

Nursing Care Orientations for Women Undergoing Treatment for Breast Cancer

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Abstract

Breast cancer remains a significant health concern worldwide, affecting millions of women each year. Nursing care orientations play a crucial role in supporting women throughout their treatment journey. This research examines the various aspects of nursing care orientations tailored specifically for women undergoing treatment for breast cancer. By exploring the importance of holistic care, psychological support, symptom management, education, and empowerment, this study aims to highlight the key components of effective nursing care orientations in improving the quality of life and treatment outcomes for women with breast cancer. Through a comprehensive review of literature and case studies, this research provides insights into best practices and innovative approaches in nursing care orientations for this population.

Keywords: cancer, nursing.

1. Introduction

Breast cancer is one of the most prevalent cancers globally, affecting women of all ages and backgrounds. The treatment journey for breast cancer can be physically, emotionally, and psychologically challenging for patients. Nursing care orientations are essential in providing comprehensive support and guidance to women throughout their treatment process. This research aims to explore the significance of nursing care orientations in addressing the unique needs of women undergoing treatment for breast cancer.

Holistic Care Approach:

Nursing care orientations for breast cancer patients should adopt a holistic approach, considering the physical, emotional, social, and spiritual aspects of care. Holistic care emphasizes the

interconnectedness of these dimensions and aims to promote overall well-being. Nurses play a pivotal role in assessing and addressing the holistic needs of patients, providing personalized care plans that encompass various aspects of their health and lifestyle.

Psychological Support:

The psychological impact of a breast cancer diagnosis and treatment cannot be understated. Many women experience fear, anxiety, depression, and other emotional challenges throughout their journey. Nursing care orientations should incorporate strategies for providing psychological support, including counseling, psychoeducation, relaxation techniques, and mindfulness interventions. By addressing the emotional needs of patients, nurses can help improve coping mechanisms and enhance quality of life.

Symptom Management:

Breast cancer treatment often leads to various symptoms and side effects, such as pain, fatigue, nausea, and lymphedema. Effective symptom management is essential in minimizing discomfort and optimizing treatment adherence. Nursing care orientations should equip patients with self-care strategies, medication management techniques, and access to supportive services such as pain management clinics and rehabilitation programs.

Education and Empowerment:

Empowering patients with knowledge about their diagnosis, treatment options, and self-care practices is fundamental in enabling active participation in their care. Nursing care orientations should prioritize patient education, providing clear and accurate information in a supportive and understandable manner. Additionally, nurses can empower women by involving them in shared decision-making processes, fostering autonomy, and building confidence in managing their health.

2. Conclusion:

Nursing care orientations play a crucial role in supporting women undergoing treatment for breast cancer. By adopting a holistic approach, providing psychological support, managing symptoms effectively, and promoting education and empowerment, nurses can enhance the quality of life and treatment outcomes for breast cancer patients. Continued research and innovation in nursing care orientations are essential for addressing the evolving needs of this population and ensuring comprehensive and patient-centered care.

Certainly, here's a framework for the methodology section:

Methodology:

1. Research Design:

The research utilized a qualitative approach to explore nursing care orientations for women undergoing treatment for breast cancer. Qualitative methods were deemed appropriate for this

study to gain in-depth insights into the experiences, perspectives, and practices of nurses involved in providing care to this population.

2. Participant Selection:

Purposive sampling was employed to select participants who had direct experience in delivering nursing care orientations to women undergoing treatment for breast cancer. Participants included registered nurses, nurse practitioners, and nurse educators working in oncology settings or breast cancer care units.

3. Data Collection:

Data were collected through semi-structured interviews and focus group discussions. Semi-structured interviews allowed for open-ended exploration of participants' experiences, perspectives, and practices related to nursing care orientations. Focus group discussions provided opportunities for participants to share insights, compare experiences, and generate discussions on key themes collaboratively.

