



Caring for the Patient with Breast Cancer




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October 24, 2016



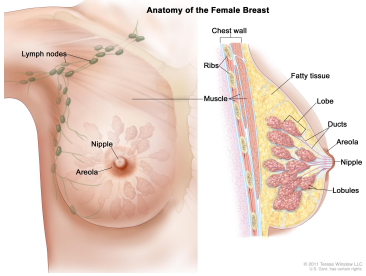
Objectives

- Describe the types, stages and diagnostic tests available for treating breast cancer patients.
- Discuss the treatment options, management of side effects and emotional needs of patients with breast cancer.
- Discuss the importance of collaboration and teamwork to enhance quality of care and patient outcomes.




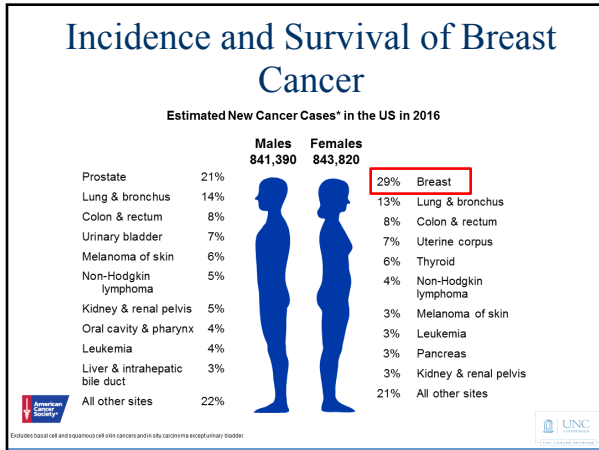
Definition

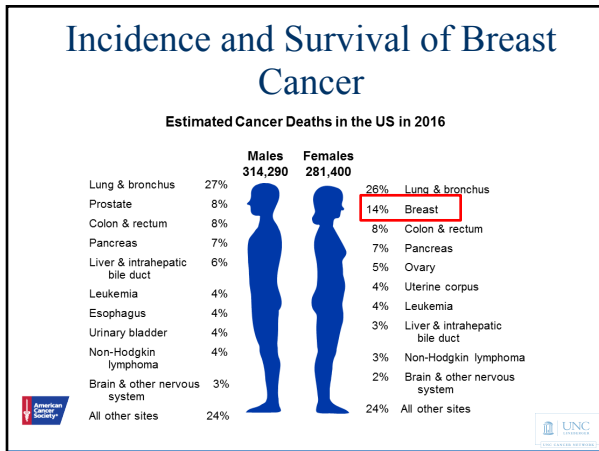
Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast.



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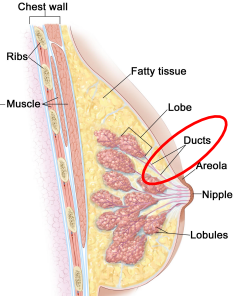




- ### Symptoms and Signs of Breast Cancer
- Lump or change in the breast.
 - Swelling (even if no distinct lump is felt)
 - Skin irritation or dimpling
 - Breast or nipple pain
 - Nipple retraction (turning inward)
 - Redness, scaliness, or thickening of the nipple or breast skin
 - Nipple discharge (other than breast milk)
-

Types of Breast Cancer


Ductal Carcinoma



Ductal Carcinoma in situ (DCIS)
Abnormal cells are found only in the lining of the breast duct.

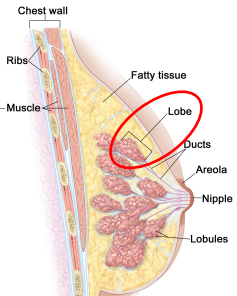
Invasive Ductal Carcinoma
Cancer spreads outside the breast duct to surrounding normal tissue.

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Types of Breast Cancer


Lobular Carcinoma



Lobular Carcinoma in situ (LCIS)
Abnormal cells are found only in the lobes of the breast.

