncology clinics, the time we have for symptom assessments and patient education on symptom management is relatively brief. While we try and provide patients with the information that they need to manage their symptoms, they may not retain all of this information when they return home.

The main purpose of the eSMART study is to determine if daily assessments of common symptoms, as well as the provision of information on self-management of these symptoms, will decrease their occurrence and severity. In addition, if patients report severe symptoms they will be able to speak with an oncology nurse to determine if they need more aggressive treatment. The use of "smart phone" technology is the key to this pioneering intervention study.

So why is the eSMART study a historic study? This study is a historic one because we will study the effects of a symptom management intervention compared to standard care in over **1100 patients** from **13 European clinical sites** across **five countries (Austria, England, Greece, Ireland, Norway)**. No one has attempted this extensive a study of symptom management in multiple countries in Europe before. In addition, this study will be the first to obtain real time information about the symptoms that patients undergoing chemotherapy treatment for **breast, colorectal and haematological cancers** experience on a daily basis on this grand a scale. We are going to learn how common symptoms change over time and what patients do on a daily basis to manage their symptoms. In addition, working with colleagues in the **United States**, we will be able to determine what factors contribute to some patients experiencing more severe symptoms.

We need to think about this international study on a grand scale. No matter what country we live in, as oncology nurses, we are committed to providing the highest quality care to our patients. One of our major goals is to use effective pharmacologic and nonpharmacologic interventions to decrease symptoms so that patients can receive optimal doses of their chemotherapy. The findings from this study will provide us with the evidence we need to support the use of smart phone technology (**mHealth technology**) and treatment algorithms for common symptoms in the routine care of oncology patients.

As part of this international project, we need to reach the recruitment targets at each of our sites. As an oncology nurse involved in the eSMART project, each of your contributions is essential to its success. As part of an international community of oncology nurses, each of us has a critical role to play in this research study. Given the extraordinary potential of this study to improve the care of patients with cancer throughout the world, are you ready to begin the recruitment of patients in June 2015?

CLINICAL SITES