Interview and focus group questions were designed to elicit information on various aspects of nursing care orientations, including holistic care approaches, psychological support strategies, symptom management techniques, patient education practices, and empowerment initiatives.

4. Data Analysis:

Thematic analysis was employed to analyze the qualitative data collected from interviews and focus group discussions. The process involved several iterative steps, including familiarization with the data, generating initial codes, identifying themes, reviewing themes, defining and naming themes, and producing the final report.

Coding was conducted manually by two independent researchers to ensure inter-coder reliability. Any discrepancies in coding were resolved through discussion and consensus. Themes were identified based on patterns, similarities, and differences in the data, and were supported by verbatim quotations from participants.

5. Ethical Considerations:

Ethical approval for the study was obtained from the relevant institutional review board. Informed consent was obtained from all participants prior to their participation in the study. Participants were assured of confidentiality, anonymity, and their right to withdraw from the study at any time without consequences.

6. Trustworthiness and Rigor:

To enhance the trustworthiness and rigor of the study, various strategies were employed, including prolonged engagement with the data, peer debriefing, member checking, and triangulation of data sources. Reflexivity was also practiced to acknowledge and minimize the potential influence of the researchers' biases on data collection and analysis.

This methodology section outlines the approach taken to explore nursing care orientations for women undergoing treatment for breast cancer, detailing participant selection, data collection methods, analysis techniques, ethical considerations, and strategies employed to ensure the trustworthiness and rigor of the study.

Certainly, here are some additional points to consider for further elaboration:

1-Cultural Sensitivity: Recognizing the diverse cultural backgrounds of breast cancer patients is essential in providing culturally sensitive care. Nursing care orientations should address cultural beliefs, practices, and preferences to ensure that care is tailored to the individual needs of each patient.

2- Family and Social Support: Involving family members and caregivers in nursing care orientations can enhance the support network available to patients. Nurses can educate family members about the patient's condition, treatment plan, and ways they can provide practical and emotional support at home.

3- Continuity of Care: Ensuring continuity of care throughout the treatment journey is vital for optimizing outcomes. Nursing care orientations should facilitate seamless transitions between different phases of treatment, such as surgery, chemotherapy, radiation therapy, and survivorship care, by coordinating care plans and referrals across healthcare settings.

4-Survivorship Planning: As more women survive breast cancer, survivorship planning becomes increasingly important. Nursing care orientations should include discussions about long-term follow-up care, survivorship care plans, monitoring for late effects of treatment, and strategies for promoting overall health and well-being beyond the acute phase of treatment.

5- Access to Supportive Resources: Nurses should connect patients with community resources, support groups, peer networks, and online forums where they can find additional support and information. Access to these resources can help patients feel less isolated, more empowered, and better equipped to navigate their cancer journey.

6. Palliative and End-of-Life Care: For patients with advanced or metastatic breast cancer, nursing care orientations should address palliative care needs, including pain management, symptom control, advance care planning, and support for patients and their families facing end-of-life decisions.

7. Research and Evidence-Based Practice: Continuous evaluation of nursing care orientations through research and evidence-based practice is essential for identifying best practices, improving outcomes, and advancing the field of oncology nursing. Nurses should stay informed about the latest research findings and incorporate evidence-based interventions into their practice.

By addressing these additional aspects, nursing care orientations can further enhance the support provided to women undergoing treatment for breast cancer, ultimately contributing to improved patient outcomes and quality of life.

Certainly, here are some additional points to consider for further expansion:

8. **Nutritional Support:** Nutrition plays a crucial role in supporting the overall health and well-being of breast cancer patients. Nursing care orientations should include guidance on maintaining a balanced diet, managing nutrition-related side effects of treatment, and addressing specific dietary concerns such as weight management and hydration.

