



Relevance of the nursing consultation in the care of the cancer patient in chemotherapeutic treatment - experience report

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1 INTRODUCTION

The National Cancer Institute (INCA) has released updated data on the cancer landscape 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. Because of these facts, we found the need for a nursing practice that not only provided technical assistance, located in the outpatient setting, but that this care was extended to the home, through the care of the patient himself, or family members and caregivers. According to Pinheiros (1999), the nurse, in the performance of her role as an educator, aims to promote, maintain and restore health, in the teaching of skills and attitudes, as well as in the modification of inappropriate or unacceptable methods by society. Therefore, this educational activity can be provided by nurses through 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 regarding self-care, clarifying what chemotherapy is, and handling the side effects of antineoplastic treatment, thus favoring the increase in treatment and treatment success.

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



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

2 METHODOLOGY

This is a descriptive study, reporting the experience of the nursing consultation in the chemotherapy outpatient clinic of the Center for High Complexity Assistance in Oncology (CACON), a federal public institution.

In the chemotherapy outpatient clinic of CACON, a federal public institution, the nurse performs, as routine, the educational nursing consultation on the first day of treatment chemotherapy, with the participation of the patient and family members. In this consultation, it is clarified what is chemotherapy. It is investigated if there are other comorbidities, use of other medications, oriented regarding the handling of the side effects of chemotherapy, care for excretions, encouraged to follow-up with psychology and nutrition, when necessary is already referred for evaluation with a vascular surgeon for implantation of a fully implanted central venous catheter, clarified the hours of operation of the sector, the need to perform the requested tests and complete treatment adhering. In the end, is delivered a "Manual of Guidelines to patients in Chemotherapy" and a "Manual of Nutritional Guidelines".

3 CONCLUSION

In the nursing consultation, in addition to collecting information related to the patient's history and life habits, the nurse evaluates physical aspects and guides the effects triggered by chemotherapy, b on how the care is demanded during the therapeutic process. The patient receives specific information about the treatment protocol to which he is submitted, addressing the main effects related to these medications, as well as his handling, which includes: care with mucositis, nausea and vomiting, nutritional and water aspects, intestinal changes, fatigue, neutropenia, thrombocytopenia, reproductive dysfunction, sexuality, self-image, and infection prevention. In addition to clarifying several cancer and chemotherapy, the nursing consultation aims to stimulate the patient's autonomy, so that he appropriates his or her current condition and can make choices that are appropriate and contextualized to his/her lifestyle. The nursing consultation provides a space for welcoming, listening, and dialogue.

This study allowed us to show the active participation of nurses as educators for cancer patients and also reaffirm their importance with the multiprofission al. team reinforcing the thought that: health education is an essential tool in nursing practice. Therefore, we believe that nurses as educators transform behaviors and lead individuals to think about their life practices, strengthening the link between the client and enabling the client to self-care, making him a fundamental part of the rehabilitation process.



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