

Nursing Care of Radiotherapy in Elderly Patients with Cancer

Chen Peifen, Ma Miaoqing, Chen Yushan, Zeng Peirong, Hu Lianying

Department of Radiation Oncology, Cancer Center, Sun Yat-Sen University, Yuexiu District, Guangzhou, Guangdong Province, 510060

Abstract: Objective: To study the nursing of tumor in elderly patients with tumor therapy. Method: 132 cases of elderly patients with radiotherapy were treated by health talks, radiotherapy brochures for related diseases, psychological care, communication with patients, and targeted guidance, so as to establish confidence and actively cooperate with the treatment and care. Conclusion: All aspects of nursing care for elderly patients with cancer have an important role in the successful completion of radiotherapy in elderly patients.

Keywords: elderly, cancer patients, radiotherapy, care

Introduction

Cancer is currently the most threatening disease to people, it is not only refractory and the effect is poor. As China's social and economic development, the proportion of the elderly population is rising, the elderly who suffer from cancer also increased. At present, the treatment of cancer mainly have surgery, chemotherapy, and radiotherapy. Among them, radiotherapy is one of the important treatment. Tumor not only brought the great physical pain to the elderly patients, but also creating psychological harm, the patient mainly suffer from fear, anxiety, disappointment and other negative emotions. In addition, the elderly have been through the physiological function degenerative changes, such as slow metabolism, immunity weakened, and more adverse response to radiotherapy. So in order to successfully complete the radiotherapy of elderly patients with cancer, nursing work is even more important. In current study, treatment of 132 cases of elderly patients with radiation therapy from March 1, 2016 to June 30, 2016 are summarized as follows:

1 Clinical data

From March 1 to June 30, 2016, there were 132 cases of elderly patients with tumor undergone radiotherapy, including 45 cases of lung cancer, 27 cases of esophageal cancer, 19 cases of cervical cancer, 6 cases of intracranial tumors, 15 cases of nasopharyngeal carcinoma, breast cancer in 8 cases, 5 cases of colon cancer, the other 7 cases, the maximum age of 87 years, the minimum age of 60 years, mean age of 66 years old.

2 Care:

2.1

Psychological care of elderly patients with cancer. ^[1] Once you know that they have cancer, the spirit was seriously blow, and feeling life has come to an end, resulting in fear, anxiety, disappointment and a series of negative emotions, these negative emotions will affect the patient's treatment and efficacy. Therefore, it is important to do take

Copyright © 2016 Chen PF, et al.

doi: 10.18686/jn.v6i3.122

This is an Open Access article distributed under the terms of the Creative Commons Attribution-Non Commercial 4.0 International License (<http://creativecommons.org/licenses/by-nc/4.0/>), permitting all non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

care of the patient's psychological care. Health care workers should be more patients and their families need to communicate and to understand the psychological situation of patients in a timely manner to take appropriate effective care measures. Nurses should pay attention to the way to communicate with the patients, to different patients should use different ways to talk [2]. According to different levels of elderly patients with different needs, using different care. In addition to the attitude of the initiative, enthusiasm, patience, but also to do the following nursing measures: A. Through a variety of health education, so that patients understand their own knowledge of the tumor, or to please the elderly patients, reduce negative emotions, establish their confidence, and for them to actively cooperate with the treatment. B. Encourage family members and relatives and friends to visit patients, to express the love to patients, to eliminate the fear and loneliness of patients to help patients to think that life is full of hope and be confidence for the treatment of disease. C. Talk more with the patient, to keep abreast of the patient's psychological situation, timely guidance of patients, give more energy, and to sympathy and understanding, such as cancer treatment of patients should be taken relative protective treatment, but to their families, it is necessary to truthfully explain the condition, in order to obtain the family with the common persuasion of patients, reduce the psychological pressure of patients, so that patients see the hope of treatment, improve patient compliance. D. Teach the patient how to reduce the psychological stress, such as listen to music, think about some happy things, biofeedback and participate in social activities [3].

