

STUDY REGARDING ONCOLOGICAL PATIENTS CARE WITH INTESTINAL OSTOMIES

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Abstract: This study aims to analyze studies on the care and epidemiological profile of cancer patients with intestinal ostomies. **Method:** This is an integrative literature review, being a cross-sectional research with a qualitative approach extracted from the databases BVS-BIREME, LILACS, SCIELO from August to October 2021, with the descriptors: Colorectal Cancer; Oncological Patients; Intestinal ostomies. **Results:** From the analysis of related scientific articles, there is a high incidence of colon and rectum cancer in females, with a predominance in adults and the elderly, with the main cause of ostomy. **Conclusion:** This study allowed us to analyze the epidemiological profile of these patients affected by colon and rectum cancer, leading to a better understanding of the care of intestinal ostomies in these patients, in order to provide a more humanized treatment.

Keywords: Colorectal cancer, Oncology patients, Intestinal ostomies.

INTRODUCTION

The term cancer refers to the development of abnormal cells in the body, due to its genetic mutation, being able to reach various regions of the body. The rapid multiplication of these cells and their potential to affect tissues and organs is called metastasis. It is noteworthy that neoplasms are currently one of the main causes of death in the world (INCA, 2020).

The main determinants that may trigger the emergence of neoplasms are external and internal aspects, such as eating habits, smoking, sedentary lifestyle, alcohol consumption, heredity, hormonal issues, among others. There are several measures to prevent cancer, such as adopting healthy eating habits, rich in fruits, vegetables, whole grains, avoiding the use of tobacco and alcoholic beverages, including the practice of physical activities in daily life and attending the doctor frequently (SCHUMACHER, 2018).

According to estimates by the National Cancer Institute (INCA), in 2020, the estimated incidence of colorectal cancer in men will be 17,760 new cases and in women it will be 20,470 new cases.

Colon and rectum cancer is considered one of the biggest causes of death in the world and may suffer an increase in its incidence due to population growth and aging, added to habits that increase the risk of disease such as smoking, sedentary lifestyle, poor diet, among others. Currently, evidence shows that more than half of the population will have invasive colorectal cancer at some point in their lives (MACIEL et al., 2018).

According to Inca (2020) the main risk factors for the development of colorectal cancer are: overweight; bad eating habits; age 50 years or older; consumption of processed meats; excessive consumption of red meat; cases of the disease in the family history; inflammatory bowel diseases (ulcerative colitis and Crohn's disease), smoking and alcoholism.

In addition, this type of neoplasm is one of the most prevalent in the Western world, despite technological advances facilitating the early detection of neoplasms and other health problems, appropriate colorectal cancer prevention strategies have not been widely implemented due to the cost-effectiveness benefit (SENA JF de, MEDEIROS LP de, MELO MDM et al., 2017).

Ostomy, ostomy or stoma comes from the Greek word "stoma", which means mouth and has the function of diverting the contents of the intestine out of the body, being classified, in relation to permanence time, type of construction and surgical preparation. Temporary ostomies aim to make an anastomosis, with a view to closing it in a short period of time. While permanent ostomies are performed when there is no possibility of reestablishing intestinal transit,

generally in situations of colon and rectum cancer, due to the loss of a large part of the affected area (MACIEL, DBV; SANTOS, MISC; et al., 2019).

Given the above, the research problem arises: What does the literature show about the care and epidemiological profile of cancer patients with intestinal ostomies? From this perspective, the objective was to analyze studies on the care and epidemiological profile of cancer patients with intestinal ostomies.

This research is justified by the need to analyze scientific studies that have already been published aimed at the theme of the study of care and the epidemiological profile of cancer patients with intestinal ostomies, with the main purpose of highlighting these care practices and subsequently providing a source of guidance for nursing on how their care practices to patients must be guided in these circumstances.

MATERIALS AND METHODS

This is an integrative, descriptive, cross-sectional review with a qualitative approach. In which it allowed a deeper understanding of the care and epidemiological profile of cancer patients with intestinal ostomies. The bibliographic search was carried out in the Virtual Health Library (BVS-BIREME), by the database: Latin American and Caribbean Literature on Health Sciences (LILACS) and virtual library: Scientific Electronic Library Online (SCIELO).

