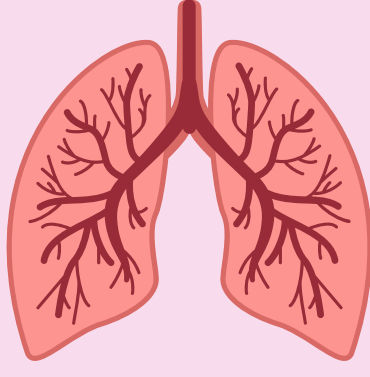


Nursing interventions to improve quality of life of lung cancer patients

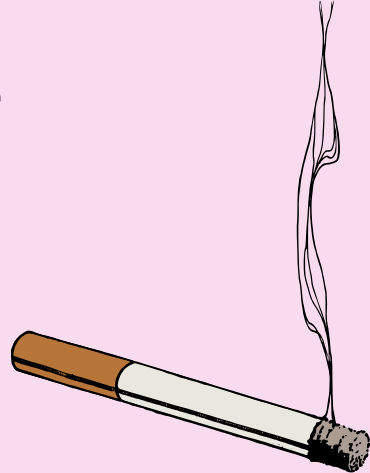
Autor: Inés Soto Fernández

Tutor: Virginia La Rosa Salas

Introduction



- Lung cancer: disease were cells grow uncontrollably with the onset on the lungs (1)
- Primary cause of cancer incidence and mortality worldwide
- Cases are rising globally due to the increment in tobacco usage and industrialization (2)




Manifestations:

- Persistent coughing
- Dyspnea
- Chest discomfort and agony
- Wheezing
- Hemoptysis
- Dysphonia
- Anorexia, cachexia, asthenia
- Shoulder pain (3)


Affection in mobility, sleep, mood:

Compromised Quality of life (QOL) (4)