Invasive Lobular Carcinoma
Cancer spreads outside the lobes to surrounding normal tissue.


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Types of Breast Cancer

Inflammatory Breast Cancer

- Uncommon.
- Breast is warm, red, and swollen
- Skin of breast may also show a pitted appearance.



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Screening Options

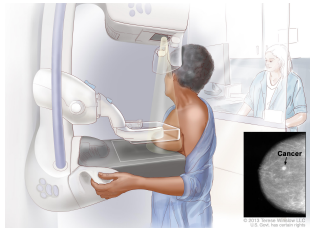
Three tests are used by health care providers to screen for breast cancer.

- Mammogram
- Clinical Breast Exam (CBE)
- MRI (magnetic resonance imaging)
 - Used in women with a high risk of breast cancer.



Screening Options Mammogram

Mammogram, an x-ray of the breast, is the most common screening test for breast cancer.



Screening Options Clinical Breast Exam (CBE)

An exam of the breast by a doctor or other health professional.



CHECK FOR:
*Lumps &
Physical Changes*

GOAL:
Early Detection



Screening Options

Magnetic Resonance Imaging (MRI)

Procedure that uses magnets, radio waves, and computers to make a series of pictures of areas inside the body.

Used with women who have one or more of the following:

- Gene changes (*BRCA1* or *BRCA2*)
- Family history of breast cancer
- Genetic Syndromes (*Li-Fraumeni*, *Cowden Syndrome*)



Risk Factors

- A family history of breast cancer and other factors increase the risk of breast cancer.
- Breast cancer is sometimes caused by inherited gene mutations (changes).
- The use of certain medicines and other factors decrease the risk of breast cancer.



Diagnosis

- Tests that examine the breasts are used to detect (find) and diagnose breast cancer.
- If cancer is found, tests are done to study the cancer cells.

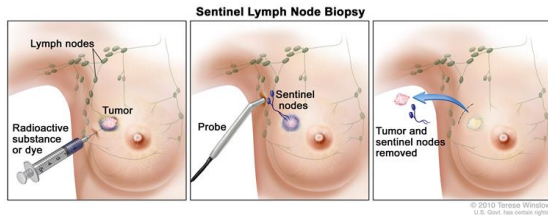


Staging

- The process used to find out whether the cancer has spread within the breast or to other parts of the body.
- Information gathered during staging determines the state of the disease and informs the plans for treatment.

