

A Psychological Guide to Immediate Post-Surgical Care in Mastectomized Patients Treated at the Oncological Surgery Department, Eugenio Espejo Specialty Hospital

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ABSTRACT

Breast cancer is a disease in which cells in the breast multiply uncontrollably. There are different types of breast cancer, the type of breast cancer depends on which cells in the breast become cancerous. The main objective of this research is to create a guide for immediate postsurgical care in mastectomized patients at the Eugenio Espejo Specialty Hospital. Taking into consideration that breast cancer is one of the most common and lethal diseases in our country affecting women.

The methodology of this research is quantitative and qualitative, applying data collection techniques such as a survey, observation guides and other instruments that allow us to obtain information and the results taking a total universe of 130 people, among which 100 are post-surgical radical mastectomy patients and 30 personnel who work in the service as well as Nurses and Nursing Assistants. After the application of these instruments, the main result was that 50% do not receive education about complications, and that 80% of the Nursing Personnel do not receive continuous training in the care of the mastectomized patient and that 30% of patients had some mediate surgical complication.

Concluding that the Ecuadorian State should allocate more economic resources in favor of women suffering from breast cancer to avoid complications, even death.

Keywords: Breast cancer, nursing, mastectomy, complications

INTRODUCTION

Breast cancer is one of the most frequent diseases worldwide and is among the main death figures currently affecting women under 40 years of age. According to the World Health Organization WHO and the Pan American Health Organization PAHO, breast cancer is the leading cause of mortality worldwide.

The most common types of cancer in women are cervical cancer and breast cancer considered a multiplication of disordered and uncontrolled cells of cells with mutated genes. (1)

Despite scientific advances in the early detection and treatment of tumour diseases, breast cancer continues to cause a significant number of deaths in all countries of the world, making it the second leading cause of cancer death in women, regardless of age group. The forecasts made by the specialized centers estimate that this trend towards growth should continue in the coming years, which is motivated, among other reasons, by not constituting this pathology a priority recognized by all countries, in addition, the abandonment of important habits such as monthly breast self-examination and annual examination by specialists, which causes the detection to be carried out in advanced stages of the disease (2)

The importance of this research is the guide of immediate care to the mastectomized patient by medical prescription and it should be emphasized that as nursing staff we must provide quality care and alleviate their ailments taking into account that patients often do not express their pain, it is very important that the patient knows that the professionals are willing to help them in all physical and spiritual aspects. It is important to know and

assess the type of pain of the cancer patient as it increases confidence in the treatment and improves the nurse-patient relationship (3)

Pain is a common problem in these patients, with a prevalence of 80-90% in the advanced stages. At the time of cancer diagnosis, patients may have pain of 20% to 50%. (4)

Breast cancer is treated in several ways. This depends on the type of breast cancer and how far it has spread. People with breast cancer often receive more than one type of treatment.

Surgery: An operation in which doctors cut out tissue with cancer.

Chemotherapy: Special drugs are used to shrink or kill cancer cells. These medicines can be pills that are taken or medicines that are injected into the veins, or sometimes both.

Hormone therapy: Prevents cancer cells from getting the hormones they need to grow.

Biologic therapy: Works with your body's immune system to help it fight cancer cells or manage side effects caused by other cancer treatments. Side effects are how your body reacts to medicines or other treatments.

Radiation therapy: High-energy rays (similar to x-rays) are used to kill cancer cells.

Generally, doctors from different specialties work together to treat breast cancer. Surgeons are doctors who perform operations. Oncologists are doctors who treat cancer with medicines. Radiologic oncologists are doctors who treat cancer with radiation.

METHODS

This research was quantitative and qualitative:

Qualitative. - Because it is expressed by phenomena, scenarios and current behavior, of the quality of nursing care to patients undergoing mastectomy.

Quantitative. - Because the research results are statistically expressed that orients towards the main aspects and the object of study, design a guide to improve and avoid complications in patients undergoing mastectomies at the Eugenio Espejo Specialty Hospital

This research is of cross-sectional descriptive type: It theoretically described the object of study as a theoretical foundation of the phenomena, as well as the results, conclusions and express the recommendations as descriptions. Type of research.

