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CASE REPORT ARTICLE

MULTIPROFESSIONAL CONSULTATION TO WOMEN WITH BREAST CANCER IN CHEMOTHERAPY: HUMANIZATION OF ASSISTANCE

CONSULTA MULTIPROFISSIONAL À MULHER COM CÂNCER DE MAMA EM QUIMIOTERAPIA: HUMANIZAÇÃO DA ASSISTÊNCIA

CONSULTA MULTIPROFESIONAL A LA MUJER CON EL CÁNCER DE MAMA EN QUIMIOTERAPIA: HUMANIZACIÓN DE LA ATENCIÓN

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ABSTRACT

Objectives: reporting on the experience of the participation of academics and residents in an extension project. **Method:** a descriptive study, type experience report, developed with the realization of multidisciplinary consultations in the morning from March to November 2011, the Division of Oncology, Hospital of Clinics, Federal University of Uberlândia. **Results:** among the positive results include the acceptance of patients, bringing successful coping responses during chemotherapy. For students and residents, great learning related to the care of cancer patients. **Conclusion:** it was possible to realize the multi attention as an effective strategy for the quality of care; it allows a comprehensive care with a holistic view of the patient and his context, providing better treatment outcomes. **Descriptors:** Breast Neoplasms; Care Nursing; Chemotherapy.

RESUMO

Objetivos: relatar sobre a experiência da participação de acadêmicos e residentes em um projeto de extensão. **Método:** estudo descritivo, tipo relato de experiência, desenvolvido com a realização de consultas multiprofissionais, no período matutino de março a novembro de 2011, no Setor de Oncologia do Hospital de Clínicas da Universidade Federal de Uberlândia. **Resultados:** dentre os resultados positivos destacamos a aceitação das pacientes, trazendo respostas exitosas de enfrentamento durante o tratamento quimioterápico. Para os alunos e residentes, grande aprendizado relacionado ao atendimento a pacientes oncológicos. **Conclusão:** foi possível perceber a atenção multiprofissional como uma estratégia eficaz para a qualidade da assistência, pois permite atenção integral, com visão holística da paciente e de seu contexto, proporcionando melhores resultados no tratamento. **Descritores:** Neoplasias Da Mama; Cuidados De Enfermagem; Quimioterapia.

RESUMEN

Objetivo: informe sobre la experiencia de la participación de académicos y residentes en un proyecto de extensión. **Método:** estudio descriptivo, tipo relato de experiencia, desarrollado con la realización de múltiples consultas, por la mañana de marzo a noviembre de 2011, en la División de Oncología, Hospital de Clínicas de la Universidad Federal de Uberlândia. **Resultados:** entre los resultados positivos destacan la aceptación de los pacientes, con lo que las respuestas de afrontamiento exitosas durante la quimioterapia. Para estudiantes y residentes, gran aprendizaje relacionado con el cuidado de los pacientes con cáncer. **Conclusión:** fue posible percibir la atención de múltiples como una estrategia efectiva para la calidad de la atención, que permite una atención integral con una visión integral del paciente y su contexto, proporcionando mejores resultados del tratamiento. **Descriptores:** Neoplasias de la Mama; Cuidados en Enfermería; Quimioterapia.

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INTRODUCTION

According to the National Cancer Institute/INCA, cancer is the name given to a set of more than 100 diseases that have in common the uncontrolled growth of cells that invade the tissues and organs, and may spread to other body regions .¹ Breast cancer is the most common one in the world and Brazilian women, except in cases of non-melanoma skin cancer.²

In Brazil, the estimates of the year 2012, will also apply to the year 2013, and indicate the occurrence of 518.510 new cases of cancer, for females the incidence is high for non-melanoma skin cancers (71 thousands new cases), breast cancer (53 thousands), cervical (18 thousands), colon and rectum (16 thousands) and lung (10 thousands). Thus, among the major types of cancers that affect the female Brazilian population, is second breast cancer.³

