**Guided Lecture Notes, Chapter 42, Caring for People With Cancer**

Learning Objective 1. Describe the difference between benign and malignant tumors. (Refer to PowerPoint slides 2 to 5.)

* Describe what cancer is. Explain what a tumor is, emphasizing that not all tumors are cancerous.
* Explain that tumors that are not cancerous are called *benign tumors*. Describe the characteristics of a benign tumor.
* Explain that cancerous tumors are called *malignant tumors*. Describe the characteristics of a malignant tumor.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 2. List some common types of cancer. (Refer to PowerPoint slides 6 and 7.)

* Explain that all organ systems can be affected by cancer.
* List some common types of cancers found in the human body.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 3. List the common causes of cancer. (Refer to PowerPoint slides 8 to 15.)

* List some of the common factors, such as inheritance, environmental factors, and lifestyle that can increase a person’s risk of developing cancer.
* Explain that some cancers, such as breast cancer, tend to run in families, indicating that genes have a role in whether a person develops cancer.
* Explain that exposure to smoke and other cancer-causing agents (called *carcinogens*) increases the chances that a person will develop cancer.
* Explain that factors such as a person’s diet and exercise habits can play a role in determining whether a person develops cancer.
* Have learners refer to learning activities at the end of the chapter.

Learning Objective 4. Describe the warning signs of cancer. (Refer to PowerPoint slides 16 to 21.)

* Explain that the human body is very good at letting us know that something is not quite right.
* Use the mnemonic CAUTIONS to review the warning signs of cancer:
  + Change in bowel or bladder habits
  + A sore that does not heal
  + Unusual bleeding or discharge
  + Thickenings or lumps
  + Indigestion or difficulty in swallowing
  + Obvious change in a wart or mole
  + Nagging or persistent cough or hoarseness
  + Sudden weight loss
* Emphasize that nursing assistants may be the first to recognize a sign or symptom of cancer in a patient or resident (or in themselves).
* State that early detection of cancer can generally improve a person’s chance of recovery, so suspicious signs and symptoms should be reported and followed up on immediately.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 5. Describe how early detection and treatment affects the outcome of a cancer diagnosis. (Refer to PowerPoint slides 24 to 28.)

* Discuss what a “screening test” is and describe some of the screening tests that are used to screen for cancer (e.g., mammograms, Pap smears, and colonoscopy).
* Explain that if cancer is suspected on the basis of physical examination or screening test findings, the doctor may order additional studies or exploratory surgery to confirm his or her suspicions and determine the extent of the cancer.
* Discuss the different types of tests used to aid in the diagnosis of cancer, such as imaging studies (x-rays, computed tomography scans, magnetic resonance imaging scans); endoscopic studies (bronchoscopy, gastroscopy, colonoscopy); and biopsies.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 6. List and explain the types of treatment used for people with cancer. (Refer to PowerPoint slides 29 to 39.)

* Explain that doctors often use a combination of treatments for people with cancer, depending on the type and extent of the cancer.
* Explain that surgical treatment is a way of treating cancer that involves cutting away the tumor and its surrounding tissues to remove the cancer and stop the spread of the disease.
* Mention that many surgeries for cancer alter a person’s appearance and ask students what emotional effects a changed appearance might have on a person.
* Explain what chemotherapy is and how it works. Discuss why people undergoing chemotherapy may lose their hair.
* Explain how radiation therapy is used to treat certain types of cancer.
* Discuss the difference between palliative and curative treatments.
* Discuss biologic treatment options which can be used to treat cancer.
* Explain how biologic treatments may be used to treat either the cancer or side effects of other treatments.
* Discuss complementary and alternative medicine options for treating cancer. Explain the difference between complementary and alternative.
* Describe the various types which are used to help the patient.
* Discuss how both focus on a holistic approach to treating cancer.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 7. Describe some of the side effects of cancer treatment and how a nursing assistant can help a person to manage them. (Refer to PowerPoint slides 40 to 46.)

* Discuss what a nursing assistant can do to help decrease the physical pain associated with cancer.
* Explain the side effects of cancer treatment, such as digestive problems, skin problems, mouth problems, fatigue, and an increased risk of infection.
* Discuss the nursing assistant’s role in helping to minimize the person’s discomfort from these side effects.
* Have learners refer to learning activities located at the end of the chapter.

Learning Objective 8. Discuss how cancer affects a person emotionally. (Refer to PowerPoint slides 47 to 55.)

* Discuss the fears a person may have after being diagnosed with cancer.
* Explain how the nursing assistant can help to meet the emotional needs of a person with cancer.
* Discuss the spiritual needs of a person with cancer.
* Explain that cancer treatments are the personal choice of the patient or resident and should be respected as such.
* Discuss the concerns for long-term care and how the decisions concerning cancer treatment may be influenced by the patient’s or resident’s age.
* Have learners refer to learning activities located at the end of the chapter