

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 Prevention & Education

2. Thesis Statement: The present research was conducted to decipher the most appropriate methods of implementing uniquely tailored and community based educational methods to improve upon awareness, decision-making skills, and routine screening behaviours amongst men in rural Delaware.

3. Introduction

Key Points

- Most common nonskin cancer in men worldwide (McHugh, Bancroft, Zsofia Kote-Jarai, & Eeles, 2025)
- Incidence increasing with a high projection rate (McHugh, Bancroft, Zsofia Kote-Jarai, & Eeles, 2025)
- Early stages asymptomatic, increasing early detection through screening important to decrease mortality.

Thesis Statement

- This research was conducted to decipher the most appropriate methods of implementing uniquely tailored and community based educational methods to improve upon awareness, decision-making skills, and routine screening behaviours amongst men in rural Delaware.

4. Body of the paper:

I. Statement of the Problem

Decreased access to testing, disparities in education and socioeconomic status, and stigma around screening.

I. Overview of the problem

- Prostate cancer most common cancer amongst men, was 30% of male cancers in 2025 (Kratzer et al., 2025)
- Large portion of risk for prostate cancer is genetics and family history.
- Some social determinants create disparities, so certain populations can't access screening, genetic testing, or treatment (Dunn & Kazer, 2011)

II. Significance of the topic

- Early stages can be asymptomatic, causing late diagnosis
- Those in rural areas may not be as likely to get screened or stay routine with screening (Shen et al., 2024)
- Educational disparities
- Misconceptions around screening
- Racial and socioeconomic disparities (Dunn & Kazer, 2011)

III. Statistical Information

- More than 50% of prostate cancer risk attributable to genetic factors (Raychaudhuri, Lin, & Montgomery, 2025)
- Prostate cancer incidence has increased 3.0% annually 2014 to 2021 (Kratzer et al., 2025)
- One in eight men (12.8%) will be diagnosed with prostate cancer in their lifetime (Kratzer et al., 2025)

IV. If left untreated how would this affect the nursing community?

- Increased demand of having to manage urinary complications, pain, and psychosocial needs
- Greater need for education around managing prostate cancer and symptoms.

b. Risk Reduction/ Treatment of the Problem

I. Prevention

- Diet modifications (Seibert et al., 2023)
- Early routine screening
- Physical activity (Seibert et al., 2023)

II. Screening

- PSA Testing (Merriel et al., 2022)
- Digital rectal exams
- Genetic testing (Seibert et al., 2023)

III. Treatment

- Surveillance (Pullen & Holter, 2025)
- Surgery (Pullen & Holter, 2025)
- Hormone therapy (Pullen & Holter, 2025)
- Chemotherapy
- Symptom management (Pullen & Holter, 2025)

IV. What is the impact this research has on patient care?

- Integrating genetic risk into decision making
- Screening education can increase detection and decrease mortality
- Better client outcomes by increasing knowledge

c. Teaching

I. Two learning objectives for the learner

- Learner will verbalize intent to engage in early screening if possible.
- Learner will verbalize understanding of diet and activity as a modifiable risk factor.

II. Teaching strategies/ methods you will utilize

- Plain language
- Infographic/Imagery
- Questioning/quizzing

III. Teaching tools you will utilize

- Trifold pamphlets
- Prostate models (visualizing progression of prostate cancer)
- Supplies for PSA testing (to calm anxiety around screening, blood testing is simple/noninvasive)

5. Conclusion

I. Summarize the main points of the paper

- Increasing education about importance of early screening.
- Disparities in access to screening, education, and treatment for those in rural areas
- Reducing anxiety around screening

I. How does this information apply to evidence-based nursing practice?

- Nurses responsible for education and comprehensive care
- Nurses can expand their knowledge about providing culturally sensitive care and enhancing their cultural awareness to minimize disparities
- Working with complex populations/demographics

II. What is the importance of this paper?

- Increasing awareness about the need to expand care to rural areas
- Reducing anxiety around screening
- Normalizing discussion around prostate cancer, especially for men in a rural setting

References

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