

**NRS 455 Topic 4 Benchmark Applying the Nursing Process to Cancer Care**

Student Name

Program Name or Degree Name (e.g., Bachelor of Science in Psychology), University

COURSE XXX: Title of Course

Instructor Name

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### Assignment Instructions

The nursing process is a tool that puts knowledge into practice. By utilizing this systematic problem-solving method, nurses can determine an individual's healthcare needs and provide personalized care.

Write a paper on cancer and approach to care based on the utilization of the nursing process.

Include the following in your paper:

1. Describe the diagnosis and staging of cancer.
2. Describe at least three complications of cancer, the side effects of treatment, and methods to lessen physical and psychological effects.
3. Discuss what factors contribute to the yearly incidence and mortality rates of various cancers in Americans.
4. Explain how the American Cancer Society (ACS) might provide education and support. What ACS services would you recommend and why?
5. Explain how the nursing process is utilized to provide safe and effective care for cancer patients across the lifespan. Your explanation should include each of the five phases and demonstrate holistic and patient-focused care delivery.
6. Discuss how undergraduate education in liberal arts and science studies contributes to the foundation of nursing knowledge and prepares nurses to work with patients utilizing the nursing process. Consider mathematics, social and physical sciences, and science studies as an interdisciplinary research area.

## **Describe the Diagnosis and Staging of Cancer.**

Assessing a patient's cancerous load or its location within their body is done through a process called staging. That is how a doctor determines the cancer stage of a patient. For most cancer types, doctors must determine the location and volume of cancer to choose the most effective course of treatment. For instance, the most excellent treatments for early-stage cancer might be radiotherapy or surgery. In contrast, the latter kind of disease might need chemotherapy, targeted drug therapy, immunotherapy, or other therapies affecting every body part. Furthermore, other factors besides a cancer's stage are considered when deciding which treatments work best.

Sometimes, tumors of different stages are treated similarly, whereas cancers of the same stage are treated differently. Many factors influence which treatments are best for everyone. The cancer's stage can also be used to predict its course and the likelihood of successful treatment. While every patient's situation is different, tumors of the same type and stage typically have similar results. When doctors talk about the cancer that is a primary cause of their illness, it also allows patients to assess the severity of it.

Not every cancer has a staged classification. For instance, leukemias are blood cell cancers that have migrated to other areas of the body by the time they are detected. Tumor-forming malignancies are staged differently than most types of leukemia. Cancer Staging (Cancer Staging, n.d).

**Describe at least three complications of cancer, the side effects of treatment, and methods to lessen physical and psychological effects.**

Numerous adverse effects can result from cancer therapies. A treatment is said to have a side effect if it damages healthy cells. Individual differences exist in the side effects of medications, prescription drugs, and therapeutic interventions. A decrease in white blood cells, the body's first line of defense against illness, is known as neutropenia. One of the adverse

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effects of chemotherapy is neutropenia. Your white blood cell count will be checked after treatment to see whether you have a low level. Fast-growing cells in the body, such as cancer cells and healthy white blood cells, are destroyed by chemotherapy. To fight viruses during treatment, you can have more white blood cells than usual, which increases your susceptibility to disease. If radiation therapy damages a lipoma or artery, or if lymph nodes are removed during surgery, the lymph fluid may not drain correctly. Your body may enlarge in one or more areas due to fluid buildup under the surface. The medical word for this condition is lymphoma. Some patients may experience hair loss because of chemotherapy. This condition is known medically as alopecia. Hair usually grows back in two to three months following the treatment (Side Effects of Cancer Treatment, 2021).

**Discuss what factors contribute to the yearly incidence and mortality rates of various cancers in Americans.**

Cancer is the second most common cause of death in the United States, with around 1.6 million new cases diagnosed and 600,000 deaths occurring each year. Cancer treatment costs are projected to surpass \$174 billion by 2020, indicating a significant increase in expenses. The Centers for Disease Control and Prevention (CDC) is at the forefront of efforts to decrease preventable malignancies and improve the overall well-being of cancer patients. In the US, more than 90% of lung cancer deaths are attributable to smoking or passive smoking. In addition to acute myeloid leukemia, a kind of blood cancer, smoking causes cancers of the mouth, throat, esophagus, kidney, pancreas, cervix, colon, rectum, liver, and stomach.

Non-smokers exposed to secondhand smoke in both their workplace and home environment faced a 20% to 30% higher likelihood of developing cancer. Annually, individuals in the United States who do not smoke perish due to lung cancer resulting from exposure to secondhand smoke. In the US, secondhand smoke affects 58 million nonsmokers each year.

(Cancer | CDC, n.d.).