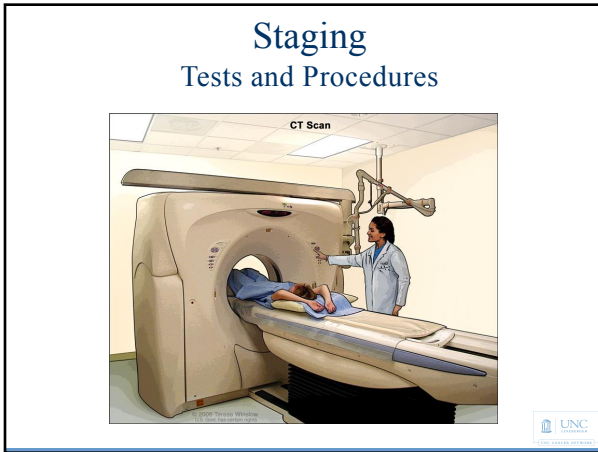


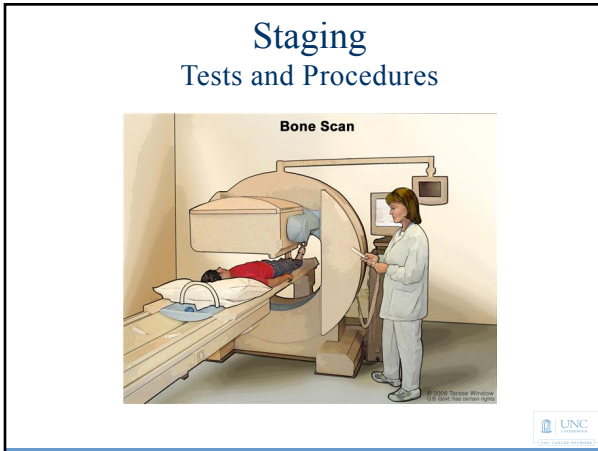
Staging Tests and Procedures

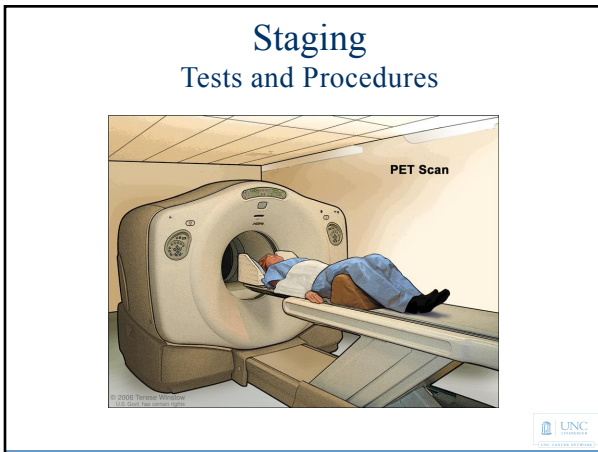


Staging Tests and Procedures









Staging

- Cancer can spread through tissue, the lymph system, and the blood.
- When cancer spreads to another part of the body, it is called metastasis
 - A metastatic tumor is the same type of cancer as the primary tumor.

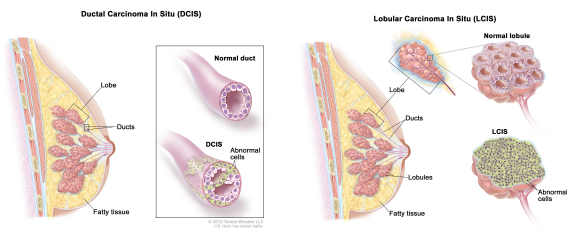


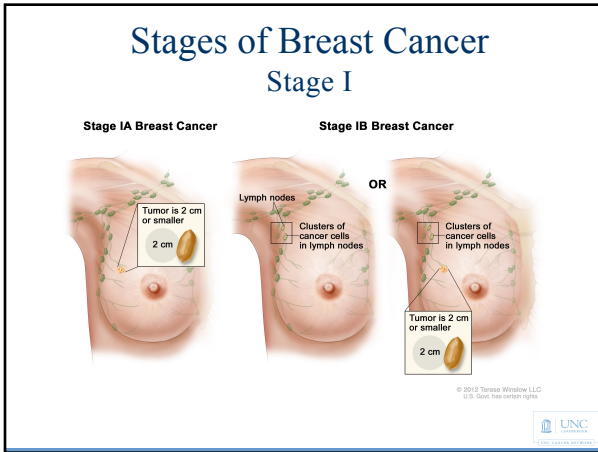
Stages of Breast Cancer

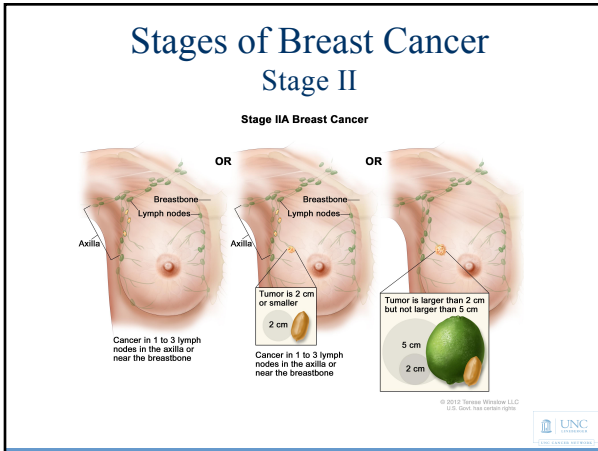
- Stage 0 (carcinoma in situ)
- Stage I
- Stage II
- Stage IIIA
- Stage IIIB
- Stage IIIC
- Stage IV