The keywords used for the search in the databases followed the description of the terms DeCs (Health Descriptors) in Portuguese and English respectively: Colorectal Cancer, Oncological Patients, Intestinal Ostomies.

As inclusion criteria, articles from randomized clinical trials and case studies were adopted, articles published in the last 5 years (2015 to 2020), which had the searched descriptors in the title and/or abstract and

articles published in full. Exclusion criteria were books, event abstracts, articles that, based on the previous reading of the title and abstract, were not related to the topic and duplicate articles.

The material exploration stage was developed from the transcription of the results and significant excerpts. At the stage of interpreting the results, the existing considerations from the perspective of different authors were observed.

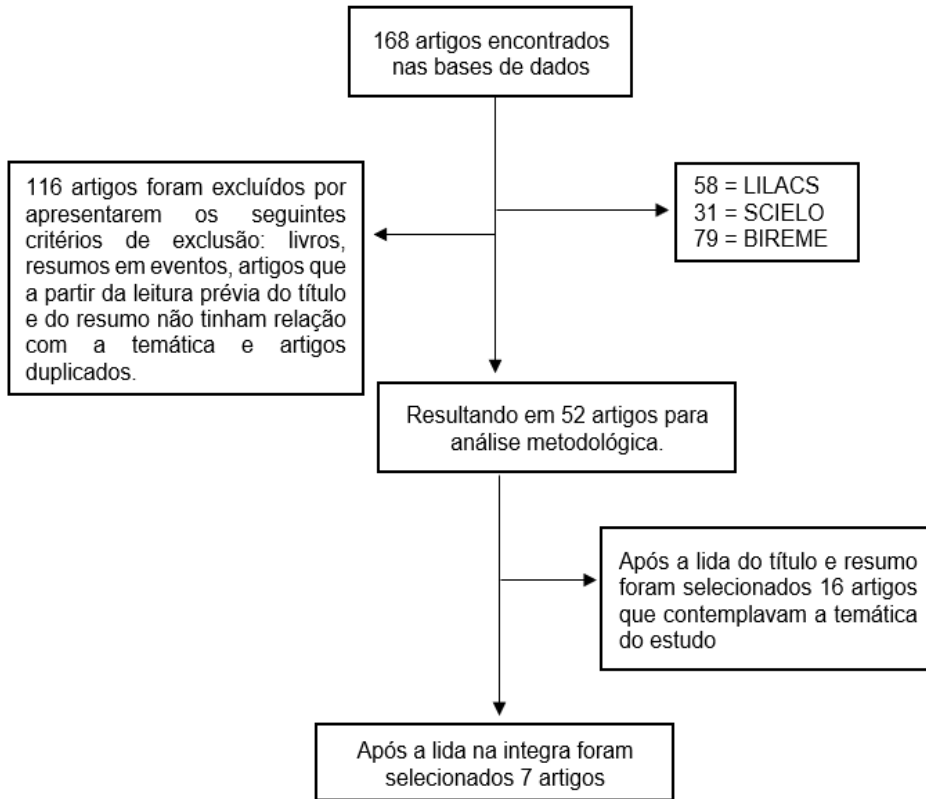
The strategic analyzes were carried out with the aid of the SPSS program for Windows 10, for reading and understanding to contemplate the theme of the article, for the calculation of the probability, the result obtained was followed according to the flowchart.

RESULTS AND DISCUSSION

According to the search strategies, a total of 168 articles were found in the databases selected for the search, with 79 articles in the BIREME database, 58 in the LILACS database and 31 in the SCIELO database. The final sample consisted of 7 articles read in full. As shown in Table 1, right after choosing the articles, they were selected and classified, taking into account the author's name, the year of publication, the title, the objective of the study and putting an end to the conclusion.

According to Coelho et al. (2015), the sociodemographic and epidemiological profile of ostomy patients presents a high number of cases in females, with a predominance of adults and elderly people, with colon and rectum cancer as the main cause of stoma.

