GI Oncology Learning Resources

Contents:

1. GI Anatomy & Physiology
2. General GI
3. Risk Factors and Screening
4. Signs & Symptoms
5. Diagnostic
6. Genetics
7. Treatments
8. Nutrition
9. Special Issues
10. Cancers
11. Resources
12. Recommended Learning Activities

GI Anatomy & Physiology

Digestive System
- Digestive Health Disease Glossary ACG http://patients.gi.org/topics/understanding-your-gi-tract/
- The Digestive System WebMD http://www.webmd.com/digestive-disorders/digestive-system
- The Gastrointestinal System https://www.wisc-online.com/learn/career-clusters/health-science/nur2403/gastrointestinal-system-anatomy
- Intro to the Digestive Tract https://training.seer.cancer.gov/anatomy/digestive/
- Virtual Medicine Center: GI tract http://www.myvmc.com/anatomy/gastrointestinal-system/#C1
- Your digestive system and how it works http://www.niddk.nih.gov/health-information/health-topics/Anatomy/your-digestive-system/Pages/anatomy.aspx

Digestive Organs:
- Colorectal Intestines http://www.webmd.com/digestive-disorders/picture-of-the-intestines
- Liver http://www.webmd.com/digestive-disorders/picture-of-the-liver
- Pancreas www.pancreasfoundation.org/patient-information/about-the-pancreas/
- Stomach http://www.webmd.com/digestive-disorders/picture-of-the-stomach
GI Oncology Learning Resources

General GI

GI Medications
- Drugs for GI Disorders: [http://www.drugs.com/condition/gastrointestinal-disorder.html](http://www.drugs.com/condition/gastrointestinal-disorder.html)
- Medicines and the Digestive System: [http://www.hopkinsmedicine.org/healthlibrary/conditions/adult/digestive_disorders/medications_and_the_digestive_system_85,P00389/](http://www.hopkinsmedicine.org/healthlibrary/conditions/adult/digestive_disorders/medications_and_the_digestive_system_85,P00389/)

Glossary
- ACG: [http://patients.gi.org/topics/understanding-your-gi-tract/](http://patients.gi.org/topics/understanding-your-gi-tract/)

Risk Factors and Screening

Digestive Health Conditions
- AGA: [http://www.gastro.org/patient-care/conditions](http://www.gastro.org/patient-care/conditions)
- Medline Plus: [https://medlineplus.gov/ency/article/007447.htm](https://medlineplus.gov/ency/article/007447.htm)

Specific Risk Factors and Screening
- Barrett’s Esophagus - ACG: [http://patients.gi.org/topics/barretts-esophagus/](http://patients.gi.org/topics/barretts-esophagus/)
- Colon Polyps - NIDDK: [http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/colon-polyps/Pages/overview.aspx](http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/colon-polyps/Pages/overview.aspx)
- Crohn’s Disease and Ulcerative Colitis: [http://www.crohnscolitisfoundation.org/](http://www.crohnscolitisfoundation.org/)
GI Oncology Learning Resources

- GERD [https://www.iffgd.org/upper-gi-disorders/gerd.html]
- Hepatitis A-E [https://www.niddk.nih.gov/health-information/liver-disease/viral-hepatitis]
- Love your Colon [http://www.loveyourcolon.org/]
- NASH [https://www.niddk.nih.gov/health-information/liver-disease/nafld-nash]
- Obesity and GI Health - ACG [http://s3.gi.org/patients/obesity/pdfs/ACG_Obesity_Patient_Education_Pamphlet.pdf]
- Smoking and the Digestive System [https://www.niddk.nih.gov/health-information/digestive-diseases/smoking-digestive-system]

Signs & Symptoms

- Ascites [http://patients.gi.org/topics/ascites/]
- Bristol Stool Scale [https://www.niddk.nih.gov/health-information/health-communication-programs/bowel-control-awareness-campaign/Documents/Bristol_Stool_Form_Scale_508.pdf]
- Common GI Symptoms [http://patients.gi.org/topics/common-gi-symptoms/]
- Constipation [https://www.niddk.nih.gov/health-information/digestive-diseases/constipation]
- Diarrhea [https://www.niddk.nih.gov/health-information/digestive-diseases/diarrhea]

Diagnostic Tests

Digestive Health Testing
- Procedures - ACG [https://www.asge.org/home/for-patients/procedures]
- Virtual CT Colonoscopy [http://www.gastro.org/patient-care/procedures/ct-colonography]

