# Patient agreement to systemic anti-cancer therapy (SACT): Zoledronic acid

## Statement of health professional

I confirm the patient has capacity to give consent.

I have explained the course of treatment and intended benefit to the patient.

The intended benefits

- ADJUVANT - therapy given after surgery/radiotherapy and with/after chemotherapy to reduce the risk of the cancer coming back.
- To reduce and prevent symptoms and events related to the spread of the cancer to the bones. To reduce a raised calcium level in the blood caused by cancer that has spread to the bone.
Significant, unavoidable or frequently occurring risks

Common side effects:
More than 10 in every 100 (10%) people have one or more of the side effects listed:
- Low levels of phosphate in the blood.

Occasional side effects:
Between 1 and 10 in every 100 (1-10%) people have one or more of these effects:
- Pain in the bone, joint and muscle and general aches and pain.
- Headache, red or sore eyes, loss of appetite, feeling sick (nausea) and being sick (vomiting), flu-like symptoms, high temperature (fever).
- Low levels of calcium in the blood, anaemia (low number of red blood cells), changes in kidney function picked up in blood tests.

Other risks:
- Uncommon and rare effects include: allergic reactions, injection site reactions, bruising and bleeding due to low numbers of platelets, anxiety, sleep disturbances, blood pressure changes, and changes in heart rate.
- There is an uncommon but serious risk of developing jaw problems (osteonecrosis) in people who are treated with zoledronic acid. This is when healthy bone tissue in the jaw becomes damaged and dies. Gum disease, problems with your dentures, and some dental treatments (such as having a tooth removed) can increase the risk of this.
- A dental examination is recommended before starting treatment with zoledronic acid.
- There is a rare but serious risk of a fracture/break in the thigh bone in people who are treated with zoledronic acid. It is important to tell your doctor or nurse if you have any pain in the thigh, hip or groin area.
- There is a very rare risk of developing ear problems (osteonecrosis) in people who are treated with zoledronic acid. This is when healthy bone tissue in the ear canal becomes damaged and dies. It is important you tell your doctor or nurse if you have any ear pain, discharge from the ear, ear infection, loss of balance/spinning sensation (vertigo), hearing loss, or ringing in the ears.
- It is unknown if zoledronic acid damages the development of a baby in the womb. It is important not to become pregnant while you are having treatment. It is important for women of child-bearing potential to use effective contraception during treatment. You can talk to your doctor or nurse about this.
Statement of health professional (continued)

Any other risks and information:

☐ I have discussed the intended benefit and risks of the recommended treatment, and of any available alternative treatments (including no treatment).

☐ I have discussed the side effects of the recommended treatment, which could affect the patient straight away or in the future, and that there may be some side effects not listed because they are rare or have not yet been reported. Each patient may experience side effects differently.

☐ I have discussed what the treatment is likely to involve (including inpatient / outpatient treatment, timing of the treatment, blood and any additional tests, follow-up appointments etc) and location.

☐ I have explained to the patient, that they have the right to stop this treatment at any time and should contact the responsible consultant or team if they wish to do so.

☐ I have discussed concerns of particular importance to the patient in regard to treatment

(please write details here): ____________________________

__________________________________________________

Clinical management guideline/Protocol compliant (please tick):

☐ Yes ☐ No ☐ Not available

If No please document reason here:

__________________________________________________

The following written information has been provided:

☐ Information leaflet for zoledronic acid.

☐ 24 hour alert card or SACT advice service contact details

☐ SACT treatment record (cruk.org/treatment-record)

☐ Other, please state: ____________________________

Health professional details:

Signed: ____________________________

Date: ____________________________

Name (PRINT): ____________________________

Job title: ____________________________

Statement of interpreter (where appropriate)

Interpreter booking reference (if applicable): ____________________________

I have interpreted the information above to the patient to the best of my ability and in a way in which I believe they can understand.

Signed: ____________________________

Date: ____________________________

Name (PRINT): ____________________________

Job title: ____________________________

To be retained in patient notes
Prepared by Pharmacist: Alia Nizam
Checked by Pharmacist: Denise Wong
Checked by Consultant: Anne Armstrong

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Check www.cruk.org/sact_consent for latest version
Zoledronic acid
Statement of patient

Please read this form carefully. If your treatment has been planned in advance, you should already have your own copy of the form which describes the benefits and risks of the proposed treatment. If not, you will be offered a copy now. If you have any further questions, do ask – we are here to help you. You have the right to change your mind at any time, including after you have signed this form.

☐ I have had enough time to consider my options and make a decision about treatment.

☐ I agree to the course of treatment described on this form.

A witness should sign below if the patient is unable to sign but has indicated their consent. Young people/children may also like a parent to sign here (see notes).

