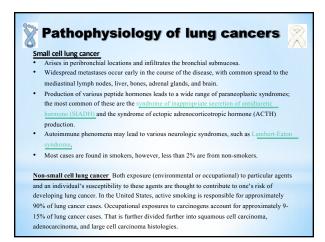
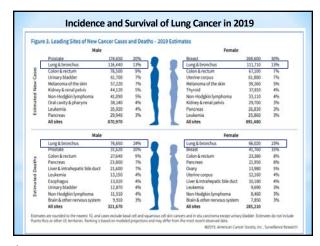
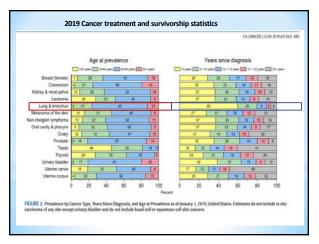


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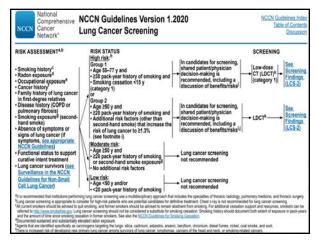


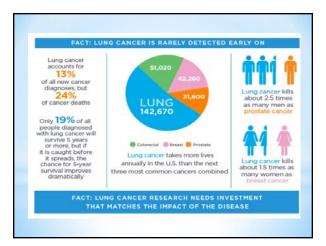




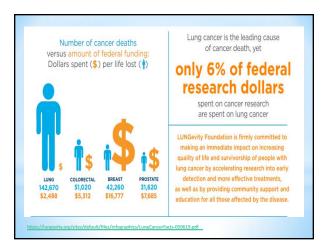
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# Cancer Screening Cervical cancer (via Pap Smear): Impact: 75% decrease in deaths Colorectal cancer (colonoscopy): Impact: 60% decrease in incidence, 31% decrease in deaths Landmarks in Lung Cancer Screening February 2015: CMS finalized its guidelines for lung cancer screening; national coverage goes into effect immediately. May 2014: The Medicare Evidence & Coverage Advisory Committee voted against recommending national Medicare coverage for lung cancer screening. Screening. December 2013: The U.S. Preventive Services Task Force recommended annual lung cancer screening in adults aged 55 to 80 years who have a 30 pack-year smoking history and current smokers or those who have quit within 15 years. August 2011: The National Lung Screening Trial reports its results in The New England Journal of Medicine: Screening with low-dose computed tomography represented a 20% relative reduction in lung cancer mortality. April 2004: The National Lung Screening Trial reached its accrual target. September 2002: The National Lung Screening Trial, a U.S. National Cancer Institute-sponsored study, is jointly conducted by Lung Screening Study screening centers.





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### **RISK FACTORS of Lung Cancer**

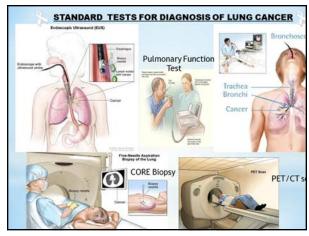
- ✓ Smoking is the #1 cause for cancer not just lung cancer.
- ✓ Second hand smoke live with smokers have a 24% increase in developing lung cancer than those who do not,
- √ Radon/Radioactive dust
- ✓ Air Pollution
- ✓ Genetic susceptibility plays a contributing role in the development of lung
- cancer, especially in those who develop the disease at a young age.
- ✓ Familial Predisposition
- ✓ Hormonal factors new findings that hormones effect risks for lung cancer (i.e. estrogen)
- Infectious factors -TB or other recurrent infections of the lungs tung diseases COPD is associated with 4-6X the risk of nonsmoker for the development of lung cancer Arsenic
- Asbestos workers who do not smoke have a 5X risk of developing I lung cancer than non-smokers, and workers who smoke have a risk that is 50-90 X greater than non-smokers
- Occupational exposure Additional occupational exposures that increase risk include rubber manufacturing, paving, roofing, painting, and chimney sweeping.