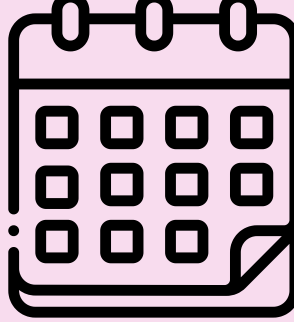
Methodology




Narrative review



PubMed and Cinahl



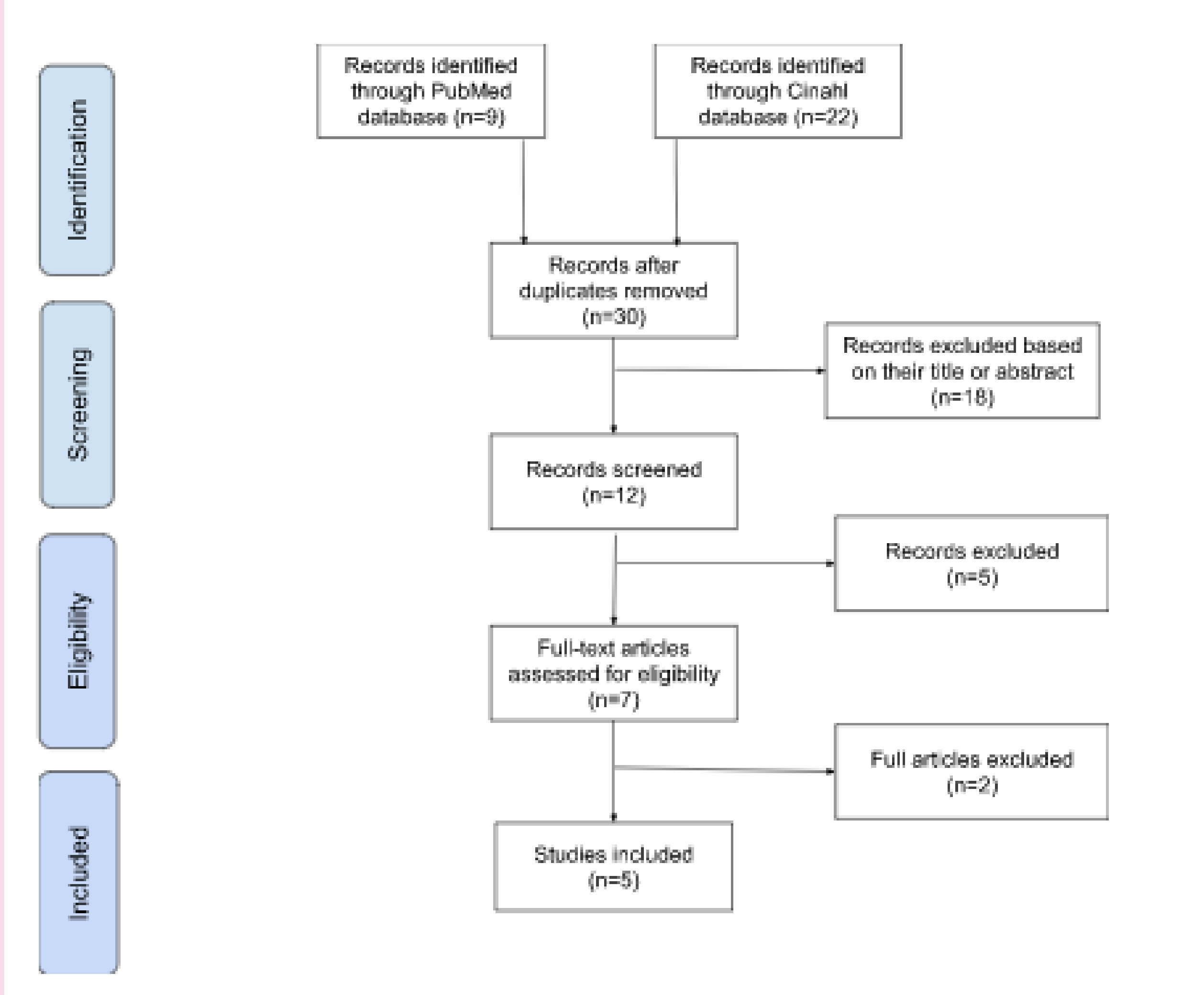
2012-2022



English

Type of question PIS (5): Which are the nursing interventions to improve the QoL f of lung cancer patients?

The following strategy was employed: (lung cancer patients) AND ((nursing interventions OR nursing care)) AND (quality of life)



Prisma Flow Chart

Aim

Summarize and discuss recent literature and provide an overview of nursing interventions that may improve the QoL of lung cancer patients.

Results


Nursing care and health education

High quality nursing + health education

- Skilled team → individualized care plan
- Psychological nursing care, pain management, healthy habits, rehabilitation program and preventive care (6)

Continuity of care

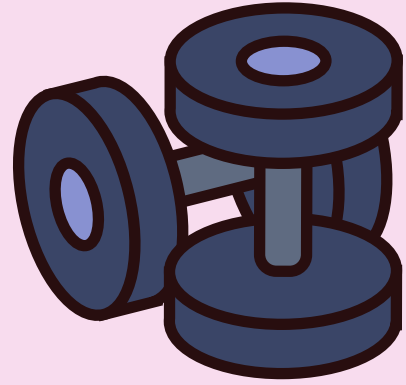
- Trained nurses + targeted nursing plan
- Counseling on daily conduct, health education, patient instruction, medication management. psychological interventions (7)



QoL significantly improved

Exercise interventions

Aerobic training, resistance training, and breathing exercises from 4 to 16 weeks (8)



QoL significantly improved


Follow-up interventions

Postoperative follow-up care

- Complications care
- Mental communication
- Medication reminder (9)

Telephone counseling + Nursing Care Guide

- Nursing follow-up 10-25 min long calls after chemotherapy sessions (6 calls): Determine symptoms, explain NCG, propose assistance and guidance, give chance to any questions (10)




QoL significantly improved

Not significant improvement in QoL total scores

QoL assessment tools

- Lung cancer QoL scale (Chinese version)
- WHOQOL-100
- EORTC QOL-30
- HRQOL
- Functional Living Index-Cancer (FLIC)

Conclusions



- Improving the QOL of lung cancer patients is a particularly interesting field of research due to the rising number of lung cancer in the last years and the huge impact it has on the patients' QOL.
- Lung cancer spreads very rapidly, which at a moment's notice changes completely one's life
- Further research is needed to devise more effective interventions.
- Nonetheless, this study has made a great contribution by raising awareness about the importance of the topic and outline the relevance of the nursing practice in this regard.

Bibliography

