Chemotherapy Teaching

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# Faculty Disclosure

- **x**: No, nothing to disclose
- **Yes, please specify:**

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Objectives:

Review the information necessary for patient and family education prior to chemotherapy.
Chemotherapy

• How it works?
• Killing bad cells, also kills some good cells.
• How long will it take?
• Pills
• Infusions at home.
• When to call?
• Cycles…
• Blood counts

• Is a port needed?
• What does a port mean?

Be the type of person that no matter where you go or where you are, you always add value to the lives of those around you.
Blood counts:

- Normal blood counts: Red, White, Platelets
- When you expect your chemotherapy to be held.
- Why it is important to wash your hands?
- Call if a temperature of 100.5 or greater.
- Stay away from sick people and children.
- Call with any bleeding.
- Who to call?
Side Effects of Treatment

- Fatigue
- Sleep
- Nausea/Vomiting
- Diarrhea
- Constipation
Diarrhea
Constipation
Side Effects of Treatment

Mouth Care for chemotherapy patients
Mouth and Throat Soreness Relief
Hair, Skin, and Nails: Potential Changes with Chemotherapy
Chemo-brain
Watery eyes
Pain, Nerve and Muscle potential changes
Mouth Care

- Salt and Soda Mouth Rinse/Miracle Mouth Wash
- Very soft tooth brushes
- No floss if the platelets are low
- Head and neck patients undergoing treatment: wear dentures only when eating
- Avoid smoking or tobacco products
- Avoid Alcohol
- Drink fluids
- Avoid Spicy or difficult to chew foods.
- Avoid Caffeine
- Fluoride treatments are good.
Hair loss/Wig Care
How to select a Wig.

– Appear natural-looking.
– Feel comfortable and fits well.
– Fit your budget.

Home Care

- Safe Handling of Chemotherapy at Home: By mouth medications
- Safe Handling of Chemotherapy at Home: Infusions
- Calendar for Chemotherapy Patients
- Food Safety Tips
Sex
Sexuality and Fertility

- Sexuality and Chemotherapy
- Fertility Preservation Options for Men and Women
Incidentals:

1. Breast Cancer: Lymphedema Risk
   Booklet: How to prevent lymphedema.

2. Clotting Risk: Prevention and when to call.
Taking care of myself to decrease the risk of lymphedema.
Most Common TRAEs With Immunotherapy

**Endocrine**
- Hypothyroidism
- Hyperthyroidism

**Muscular**
- Fatigue
- Asthenia

**Gastrointestinal**
- Nausea
- Diarrhea
- Decreased appetite

**Skin**
- Rash
- Dermatitis

Immunotherapy vs Chemotherapy

• Adverse events are different

**Immunotherapy**
- Fatigue
- Nausea
- Decreased appetite
- Asthenia
- Diarrhea
- Hypothyroidism
- Rash

**Chemotherapy**
- Fatigue
- Nausea
- Bone marrow suppression
- Nephrotoxicity
- Hearing loss

• Toxicities are managed differently

A week of joy
Camp Cedar Cliff
July 31 to August 4
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“Not all of us can do great things. But we can do small things with great love.”

— Mother Teresa
References

• Bench-to-Bedside Approaches for Personalized Exercise Therapy in Cancer

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  • Jessica M. Scott, PhD

• **Author Disclosures**

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