Endoscopic Procedures
- Colonoscopy - ACG [http://patients.gi.org/topics/colonoscopy/]
- Colonoscopy MedLine [https://medlineplus.gov/colonoscopy.html]
- ERCP - ACG [http://patients.gi.org/topics/ercp-a-patients-guide/]
GI Oncology Learning Resources

- EUS - ACG http://www.gastro.org/patient-care/procedures/eus
- EUS - AGA http://www.gastro.org/patient-care/procedures/eus
- EUS - WebMD http://www.webmd.com/digestive-disorders/endoscopic-ultrasound
- Upper Endoscopy (EGD) Upper Endoscopy https://medlineplus.gov/ency/article/003888.htm

Imaging
- Radiographic tests - ACG http://patients.gi.org/topics/gi-radiographic-tests/
- Radiology Info Radiology Info https://www.radiologyinfo.org/

Labs

Liver Tests
- American Liver Foundation- http://www.liverfoundation.org/abouttheliver/info/liverfunctiontests/
- Lab tests Online Liver Labs http://labtestsonline.org/understanding/conditions/liver-disease/start/3
- WebMD http://www.webmd.com/digestive-disorders/picture-of-the-liver#2

Other Diagnostic Tests
- Liver Biopsy - ALF http://www.liverfoundation.org/abouttheliver/info/liverbiopsy/
- Liver Biopsy - NDDK https://www.niddk.nih.gov/health-information/diagnostic-tests/liver-biopsy

Genetics

Genetics
- Genetic and Rare Disease Genetic and Rare Diseases https://rarediseases.info.nih.gov

Inherited Syndromes
- Colon polyps and polyposis syndromes http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3920990/
- FAP http://www.cancer.net/cancer-types/familial-adenomatous-polyposis
- Gardner syndrome http://www.cancer.net/cancer-types/gardner-syndrome
- Genetics of Colorectal Cancer for HCP http://www.cancer.gov/cancertopics/pdq/genetics/colorectal/HealthProfessional/page1#Section_60
GI Oncology Learning Resources

- HNPCC http://www.genetichealth.com/crc_hnpcc_a_hereditary_syndrome.shtml
- Lynch Syndrome http://patients.gi.org/topics/lynch-syndrome/
- Understand your hereditary Colon Syndrome http://www.hcctakesguts.org/#!understand-your-syndrome/c22eu

Treatment

- Cancer Therapy http://www.cancertherapyadvisor.com/gastrointestinal-cancers/section/2402/
- Clinical Trials.gov https://www.clinicaltrials.gov

Chemotherapy

- ChemoCare http://www.chemocare.com
- Chemo Regimens http://www.oncologynurseadvisor.com/chemotherapy-regimens/section/2171/
- Oncology Pharmaceuticals FDA Approved Drugs www.fda.gov/Drugs/InformationOnDrugs/ApprovedDrugs/ucm279174.htm

Radiation

- •RadCare http://radcare.org/

Side Effects and Complications from Treatment:

- Abdominal Adhesions https://www.niddk.nih.gov/health-information/digestive-diseases/abdominal-adhesions
- Gastroparesis http://patients.gi.org/topics/gastroparesis/
- Gastroparesis https://www.niddk.nih.gov/health-information/digestive-diseases/gastroparesis
GI Oncology Learning Resources

- Understanding and Managing Chemotherapy Side Effects (CancerCare) [http://www.cancercare.org/publications/24-understanding_and_managing_chemotherapy_side_effects]
- Understanding the Side Effects of Cancer Treatment (Patient Resource) [http://www.patientresource.com/Treatment_Side_Effects.aspx]

Surgery and Procedures

- Encyclopedia of Surgery [http://www.surgeryencyclopedia.com/]
- Live surgeries [https://www.nlm.nih.gov/medlineplus/surgeryvideos.html]
- OnQ [http://www.myon-q.com/on-q-pump.aspx]

