

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

- 1. Title of the paper: Synopsis of Prostate Cancer**
- 2. Thesis Statement:** Early detection prostate cancer can improve treatment outcomes, survival rates, and prevent psychological and social consequences.
- 3. Introduction:**
  - a. Key points/ background information
    - i. Prostate function to insulate sperm cells found in semen.
    - ii. tumour growth causes issues with urination and sexual function
    - iii. asymptomatic in early stages of cancer
  - b. Thesis Statement
    - i. Early detection prostate cancer can improve treatment outcomes, survival rates, and prevent psychological and social consequences.
- 4. Body of the paper:**
  - a. Statement of the Problem**
    - i. Overview of the problem
      1. Cancer of men, most common excluding skin cancer
      2. Can range from slow growth to aggressive that causes malignancies
      3. Cancer that is confined to the prostate gland has high success rates with treatment
    - ii. Significance of the topic
      1. 1 in 44 men will die of prostate cancer
      2. Can lead to urinary incontinence
      3. Cause of sexual dysfunction
    - iii. Statistical information
      1. 313,780 new cases of prostate cancer
      2. 35,770 deaths from prostate cancer
      3. 1 in 8 men diagnosed during their lifetime
    - iv. If left untreated how would this affect the nursing community?
      1. Bladder retention leading to catheterization (CAUTI's)
      2. Metastatic cancer
  - b. Risk Reduction/ Treatment of the Problem**
    - i. Prevention
      1. Active surveillance (genetic testing)
      2. Wester style diet vs. prudent dietary pattern (prudent associated with lower risk)
      3. Energy restrictions (IGF-1)

- ii. Screening
  - 1. Prostate specific antigen (PSA) (abnormal >3-4ng/ml)
  - 2. Digital rectal exams (mushy feeling prostate is abnormal)
  - 3. MRI
- iii. Treatment
  - 1. Radical prostatectomy
  - 2. Radiation therapy
  - 3. Chemotherapy
- iv. What is the impact this research has on patient care?
  - 1. Different kinds of treatments available
  - 2. How to prevent/surveillance for signs
  - 3. What to expect for screening tests

**c. Teaching**

- i. 2 learning objectives for the learner
  - 1. Asymptomatic in early stages, so early testing is important
  - 2. Coping mechanisms
- ii. Teaching strategies/ methods you will utilize
  - 1. Trifold poster board
  - 2. Q&A opportunities
  - 3. Factual evidence available
- iii. Teaching tools you will utilize
  - 1. Reading trifolds
  - 2. Diagrams of where the prostate is located and its function
  - 3. Activities that involve participants in learning

**5. Conclusion**

- a. Summarize the main points of the paper
  - i. Prostate cancer is highest cancer in men
  - ii. Active surveillance is important due to asymptomatic in early stage
  - iii. There are multiple different kinds of treatment that can be resourceful
- b. How does this information apply to evidence-based nursing practice?
  - i. Learning why the PSA is not the end-all-be-all of diagnosing prostate cancer
  - ii. What different kinds of treatments are no longer practiced/ not commonly used anymore
  - iii. How statistics have changed throughout the years
- c. What is the importance of this paper?
  - i. Educate
  - ii. Encourage screening and testing
  - iii. how the nursing community is affected