

**Prostate Cancer**

Lillian Maslauskas

Margaret H. Rollins School of Nursing

Nursing Care of Adults

H. Snyder, RN

March 21, 2025

Prostate cancer is one of the most universal forms of neoplasm cancer affecting men worldwide as they age. The prostate is a small walnut-sized gland that is located just below the bladder and plays an essential role in the male reproductive system by supplying seminal fluid, as well as the urinary system. Prostate cancer is slow-growing and can remain asymptomatic in the early stages and due to its significant impact on both the reproductive and urinary systems, the importance of awareness, early detection, and effective treatment are so important. Given the aggressiveness and harm this specific cancer can do to males, prostate cancer requires early detection, effective treatment, and awareness to improve and increase the survival rate and quality of life.

### **Statement of the Problem**

Prostate cancer presents a considerable challenge in the healthcare field due to its duplicate impact on both the urinary and reproductive systems. At the beginning of its course as stated by Dynamic Health, “It tends to grow slowly and may be asymptomatic or present with symptoms of the lower urinary tract” (Schub et al., 2025). However as the disease progresses signs and symptoms as stated by Dynamic Health are as follows, “Painful urination, urinary frequency, urinary hesitancy, decreased urine output with/without urinary retention, and decreased size and force of urinary stream, painful ejaculation, or rectal discomfort” (Schub et al., 2025). In advanced cases where the cancer has metastasized can eventually lead to complications such as “spinal cord compression, and spontaneous pathologic fractures” (Schub et al., 2025). Statistically as stated by ClinicalKey, “prostate cancer can be present in the absence of PSA level elevation” (Caram, 2023). As well as the genetic tendency, combined with race, lifestyle, and diet can further elevate the risk factors among men. According to the CDC, the most common risk factor is age and when most men are diagnosed they are between ages 50-60.

(CDC, 2024). As stated by the CDC, genetic factors put them at an even higher risk for prostate cancer, and if “you have a first-degree relative (father, son, or brother) who had prostate cancer, including relatives in three generations on your mother's or father's side of the family” (CDC, 2024). Another risk factor and complication that can occur is benign prostatic hyperplasia (BPH). It is a “nonmalignant overgrowth of the prostate gland. The condition occurs primarily in older men and is characterized by urinary storage and/or voiding disturbances” (Schub, 2023). With BPH, patients will experience a weak urine stream, nocturia, postvoid dribbling, and urge incontinence. (Schub, 2023). When prostate cancer becomes untreated or advanced, in the nursing community implications are deeply felt because it not only hugely affects patient outcomes and their families but also takes an emotional and physical burden on nurses, specifically your palliative and hospice care nurses. The need for compassionate and skilled care is essential for early detection and appropriate intervention.

### **Risk Reduction and Treatment of the Problem**

Prevention strategies for prostate cancer start to begin with lifestyle modifications. As stated by ClinicalKey, “Obesity increases the risk of aggressive or higher-risk prostate cancer” (Caram, 2023). Eating a balanced diet rich in fruits, vegetables, low carbs/fats, and plenty of water can help lower the risk. Regular physical activity is just as important for your overall health but can lower those risk factors as well. (Caram, 2023). Equally as important are the regular physical examinations and screenings such as prostate-specific antigen (PSA) tests and digital rectal exams. PSA levels are measured in the blood but according to ClinicalKey “PSA density is dependent on the volume of the prostate gland as measured by ultrasonographic imaging” (Chowdry, 2024). The least common liked test is the digital rectal exam and as stated by ClinicalKey “DRE (digital rectal examination) should not be used alone as a means of

screening. DRE can be considered as a baseline test in addition to serum PSA testing” (Chowdry, 2024). Another way to screen for prostate cancer is this new study done by Pub Med called the “18-Gene Urine Test” which combines both PSA testing and prostate cancer screenings and the objective of this is “to develop a multiplex urinary panel for high-grade PCa and validate its external performance relative to current guideline-endorsed biomarkers” (Tosaoín, 2021). It is done by blood and urine collection, as well as a transrectal ultrasound guided prostate biopsy. (Tosaoín, 2021). Lastly, imaging tests such as an MRI and PET scan can be done as well to identify the location of the prostate that may harbor cancer. (Chowdry, 2024).

