

**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: An individualized approach at improving outcomes.**
2. **Thesis Statement: Prostate cancer, the leading cancer in men, is important to shed light on because by correct screenings, healthy lifestyles, and knowing risk factors not only is survival high, but a good quality of life is also.**
3. **Introduction:**
  - a. Key points/ background information
    - i. Prevention is key
    - ii. Large amounts of men are affected but survival is high
    - iii. What is prostate cancer
  - b. **Thesis Statement**
    - i. **Prostate cancer, the leading cancer in men, is important to shed light on because by correct screenings, healthy lifestyles, and knowing risk factors not only is survival high, but a good quality of life is also.**
4. **Body of the paper:**
  - a. **Statement of the Problem**
    - i. **Overview of the problem**
      1. Who does it affect and why
      2. Screenings and pros and cons to each
      3. Challenges in treating prostate cancer and different stages
    - ii. **Significance of the topic**
      1. High prevalence
      2. Predisposed risks that need awareness
      3. Education for prevention and the right screening
    - iii. Statistical information
      1. 1 in 8 men will be diagnosed within their lifetime
      2. Prostate cancer is the second leading cause of cancer death in American men behind only lung cancer.
      3. More than 3.3 million men in the US who have been diagnosed with prostate cancer at some point are still alive today.
    - iv. If left untreated how would this affect the nursing community?
      1. It would cause more of palliative care measures needed for a large population of men.
      2. It would cause a lot of needed education materials and time to educate.
  - b. **Risk Reduction/ Treatment of the Problem**
    - i. Prevention
      1. Good diet and exercise

- 2. Be aware of predisposed risks
  - 3. Vitamins and medications
- ii. Screening
  - 1. DRE
  - 2. PSA
  - 3. Biopsy
- iii. Treatment
  - 1. Prostatectomy
  - 2. Radiation Therapy
  - 3. Hormone therapy
- iv. What is the impact this research has on patient care?
  - 1. Improving early detection and risk awareness
  - 2. Targeted and personalized treatments
  - 3. Improving quality of life and survival

**c. Teaching**

- i. 2 learning objectives for the learner
  - 1. Understanding what prostate cancer is and the risks
  - 2. Understanding preventative measures
- ii. Teaching strategies/ methods you will utilize
  - 1. Videos incorporated into the presentation.
  - 2. Open ended questions to get listeners engaged and thinking
  - 3. Short Q and A at the end of presentation with a prize to evaluate what listeners took from presentation
- iii. Teaching tools you will utilize
  - 1. Take home information
  - 2. Fun prizes for interactions (prostate stickers, prostate squishys, etc)
  - 3. Graphs, charts, diagrams

**5. Conclusion**

- a. Summarize the main points of the paper
  - i. Prostate cancer is one of the leading cancers in men – high prevalence
  - ii. Prostate cancer is not an end all, survival is high with the right measures
  - iii. Screening and preventative lifestyle measures are important
- b. How does this information apply to evidence-based nursing practice?
  - i. Helps nurses know the best screening to educate their patients on
  - ii. Allows for nurses to be able to advocate for their at risk patients
  - iii. Helps for nurses to meet personalized needs of their patients with prostate cancer by being knowledgeable of the evidence
- c. What is the importance of this paper?
  - i. Helps save lives/better quality of life by being able to educate on risk factors
  - ii. To be able to know not only what treatment options are but what is the best for each individual
  - iii. Advocates for specific populations that are at risk for prostate cancer

