

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

- 1. Title of the paper: Uplifting communities: Evidence-Based interventions for Colon Cancer prevention, education, and detection.**
- 2. Thesis Statement: Evidence based research on Colon Cancer can provide targeted education to people of all communities; thus, improving the prevention and detection of this disease while appealing to those of many different backgrounds.**
- 3. Introduction:**
 - a. Key points/ background information
 1. cancer is the second leading cause to death worldwide in specific colon cancer is the second leading cause of death, related to cancer worldwide.
 2. only few risk factors of Colon cancer are modifiable; majority of these cases are even randomly acquired.
 3. Although most colon cancers are caught by routine screening, majority will present completely asymptomatic
 - b. Thesis Statement
 - i. Evidence based research on Colon Cancer can provide targeted education to people of all communities thus, improving the prevention and detection of this disease while appealing to those of many different backgrounds.
- 4. Body of the paper:**
 - a. **Statement of the Problem**
 - i. Overview of the problem
 1. Colon cancer is the second leading cause of death related to cancer worldwide, while it is also known to go undiagnosed for multiple years and present asymptomatic
 2. Insufficient community awareness and screening participation/ knowledge gaps and stigma surrounding colon screening
 3. Inadequate access to health resources in different communities
 - ii. Significance of the topic
 1. Second leading cause of death world wide
 2. Commonly asymptomatic leading diagnosis at a late stage
 3. Currently no existing cure or sure remedies
 - iii. Statistical information
 1. 108,860 estimated new colon cases in 2026 by American Cancer Society
 2. 55,230 estimated deaths due to colon cancer in 2026 by American Cancer Society
 3. In those 55 y/o and younger, death rates of those with colon cancer has increased by 1% yearly.
 - iv. If left untreated how would this affect the nursing community?
 - v. If untreated colon cancer can affect the nursing community by increasing the number of comorbidities and complications
 - vi. If untreated colon cancer can affect the nursing community by increasing the need for community education for early detection and changes in modifiable risks.
 - b. **Risk Reduction/ Treatment of the Problem**

- i. Prevention
 - 1. Begin yearly colonoscopy or screening by age 45
 - 2. Maintain a healthy diet avoiding processed foods high in sodium, smoking cessation, limiting or stop drinking alcohol
 - 3. Participate/engage in regular physical activity and strength training to help maintain a healthy weight
- ii. Screening
 - 1. Yearly colonoscopy over age of 45
 - 2. CBC, Iron (presence of anemia), BUN/Creatinine,
 - 3. Barium Enema
- iii. Treatment
 - 1. Surgical Resection
 - 2. Chemotherapy
 - 3. Gene therapy/mutation in cells
- iv. What is the impact this research has on patient care?
 - 1. This will aid in the early diagnosis of colon cancer, increasing the positive patient outcomes.
 - 2. This will aid in assuring patients have the least modifiable risks apply to them
 - 3. This will increase the education of the interdisciplinary teams to help further educate their patients

c. Teaching

- i. 2 learning objectives for the learner
 - 1. Healthy diet habits
 - 2. Encourage routine screenings and lab work
- ii. Teaching strategies/ methods you will utilize
 - 1. Question & answer style conversation with small prizes
 - 2. Pictures and models to help people visualize
 - 3. Short videos or social media cues focused towards stigma or myth busting
- iii. Teaching tools you will utilize
 - 1. Posters charts and diagrams
 - 2. Take home, Easy to read diagrams or pamphlet
 - 3. Anatomical model of colon

5. Conclusion

- a. Summarize the main points of the paper
 - i. Increase eagerness of yearly/routine screening and labs
 - ii. Increased compliance with a balanced diet and Exercise
 - iii. Increased overall awareness of the sporadic nature of colon cancer
- b. How does this information apply to evidence-based nursing practice?
 - i. Evidence based strategies to reduce risk factors
 - ii. Improve the chances of early detection thus improving success rate
 - iii. Certain education is tailored to specific communities or people-groups.
- c. What is the importance of this paper?
 - i. Increase community awareness of colon cancer screening to help early detection
 - ii. Decrease community stigma against screenings and personal concern for this disease
 - iii. Increase the knowledge of fellow nurses or members of interdisciplinary team in order to further educate their clients

References

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