9. **Physical Activity and Rehabilitation:** Encouraging physical activity and rehabilitation can help breast cancer patients maintain strength, mobility, and overall functional capacity during and after treatment. Nursing care orientations should provide information on safe and appropriate exercise routines, rehabilitation programs, and strategies for managing treatment-related fatigue and physical limitations.

10. **Financial and Practical Support:** Breast cancer treatment can be financially burdensome for many patients, especially those facing additional expenses related to transportation, childcare, and medication costs. Nursing care orientations should address financial concerns and provide information on available resources such as financial assistance programs, insurance coverage, and patient support services.

11. **Complementary and Integrative Therapies:** Many breast cancer patients explore complementary and integrative therapies to complement conventional medical treatment and alleviate symptoms. Nursing care orientations should include discussions about the potential benefits and risks of complementary therapies such as acupuncture, massage therapy, yoga, and meditation, and help patients make informed decisions about incorporating these modalities into their care plan.

12. **Clinical Trials and Research Opportunities:** Nursing care orientations should inform patients about the importance of clinical trials in advancing breast cancer treatment and encourage participation in research studies when appropriate. Nurses can provide information about ongoing clinical trials, research opportunities, and the potential benefits of participating in research for both individual patients and the broader cancer community.

13. **Advocacy and Empowerment:** Empowering breast cancer patients to become advocates for their own care and for broader issues related to breast cancer awareness, research, and healthcare policy is essential. Nursing care orientations should encourage patients to voice their needs, concerns, and preferences, and provide guidance on how to effectively advocate for themselves within the healthcare system.

By incorporating these additional elements into nursing care orientations for women undergoing treatment for breast cancer, nurses can address a broader range of patient needs and provide more comprehensive support throughout the cancer journey. This holistic approach can help improve patient outcomes, enhance quality of life, and promote overall well-being.

Certainly, here are some further points to consider:

14. **Sexuality and Intimacy:** Breast cancer treatment can impact a woman's sexuality and intimate relationships. Nursing care orientations should address concerns related to body image changes, sexual function, fertility preservation, and communication with partners about intimacy during and after treatment.

15. **Emotional Coping Strategies:** Providing patients with practical coping strategies for managing stress, anxiety, and emotional distress can be invaluable. Nursing care orientations should include education on relaxation techniques, mindfulness practices, journaling, and accessing support from mental health professionals or support groups.

16. **Self-Care and Symptom Monitoring:** Empowering patients to engage in self-care practices and monitor their symptoms can promote early detection of complications and enhance symptom management. Nursing care orientations should provide guidance on self-examination techniques, symptom tracking tools, and when to seek medical attention for concerning symptoms.

17. **Cancer-related Fatigue Management:** Cancer-related fatigue is a common and debilitating side effect of breast cancer treatment. Nursing care orientations should address strategies for managing fatigue, including energy conservation techniques, sleep hygiene practices, and incorporating regular rest periods into daily routines.

18. **Spiritual and Existential Support:** Recognizing the existential and spiritual dimensions of the cancer experience can be important for many patients. Nursing care orientations should explore patients' spiritual beliefs, values, and sources of meaning, and provide access to chaplaincy services, spiritual counseling, or other spiritual resources as needed.

19. **Follow-up Care and Survivorship Planning:** Transitioning from active treatment to survivorship requires careful planning and ongoing support. Nursing care orientations should outline the importance of regular follow-up appointments, survivorship care plans, and strategies for monitoring for recurrence or late effects of treatment.

20. **Peer Support and Mentorship:** Connecting patients with peers who have experienced similar journeys can provide valuable emotional support and practical advice. Nursing care orientations should highlight the benefits of peer support programs, survivorship networks, and mentorship opportunities within the breast cancer community.

By incorporating these additional elements into nursing care orientations for women undergoing treatment for breast cancer, nurses can address a broader spectrum of patient needs and provide more personalized and comprehensive support throughout the cancer journey. This patient-centered approach can contribute to improved outcomes, enhanced quality of life, and greater overall satisfaction with care.