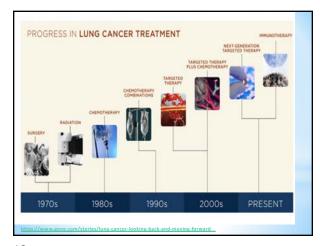


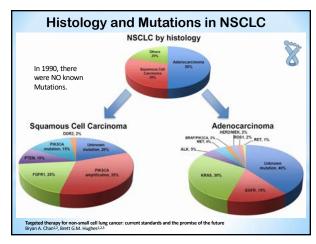
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## Symptoms and Signs of Lung Cancer Symptoms and signs of the Symptoms and signs of the Symptoms and signs from primary tumor Central Tumors Cough Hemoptysis Shortness of breath Wheezing Postobstructive pneumonia Symptoms and signs from regional spread Peripheral Tumors Pain Shortness of breath Pleural effusion Cough Superior vena cava obstruction (superior vena cava syndrome) Recurrent laryngeal nerve palsy (hoarseness) Phrenic nerve palsy (elevated hemidiaphragm and worsening dyspnea) Brachial nerve root compression (Homer syndrome) Brachial nerve root compression by superior sulcus tumors Esophageal compression (dysphagia) Ainway compression (dysphagia) Symptoms and signs from metastatic spread Brain metastases Spinal cord compression Bone pain Liver metastases Hepatomegaly Paraneoplastic syndromes Hypercalcemia Trousseau syndrome Clubbing Hypertrophic pulmonary osteoarthropathy Schools ACTH production Eaton-Lambert syndrome Central nervous system Squamous cell carcinoma Adenocarcinoma All types Non-small cell carcinoma SIADH: Syndrome of inappropriate secretion of antidiuretic hormone ACTH: Adrenocorticotropic hormone

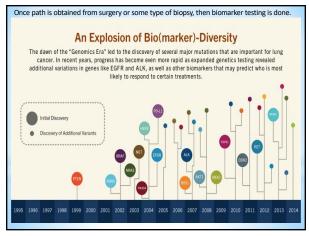
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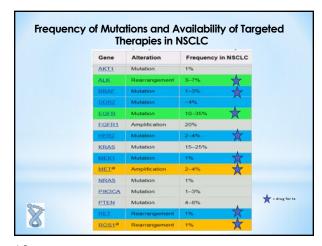


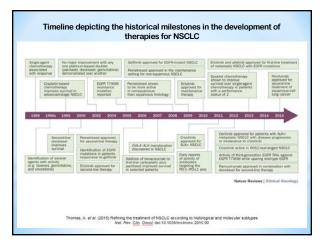




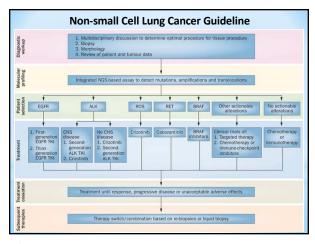
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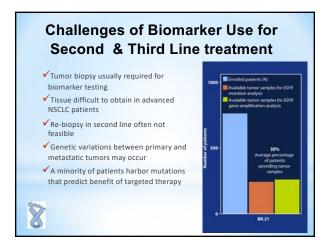


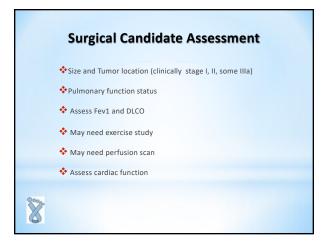




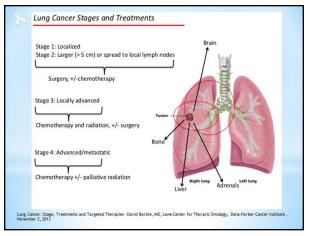
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# Patient Characteristics to Consider in Treatment Decisions Age Co-morbidities PS 0, 1 vs. PS 2 Non-squamous vs. squamous histology Mutation positive vs. mutation wild type Principally EGFR Non-smoker vs. smoker

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# \*\*Radiotherapy in Stage I / II NSCLC \* While surgery is the most beneficial therapy radiation alone has been used in patients that can not tolerate surgery. \* Smaller tumors have better survival outcomes. \* In larger tumors cure is rare but local control may be obtained. \* Co-morbidities also influence survival rates \* Has been used to preoperatively but with little increase in survival benefit \* Cyberknife radiation can be done – must have fiducials placed via bronchoscopy

