

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

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1. **Title of the paper:** Nursing Care & Community Knowledge for a Patient with Breast Cancer
2. **Thesis Statement:** While the thought of any cancer is life-changing, breast cancer has a very good prognosis with detection through self-examinations, radiologic screenings, and genetic testing and treatments such as (...)
3. **Introduction:**
  - a. Key points/ background information
    - i. Types of breast cancer. How being pregnant worsens/makes it better. (BRCA 1 or 2), triple negative, HER2
    - ii. Breast cancer affects over 3 million women each year. Fortunately, it's mostly treatable if caught early & is localized.
    - iii. It's very preventable, talk to your doctor about lifetime risk & other screening tools
  - b. Thesis Statement
    - i. While the thought of any cancer is life-changing, breast cancer has a very good prognosis with detection through self-examinations, radiologic screenings, and genetic testing and treatments such as (...)
4. **Body of the paper:**
  - a. **Statement of the Problem**
    - i. Overview of the problem
      1. Prevalence of the Dx
      2. Most common risk factor (is it family Hx... or something else... use lifetime risk testing)
      3. Most common treatment type (and how long)
    - ii. Significance of the topic (using research papers)
      1. Different screening tools for different pts: women w/ dense breasts vs. women w/ family Hx of breast cancer, age, screening guidelines
      2. New research about Tx options!
      3. Most common risk factors
    - iii. Statistical information (<https://www.cancer.gov/types/breast/hp>) go to health professional version
      1. 13.1 % of women will be diagnosed w/ female breast cancer (2018-2021, excluding 2020)
      2. 5-year relative survival: 91.2%, for localized stage: 99.6
      3. Estimated new cases in 2024/
    - iv. If left untreated how would this affect the nursing community?

1. It will increase mortality rates
2. If left untreated, will cause other severe complications that pts will be admitted for...! r/f metastasis

## **b. Risk Reduction/ Treatment of the Problem**

- i. Prevention
  1. Quitting smoking
  2. Maintaining a healthy diet/ regular exercise
  3. Do not consume alcohol or reduce alcoholic intake (moderation)
- ii. Screening
  1. Mammography (3D one for women w/ dense breasts – \*insert research here\*)?
  2. Ultrasound (for younger pts w/ dense breasts... can see if there are noncancerous painful cysts that come and go w/ menstrual cycle. Good to know difference) (maybe don't include this because the fair will focus on an older population)
  3. MRI
- iii. Treatment
  1. Chemotherapy/ Radiation
  2. Surgery
  3. Immunotherapy
- iv. What is the impact this research has on patient care?
  1. The earlier you get screened, the better Tx and outcomes
  2. Tx is always evolving
  3. Preventative measures are modifiable risk factors that can be caught early too

## **c. Teaching**

- i. 2 learning objectives for the learner
  1. Pt will implement preventative measures in their day-to-day life to reduce impact of risk factors
  2. Pt will make a schedule for yearly screening! If abnormal, how often?
- ii. Teaching strategies/ methods you will utilize
  1. Visuals of what each screening tool does/ how they are different
  2. Written info (Pamphlet)
  3. Video of how to perform a self-breast exam
- iii. Teaching tools you will utilize
  1. Trivia questions
  2. tri-fold board / pamphlets
  3. how to perform a self-examination w/ fake breasts. Also put in marbles or other spherical objects in them to represent what a tumor would feel like

## 5. Conclusion

- a. Summarize the main points of the paper
  - i. Modifiable risk factors and early prevention are great things to take control of the course of disease
  - ii. Understanding the best screening tools and Tx's for you: talking with your oncologist or doctor about your plan of care can also help you feel in control
  - iii. Its important to know that there are different types of breast cancer, which may mean more testing
- b. How does this information apply to evidence-based nursing practice?
  - i. Sharing EBP knowledge in community group settings
  - ii. Knowing different HCP to refer pt's to (maybe w/ new Dx)
  - iii. For ex: if having dense breasts, knowing what method for screening is best for you
- c. What is the importance of this paper?
  - i. Increasing pt knowledge on risk factors is important to reduce their chance of Dx
  - ii. Showing pt's ways to take measures into their own hands (self-examinations) can be the best way to detect abnormalities when you have a baseline
  - iii. Knowing different preventative/screening tools can help you advocate for yourself when you are concerned about S/Sx.