It is estimated that in 2020, the annual number of new cases is of the order of 15 million and by 2030 cancer will achieve a higher mortality rate compared to other diseases, hitherto regarded as the highest occurrence.⁴⁻⁵ This type of cancer may have a good prognosis if diagnosed and treated early.⁶ Moreover, the diagnosis of early-stage cancer allows for more effective and less aggressive treatment.⁷

In the context of the Brazilian population, although the incidence of late diagnosis is still quite high, the percentage of diagnoses in the initial phase of the disease has been rising in view of the programs of the Ministry of Health focused on women's health, such as the Program "Integral Assistance to Women's Health (PAISM)".⁸

Surgery and radiotherapy, as localized treatments; chemotherapy and therapies that use biological modulators, such as systemic treatments: for cancer treatment basically the following terms are used today. Many are harmful changes, the conditions of life of women with breast cancer, resulting from the treatment necessary to combat the disease.⁹

Changes in body functions that occur as a result of chemotherapy, the side effects and adverse reactions have been reported as a major negative impact on patients, both in care practice as well as in research results published. The various types of commitments resulting from this treatment are related to higher rates of mortality, morbidity and changes in adherence and treatment progress.⁹

A multidisciplinary intervention to women with breast cancer is of paramount

importance for facilitating the understanding of diagnosis and the course of the disease; strengthen the emotional structure of the patient and their families, ensuring the achievement of results and prospects of the physical and psychosocial rehabilitation.¹⁰

The reported experience comes Extension Project entitled "Nursing consultation to women with breast cancer receiving chemotherapy: humanization", which results from the interaction between the graduate course in Nursing, Federal University of Uberlândia (UFU) with the Sector of Oncology, Hospital of the UFU-MG, and the Multidisciplinary Residency Program - Care in Oncology.

The UFU is located in the city of Uberlândia-Minas Gerais. The offer of this project took place from March to November 2011, with approval and granting of scholarships through (PIBEX - UFU) Institutional Scholarship Program Extension, Federal University of Uberlândia, was approved as the extension project for two consecutive years before, by the Dean of Extension UFU.

As scientific activities related to the project, works for Scientific Initiation, works of Conclusion Course of Undergraduate Nursing and Conclusion of Residency Program were developed and is still presented several papers at conferences, symposiums and forums, which contributed significantly to the financial and scientific knowledge participants and professional and academic community. Involved students and faculty of the Undergraduate Nursing and residents of professions: nursing, dentistry and psychology, serving women with breast cancer undergoing chemotherapy and their families.

OBJECTIVE

- Reporting on the experience of the participation of academics and residents in an extension project.

METHOD

Descriptive study, type experience report, on the participation of academics and residents at the Extension Project "Nursing consultation to women with breast cancer receiving chemotherapy: humanization of care", developed with realization of multidisciplinary consultations in the morning from March to November 2011, the Division of Oncology, Hospital of Clinics, Federal University of Uberlândia (HC-UFU).

EXPERIENCE REPORT

The appointments were made by students of undergraduate nursing, which were selected through selective process and residents Multidisciplinary Residency Program - Care in Oncology (Nurses, Psychologists, Dentists and Nutritionists) being guided by teachers from undergraduate nursing.

The development of the project consisted in the recruitment of patients with breast cancer at the beginning of chemotherapy and follow-up of these women, through individualized multidisciplinary consultations, throughout the period of treatment proposed. The consultations were held in an office; structure courtesy of oncology at the Hospital of Clinics of the UFU.

It was determined as a criterion for inclusion in the project that the patients had a diagnosis of breast cancer, chemotherapy treatment for that step being defined. After defining the treatment and prescribing chemotherapy regimen by the medical team, performed individually if you care to patients.

In the first query, where the patient was invited to participate in the project, the service happened only in nursing, was explained the project purpose and form of participation, and subsequently accepting the patient, performed data collection for composition of a historical and history, and explanation on future schedules, basic guidelines on required exams, use of prescription drugs, nutrition, hydration, skin care and infection prevention. There were informed general possible adverse effects that could present as well as the measures for prevention and relief.

It is emphasized that this individualized care aimed higher adherence of patients to treatment and also meet patients and their families in particular, related to coping with the disease and treatment needs, as being a time of intense systemic physical changes and especially emotional.