Large and Small Intestine

- Bowel diversion surgeries [http://www.niddk.nih.gov/health-information/health-topics/digestive-diseases/ostomy-surgery-bowel/Pages/ez.aspx]
- Colectomy [https://www.oncolink.org/cancers/gastrointestinal/colon-cancer/treatments/colectomy]
- Colon Surgeries [https://www.oncolink.org/cancers/gastrointestinal/colon-cancer/treatments/surgery-for-colon-cancer]
- Colorectal Resection [https://my.pearpoint.org/resources/understanding-colorectal-cancer-colorectal-resection]
- Colostomy [https://www.oncolink.org/cancers/gastrointestinal/anal-cancer/colostomy]
- Colostomy [http://www.ostomy.org/Ostomy_Information.html#colostomy]
- Hollister Professional Learning [https://www.hollister.com/us/ostomy/hcp/nursing/online_ce.asp]
- Ileostomy [https://www.oncolink.org/cancers/gastrointestinal/rectal-cancer/ileostomy]
- Ileostomy [http://www.ostomy.org/Ostomy_Information.html#ileostomy]
- Ostomies [http://www.cancer.org/treatment/treatmentsandsideeffects/physicalsideeffects/ostomies/index]
- Pelvic Exenteration [https://www.oncolink.org/cancers/gynecologic/cervical-cancer/treatments/surgical-procedures-pelvic-exenteration]
- Rectal Surgeries [https://www.oncolink.org/cancers/gastrointestinal/rectal-cancer/surgery-for-rectal-cancer]
- Small Bowel Resection [https://www.oncolink.org/cancers/gastrointestinal/small-intestine-cancers/small-bowel-resection]

Pancreatic and Biliary

- Cholecystectomy [https://www.oncolink.org/cancers/gastrointestinal/gallbladder-cancer/surgical-procedures-cholecystectomy]

Pancreatic and Biliary

- Cholecystectomy [https://www.oncolink.org/cancers/gastrointestinal/gallbladder-cancer/surgical-procedures-cholecystectomy]
GI Oncology Learning Resources


Upper GI Tract

- PEG tube - ACG [http://patients.gi.org/topics/percutaneous-endoscopic-gastrostomy-peg/](http://patients.gi.org/topics/percutaneous-endoscopic-gastrostomy-peg/)

Nutrition

Cancer

- Oncolink [https://www.oncolink.org/support/nutrition-and-cancer](https://www.oncolink.org/support/nutrition-and-cancer)
- PearlPoint [https://my.pearlpoint.org/nutrition-and-cancer](https://my.pearlpoint.org/nutrition-and-cancer)

Enteral and Parenteral Feedings

- Parenteral and Enteral Nutrition [www.oley.org](http://www.oley.org)
GI Oncology Learning Resources

- Tube Feeding Troubleshooting Guide and Resources  

**Specific Diets**

- Esophagectomy Nutrition Guidelines  
  [https://my.pearlpoint.org/nutrition-and-cancer/esophagectomy-nutrition](https://my.pearlpoint.org/nutrition-and-cancer/esophagectomy-nutrition)
- Gastrectomy Nutrition Guidelines  
  [https://my.pearlpoint.org/nutrition-and-cancer/gastrectomy-nutrition-g](https://my.pearlpoint.org/nutrition-and-cancer/gastrectomy-nutrition-g)
- Ileostomy Nutrition  
  [www.ostomy.org/Ostomy_Information.html#diet_nutrition](http://www.ostomy.org/Ostomy_Information.html#diet_nutrition)
- Low fiber  
- Nutrition after Gastrectomy  
  [https://www.nostomachforcancer.org/about/life-without-a-stomach/nutrition-after-gastrectomy](https://www.nostomachforcancer.org/about/life-without-a-stomach/nutrition-after-gastrectomy)
- Nutrition Guidelines for Pancreatic Cancer  
- Nutrition Guidelines Following a Whipple Procedure  
- Pancreatic Cancer Action Network: Diet and Nutrition  
- Post-Esophagectomy Diet  

**Cancers**

**General Cancer Info:**

**Cancer (all sites)**

- American Cancer Society  
- American Cancer Society Fact Sheets  
  [https://www.cancer.org/health-care-professionals/resources-for-professionals/fact-sheets-for-professionals.html](https://www.cancer.org/health-care-professionals/resources-for-professionals/fact-sheets-for-professionals.html)
- Cancer.net  
  [http://www.cancer.net/cancer-types](http://www.cancer.net/cancer-types)
- CancerCare  
  [http://www.cancercare.org/diagnosis](http://www.cancercare.org/diagnosis)
- Emedicine Medscape GI Oncology  
- MedLine Plus: Cancer  
  [https://medlineplus.gov/cancer.html](https://medlineplus.gov/cancer.html)
- National Cancer Institute  
  [https://www.cancer.gov/types](https://www.cancer.gov/types)
- NCI Education & Training  
  [https://www.cancer.gov/resources-for/hp/education](https://www.cancer.gov/resources-for/hp/education)
- SEER Training Modules  
  [https://www.cancer.gov/resources-for/hp/education/epeco](https://www.cancer.gov/resources-for/hp/education/epeco)
- NCCN  
  [https://www.nccn.org/](https://www.nccn.org/)
- WebMD  
GI Oncology Learning Resources

