# Lay Summary for completed research projects

| CCR No and Study Title: | CCR C3571 - Caphosol  
A randomised controlled trial of Caphosol mouth wash in management of radiation-related mucositis in head and neck cancer (HNC). |
|-------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| CI and Sponsor names:   | Dr. Kate Newbold  
The Royal Marsden NHS Foundation Trust |
| Study opening date:     | December 2011  
Study closing date:     | January 2015 |
| Proposal and Objectives:| Oral mucositis (OM) is a well-recognised acute toxicity of head and neck radiotherapy. It is a sore, inflamed mouth.  
**The aims of this project would be:**  
This study evaluated the efficacy of Caphosol mouthwash in the management of radiation-induced oral mucositis in patients with head and neck cancer (HNC) during, and eight weeks after, the completion of radiotherapy and chemoradiotherapy (CRT).  
**Primary end-point:**  
The incidence of severe (grade 3 or more) mucositis during radiotherapy or CRT and up to 8 weeks after, by treatment received  
**Secondary end-point:**  
- duration of severe (grade 3 or more) mucositis by treatment received,  
- incidence of severe (grade 3 or more) pain by treatment received, during radiotherapy or CRT and up to 8 weeks after  
- incidence of severe (grade 3 or more) dysphagia (swallowing problems) by treatment received, during radiotherapy or CRT and up to 8 weeks after  
- quality of life using EORTC QLQ C30 and HN35, by treatment received, during radiotherapy or CRT and up to 8 weeks after. |
| Main Findings:          | The use of caphosol did not reduce the occurrence of severe mouth ulceration in patients undergoing chemoradiotherapy treatment compared to patients who did not use caphosol.  
The use of caphosol did not reduce the duration of severe mouth ulceration or the occurrence and duration of difficulty in swallowing and pain. Caphosol did not have any effect on patients’ quality of life. |
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<table>
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<tr>
<th>Implications for practice/future research:</th>
<th>The results of this study suggest that routine use of caphosol does not benefit the patients. However, further research is needed to confirm the results of this study.</th>
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| Dissemination Plan: | This study has been published as an article: *Radiother Oncol.* 2017 Feb;122(2):207-211. doi: 10.1016/j.radonc.2016.06.015. Epub 2016 Jul 5.  
“A randomised controlled trial of Caphosol mouthwash in management of radiation-induced mucositis in head and neck cancer.”  
https://doi.org/10.1016/j.radonc.2016.06.015 |