

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

1. **Title of the paper:** Prostate Cancer

2. **Thesis Statement:** Given its common impact and harm this specific cancer can do to males, prostate cancer requires early detection, effective treatment, and of course awareness to improve and increase the survival rate and quality of life.

3. **Introduction:**
 - a. Key points/ background information
 - i. Definition of prostate cancer.
 - ii. Overall gender affected and age.
 - iii. A little A and P of where the prostate is located in the human body and its function it plays apart in.
 - b. Thesis Statement
 - i. Given its common impact and harm this specific cancer can do to males, prostate cancer requires early detection, effective treatment, and of course awareness to improve and increase the survival rate and quality of life.

4. **Body of the paper:**
 - a. **Statement of the Problem**
 - i. Overview of the problem
 1. Effect on the urinary system.
 2. Effect on the reproductive system
 3. Signs and symptoms to look out for/risk factors.
 - ii. Significance of the topic
 1. Early detection greatly improving survival rates.
 2. Crucial impact on men's physically and emotionally.
 3. Most common in men and highly treatable if found early, can spread or become deadly if left untreated.
 - iii. Statistical information
 1. Most common cancer in men but with high survival rates.
 2. Genetic component.
 3. Typically diagnosed between ages 50-60.
 - iv. If left untreated how would this affect the nursing community?
 1. Having to provide end of life care for untreated prostate cancer can be both emotionally and physically draining.
 2. Palliative and hospice care nurse will be at a higher demand.
 - b. **Risk Reduction/ Treatment of the Problem**
 - i. Prevention
 1. Diet (Eating fruits, vegetables, low carbs/fats, plenty of water)

2. Exercising/staying active.
3. Staying on top of your physical exams/screenings and if prostate cancer runs in the family ensuring you know the full family Hx and getting appropriate test done.
- ii. Screening
 1. PSA test
 2. DRE exam
 3. Imaging test
- iii. Treatment
 1. Surgical: Prostatectomy or partial prostatectomy .
 2. Chemo and targeted therapy.
 3. Hormone therapy (ADT).
- iv. What is the impact this research has on patient care?
 1. Can prevent further untreated males that have prostate cancer.
 2. Males and their significant others/family will know the signs and symptoms to look out for.
 3. Knowing what test that are needed to get done to prevent prostate cancer and/or catch it very early.

c. Teaching

- i. 2 learning objectives for the learner
 1. A and P/function of the prostate.
 2. Major risk factors.
- ii. Teaching strategies/ methods you will utilize
 1. Trifold poster with pictures and explanations the community will understand (not all medical terminology that patients would not understand)
 2. Interacting with the community (adequate eye contact, making conversation and including personals in the presentation)
 3. Pictures of a normal prostate versus a cancerous prostate/ BPH.
- iii. Teaching tools you will utilize
 1. Handmade pan flips for the community to take home with them with patient teaching and recommendations.
 2. Some sort of interactive activity to get the community involved and make learning about prostate cancer fun.
 3. Life like prostate glad for the community to see and feel.

5. Conclusion

- a. Summarize the main points of the paper
 - i. Treatments
 - ii. Signs and symptoms
 - iii. Best prevention
- b. How does this information apply to evidence-based nursing practice?
 - i. Guides patients and those in the healthcare field in making decisions about when to seek treatment.
 - ii. Includes number one/most common treatment plans based off EBP

- iii. Includes adequate testing and screenings for early detection and prevention.
- c. What is the importance of this paper?
 - i. Informing/educating community.
 - ii. Providing EPB info. For best quality of care.
 - iii. Helping with patients knowledge of this CA for better patient outcome and well being.