



Relevance of nursing consultation in care for oncological patients under chemotherapy treatment – experience report



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1 INTRODUCTION

The National Cancer Institute (INCA) released updated data on the cancer scenario in Brazil, with an estimated incidence of 625,000 new cases of cancer (450,000, excluding cases of non-melanoma skin cancer) for each year of the triennium 2020-2022. Given these facts, we found the need for nursing action that not only provided technical assistance, located in the outpatient setting, but that this assistance was extended to the home, through the care of the patient himself, or of family members and caregivers. According to Pinheiros (1999), the nurse, in performing her role as an educator, aims to promote, maintain and restore health, teaching skills, and attitudes, as well as modify inappropriate or unacceptable behavior by society. Therefore, this educational activity can be provided by the nurse through the nursing consultation, which aims to provide specialized and individualized care to the client, through a contextualized and participatory approach. Thus emphasizing the relevance of the nursing consultation for establishing a bond with the patient, family member, and/or caregiver; guiding them about self-care, clarifying what chemotherapy is, and managing the side effects of antineoplastic treatment, thus favoring increased adherence and treatment success.

Nursing Consultation, being a private activity of the nurse, uses components of the scientific method to identify health/disease situations, and prescribe and implement Nursing measures that contribute to the promotion, prevention, protection of health, recovery, and fulfillment of the individual, family, and community.



The present study aims to describe the nursing consultation performed at the chemotherapy outpatient clinic of the High Complexity Oncology Assistance Center (CACON), of a federal public institution and generated a guiding question: how is the nursing consultation in the oncology outpatient clinic of the High Complexity Assistance Center in Oncology (CACON), at this federal public institution.

2 METHODOLOGY

This is a descriptive study, reporting the experience of the nursing consultation at the chemotherapy outpatient clinic of the High Complexity Oncology Care Center (CACON), of a federal public institution. At the CACON chemotherapy outpatient clinic, of a federal public institution, the nurse performs, as a routine, the educational nursing consultation on the first day of adherence to chemotherapy treatment, with the participation of the patient and family. In this consultation, it is clarified what chemotherapy is. It is investigated whether there are other comorbidities, use of other medications, guidance on handling the side effects of chemotherapy, care with excreta, encouraging follow-up with psychology and nutrition, when necessary it is already referred for evaluation with a vascular surgeon for catheter implantation fully implanted central venous system, clarifying the opening hours of the sector, the need to carry out the requested exams and complete adherence to the treatment. In the end, a “Chemotherapy Patient Guidance Manual” and a “Nutritional Guidance Manual” are delivered.

3 CONCLUSION

In the nursing consultation, in addition to collecting information related to the patient's history and life habits, the nurse assesses physical aspects and guides the effects triggered by chemotherapy, as well as the care required during the therapeutic process. The patient receives specific information about the treatment protocol to which he is submitted, addressing the main side effects related to these drugs, as well as their management, which includes: care with mucositis, nausea and vomiting, nutritional and hydric aspects, intestinal alterations, fatigue, neutropenia, thrombocytopenia, reproductive dysfunction, sexuality, self-image, and infection prevention. In addition to clarifying doubts about cancer and chemotherapy, the nursing consultation aims to encourage the patient's autonomy, so that he can take ownership of his current condition and make choices that are appropriate and contextualized to his lifestyle. The nursing consultation provides a space for reception, listening, and dialogue.

This study allowed us to show the active participation of nurses as educators for cancer patients and also to reaffirm their importance to the multidisciplinary team. Reinforcing the thought that: health education is an essential tool in nursing practice. Therefore, we believe that the nurse as an educator transforms behaviors and leads the individual to think about their life practices, strengthens the client/nurse bond, and empowers the client to self-care, making it a fundamental part of the rehabilitation process.



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