

# 6TH WORLD FORUM ON BREAST AND CERVICAL CANCER



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## **The Need for a Holistic Guide to Prevent and Manage Radiation Dermatitis in Patients' with Breast Cancer: A Case Report**

Radiation therapy (RT) is often indicated in the treatment of breast cancer following breast conserving surgery or mastectomy, yet carries a 95% risk of radiation dermatitis (RD) of varying severity within one to four weeks of treatment. This presentation will discuss a case study of M. R., who is a 64-year-old Caucasian woman, diagnosed with invasive adenocarcinoma of the left breast, who underwent a lumpectomy with a positive sentinel node biopsy, and received RT, five days a week for six weeks. This presentation will explain the progression of RD and the associated burdens of skin breakdown, pain, psychological distress, and functional challenges. Given limited patient education regarding the prevention and management of RD, a Clinician Guide and Evidence-based Skin Care Plan will be discussed to offer a holistic, patient-centered approach to care, with optimal strategies to address her physical, emotional, and functional well-being and enhance her quality of life and survival. Highlighted in the Clinician Guide are the importance of developing a trustworthy patient-clinician relationship, emotional support, social support, education, weekly physical assessments, assessment of overall adjustment to a cancer diagnosis and treatment, promotion of patient engagement and self-care, reinforcement of healthy lifestyles, and patient adherence to the Evidence-based Skin Care Plan during radiation therapy. These strategies are expected avoid treatment delays or discontinuation, and increase the likelihood of disease-free survival and quality of life.

### **Keywords**

Case Report, Breast Cancer, Radiation Dermatitis, Evidence-based Skin Care, Clinician Guide

### **Biography**

Dr. Deborah Witt Sherman is a professor of nursing at Florida International University, and is recognized as a national and international leader in Palliative Care and interprofessional collaboration in healthcare education and research. Funded by the Soros Foundation, Dr. Sherman began the first Palliative Care Nurse Practitioner Program in the US, and Japan. She edits an award-winning Palliative Care textbook, serves as a consultant, grant reviewer, editorial board member, and associate editor of the Journal of Palliative Medicine, with authorship of over 90 publications, 43 book chapters, 5 books, and over 195 presentations. Dr. Sherman has an active program of research in palliative care and interprofessional collaboration, and is certified as an Adult and Palliative Care Nurse Practitioner.