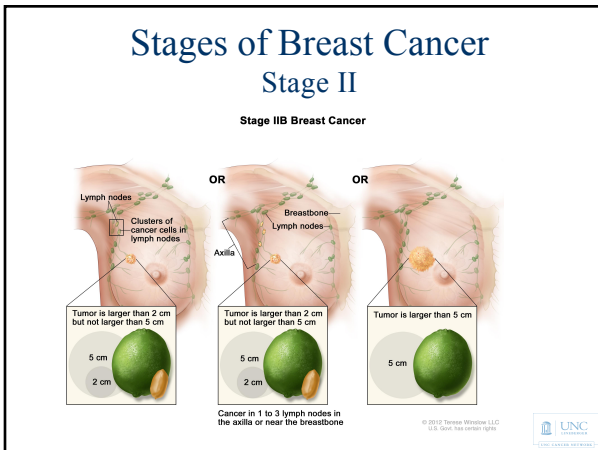


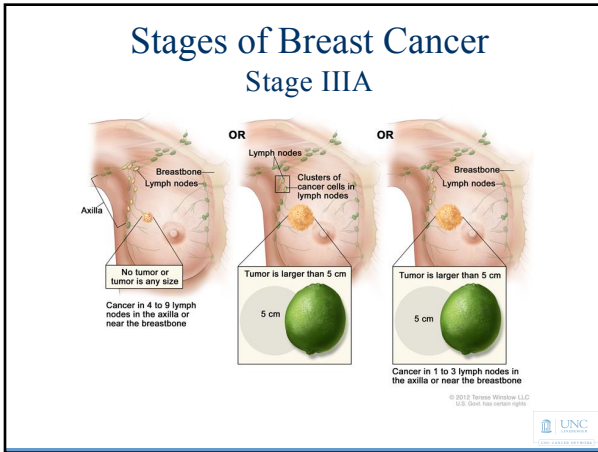
Stages of Breast Cancer Stage 0 (Carcinoma in situ)