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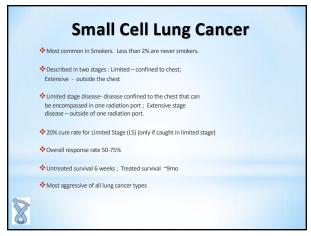
# Radiotherapy in Stage III NSCLC Traditional Dosing 1.8 – 2.0 Gy/ day in 2 dimensions to a total dose of 60 Gy standard of care until late 1990s Clinical trials have been ongoing looking at dosing up to 90 Gy Trials have looked at sequential vs concurrent chemo/rads with results showing that concurrent has better outcomes (sequential happens one after the other. Concurrent – at same time. Can be more toxic) Trials have also looked at hyperfractionation which also seem to have better outcomes (dose is given twice a day rather than once) Conformal 3D radiotherapy is considered the new standard of care (tighter fields / less toxicity)

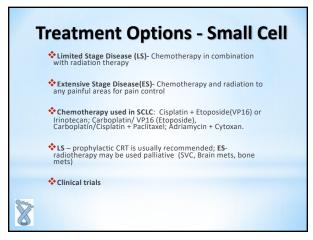
# Radiotherapy In Stage IV NSCLC Radiotherapy is used to treat brain metastasis and painful bone metastasis Prophylactic with small cell lung cancer – to brain Coccasionally radiotherapy may be used to treat pneumonias caused by tumor obstruction resulting in cough, SOB and hemoptysis Stage IV radiotherapy is always palliative

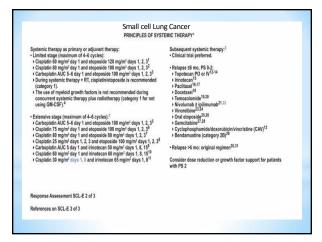
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# Radiation Patient and Nursing Care Assess patient and family's knowledge regarding treatment process Teach family about treatment plan and appropriate side effects Assess for skin changes during radiation - be sure patients are aware to monitor skin changes and prevent breakdown Assess for esophagitis in patients undergoing mediastinal radiotherapy Assess for pain management Assess for dietary interventions—be sure patient is able maintain intake of fluids and nutritional intake

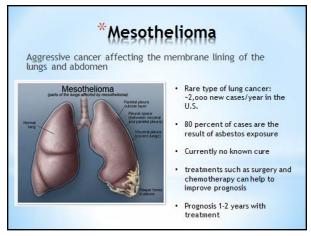
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# **Nursing Care for Lung Cancer**

To optimize their quality of life, patients need to be aware of ways to control their symptoms and side effects of their treatments through

- Proper nutrition Educate patients the need of good diet and adequate hydration. Small frequent meals. High calorie foods to prevent weight loss. Monitor for weight loss and look for early interventions. Educate the patient early in the needs and ways to prevent alterations in taste and weight loss.
- Adequate rest monitor for sleeplessness due to medication interactions, depression, anxiety..etc. When patients come in to clinic, assess sleep patterns. To prevent fatigue, some studies show low impact exercise prevents fatigue. Instruct patients to not take more than 1 nap a day and no more than 30 minutes at a time.
- Managing pain and side effects When starting on pain medications, make sure
  patients understand side effects and monitor control of pain with medications. Keep pain log to see if changes are needed.



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### **Nursing Care for Lung Cancer Patients**

- Controlling anemia monitor labs closely and question patient on visit to see if having signs/symptoms – i.e., Shortness of breath, fatigue, weakness, etc.
- Obtaining physical therapy if needed question patient on visits about his daily activity and any changes in ambulating and transfers, or falls.
- Emotional/social support and meeting spiritual needs— monitor for symptoms for depression, family interactions, family attending with patient on visits, offer information on support groups and other community activities with patients of similar needs. Identify depression or depressive symptoms and address as needed.
- Educate patients and family about treatment related side effects. Making them aware of the side effects that may occur or ways to prevent/treat them, makes them more accountable for their own health and needs. This can hopefully prevent unnecessary ER visits or hospital



admissions

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## **Oncology Emergencies in Lung Cancer**

SUPERIOR VENA CAVA SYNDROME-SVCS

- develops in approximately 3% to 15% of patients with lung cancer
- . four times more likely to occur in patients with right- versus left-sided lesions
- Presents with: facial edema or erythema, dyspnea, cough, orthopnea, or arm and neck edema. Also may include hoarseness, dysphagia, headaches, dizziness, syncope, lethargy, and chest pain.
- symptoms may be worsened by positional changes, particularly bending forward, stooping, or lying down.
- Common findings: edema of the face, neck, or arms; dilatation of the veins of the upper body; and plethora or cyanosis of the face. Periorbital edema may be prominent. Also may have laryngeal or glossal edema, mental status changes, and pleural effusion (more commonly on the right side).
- Treatment includes: radiotherapy, chemotherapy, thrombolytic therapy and anti-coagulation, expandable wire stents, balloon angioplasty, and surgical bypass.
- ❖ Most patients derive relief from obstructive symptoms which may be radiation or



## **Oncology Emergencies in Lung Cancer**

### Paraneoplastic Syndrome

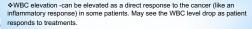
Anorexia, weight loss (cachexia):

 most common presenting symptoms of ANY cancer. Loss of greater than 10% of baseline weight. No appetite or desire to eat. (Hormonal supplement, steroids or herbal treatments).