Treatment options for prostate cancer can vary depending on the diversity and presentation of the disease itself and the overall patient's health status. For the early stages where the cancer is still localized to the prostate, surgical procures such as a prostatectomy or partial prostatectomy may be appropriate. As stated by Dynamic Health “Prostatectomy is the surgical removal of the prostate either laparoscopically (with or without robotic assistance) or using an open procedure” (Tichich, 2024). The goal of both a partial and full prostatectomy is to “Promote overall emotional well-being, effective coping, and improve quality of life” (Tichich, 2024). Metastases that can be seen on imaging are bone, lymph nodes, liver, lung, and brain (Caram, 2023). According to ClinicalKey for advanced or metastatic cases androgen deprivation therapy, chemotherapy, or targeted therapies can become essential. (Caram, 2023). Evidence-based practice shows that these treatment modes not only aim to control the progression of cancer but also help decrease the major complications involving the urinary and reproductive system, as well as improve survival rates and overall quality of life. This research and approach to prostate cancer has a significant connection to patient care. By drawing attention to early detection, healthcare providers can identify the disease at a stage where treatment can be most effective.

Due to this driven approach, it helps prevent the progression of cancer to its aggressive/advanced stage where it can become harder to treat. Additionally, awareness and education through adequate research authorizes patients and their families about the care and treatment options.

### **Planning of Teaching**

Educating patients and the community about prostate cancer is a critical component of effective healthcare. Two primary learning objectives include understanding the anatomy and function of the prostate, as well as recognizing the major risk factors of this disease. The prostate sits right below the bladder and wraps around the urethra which is a pathway for both urine and semen. This is why when there is a disease or complication involving the prostate the number one sign and symptom involves difficulty/painful urination and erectile dysfunction. To achieve these teaching topics, various teaching methods can be utilized. For instance, a trifold poster with clear visuals and simple, understandable words can help explain medical jargon by making information more accessible. Having personal engagement with the community and maintaining adequate eye contact can further reinforce the key points and message trying to get across. Visual aids, such as comparable images of a normal prostate versus a cancerous prostate or a BPH, can serve as powerful educational tools in demonstrating the physical changes that occur associated with prostate cancer. Incorporating interactive activities, like a hands on/life like prostate model can help with visualization and makes the learning more engageable and reinforces the aspects of prostate health. Additionally, providing take home material such as handmade pamphlets or brochures containing patient teaching recommendations can enhance further retention of the information presented.

### **Conclusion**

In summary, prostate cancer represents a significant health concern for males, impacting both the urinary and reproductive systems. The importance of early detection through regular screenings and lifestyle adjustments amplifies how important early detection and intervention significantly increases survival rates and improves quality of life. Treatment options ranging from surgery to radiation to hormonal therapy are the most effective when detected early. The involvement of this research for evidence-based practice is overpowering. By guiding patients on when to seek medical help and being adherent to the most lifesaving treatment, nurses play a crucial role in improving patient outcomes. In the long run, spreading the knowledge of early detection for prostate cancer not only informs the community but also overall enhances the quality of care provided to patients, by reducing the freight of prostate cancer on patients and their loved ones.

## References

Caram, M. (2023, July 19). *Metastatic prostate cancer*. Clinical Key.

[https://www.clinicalkey.com/#!/content/clinical\\_overview/67-s2.0-V2408](https://www.clinicalkey.com/#!/content/clinical_overview/67-s2.0-V2408)

Centers for Disease Control and Prevention. (2024, August 27). *Prostate cancer risk factors*.

<https://www.cdc.gov/prostate-cancer/risk-factors/>

Chowdry, R. (2024, June 22). *Prostate cancer: Screening and prevention*. Clinical Key.

[https://www.clinicalkey.com/#!/content/clinical\\_overview/67-s2.0-V2408](https://www.clinicalkey.com/#!/content/clinical_overview/67-s2.0-V2408)

Schub, T. (2025, January 10). *Prostate cancer*. Dynamic Health.

<https://www.dynahealth.com/diseases-and-conditions/prostate-cancer>

Schub, T. (2023, July 31). *Benign prostatic hyperplasia (BPH)*. Dynamic Health.

<https://www.dynahealth.com/diseases-and-conditions/benign-prostatic-hyperplasia-bph/about>

Tosaoin, J. (2021, November 15). *Development and validation of an 18-gene urine test for high-grade prostate cancer*. PubMed.

[https://www.clinicalkey.com/#!/content/clinical\\_overview/67-s2.0-V2408](https://www.clinicalkey.com/#!/content/clinical_overview/67-s2.0-V2408)

Tichich, E. (2024, June 4). *Prostatectomy interventions*. Dynamic Health.

<https://www.dynahealth.com/care-intervention/prostatectomy-interventions/about>