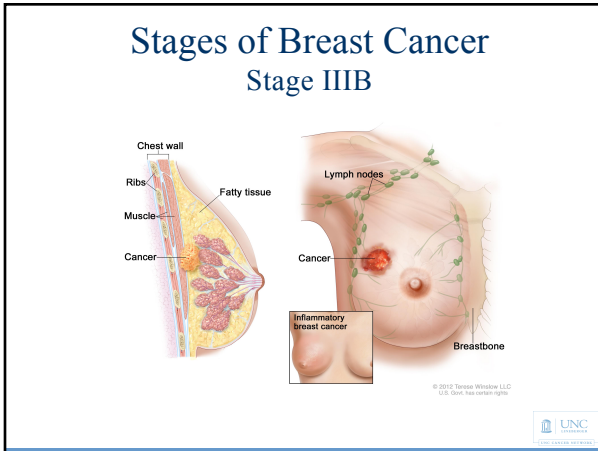


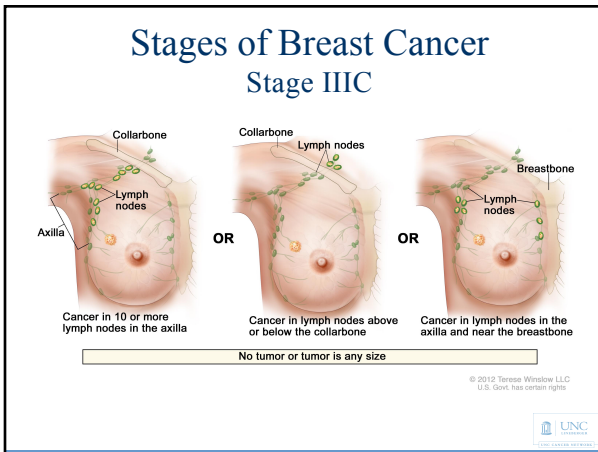


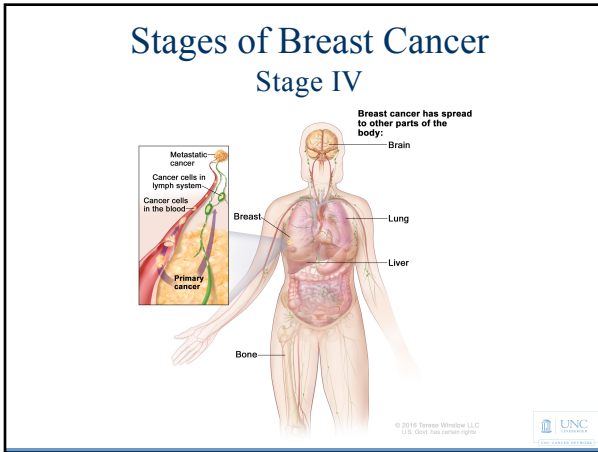


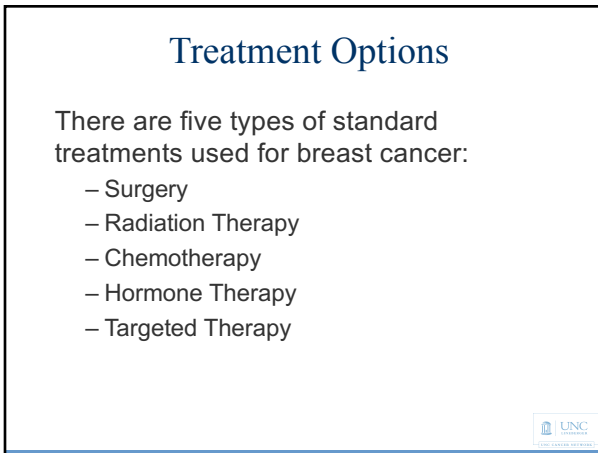


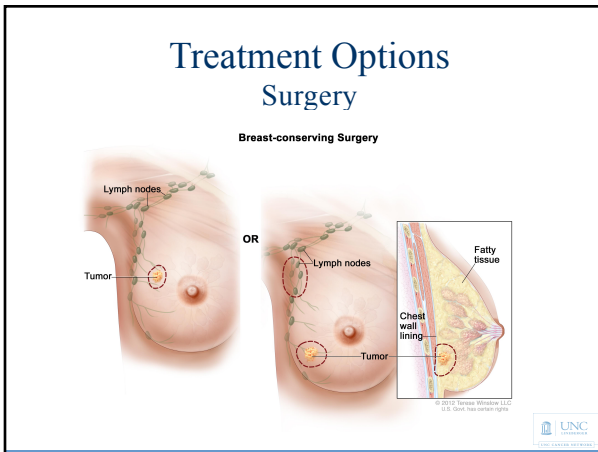


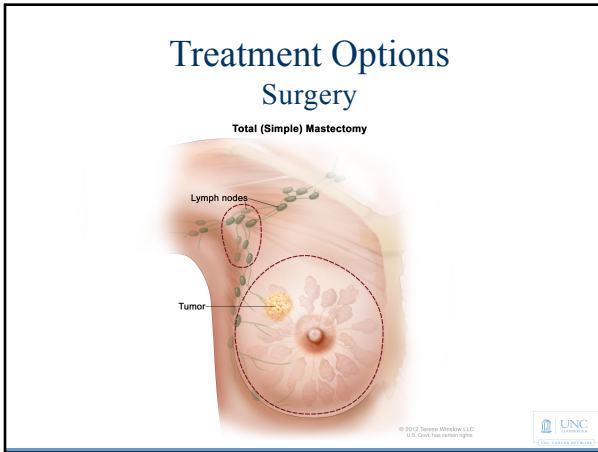


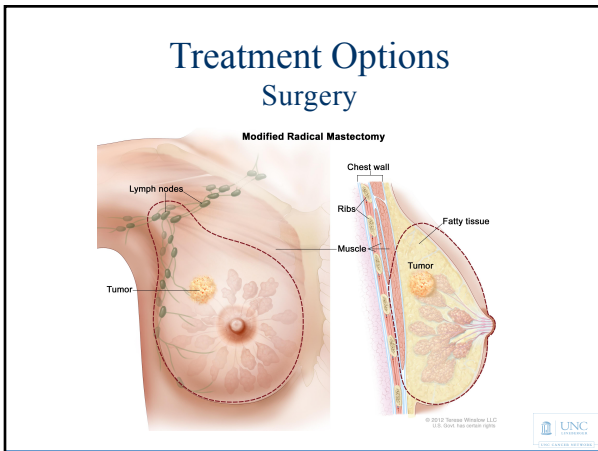












Treatment Options Radiation Therapy

External Radiation Therapy
Uses a machine outside the body to send radiation toward the cancer.

Internal Radiation Therapy
Uses a radioactive substance sealed in needles, seeds, wires, or catheters that are placed directly into or near the cancer.

Treatment Options Chemotherapy

- Chemotherapy is a cancer treatment that uses drugs to stop the growth of cancer cells, either by killing the cells or by stopping them from dividing.
- The way the chemotherapy is given depends on the type and stage of the cancer being treated.
- Systemic chemotherapy is used in the treatment of breast cancer.



Treatment Options Hormone Therapy

- Cancer treatment that removes hormones or blocks their action and stops cancer cells from growing.
- Tamoxifen is often given to patients with early localized breast cancer that can be removed by surgery and those with metastatic breast cancer



Image Source: The Irish Times



Treatment Options Hormone Therapy

- Luteinizing hormone-releasing hormone (LHRH) agonist is given to some premenopausal women who have just been diagnosed with hormone receptor positive breast cancer.



Treatment Options Hormone Therapy

- An aromatase inhibitor is given to some postmenopausal women who have hormone receptor positive breast cancer.
- Other types of hormone therapy include megestrol acetate or anti-estrogen therapy such as fulvestrant.



Image Source: WMM Healthline



Treatment Options Targeted Therapy