SIADH (low sodium - nausea, vomiting, headache, weakness, muscle cramping, decreased appetite, confusion, N/V, diarrhea, decreased output and increase thirst). Common in small cell lung cancer. Require supplements, fluid restriction, chemotherapy and other medications (Demeclocycline- tetracycline derivative.)

 Hypercalcemia
 high calcium – confusion, abdominal pain, renal stones, bradycardia, anorexia, N/V, dehydration, pruritus. present in advanced disease with bone mets

- Deep venous thrombosis or Pulmonary embolism
- Anemia common in advanced disease or related to treatment.





### Oncology Emergencies in Lung Cancer

### Pericardia Effusion/ Pericardial Tamponade

- \*Abnormally large accumulation of fluid within the pericardial sac.
- Amounts range from 200 cc 1800 cc (normal fluid amount is 15-50cc
- Can be caused by disease, radiation effects on heart or chemotherapy.
- Tamponade results when the heart is compromised from increase amount of fluid and heart can no longer function properly.
- Signs/symptoms depend on rate of the accumulation: fatigue, mild dyspnea, orthopnea, and cough. Asymptomatic if accumulates slow, or may decompensate and critically ill if onset is rapid. Vague retrosternal chest pain that may be severe in supine position with palpitations.
- More fluid = more pronounced symptoms. May include worsening dyspnea, cough, peripheral edema, and possibly low grade fever.
- Severe tamponade =increase in anxiety, restless and confusion



Treatment—drain the fluid and restore cardiac function; prevention of reaccumulation of fluid; treat the cancer that is the underlying cause. Pericardial adheter may be placed and monitor the re-accumulation of the fluid. Pericardiocentesis may be the definitive treatment. Surgical intervention includes pericardial window or pericardiectomy.

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## **Oncology Emergencies in Lung Cancer Pleural Effusion**

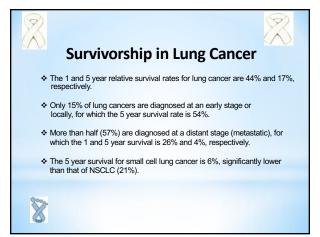
- Excess accumulation of pleural fluid within the pleural space and a common complication of cancer
- ❖ Malignant pleural effusion is common fluid may appear to be exudate
- Symptoms depend on the amount of fluid present and rate of reaccumulation: shortness of breath, dry cough, pleuritic chest pain, orthopnea, ipsilateral shoulder pain or discomfort
- Can become emergent when large amounts of fluid are present and a mediastinal shift may exist that can lead to hemodynamic compromise. If mediastinal shift occurs, trachea may deviate to the opposite side. Decreased, absent breath sounds, or rub may be heard.
- ❖Diagnosed with CXR or CT scan
- ❖Treatment thoracentesis to drain off fluid, placement of pleurex catheter,
- or pleurodesis (sclerosing of the pleura with talc) or pleurectomy



# Oncology Emergencies in Lung Cancer Malignant Spinal Cord Compression

- True neurologic emergency. Without prompt intervention and treatment, may result in paralysis or loss of bowel/bladder control
- Symptoms depend on site of met and amount of tumor invasion. Back pain is usually presenting symptom. Pain is localized (at or near site of tumor), or radicular (from irritation of nerve root from compression); shooting pain or burning pain worse with cough or movement. Thoracic vertebrae will cause bilateral pain where cervical or lumbar may be unilateral.
- Compression pain is worse with lying flat arthritic pain is relieved with lying flat.
- $\ \ \, \mbox{\ensuremath{\mbox{$\m$
- Diagnosed with plain x-ray of spine, bone scan, CT or MRI (best images are obtained via MRI)
- Treatment Surgery is for lesions with spinal instability, compression from bone fragments and radioresistent areas, or significant pain. Medical management includes corticosteroids, pain control, radiation therapy and possibly kyphoplasty.

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