

Medications

Nuva Ring (Stopped since diagnosis)
-Oral contraceptive

Synthroid 100 mcg po daily
- hypothyroidism

N20030 Concept Map
 Student Name: Nicole Perretta Client Initials: M.J. Date:4/9/2010

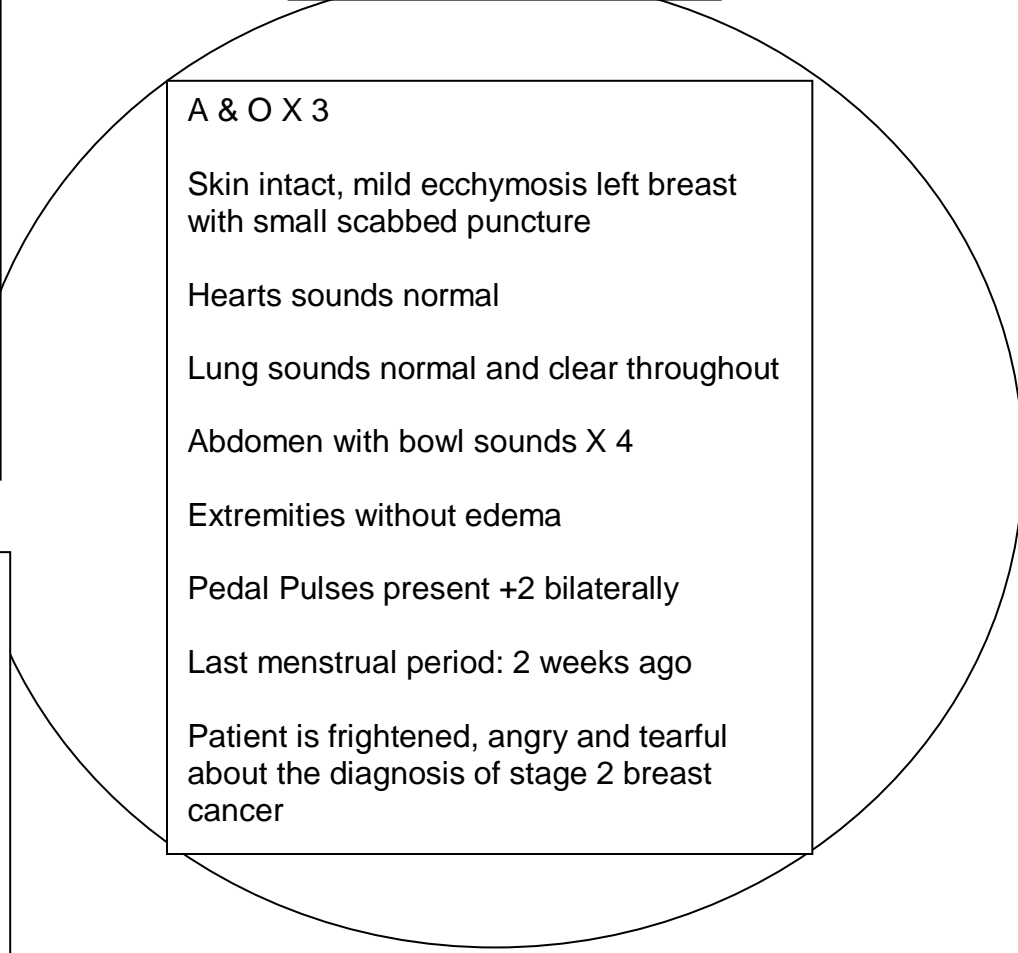
Age 33 Gender FEMALE

Allergies: NKA

Admitting Diagnoses/Chief Complaint

Some discomfort around the biopsy site on her left breast

Assessment Data



A & O X 3

Skin intact, mild ecchymosis left breast with small scabbed puncture

Hearts sounds normal

Lung sounds normal and clear throughout

Abdomen with bowel sounds X 4

Extremities without edema

Pedal Pulses present +2 bilaterally

Last menstrual period: 2 weeks ago

Patient is frightened, angry and tearful about the diagnosis of stage 2 breast cancer

Normal Ranges

Vitals:

T- 97.8
 P- 50-90
 R- 12-20
 BP- 120/80

Social History:

-No tobacco, alcohol or drug use
 -Married with 3 children

Past Medical /Surgical History

Breast Carcinoma

Hypothyroidism

NIC

6522 **Breast Examination**
 Inspection and palpation of the breasts and related areas

6600 **Radiation Therapy Management**
 Assisting the patient to understand and minimize the side effects of radiation treatments

NOC

1302 **Coping**
 Personal actions to manage stressors that tax an individual's resources

1210 **Fear Level**
 Severity of manifested apprehension, tension, or uneasiness arising from an identifiable source

Primary Nursing Diagnosis
Ineffective Coping R/t angry about the diagnosis of stage 2 breast cancer

Supporting Data

-Skin intact , mild ecchymosis left breast with small scabbed puncture
-Breast Carinoma

STG

The person will make decisions and follow through with appropriate actions to change provocative situation in the personal equipment

Interventions with Rationale

-Refer depressed people to specialists
R: severely depressed people or suicidal people need environmental controls, usually hospitalizations (206)

- Teach self-monitoring tools
R: self-monitoring can help the client learn how to observe symptoms and recognize when he or she needs more intensive help (205)

- Instruct client in relaxation techniques; emphasize the importance of setting 15 to 10 minutes aside each day to practice relaxation
R: the techniques can effectively reduce stress, which is negatively affecting functioning (207)

EBP Citation

(Carpenito-Moyet, 2007)

Evaluation

The person made decisions and followed through with appropriate actions to change provocative situation in the personal equipment

Nursing Diagnosis #2
Situational Low Self-Esteem r/t diagnosis and treatment of stage 2 breast cancer

Supporting Data

-Skin intact , mild ecchymosis left breast with small scabbed puncture
-Breast Carinoma

STG

The person will express a positive outlook for the future and resume previous level of functioning

Interventions with Rationale

- Be empathic, nonjudgmental
R: self-acceptance can be increased with clarification of feelings and thoughts (556)

- Listen to not discourage expressions of anger, crying, and so forth
R: self-acceptance can be increased with clarification of feelings and thoughts (556)

-Clarify relationships between life events
R: self-acceptance can be increased with clarification of feelings and thoughts (556)

EBP Citation

(Carpenito-Moyet, 2007)

Evaluation

The person will express a positive outlook for the future and resume previous level of functioning

Facts about Breast Cancer

In 2006, 191,410 women were diagnosed with breast cancer, and 40,820 women died from the disease. Except for skin cancer, breast cancer is the most common cancer among American women.

No breast is typical. What is normal for you may not be normal for another woman. Most women say their breasts feel lumpy or uneven. The way your breasts look and feel can be affected by getting your period, having children, losing or gaining weight, and taking certain medications.

Common kinds of breast cancer are—

- **Ductal carcinoma.** The most common kind of breast cancer. It begins in the cells that line the milk ducts in the breast, also called the lining of the breast ducts.
 - **Ductal carcinoma in situ (DCIS).** The abnormal cancer cells are only in the lining of the milk ducts, and have not spread to other tissues in the breast.
 - **Invasive ductal carcinoma.** The abnormal cancer cells break through the ducts and spread into other parts of the breast tissue. Invasive cancer cells can also spread to other parts of the body.
- **Lobular carcinoma.** In this kind of breast cancer, the cancer cells begin in the lobes, or lobules, of the breast. Lobules are the glands that make milk.
 - **Lobular carcinoma in situ (LCIS).** The cancer cells are found only in the breast lobules. Lobular carcinoma in situ, or LCIS, does not spread to other tissues very often.
 - **Invasive lobular carcinoma.** Cancer cells spread from the lobules to the breast tissues that are close by. These invasive cancer cells can also spread to other parts of the body.

Many conditions can cause lumps in the breast, including cancer. The two most common causes of breast lumps are fibrocystic breast condition and cysts. Fibrocystic condition causes noncancerous changes in the breast that can make them lumpy, tender, and sore. Cysts are small fluid-filled sacs that can develop in the breast.

References

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