Santana et al., (2017), the intestinal ostomy is a surgical procedure where any part of the intestine is exteriorized, with a specific name depending on the exteriorized segment. The surgical act of creating a stoma consists of an opening made in the abdominal wall, where part of the intestine is exteriorized through an orifice, which can be a colostomy,



Flowchart 1. Flowchart of applicability of inclusion and exclusion criteria for descriptors in databases.

Source: SENA,2021

DOCUMENT/ YEAR	METHODOLOGY	GOAL	CONCLUSION
FERNANDES <i>et al.</i> , (2018)	Quantitative / Descriptive	Characterize the ostomy clientele residing in Ponte Nova, Minas Gerais.	For most patients, the program is considered a device-delivery center only. They are unaware of the role of the multidisciplinary team in early recovery and rehabilitation.
MAURICIO <i>et al.</i> , (2016).	Descriptive, Exploratory Qualitative	The object of the study was the role of nurses in the rehabilitation process of ostomy patients, highlighting their labor inclusion. The objective was to discuss, from the point of view of the ostomy patient, the guidelines provided by nurses in relation to labor inclusion.	It is concluded that there are gaps and mistakes in this rehabilitation process, mainly in relation to guidelines on social inclusion through work, which can be caused by the nurses' lack of knowledge regarding the subject, and by the non-application of the Systematization of Nursing Care.
SANTANA <i>et al.</i> , (2017)	Qualitative with a phenomenological approach	Understand the meaning of being colostomy and participating in an ostomate care program.	It is concluded that people with ostomies undergo bodily changes that influence their self-esteem and social relationships.
COELHO <i>et al.</i> , (2015)	Exploratory, cross-sectional/ Quantitative study	To analyze the self-care of colostomy patients in relation to colostomy, peristomal skin and collecting device;	The patients positively experienced self-care with colostomy, peristomal skin and the collecting device.
SILVA <i>et al.</i> , (2017)	Descriptive and Transversal	Evaluate the quality of life of people with intestinal elimination ostomies and verify its association with sociodemographic and clinical characteristics.	It is concluded that intestinal elimination ostomies interfere with quality of life, especially in the physical and social sphere.
MOTA <i>et al.</i> ,(2017)	Sectional study	The objectives of this study were to identify the prevalence and predictors of fatigue in patients with Colorectal Cancer (CCR).	The prevalence of fatigue in patients with colorectal cancer was 26.8%. Predictors of fatigue were sleep disturbance, depression and functionality. When all factors were present, the chance of a patient having fatigue was 80%.
TUCUNDUVA <i>et al.</i> ,(2018)	Quantitativa Descritiva	Avaliar o nível de informação e as atitudes preventivas em uso corrente pelos médicos ligados à FMABC	As práticas preventivas utilizadas pelos médicos entrevistados são heterogêneas e, em sua maioria, não preconizadas pelos consensos de condutas preventivas consultados, o que pode ser relacionado tanto à sua falta de conhecimento em relação a estes consensos como às divergências entre eles. Dessa forma, faz-se necessário um esforço educativo enfatizando a importância da prevenção do câncer no aprendizado e na prática médica.

Table 1. Demonstrative synopsis regarding study design, author/year, methodology, study objective, study conclusion.

Source: SENA,2021

which is the exteriorization of any part of the large intestine, or ileostomy, which is the exteriorization of the small bowel, both procedures aim to bypass the bowel contents.

For Mauricio et al., (2016), the study on ostomy patients is relevant due to the increase in the number of ostomy patients, and among the causes, colorectal cancer and trauma are the two with the highest incidence, affecting larger portions, including young people society, and most of these ostomies are definitive measures for the continuity of life.

Mota et al., (2017), states that colorectal cancer is a disease that predominantly affects women and that its risk factors are advanced age, overweight and family history.

On the other hand, identifying the early stages of chronic diseases can reduce morbidity and mortality rates, which can be achieved through three levels of prevention programs: the primary prevents the occurrence of the disease, the secondary consists of early diagnosis by and tertiary means of tracking prevent deformities, recurrences and death (SANTANA et al., 2017).

