

Beebe Healthcare
Margaret H. Rollins School of Nursing
Nursing 102-Nursing Care of Adults
Research Paper: Topical Outline Template

- 1. Title of the paper: Colon Cancer: Prevention, screening, and treatment interventions.**
- 2. Thesis Statement:** In the US, colon cancer ranks as the second most common cause of cancer-related deaths.
- 3. Introduction:**
 - a. Key points/ background information
 - i. Groups who are prone to developing colon cancer
 - ii. Comorbidities and genetics play a role in the development of colon cancer
 - b. Thesis Statement
 - i. Colon cancer is among the most prevalent types of cancer diagnosis, with early detection through lab tests, screening, and lifestyle changes one can improve prognosis and quality of life.
- 4. Body of the paper:**
 - a. Statement of the Problem**
 - i. Overview of the problem
 1. Etiology of colon cancer (Microsatellite instability, chromosomal instability)
 2. Lack of screening and education in communities
 3. Comorbidities of colon cancer (smoking, hypertension, diabetes, age, gender)
 - ii. Significance of the topic
 1. Early detection
 2. Public health awareness
 - iii. Statistical information
 1. It is common in adults >45 yrs and accounts for 1 in 10 cancer deaths
 2. Colon cancer is increasing among younger pts
 3. Prebiotic and probiotic consumption can prevent or reverse disease processes
 - iv. If left untreated how would this affect the nursing community?
 1. Higher care demands (Tx, palliative care for later stages)
 2. Mental and physical stressors for pts
 - b. Risk Reduction/ Treatment of the Problem**
 - i. Prevention
 1. Screening recommended for African Americans starting at 45yrs
 2. Lifestyle change (healthy diet, smoking cessation. Etc)
 3. Genetic testing (biomarkers)

- ii. Screening
 - 1. Colonoscopy
 - 2. Sigmoidoscopy/ biopsy
 - 3. Fecal occult blood test/ fecal immunochemical test (FIT)
- iii. Treatment
 - 1. Surgical tx (colectomy, polypectomy) stages(I-III) and chemotherapy
 - 2. Immunotherapy
 - 3. Radiation therapy
- iv. What is the impact this research has on patient care?
 - 1. Diagnose early stages of colon cancer
 - 2. Provide resources and treatment plans for pts
 - 3. Inform pts about colon cancer

c. Teaching

- i. 2 learning objectives for the learner
 - 1. S/Sx of colon cancer
 - 2. Schedule frequent lab testing
- ii. Teaching strategies/ methods you will utilize
 - 1. Group discussion
 - 2. One-on-one conversations
 - 3. Teach-back
- iii. Teaching tools you will utilize
 - 1. Pamphlets/ trifold poster
 - 2. Hands-on activities/games to engage the community
 - 3. Q&A/ addressing basic info

5. Conclusion

- a. Summarize the main points of the paper
 - i. Screening and lab testing
 - ii. Comorbidities of colon cancer
 - iii. Treatment options and lifestyle change
- b. How does this information apply to evidence-based nursing practice?
 - i. Patient-centered care
 - ii. Provide support for pts
 - iii. Risk factors and assessments
- c. What is the importance of this paper?
 - i. Educate and inform the public about a common type of cancer (colon)
 - ii. Spread awareness of s/ sx to look out for
 - iii. Overall well-being and prevention

