Speaker Presentation

Title: Patient support for patients with terminal oesophageal cancer: The Tenwek experience

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Tenwek Hospital

• Located in Bomet county, southwestern Kenya. 300 bed faith based hospital serving a population of ~800,000.
Geographic Variation of Esophageal Cancer
Preliminary Studies at Tenwek Hospital


Challenges facing OSCC care

- Inadequate Reporting System
- Fatalistic Attitude
- Late Presentation
- Inconsistent Referral Patterns
- Traditional Healers/Treatment
- Chemotherapy and Radiation Therapy Usually Not Available
- Financial Constraints
OSCC Survival

5-year survival (US) 20%
5-year survival (China) 20%
5-year survival (Iran) 3%

> 90% 5-year survival < 10%

- Poor survival = late Dx, due to late symptoms
- Need early detection and treatment
- Need to screen at-risk adults in HR pops
Oesophageal stent placement without fluoroscopy

Modification to stent delivery technique

- >3000 stents placed to date
- Technique that does not require fluoroscopy
- Reproducible, safe and can be used in low resource settings

Nutritional Support

Esophageal stent placement instructions

An esophageal stent is a flexible wire mesh tube placed through a narrowed area of your esophagus (food tube) to allow food and beverages to pass from your mouth to your stomach. The stent will not be as wide or as flexible as a normal esophagus so you will need to take care with certain foods and in the way you eat to prevent blocking the stent.

Home Care Instructions

- On the day of your stent placement, take liquids by mouth. You can also have soup, milk or tea but do not eat solids. You can begin to eat soft foods the following day and thereafter.
- On the third day when you resume your normal diet, eat small pieces of food and always chew them well before swallowing.
- Taking fluids often throughout your meals will help food pass through the stent. Drink carbonated beverages such as coke 2 or 3 times per week to keep the stent clean.
- Always eat in an upright position. Gravity will help food pass through your esophagus and stent.
- Remain in a sitting position at least 2 hours after each meal. This will help prevent the reflux of food, a burning, or full feeling pushing up from your stomach.
- Sleep with a block to elevate the head of your bed 10-15cm. This decreases the chance of reflux, if your stent is placed from the esophagus into the stomach.
- You can swallow pills or capsules whole with plenty of liquids.

Call Your Doctor or Nurse If You Have:

- Chest pain does not get better with liquid morphine or the medication your doctor prescribed
- Difficulty or pain while swallowing that persists more than 7 days
- Difficulty breathing
- Black or dark stools
- Chills or fever of 101° F (38.3° C) or higher
- Vomiting of food or blood
- Any problem you did not expect
- Any questions or concerns

Tenwek Hospital Endoscopy.
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SPIRITUAL SUPPORT
Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.
Cont…
HOSPICE CARE
• Tenwek hospital Hospice ministry provides ongoing support for terminal patients and their families
• Home visits by Hospice team
"It’s more than just a job. Sometimes the patients just need a touch on the hand, a touch on the shoulder, a smile; just let them know that we are there for them."

~ Suzanne Hazelaar
Licensed Practical Nurse, Hospice of St. Francis Care Center
Thank you...