



## Nursing Role on Cancer Treatment

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### Editorial

A caregiver is simply anyone who helps to care for a loved one, Care giving can be a full-time, non-stop job that wears physically and emotionally, but there are many things make it easier. Oncology nurses care for people of all ages who are diagnosed with cancer. They provide important ongoing emotional and physical care for a person with cancer. Oncology is a challenging field in which nurses support patients, families, and caregivers through the stress of diagnosis and treatment, and the anxiety of many uncertainties brought on by the disease, including facing mortality.

Oncology nurses are challenged on a daily basis to deal with the numerous symptoms patients with cancer and their families encounter as a result of their cancer or its treatment. Nurses triage patient problems and assist in the evaluation of symptoms and initiation of interventions. They practice in a variety of settings including acute care hospitals, ambulatory care clinics, private oncologists' offices, radiation therapy facilities, home healthcare agencies, and community agencies. They practice in association with a number of oncologic disciplines, including surgical oncology, radiation oncology, gynecologic oncology, pediatric oncology, and medical oncology. Nurses are expected to be expert in assessing a patient's physical and emotional status, past health history, health practices, and both the patient's and the family's knowledge of the disease and its treatment. The oncology nurse reviews the treatment plan with the oncologist, is aware of expected outcomes and possible complications, and independently assesses the patient's general physical and emotional status. It is essential that a detailed nursing history and physical examination be completed. An oncology nurse is expected to be aware of the results and general implications of all relevant laboratory, pathology, and imaging studies. Assessment of the patient's understanding of the disease and proposed treatment is fundamental in allaying anxiety and formulating a care plan. Obtaining this information will help avoid misunderstanding and confused expectations. Thorough patient preparation improves compliance with treatment programs and may impact treatment

outcomes as well. The nurse assesses the patient's psychological and mental status, as well as the mood and emotional reaction to the results of diagnostic testing and prognosis. Nursing care for patients with impaired skin reactions includes maintaining skin integrity, cleansing the skin, promoting comfort, reducing pain, preventing additional trauma, and preventing and managing infection. Nurses provide information about hair loss and support the patient and family in coping with changes in body image, and cleansing the skin, reducing superficial bacteria, controlling bleeding, reducing odor, protecting the skin from further trauma, and relieving pain. They provides education and support to correct fears and misconceptions about opioid use. They assesses physiologic and psychological stressors that can contribute to fatigue and uses several assessment tools such as a simple visual analog scale to assess levels of fatigue. The role of exercise as a helpful intervention has been supported by several controlled trials. Occasionally pharmacologic interventions are utilized, including antidepressants for patients with depression, anxiolytics for those with anxiety, hypnotics for patients with sleep disturbances, and psychostimulants for some patients with advanced cancer or fatigue that does not respond to any medication. Cancer care package includes- Warm blankets and socks: Clinics and hospitals where chemotherapy is administered are often chilly, so blankets and warm socks can make more comfortable to patient. Moisturizers and lip balm: During chemotherapy, a common side effect is dry, painful skin and lips. Gentle skin moisturizers and lip balms can relieve dry skin and prevent sores or rashes. Headwear and/or salon gift cards: For many people receiving chemotherapy treatment, losing their hair causes both physical and emotional discomfort. Sending a gift card for a salon where they can be fitted for a wig, have their head shaved, or receive other beauty treatments. Headscarves are also a thoughtful gift; they provide both warmth and security for those who have lost their hair.

Registered nurses must develop knowledge and clinical expertise in cancer care when becoming an oncology nurse. While this can sometimes be gained through direct experience, many oncology nurses undergo voluntary board certification in the area of cancer care through the Oncology Nursing Certification Corporation. For certification, an RN must meet state eligibility criteria and pass an exam. Some oncology nurses have advanced certification that includes a master's degree or higher and a specified number of hours of supervised clinical practice. The role of the oncology nurse is more than just clinical. Oncology nurses are a much-needed source of compassion for patients and families, often forming meaningful relationships that extend long after treatment is completed.