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## An exploration of BCG treatment for non-muscle invasive bladder cancer: A mixed methods approach

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Since the turn of the 20<sup>th</sup> century, Bacillus Calmette-Guerin (BCG) treatment for non-muscle invasive bladder cancer (NMIBC) has been in and out of favor. However, only a small proportion of patients, as low as 16%, complete what is seen as the preferred treatment option. The treatment itself presents issues, which are reported in the literature as being side effects, which can be from mild to severe and local to systemic. An integrative-based literature review was conducted to generate a broad overview of the existing knowledge for BCG treatment. A significant number of articles were identified. The major conclusion from the literature review is that BCG treatment, when given through an induction and maintenance regime, significantly reduces the risk of progression and recurrence, but can cause withdrawal of over 80%. This could be through side effects that the patient and the nurse need to be aware of. This review also highlighted that there is a lack of research from the UK and that there is a paucity of research showing why patients withdraw from BCG treatment. This formed the basis of a mixed methods study, which has been carried out in a large district general hospital, to explore the influences that cause patients to withdraw from BCG treatment. The conclusion is that there are multiple factors that cause patients to withdraw from BCG treatment e.g. physical, psychological (including emotional), age and the social impact, that nurses need to be aware of and to minimize to keep patients on the preferred treatment.

### Biography

Jason Alcorn is in the final stages of completing his professional Doctorate from the University of Huddersfield, West Yorkshire, England. He is currently the Lead Nurse for Urology Cancer in the Mid Yorkshire Hospitals NHS Trust, a specialist urology cancer center in West Yorkshire, England. He has been nursing for more than 15 years and has published 5 papers in reputed journals and is a reviewer for the *International Journal of Urological Nursing*.

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