

NAVIGATION IN ONCOLOGY: ADDING QUALITY AND COMPLETENESS TO CARE

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Abstract: Thereport describes the performance of the Oncological Navigation Program with a patient with breast cancer and previous comorbidities. The interventions took place in a chemotherapy outpatient clinic of the private health network in order to guarantee compliance with the therapeutic plan, respecting individuality. Thus, evidencing the importance of follow-up in minimizing care barriers and clinical interurrences related to cancer treatment.

Keywords: Patient navigation. Cancer. Oncology nursing.

INTRODUCTION

Cancer is a public health problem worldwide, with high morbidity and mortality rates. In Brazil, the number of 625,000 new cases was estimated for the three-year period 2020-2022 (INCA, 2020). Bray et al (2018) mention that the most common types of cancer suffer interaction with the lifestyle, social and economic factors of individuals, as well as regional issues that also interfere with incidence and mortality.

Chemotherapy is a cancer treatment option that can cause modifications, limitations, and it is important for nursing to adapt and optimize cancer care planning (Andrade; Silva, 2007). The toxicities associated with treatment are expected adverse effects, however, must be monitored and managed early, ensuring safety in treatment and quality of life (Carvalho, 2019).

Oncological navigation is a systematized and individualized care strategy spent on individuals diagnosed with cancer and their caregivers (Osório et al, 2020). This assistance service provides that a professional, then called a navigator, welcomes this patient and accompanies him during this process, permeating all stages with the aim of reducing bureaucratic barriers in the health system, positively impacting the early start of

treatment (Freeman; Rodriguez, 2011).

Navigation programs are already a strategic reality in cancer patient care internationally, focused on managing the individual's treatment with the aim of accelerating access to health services, evaluating and assisting from a multidisciplinary and interdisciplinary perspective (Zibrik, Laskin, Ho, 2016).

CASE REPORT

This report describes a case assisted by ``Navegação Oncológica``, which highlighted the importance of this program in minimizing barriers and/or clinical complications related to cancer treatment. A 58-year-old woman, diagnosed with breast cancer, with secondary diagnoses of type II diabetes and chronic renal failure, on hemodialysis treatment through an arteriovenous fistula, was followed.

The therapeutic plan consisted of six cycles of outpatient intravenous chemotherapy with Pertuzumab, Trastuzumab, Docetaxel and Carboplatin. The multidisciplinary team approach started right after the medical referral for the first chemotherapy session, through a face-to-face meeting. The objective was to welcome, carry out general guidelines, assess health conditions, identify needs and possible offenders in an individualized manner.

The inclusion of the patient in the navigation program enabled a preventive approach to interurrences and injuries, such as the indication of a fully implanted catheter and scheduling alternating with hemodialysis sessions. Toxicity symptoms and the patient's miscellaneous doubts during the process were monitored and handled by the Nurse Navigator. Conducts such as anticipating a medical consultation and nutritional assessment prevented the worsening of symptoms and a possible hospitalization. There was an evaluation and pharmaceutical intervention with adequacy of dilutions due

to the patient's health condition, psychological follow-up to face the change in health status and strengthening of the support network. Nutrition, in turn, followed the patient throughout the entire treatment, monitoring the impact of food on the overall picture.

DISCUSSION

Oncology navigation is a strategy aimed at the comprehensive care of individuals with cancer, and has been created to meet the demands of this public (Pautasso et al, 2018). Planned care based on the specific needs of cancer patients is of paramount importance in order to bring safety and quality to the trajectory experienced.

Nursing is the category that actively participates in the care of the individual and fits very well in this guiding function of care. The oncology nurse navigator is an essential professional for accompanying cancer patients and their caregivers at all stages of the oncological journey, assisting through scientific evidence and focused on the patient, taking into consideration, the individual's experiences (Baileys et al, 2018).

From the presented report, the role of the Nursing Navigation program stands out as an articulator of integrated care, facilitating communication between patient and family members with the team, promoting the construction of a therapeutic plan adjusted to the patient's needs.

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