GI Cancers - general
- ACG: http://patients.gi.org/topics/gastrointestinal-cancers/
- ACGE Patient Education https://www.asge.org/home/for-patients/conditions
- NCI: Pancreatic and Biliary Cancer Module https://training.seer.cancer.gov/biliary/
- OncoLink GI Cancers https://www.oncolink.org/cancers/gastrointestinal
- Oncology Learning Resources https://dfwnavigators.nursingnetwork.com/page/46081-clinical-resources

GI Cancer

Anal Cancer:
- ASCRS https://www.fascrs.org/patients/disease-condition/anal-cancer
- Cancer.net http://www.cancer.net/cancer-types/anal-cancer
- NCI http://www.cancer.gov/types/anal

Appendix
- Appendix Cancer Connection http://www.appendix-cancer.com/
- Cancer.net http://www.cancer.net/cancer-types/appendix-cancer
- Pseudomyxoma Survivor http://www.pseudomyxomasurvivor.org/pmp-information/

Bile Duct (Cholangiocarcinoma)
- Cancer.net http://www.cancer.net/cancer-types/bile-duct-cancer
- Cholangiocarcinoma Foundation http://cholangiocarcinoma.org/

Carcinoid/ Neuroendocrine Tumors
- Cancer.net http://www.cancer.net/cancer-types/carcinoid-tumor
- Cancer.net http://www.cancer.net/cancer-types/neuroendocrine-tumor
- Carcinoid.com https://www.carcinoid.com/
- Carcinoid Cancer Foundation http://www.carcinoid.org/
- Caring for Carcinoid Foundation www.caringforcarcinoid.org
GI Oncology Learning Resources

- National Organization for Rare Diseases [https://rarediseases.org/rare-diseases/carcinoid-syndrome/](https://rarediseases.org/rare-diseases/carcinoid-syndrome/)
- Neuroendocrine Tumors (NET) [http://netumor.net/](http://netumor.net/)
- Neuroendocrine Tumor Research Foundation [https://netrf.org/](https://netrf.org/)

Colorectal Cancer

- ACS [www.cancer.org/cancer/colonandrectumcancer/index](http://www.cancer.org/cancer/colonandrectumcancer/index)
- Cancer.net [www.cancer.net/cancer-types/colorectal-cancer](http://www.cancer.net/cancer-types/colorectal-cancer)
- Colon Cancer Coalition [http://coloncancercoalition.org/](http://coloncancercoalition.org/)
- Colon Cancer Foundation [https://coloncancerfoundation.org/](https://coloncancerfoundation.org/)
- NCCN Patient [www.nccn.org/patients/guidelines/colon/index.html](http://www.nccn.org/patients/guidelines/colon/index.html)
- NCI Colorectal Module [https://training.seer.cancer.gov/colorectal/](https://training.seer.cancer.gov/colorectal/)
- Patient Resources [http://www.patientresource.com/Colorectal.aspx](http://www.patientresource.com/Colorectal.aspx)

Esophageal

- Barrett's Esophagus - see risk and screening
- Esophageal Cancer Action Network [http://www.ecan.org](http://www.ecan.org)
GI Oncology Learning Resources

Gallbladder
- ACS http://www.cancer.org/cancer/gallbladdercancer/index
- Cancer.net www.cancer.net/cancer-types/gallbladder-cancer
- NCI: http://www.cancer.gov/types/gallbladder

Gastric
- ACG: http://patients.gi.org/topics/stomach-cancer-gastric-cancer/
- ACS http://www.cancer.org/cancer/stomachcancer/index
- Cancer.net www.cancer.net/cancer-types/stomach-cancer
- Gastric Cancer Foundation http://www.gastriccancer.org/
- Hereditary Diffuse Gastric http://www.cancer.net/cancer-types/hereditary-diffuse-gastric-cancer
- NCI: http://www.cancer.gov/types/stomach
- No Stomach for Cancer http://www.nostomachforcancer.org/

GIST
- ACS www.cancer.org/cancer/gastrointestinalstromaltumorgist/
- Cancer.net http://www.cancer.net/cancer-types/gastrointestinal-stromal-tumor-gist
- GIST support international http://www.gistsupport.org/about-gist.php
- Gleevec http://www.gleevec.com/index.jsp
- Life Raft Group https://liferaftgroup.org/
- NCCN Patient Book http://www.nccn.org/patients/guidelines/sarcoma/index.html#38
- NCI http://www.cancer.gov/types/soft-tissue-sarcoma
- Sarcoma Alliance http://www.sarcomaalliance.org