Treatment that uses drugs or other substances to identify and attack specific cancer cells without harming normal cells.

- Monoclonal antibodies
- Tyrosine kinase inhibitors
- Cyclin-dependent kinase inhibitors
- Mammalian target of rapamycin (mTOR) inhibitors
- PARP inhibitors



Treatment Side Effects Radiation Therapy

- Inflammation of the lung after radiation therapy to the breast.
- Arm lymphedema.
- Higher risk of developing breast cancer in the other breast.



Treatment Side Effects Chemotherapy Therapy

- Heart failure
- Blood clots
- Premature menopause
- Second cancer, such as leukemia



Management of Treatment Side Effects

- Depends on which system is affected
- Can include medication management
- Often includes “tincture of time”



Image Source: Scientific American



Patient Characteristics to Consider in Treatment Decisions

- Comorbidity very important to consider:
- Renal function, liver function, baseline lab reports
- Body habitus for surgical or radiation consideration



Emotional Needs of Breast Cancer Patients

- Psycho-social issues vary
- Resources limited
- Often depend on family/relatives

- Caregiver burn out



Image Source: Salus

Nursing Care for Breast Cancer Patients

- Body
- Mind
- Spirit
- Extends to caregiver and family
- Includes social issues
- Often complex but never wrong



"As a nurse, we have the opportunity to heal the heart, mind, soul and body of our patients, their families and ourselves. They may forget your name, but they will never forget how you made them feel."



Maya Angelou
Author, poet and civil rights activist

Image Source: Wikimedia



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www.cancer.gov
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www.nationalbreastcancer.org