Descriptive: it allows us to analyze how a phenomenon and its components manifest themselves.

Field. - It allows us to approach the object of research facts and phenomena as mediate and immediate effects.

Explanatory: Because it is aimed at finding the causes that cause certain phenomena that occur in the hospital in their daily lives

As noted in the introduction, theoretical and empirical methods were used, including inductive, deductive, analytical, synthetic, historical, logical, systemic, among others. In the seconds the observation, surveys and information collection among others. To collect the necessary information, techniques will be used with their respective instruments such as:

Survey. Through the corresponding questionnaire addressed to patients who underwent mastectomy, with the aim of knowing what degree of satisfaction patients have with the knowledge and daily procedures, of the nursing staff working in the oncological surgery service of the Eugenio Espejo specialty hospital.

Observation guide. They will obtain data according to the observation of the daily procedures of the nursing staff in patients undergoing mastectomy in order to know the quality of care provided to patients.

Checklist. These data were collected manually by reviewing the medical histories of patients undergoing mastectomy in order to know the main complications.

RESULTS

The survey was conducted with a total of 130 people, of whom 100 are mastectomized patients and 30 people are nurses and nursing assistants who work in the Oncology Service.

- It is evident that the patients who are more prone to breast cancer are between 31 and 50 years old due to the lack of knowledge of breast self-examination, lack of economic resources to perform mammography and breast echo and also the lack of health promotion by the Ministry of Public Health and its health units.
- Within the immediate care that must be provided to the mastectomized patient, it must be performed with quality and warmth, scientific knowledge, under prescription and medical supervision.
- Provide immediate attention as soon as the patient deserves it.
- Interconsultation with psychology professionals who provide emotional support for both the patient and the family.
- Both medical and nursing staff have the predisposition to make known about the treatment that will be performed on the patient the causes and consequences and guide to cope in the best possible way.
- Guidance on the care you should have at home such as rest, food, go to the scheduled appointment, have peace and tranquility and have family support to achieve a speedy recovery.

Table N.1 Population and sample

STATE	UNIVERSE	SAMPLE
NURSES/NURSING ASSISTANTS	30	30
PATIENTS	100	100
TOTAL	130	130

DISCUSSION

In Ecuador, the society for the fight against cancer reports that approximately 20% of women who undergo a mastectomy a few months after the procedure have psychological alterations. It is based on the fact that breast cancer in women in our country occupies the first place of incidence in Ecuador, with an alarming figure of 35.4 per 100 thousand women over 40 years of age.

The incidence of breast cancer worldwide continues to increase and our country follows this trend, being Quito the city with the highest number of cases, the highest levels of patients are in countries of greater economic development.

Among the cities with the highest incidence are Quito and Guayaquil with a rate of 35 and 34.7 respectively, being increasingly frequent the appearance of this disease in women under 40 years. It is very likely that the increase in cases is related to a process of screening campaigns for breast cancer and the recommendation continues to be mammography the most effective and safest diagnostic instrument for this pathology.

It is essential that health professionals know and understand the psychic needs of patients diagnosed with breast cancer since the emotional state directly influences the process of coping and recovery (5)

The Ministry of Public Health should allocate economic resources for the free care of women suffering from breast cancer so that they can be treated in a dignified manner especially for women with low economic resources so that they can be treated with dignity and avoid death from cancer.

Palliative treatment should bring together the skills of a multidisciplinary team to help the patient adapt to the life changes imposed by the disease and promote the reflection necessary to combat this life-threatening condition for patients and their families. (6)

CONCLUSIONS

- The Immediate Care for Mastectomized Patients in the oncology area of the Eugenio Espejo Hospital must be complied with.
- The nursing staff must be in permanent training of scientific knowledge in order to improve the quality of care and preserve empathy and the nurse-patient relationship.
- Education to women is paramount about breast self-examination in order to achieve breast cancer prevention.
- Emotional support for both the patient and her family
- Palliative care in the event that the patient needs it, providing quality of life until the last moment and mitigating both physical and spiritual pain.

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