In return for medical appointments and new cycles of treatment, the patients were also seen at the project consultations where symptoms were assessed and adverse reactions presented; reassessed previous guidelines and provide new guidance when necessary specific interventions as possible expected changes in due to the use of different drugs and their specificities. In the second consultation were investigated bio-psycho, spiritual and partner changes, depending on the situation presented or more specific problems, we performed directed guidelines regarding self-care and other

possible adverse reactions of chemotherapy; attendance by residents of psychology, nursing and dentistry, occurred according to identified needs.

In subsequent returns, the patients were reassessed and always supplemented and modified guidelines, according to individual need, always paying attention to the escort/family partook of consultation, with an important family in this process to support women in order to encourage her and help her in the effectiveness of the guidelines.

It is always of great importance to multidisciplinary effort in assisting cancer patients and, thus, includes the participation of the residents by the nursing professionals. Regarding Nutrition, we note that, due to the action of anticancer drugs also about healthy tissues and organs of the digestive system, patients may change as nausea and vomiting, which can lead to loss of appetite, loss or even weight gain and being indispensable adherence to a balanced diet rich in nutrients that support the immune and hematopoietic system; dentistry, assisting in the amendments as mucositis, candidiasis, xerostomia and mobility of teeth, contributes greatly to the patient is able to intake of food and also maintain proper oral hygiene, preventing the occurrence of infection frames, in psychology, we observed that the psychological and emotional changes were frequently reported. Thus, these women were included in their individuality and attention received by resident psychologist, which propitiated listening times and directions. Thus, the provision of multidisciplinary care was offered this extension project.

During execution of the project, noting the needs arising from the particularities of each chemotherapy regimen, as scientific-technical activity, protocol assistance for each regimen used in the treatment of breast cancer have been built, this activity was initiated by students of this extension project in previous period, being finalized in the 2nd half of 2011. These protocols serve to guide more specific and systematic way consultation with women undergoing chemotherapy for breast cancer, where the nursing diagnoses and their defining characteristics and related factors are identified and subsequently proposed appropriate interventions for each situation.

RESULTS

The project has left many positive results, among which:

The acceptance, adherence and involvement of patients and their families,

bringing successful coping responses during chemotherapy;

The construction of medical protocols to the patient undergoing chemotherapy for future application in consultations through new supply Extension Project; this new phase the applicability of these instruments will be evaluated, since we still do not have results for their effectiveness;

Enabled the development of interpersonal relationships between professionals, academics, patients and families, raising the students and residents involved in the project, a full comprehensive view should compose the everyday health professional;

The involvement of academics and residents in ambulatory practice of oncology services, as part of the clinical staff, which increased the perception of this professional field and as to the relevance of the implementation of outreach projects in the hospital network, since this activity contributed to the training of professional and especially in patient care, thus making diligent service.

CONCLUSION

The multidisciplinary care for women with breast cancer receiving chemotherapy is presented as an effective strategy for the quality of care, it allows comprehensive care with a holistic view of the patient and their context; through appropriate self-care actions, enables the prevention and / or reduction arising from the systemic action of anticancer drugs, which consequently influences the positive coping and sense of security of patients and their families during treatment adverse effects.

With this project we realized the importance of specialized care team health to cancer patients because it provides comprehensive, individualized and targeted actions in caring for patients and their families. Emphasize how important it would be to institute multidisciplinary consultation in support services to cancer patients.

We emphasize that the institution where the project was developed did not offer the multi query, only the services of dentistry, nutrition and psychology had the uni-professional outpatient care. Nursing accomplished general guidelines on the administration of chemotherapy sector in just the first day of treatment, there was no systematic consultation of nursing.

Through daily reports of patients participating in the project, we realized that other patients with many types of cancers

showed interest in participation guidelines conducted by academic and residents. They established that they were instructed, however incipient and without individualized follow during the course of chemotherapy, while actually need a systemized care.

The opportunity to live this experience sparked an interest in oncology, which was not included in the list of subjects of Graduate UFU, and awareness about the importance of implementing a systematic multidisciplinary care to cancer patients with skilled professionals to meet providing better treatment outcomes.

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