Patient’s signature: ___________________________ Date: ___________________________
Name (PRINT): ___________________________

Parent’s/Witness’ signature: ___________________________ Date: ___________________________
Name (PRINT): ___________________________

Copy accepted by patient: yes / no (please circle)

Confirmation of consent
(health professional to complete when the patient attends for treatment, if the patient has signed the form in advance)

On behalf of the team treating the patient, I have confirmed with the patient that s/he has no further questions and wishes the procedure to go ahead.
Signed: ___________________________
Date: ___________________________
Name (PRINT): ___________________________
Job title: ___________________________

Important notes: (tick if applicable)
☐ See also advance decision to refuse treatment
☐ Patient has withdrawn consent
   (ask patient to sign/date here)
Signed: ___________________________
Date: ___________________________

Further information for patients

Contact details (if patient wishes to discuss options later):

Contact your hospital team if you have any questions about cancer and treatment.
Cancer Research UK can also help answer your questions about cancer and treatment. If you want to talk in confidence, call our information nurses on freephone 0808 800 4040, Monday to Friday, 9am to 5pm.
Alternatively visit www.cruk.org for more information.

These forms have been produced by Guy’s and St. Thomas’ NHS Foundation Trust as part of a national project to support clinicians in ensuring all patients are fully informed when consenting to SACT. The project is supported by Cancer Research UK. This does not mean you are taking part in a clinical trial.

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Guidance for health professionals
(to be read in conjunction with the hospital’s consent policy)

What a consent form is for
This form documents the patient’s agreement to go ahead with the treatment you have proposed. It is not a legal waiver – if patients, for example, do not receive enough information on which to base their decision, then the consent may not be valid, even though the form has been signed. Patients are also entitled to change their mind after signing the form, if they retain capacity to do so. The form should act as an aide-memoir to health professionals and patients, by providing a check-list of the kind of information patients should be offered, and by enabling the patient to have a written record of the main points discussed. In no way should the written information provided for the patient be regarded as a substitute for face-to-face discussions with the patient.

The law on consent
See the following publications for a comprehensive summary of the law on consent. Consent: Patients and doctors making decisions together, GMC 2008 (available at www.gmc-uk.org/guidance), and Reference guide to consent for examination or treatment, Department of Health, 2nd edition 2009 (available at www.doh.gov.uk).

Who can give consent
Everyone aged 16 or over is presumed to have the capacity to give consent for themselves, unless the opposite is demonstrated. If a child under the age of 16 has “sufficient understanding and intelligence to enable him or her to understand fully what is proposed”, then the child will have capacity to give consent for himself or herself.

Young people aged 16 and 17, and younger children with capacity, may therefore sign this form for themselves, but may like a parent to countersign as well. If the child is not able to give consent, someone with parental responsibility may do so on their behalf and a separate form is available for this purpose. Even where children are able to give consent for themselves, you should always involve those with parental responsibility in the child’s care, unless the child specifically asks you not to do so. If a patient has the capacity to give consent but is physically unable to sign a form, you should complete this form as usual, and ask an independent witness to confirm that the patient has given consent orally or non-verbally.

When NOT to use this form
If the patient is 18 or over and lacks the capacity to give consent, you should use an alternative form (form for adults who lack the capacity to consent to investigation or treatment). A patient lacks capacity if they have an impairment or disturbance of the brain, affecting the way their mind works. For example, if they cannot do one of the following:

• understand information about the decision to be made
• retain that information in their mind
• use or weigh this information as a part of their decision making process, or
• communicate their decision (by talking, using sign language or any other means)

You should always take all reasonable steps (for example involving more specialist colleagues) to support a patient in making their own decision, before concluding that they are unable to do so.

Relatives cannot be asked to sign a form on behalf of an adult who lacks capacity to consent for themselves, unless they have been given the authority to do so under a Lasting Power of Attorney or as a court deputy.

Information
Information about what the treatment will involve, its benefits and risks (including side-effects and complications) and the alternatives to the particular procedure proposed, is crucial for patients when making up their minds. The courts have stated that patients should be told about ‘significant risks which would affect the judgement of a reasonable patient’. ‘Significant’ has not been legally defined, but the GMC requires doctors to tell patients about ‘significant, unavoidable or frequently occurring’ risks. In addition if patients make clear they have particular concerns about certain kinds of risk, you should make sure they are informed about these risks, even if they are very small or rare. You should always answer questions honestly. Sometimes, patients may make it clear that they do not want to have any information about the options, but want you to decide on their behalf. In such circumstances, you should do your best to ensure that the patient receives at least very basic information about what is proposed. Where information is refused, you should document this on the consent form or in the patient’s notes.

NHS Scotland
NHS Scotland staff should refer to Healthcare Improvement Scotland. Guidance on consent for SACT and local NHS Board guidance on consent aligned to the Scottish legal framework.

References
1. Summary of Product Characteristics (SmPCs) for individual drugs: https://www.medicines.org.uk/emc
4. Guy’s and St. Thomas’ NHS Foundation Trust, Chemotherapy consent forms.

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