**Explain how the American Cancer Society (ACS) might provide education and support.**

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## **What ACS services would you recommend and why?**

According to Harmon and Blount's (2006) study, the American Society for the Control of Cancer was established in 1913 by a group of ten physicians and five laypeople. The organization's stated objective was to disseminate knowledge regarding cancer symptoms, diagnosis, and prevention while also investigating cancer-causing factors and gathering cancer-related data.

The involvement of ASCO officials as volunteers at the local level is advantageous for both the ACS and the community. ASCO members have made a substantial and much-appreciated contribution to the ACS's activities, whether through direct help such as oncologist training and patient care or by providing leadership to lay ACS volunteers. The ACS and its volunteers influence the legislative process, dissemination of knowledge, and community interventions through research programs and collaborative partnerships.

Politicians at all levels of government are made to understand scientific truths and support legislation, rules, and regulations that will aid in the fight against cancer thanks to the Society's lobbying and public policy initiatives. The American Cancer Society advocates for healthy lives to prevent cancer. Scientists conduct research on cancer and its etiology to gain a deeper understanding of the disease and advance the development of more effective treatments. They are advocating for policy enhancements that potentially prevent loss of life. Offer comprehensive assistance to individuals impacted by cancer, encompassing both psychological aid and the latest advancements in cancer-related knowledge.

**Explain how the nursing process is utilized to provide safe and effective care for cancer patients across the lifespan. Your explanation should include each of the five phases and demonstrate holistic and patient-focused care delivery.**

The fundamental principle guiding the practices of nurse practitioners in providing comprehensive, patient-centered care is the nursing process, which serves as the bridge that unites diverse nurse types employed in different industries. An RN must first gather and evaluate  
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client data methodically and dynamically before beginning to provide nursing care. An assessment conducted by a nurse on a patient who has been admitted with discomfort, for example, includes not just the physical causes and symptoms of pain but also the patient's response, which could include trouble getting out of bed, appetite loss, alienation from family, resentment toward hospital employees, worry, or a request for additional pain medication. The nursing assessment is the physical examination conducted by the nurse to determine the client's responses to actual or potential health issues or requirements. The diagnostic indicates that the patient is not only in a certain state but also that the pain has resulted in or has the potential to result in other symptoms, such as anxiety, inadequate nutrition, and interpersonal conflicts.

Nursing care is provided in line with the care plan; therefore, the patient needs to receive the same level of attention both while they are in the hospital and as they get ready to be released. The medical record documents the care provided to the patient. Regular assessment of the patient's condition and the efficacy of nursing care is necessary, with adjustments made to the care plan as required.

The practitioner establishes quantifiable and attainable objectives for this patient, considering the examination and diagnosis. These goals may include performing the task of moving from bed to chair at least three times a day, maintaining proper nutrition by consuming smaller and healthier meals, resolving conflicts through counseling, or effectively managing pain with appropriate medication. (The Nursing Process, n.d.).

**Discuss how undergraduate education in liberal arts and science studies contributes to the foundation of nursing knowledge and prepares nurses to work with patients utilizing the nursing process. Consider mathematics, social and physical sciences, and science studies as an interdisciplinary research area.**

The liberal arts and sciences in the nursing curriculum are crucial since they are believed to enhance critical thinking, creativity, and holistic care skills (Hermann, 2004; McKie, 2012).

Even though liberal arts have always been recognized for their value and benefits, science now  
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plays a far bigger role in nursing practice. Humanities subjects in liberal arts education include history, literature, philosophy, religion, architecture, and fine arts (Hermann, 2004). According to nursing students (McKie, 2012), liberal arts education enhances students' skills in communication, global thinking, navigating diversity, decision-making, and personal development. The capacity to differentiate truth from a multitude of conflicting complexities and pinpoint remedies for current obstacles are vital when tending to patients with intricate medical, emotional, spiritual, and social disadvantages (Scott, 2014).

The patient care environment that nurses operate in today is complex. They must possess the ability to effectively communicate with others who are not native English speakers. To aid in the resolution of a healthcare issue, they must possess knowledge about where to get reliable answers. To provide the most effective care for their patients, healthcare professionals must collaborate effectively with individuals from diverse professional backgrounds. Nurses can enhance their self-awareness and interpersonal skills, enabling them to effectively engage with individuals who possess different perspectives, communication styles, or appearances, through the pursuit of social humanities courses. This is especially relevant when addressing spiritual aspects pertaining to a patient's well-being, such as matters of life and death.

Courses in literature, writing, speaking, and language instruct students in the art of effective communication, enabling them to express ideas, thoughts, and opinions with clarity and precision. Science courses are a mandatory component of the nursing curriculum. Nurses are educated in the human body's anatomical structure and physiological functioning, both in states of illness and wellness.

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