2.2 Care in radiotherapy

2.2.1 Skin care

Radiation field after irradiation, there will be varying degrees of skin reactions, coupled with dry skin in elderly patients, slow metabolism of the body, the relative degree of dermatitis will be more serious. Should be described to the patient skin care methods and the importance of radiotherapy to do the following: A. Skin irradiation field skin to keep clean and dry, do not force scrub do not use soap to wash, you can use a soft towel gently dipped; B. To avoid hot and cold stimulation such as hot compress, ice bags and so on; C. Prohibited iodine, red mercury, alcohol, Wanhua oil and other irritating items, do not mess with tape; D. Do not expose under the sun; E. Local skin itching do not hand grasp, skin desquamation should not use hand to tear off, should be cut with sterile scissors; F. Keep the wild field of light to mark the point clear, do not wear hard and high collar clothes, should wear loose cotton underwear, reduce skin friction. But also to guide patients to properly rub the skin protective agent, now commonly used triethanolamine cream (Biya Fen), 2 times / d, it plays a protective and repair the role of the skin, to avoid rubbing before radiotherapy. If the skin itching, can be partially coated with borne talc antipruritic itching, the emergence of dry dermatitis, the available Weiske spray local, as much as possible exposure to local skin; appear damp dermatitis can be used when the new grams and gold peptide alternately spray the affected area or first with 1: 5 000 Nitrofurazone solution after washing the affected area with Weiske spray local, 3 times a day or 4 times, 4 d ~ 7 d can be completely healed. Severe suspension of radiotherapy, local skin exposure, keep clean, to prevent infection, and prescribed by the doctor given symptomatic treatment.

2.2.2 Bone marrow suppression

Radiation therapy will inhibit bone marrow hematopoietic function, coupled with the slow metabolism of the elderly organs, more likely to lead to leukopenia, thereby reducing the patient's resistance [4]. Therefore, radiotherapy process, close observation of the patient's blood and body temperature changes, abnormal, early treatment, weekly blood routine 1 to 2 times. Due to leukopenia can cause infection, so should be to prevent infection measures. A Patients should pay

attention to personal hygiene, often open the window ventilation, keep the indoor air fresh; B. Pay attention to keep warm, prevent colds; C. Patients to reduce the out, to minimize family visits; also should be avoided to many public places. If there is low white blood cells, according to the case of leukopenia, according to doctor's advice to give white blood cell drug treatment. Diet to strengthen nutrition, eat more rich in high calorie, high protein, high vitamin, digestible food, and a small amount of meals. If the patients with low platelets should reduce the bumps, the injection site to extend the press time, brushing with a soft brush, keep the stool smooth, pay attention to whether the bleeding tendency, according to the doctor given symptomatic treatment.

2.2.3 Diet

To guide patients with radioactive treatment, there will be loss of appetite, severe nausea, and vomiting, severe impact on treatment, coupled with elderly patients with weak stomach, digestion and absorption capacity [5]. The body intake of adequate nutrition is conducive to physical recovery, so that patients eat digestion and rich in high-calorie, high protein, high vitamin food, a small amount of meals; such as: fish, lean meat, soy products, steamed eggs, fresh fruit. Account of family food should not be salty, too sticky or greasy, should also focus on food color, smell, and taste, try to diversify, to prevent food single. During the radiotherapy to encourage patients to drink more water, 3000 ml / d to increase urine output, promote radiotherapy caused by tumor cell rupture, death, release of toxins as soon as possible in vitro, reduce the radiotherapy response [6].

2.2.4 Safety guidance

Elderly patients get older, walking detrimental, coupled with the spirit of the disease hit, treatment caused by physical fatigue, a variety of treatments as far as possible to facilitate the ground to keep dry, to prevent slippery, requiring family members to accompany, guide the patient if the event occurs if the shortness of breath, palpitation, cold sweat and other discomfort, should immediately stop the activities and rest. To prevent the occurrence of falls, slip and other accidents. To ensure adequate rest and sleep, to promote physical recovery.

Conclusion

In short, nursing care in elderly patients with radiotherapy involved in medical care, treatment of care, psychology, family, and other aspects, targeted to take effective care intervention for the elderly patients to complete the radiotherapy play an important role.

Reference

1. Chen Hong, Xu Lei, Zhang Ping, et al. Analysis of Psychological Problems in Elderly Patients with Cancer and Nursing Countermeasures. *Advances in modern biomedicine*, 2011,11 (24): 4951-4954.
2. Xiao Aijun, Xue Shenwu, Qiu Kui Bi. Treatment of Elderly Patients with Malignant Tumor Care in Psychological Care. *Chinese Journal of Gerontology*, 2006,26 (12): 1624-1625.
3. Liu Tingting. Cao Ping, Zhang Xiaoliang. Exploration of construction of open shared management platform for large scale instrument and equipment [J]. *research and exploration*, 2014,33 (11):283-286.
4. Mao Lili. Nursing Progress of Cancer Pain [J]. *Chinese Medical Abstracts (Internal Medicine)*, 2005,26 (4): 522 - 523.
5. Liu Chunxiang. Talking about the Elderly Patients Diet Nursing. *Hunan Traditional Chinese Medicine Herald*, 1995, 6 (2): 53.
6. Zhang Huilan, Chen Rongxiu. *Cancer Care*. Tianjin: Tianjin Science and Technology Press, 1999: 8