

Nursing experience of a young woman with lung cancer complicated with Pleural effusion and bone Metastasis

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INTRODUCTION

According to the statistics of the Ministry of Health and Welfare of the Executive Yuan in the 110th year of the Taiwan, cancer has been the top ten cause of death in Taiwan for 40 consecutive years, and the mortality rate of lung cancer is still the highest for 18 consecutive years. There is a trend of getting younger (Ministry of Health and Welfare, 2022). The early symptoms of lung cancer are not obvious and are easily overlooked. When most patients are diagnosed with lung cancer, they are already at an advanced stage and have metastasized. In addition to suffering physical pain, they will also suffer a huge psychological blow.

OBJECTIVE

Provide guidance on individual nursing measures and provide disease-related resources to patients, so that patients can improve their pain and asthma discomfort, and increase their physical and psychological comfort

METHODS

Using Gordon's eleven health assessments, it was found that the case had three health problems: " Ineffective breathing pattern", "chronic pain", and " Hopelessness". The author used empathy to listen and accompany, and provided teaching massage, music therapy, Guidance on individual-related nursing measures such as diverting attention; providing disease-related resources, arranging to participate in patient meetings to share experiences and arranging family meetings.

RESULTS

Knowing how to provide individualized care to establish a good nurse-patient relationship and provide references for nursing staff to take care of such patients in the future can provide better quality care and obtain the best nurse-patient relationship and holistic care.

CONCLUSIONS

For a case of lung cancer diagnosed for the first time, how to establish a sense of trust and provide individualized psychological support in a limited session is the difficulty and limitation encountered in the nursing process.