Liver
- ACS http://www.cancer.org/cancer/livercancer/index
- ALF Liver cancer http://www.liverfoundation.org/abouttheliver/info/livercancer/
- Cancer.net http://www.cancer.net/cancer-types/liver-cancer
- CDC http://www.cdc.gov/cancer/liver/index.htm
- NCI http://www.cancer.gov/types/liver
- Patient Resources http://www.patientresource.com/Liver_Cancer.aspx
GI Oncology Learning Resources

Neuroendocrine Tumors (NET) - see Carcinoid

Pancreatic
- ACS http://www.cancer.org/cancer/pancreaticcancer/index
- Cancer.net www.cancer.net/cancer-types/pancreatic-cancer
- National Pancreas Foundation https://www.pancreasfoundation.org/patient-information/pancreatic-cancer/
- NCCN Patient Book https://www.nccn.org/patients/guidelines/cancers.aspx#pancreatic
- NCI http://www.cancer.gov/types/pancreatic
- Pancreatic https://www.pancreatica.org/
- Patient Resources www.patientresource.com/Pancreatic_Cancer_Overview.aspx
- Pearlpoint Pancreatic Cancer Handbook
- Whipple Warriors http://www.whipplewarriors.org/

Small Intestine
- ACS http://www.cancer.org/cancer/smallintestinecancer/index
- Cancer.net http://www.cancer.net/cancer-types/small-bowel-cancer
- NCI: http://www.cancer.gov/types/small-intestine

Other Cancers:
  http://emedicine.medscape.com/article/282920-overview

Special Issues

- Palliative Care and End of Life https://www.cancer.gov/resources-for/hp/education/epeco
GI Oncology Learning Resources

Resources:

General
- Up to Date: https://www.uptodate.com/contents/search

Gastroenterology
- American Gastroenterological Association (AGA) http://www.gastro.org/
- American Liver Foundation http://www.liverfoundation.org/
- American Society for Gastrointestinal Endoscopy (ASGE) https://www.asge.org/
- American Society of Colon and Rectal Surgeons https://www.fascrs.org/patients/

Oncology
- American Cancer Society www.cancer.org
- Cancer.net www.cancer.net
- Medscape Oncology http://www.medscape.com/oncology
- My PearlPoint https://my.pearlpoint.org/
- National Cancer Institute www.cancer.gov
- National Comprehensive Cancer Network https://www.nccn.org
- OncoLink https://www.oncolink.org/
- Patient Resources http://www.patientresource.com/home.aspx
- Up to Date http://www.uptodate.com/contents/table

Other Related Resources:
- Oley Foundation http://oley.org/
- Ostomy Resources https://ntxwon.nursingnetwork.com/
- United Ostomy Association http://www.ostomy.org/

Recommended Learning Activities:

2. Use the online resource links to help you learn more about specific cancer types and their treatments. Use the questions listed in the box as a guide.
GI Oncology Learning Resources

3. Websites and educational books and information created for patients are sometimes easier and quicker to learn from than those created for healthcare professionals. Use the resources that work best for you.

4. Most brand name products like nutrition supplements and medications have their own websites which can be great learning resources.

5. Use what your hospital/facility already has to help you learn: patient education programs (Krames, LexiComp, etc.), hospital website health libraries, learning management systems like Healthstream and medical/health databases.

6. Find a new resource? Share it with your coworkers.

7. Don’t understand something? Look it up. Keep a glossary of words related to your patient population.

8. Don’t forget, people are great resources too. Know who the experts are and ask questions if you don’t understand or know something. You may want to set up time to shadow the expert professionals, watch procedures and surgeries and attend support groups.

9. Learning is knowledge acquired through experience, study or being taught (Google). Learning is an ongoing process and every healthcare professional’s responsibility.

10. Learning is an ongoing process and every healthcare professional’s responsibility but you need the tools to help you – hopefully these resources will be helpful.

Questions to help you learn:

☐ Describe the anatomy and physiology of the site(s) involved with this type of cancer.
☐ What are the different histological types of cancer at this site?
☐ What are the causes/risk factors?
☐ Describe any screening tests that are available.
☐ What are the most common signs and symptoms of this cancer?
☐ How is this cancer diagnosed?
☐ How is this cancer staged? What is TNM?
☐ Name the treatments for this cancer by stage.
☐ Describe the different medication and radiation treatments and their side effects.
☐ Describe the surgical management for this cancer.
☐ Describe the common side effects and complications associated with surgical management.
☐ What are the long-term complications of this cancer and its treatment(s)?
☐ What’s new in research and treatment for this cancer?
☐ What are the best resources for this cancer?

This resource document was created by Gwen Spector RN, GI Cancer Nurse Navigator at Medical City Plano on March 21, 2017