



Virtual Team Meeting. Top (from left): Erin, Caroline, Kathryn. Bottom (from left): Sue, Danielle, Karen.

Study Updates

We are adding some new parts to our study.

- **Continuation Study** – we are asking participants who are finishing the study if they want to continue to participate for **two more years**. We will mail you a consent form to sign & return in a prepaid envelope. We will call or email you **once a month** and mail you saliva kits **twice a year**. *Thank you to our ladies who have already rejoined! We are so happy to have you back.*
- **COVID-19 Questions** – in September, we are adding questions to our survey that ask about anxiety, coping, and hardships.

About Us

Our Team

We have several wonderful team members. **Sue** is the person in charge of this study. **Caroline** manages day-to-day study needs and hiring. **Karen** is a PhD nursing student. **Erin** is a Research Associate who will attend Physician Assistant school in 2021. **Danielle, Katie,** and **Kathryn** are Pitt Nursing students who are part of a research mentorship program.

Staff Updates

We recently had to say good-bye to three of our team members. **Megan** began Physician Assistant school in August. **Susan** is pursuing her PhD in nursing. **Elizabeth** accepted a faculty position at Duquesne University. We are so proud of all of them!

Questions? Contact Us

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**TREATMENT INDUCED
NAUSEA & VOMITING
(TINV) STUDY**
3500 Victoria St
Pittsburgh, PA 15213



TREATMENT INDUCED NAUSEA & VOMITING (TINV) STUDY

Fall 2020 Newsletter



Thanks for being part of our study!

With your help, we hope to...

- Measure how nausea varies based on treatment
- Identify symptoms and characteristics that may be related to nausea
- Look at specific genes that could predict nausea

In the long run, this research could inform the development of personalized treatment to control nausea in women with breast cancer.

Transition to Remote Work

Our team has been working from home for almost six months now! We have been able to make this work by:

- Having weekly virtual team meetings
- Using a password-protected server to keep our data safe
- Making phone calls from our cellphones
- Recruiting new participants by phone after Magee surgeons put a flyer for study in pre-op folder

The flyer is titled "Undergoing Breast Surgery?" and is designed for women recently diagnosed with early-stage breast cancer. It is divided into several sections: "Treatment Induced Nausea and Vomiting (TINV) Study" which explains the study's purpose and lists participation requirements; "Details" which outlines the study protocol including phone calls, surveys, and sample collection; "Are you eligible?" which lists criteria such as age (18-90), cancer stage, and medical history; and "How to join" which provides contact information for the study coordinator. The flyer is branded with the University of Pittsburgh School of Nursing logo at the bottom.

New TINV Study Flyer

Publications in Progress

Our team has begun looking at the preliminary study findings. We are working on several papers that we aim to get published in academic journals.

Postoperative Pain Management

Over half of participants aged **65+** did not take prescription pain medications after surgery. Few were in pain severe enough to need pain medication after going home. Of the women who needed strong pain medicine, most only took 1-2 prescribed pain pills.

Nausea during Radiation

39 percent of participants have reported nausea at least once while undergoing radiation. This is higher than the generally reported rate of **less than 30 percent**. We found that higher pain scores, history of motion sickness and younger age were associated with nausea during radiation.

Sleep Disturbances

Participants undergoing radiation or chemotherapy reported more sleep issues than participants with no treatment. Sleep issues were associated with increased pain, nausea, depression, anxiety, and fatigue along with lower physical function and ability to do social activities. This was true across 3-, 6-, 9-, and 12-month time points.