



Oncology navigation as a health tool

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ABSTRACT

Evidence-based nursing care planning is a trend in healthcare practices that indicates the evolution of scientific knowledge in the area carried out through patient monitoring, leading to assertive decision-making with a theoretical-practical basis. Oncology Navigation is strengthened in this practice through individualized care, enumerating priorities in patient care. New technologies are incorporated daily in healthcare, especially in oncology nursing care, so it is essential that the team is updated, performing professional approaches in a systemic and multidisciplinary way. Providing care to patients with metastatic cancer requires, in addition to care related to the needs of the moment, being aware of and in accordance with scientific and technological advances, validating the evaluation of the prescribed treatment and its preparation. This research aims to show the importance of pointing out studies on a new medication, Trastuzumab Deruxtecan, and seeks to build a care protocol to provide adequate care during the treatment of the disease, by monitoring patients who use this drug, observing all symptoms that might appear. Then, an approach is made regarding nausea and vomiting, a potential disabling symptom that is often observed in the patients' reports. A preliminary assessment of the patient is carried out through the reception by the nurse, who describes the history of health and illness and informs the guidelines regarding the new suggested treatment. After that, pharmaceutical care is performed, in which the pharmacist evaluates possible drug interactions among therapies in use and new medications, ensuring adequate preparation of the patient and intervening in advance to minimize the most common symptoms related to this drug: nausea and vomiting. The post-chemotherapy process is carried out by the Oncology Navigation team, which evaluates and measures adverse effects and works in advance with the patient and other members of the multidisciplinary team. It is possible to verify, through multidisciplinary care, that patients undergo treatment according to the therapeutic plan, with early symptom management, corroborating the evidence related to adequate monitoring and its importance for a quality practice, where the focus is increasingly on patient care.