According to data published in 2012, by the International Agency for Research on Cancer - IARC, colorectal cancer is the third most common cancer in men (10% of the world total) and the second in women (9.2% of the world total) and corresponds the fifth leading cause of death from malignant neoplasms, with a mortality of 9.8%. (TUCUNDUVA et al., 2018).

Along with hereditary factors, Mota et al., (2017), states that being overweight; poor diet, old age, diet and lifestyle influence the development of the disease. Nationally, the different types of cancer demonstrate an epidemiological transition and the consequent increase in cancer patients. This means that “cancer is among the non-communicable diseases responsible for changing the profile of illness in the Brazilian population. ”

This change in the illness profile is due to several factors, including: greater exposure to carcinogens resulting from the population's current lifestyle, longer life expectancy, improved diagnosis, increased deaths and improved system occurrences and records of the disease. (MOTA et al., 2017).

According to Fernandes et al., (2018) there is no “ostoma” or “ostomy” registered in the dictionaries, although they may, in the future, appear in them if these names have widespread use. In the Portuguese language, the forms derived from the Greek term stóma, boca, when starting a word, are made with initial e (estoma), not o (ostoma). Fruit of linguistic methodology, stoma is the regular name.

According to the study by Mauricio et al., (2016), addressing the epidemiology of stomas in our country is extremely difficult, like so many other topics that require the need for systematic recording of information. The author also reports that in addition to the lack of systematization, there is a lack of information due to the clinical characteristics of this problem.

According to Santana et al., (2017), the incidence of malignant neoplasms in Brazil is related to the increase in life expectancy, consequently the population aging, associated with other various factors, such as changes in globalization, new consumption patterns and changes in lifestyle, factors that contribute to the current epidemiological profile of cancer patients.

According to Coelho et al. (2015), ostomy surgery, whether temporary or definitive, both involve the exteriorization of the colon. Afterwards, the patient will use a collection bag, which will be fixed on the outside of the abdomen, becoming a fundamental device for the elimination of intestinal contents.

Silva et al., (2017), states that patients who were ostomized face changes in anatomical reconfiguration and in their life habits, as the

elimination of feces and flatus starts to occur through a stoma and these changes make the creation of an intestinal stoma an often traumatic process that significantly reduces the quality of life of this patient.

For Santana et al., (2017), being or being ostomized is an impact on the life of any individual, causing consequences that reflect in several aspects, including the biological, psychological, social and spiritual, of all aspects of the changes in the this individual's self-esteem is one of the most significant.

Coelho (2015) reports that having a stoma must be the choice when other forms of treatment have already been discarded, the cost associated with living with the disease can be high and the option for surgery is evidenced by the improvement in the quality of post-stoma life, resulting from a good indication.

Fernandes, et al., (2018) state that the patient with an intestinal stoma may feel different, in a society in which taboos in relation to the body are frequent, especially when related to the private parts, in general, speaking is avoided. openly about these bodies.

After performing the intestinal ostomy, ostomy patients undergo physical, psychological, social, spiritual changes, thus involving Nursing care that requires specific knowledge, skills and adequate supplies (collection equipment) to meet the basic human needs affected by the involvement of diseases and guidance for self-care (MAURICIO et al., 2016).

CONCLUSION

The present study identified and analyzed the scientific articles related to the subject, there is a high number of cases of colon and rectum cancer in women aged 50 years or over and that these patients face physical, emotional and social changes. Social.

The creation of an ostomy is a challenge for the patient in relation to their acceptance and adaptation process, thus it is necessary to evaluate the nursing interventions for these patients. Many professionals do not feel trained in the face of the necessary care for an adequate management of patients in these circumstances, a training that is often a lack of their own training.

The study allowed us to analyze the care and epidemiological profile of cancer patients with intestinal ostomies. Knowing the profile of these people with intestinal ostomy is essential to plan the reception, help treatment, rehabilitation and support future interventions in care, that is, when it comes to the issue of quality of life, something that is widely discussed nowadays, it is important to reflect quality can only be achieved with quality assistance.

In addition to technical training, it would also be desirable that there were greater encouragement for a more humanized treatment by these professionals to the patient in these conditions and one of the ways to act in this regard would be a holistic look, paying attention to the psychological and social consequences of these patients.

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