

# Approach to care term paper example

[Health & Medicine](#), [Cancer](#)



**Facilitator:**

## The Diagnosis and Staging of Cancer

Recent years have witnessed increased cases of cancer complications especially among young people. Although the most and least expensive strategy for curing cancer is yet to be discovered, adoption of reliable means of reducing the pain associated with this complication is critical in facilitating the survival of the victim. Getting the most accurate facts on the impacts of cancer complication on individual physical health is the first and most essential step toward determining the most effective intervention and treatment method. Effective diagnosis of cancer requires incorporation of knowledge and competence from various healthcare experts. A multidisciplinary cancer team that incorporates surgical oncologists, pathologists, and radiologists apply numerous complicated testing strategies to obtain accurate information regarding and the reliable treatment approach (Kraus, Moul and Tangen, 2007).

The initial step in the diagnosis of cancer complications involves performing systematic and comprehensive physical examination in order to understand the impact of the complication to the affected person. Evaluation of the past medical history is also essential in accessing the immediate and long-term effect of the previous medical intervention and treatment. Depending on the effect of cancer on patient health, healthcare professionals may recommend comprehensive testing in order to come up with accurate diagnosis and in determining the stage of the disease. Blood testing is not only effective in the examining the stage of cancer, but it is also vital in accessing the most accurate and productive intervention measures. Although blood testing is not

appropriate in diagnosing pancreatic cancer, blood test is critical in providing further evidence essential in the treatment of other types of cancer.

Healthcare professionals also use blood tests in monitoring the progress of the disease and the effects of the treatment. Liver function test is used in accessing the level of liver enzymes and bilirubin in the body. Cancer results in an increase in the level of bilirubin in the body. High level of bilirubin in the body is therefore a reliable indicator of the presence of cancer germs in the body. Furthermore, individuals infected with cancer have increased level of proteins in their body. The testing for CA19-9 is as a result vital in the diagnosis of various types of cancer. Healthcare care researchers have also recommended the testing for carcinogenic antigen in the diagnosis of cancer. In most instances, the level of carcinogenic antigen increase on an individual who is suffering from the gastrointestinal tract cancer. Although the level of carcinogenic antigen can increase in response to noncancerous condition, this examination has proved to be vital in determining the extent in which cancer has affected individual health condition.

Apart from blood testing, diagnostic imaging is also useful in the examination of the impacts of cancer on individual health and the most appropriate way of dealing with cancer complication. CT scan is helpful in the identification of the precise location of cancer germs. To obtain better images, healthcare professionals inject contrast dye before undertaking the scanning. The process of injecting contrast dye also reduces the amount of radiation essential in obtaining accurate image and adequate information regarding the magnitude of the complication. MRI examination is also another essential technology that is used together with CT scan.

On the other hand, staging process entails the process of determining the location of cancer and the impacts of cancer on an individual's health. Healthcare professionals use staging information in predicting treatment plan and the outcome of the intervention measure (Wong and Keck, 2004). Study shows that cancer with similar stages is treated in the same way and have similar treatment outcome. Healthcare professionals use staging process in determining the amount of cancer and the most effective means of treating cancer. Healthcare professionals also rely on staging process in the prediction of the course of the cancer. Although there are various types of staging, all staging types are conducted at the diagnosis stage and before the commencement of the treatment process. Healthcare researchers have identified two main types of staging, the pathologic staging and clinical staging.

Clinical staging helps in determining the level and stage of cancer on individual body. This staging is in most cases used in confirming the results from other diagnosis means that include scan, CT scan, and X-ray. In some instance, the results obtained from other testing are critical in determining the reliability of clinical staging. Based on the available statistical information, clinical staging is vital in determining the most effective and reliable treatment measures for the identified cancer. The clinical staging is also relevant in determining the impact of previous clinical intervention measures.

Pathologic staging relies on the results acquired after cancer surgery. In most instances, surgery is undertaken to eliminate cancer and other lymph nodes that may result to cancer infections. Surgery is also done to access

the magnitude of cancer and in taking out tissue sample. In situations where cancer has spread all over the body, healthcare professionals are compelled to provide the results from pathologic staging. Furthermore, pathological staging is also used in providing intensive and accurate information that can be essential in predicting the treatment outcome and response (White, Winston & Gonen, 2008).

### **Three complications of cancer, the side effects of treatment, and methods to lessen physical and psychological effects**

Cancer victims encounter complications of various types depending on the nature and location of the cancer. Individual infected with cancer reports oral mucositis health complication. This condition involves ulceration and inflammation of mucous membrane. Oral mucositis increases the impact of cancer complication on the patient's health while augmenting the risk of pain on an infected person. In addition, oral mucositis also results to nutritional challenges. Cancer also leads to other fungal bacterial and viral infections. These opportunistic infections damages body tissues thus increasing the impact of cancer on individual health. Cancer also results to salivary gland dysfunction. The dysfunction of salivary glands results to dryness of the mouth due to reduced absent and thickening of salivary glands. The dysfunction of salivary gland also increases of digestion infection that results to swallowing, chewing, and speaking problems (Beck, 1999).

Studies have also affirmed that the treatment of cancer has outstanding effect on the affected person health. Cancer surgery especially on bone and soft tissues have a long-term effect on individual physical and psychological health. In most instances, cancer surgery results to increased pain on

individual joints. Survivors of surgery can also suffer from the trauma that is associated with cancer complications. Radiation therapy can also result to mental health complication. This is especially the case, in the situation where drugs such as doxorubicin and cyclophosphamide is used in radiation therapy. Radiation therapy might also damage lung tissues leading to breathing complication. Apart from resulting to inhalation problems, radiation therapy can also result to other severe lung problems that include inflammation of the lungs thickening of the lung lining, change in the effectiveness of the lungs and breakage of lung veins.

In consideration to the impact of cancer treatment on individual mental, psychological, and physical health, healthcare experts have adopted numerous means that aims at lessening the psychological and physical effects of cancer treatment. Physical intervention is vital in dealing with body weaknesses, bone pain, and muscle wasting that result from cancer treatment. Engaging in continuous exercise will help in the restoration of heart strengths and heart balance. The physical intervention that is vital in addressing the side effects of cancer treatment includes music therapy, acupuncture and massage therapy. In most instances, massage therapy serves as a supportive initiative in the management of cancer-related pains. Psychotherapy serves a central role of dealing with mental challenges that result from cancer treatment.

The survivors of cancer are also subjected to continuous counselling and guidance therapy. Counselling serves as the most effective means of dealing cancer trauma. Psychotherapy is also relevant in giving patients a sense of help and control. Despite generating effective coping mechanism,

psychotherapy is also useful in developing the required coping skills essential in dealing with disease symptoms. Simple relaxing techniques can also be vital in relieving physical pains on cancer survivors. Relaxation techniques also serve as vital mean in which survivors can relieve fatigue, anxiety, and severe pains. Depending on the nature and magnitude of cancer treatment on individual health, healthcare professionals have a role of advising patients on the most effective means of dealing with post-treatment side effects

## **References**

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