

### Vital Signs

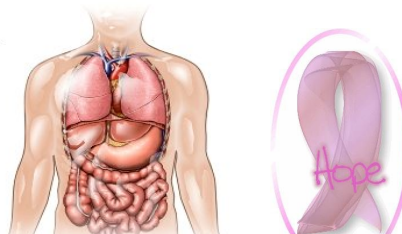
Temperature 97.5  
Heart rate 88  
Respiratory rate 20  
Blood pressure 110/70

### Assessment Data

A & O x 3.  
Skin intact, mild ecchymosis on left breast with small scabbed puncture.  
Heart sounds normal.  
Lung sounds normal & clear throughout.  
Abdomen with bowel sounds x 4 quadrants.  
Extremities without edema. Pedal pulses present +2 bilaterally.

### Physiological effects of anxiety

- Fear
- Breathlessness
- Choking sensation
- Palpitations of the heart
- Restlessness
- Increased muscular tension



### Medications

Synthroid 100 mcg po daily  
Previous use of: Nuva Ring (she has stopped using this since the diagnosis)

### Patient Information

Patient: M. J.  
Age: 33 years  
Gender: female  
Admission complaint: Discomfort at biopsy site on left breast  
Allergies: None known  
Medical History: Breast cancer, stage 2 (Breast carcinoma), hypothyroidism  
Social history: no tobacco, no alcohol, no drug use; Married with 3 children; Last menstrual period: 2 weeks ago

### Nurse's Note

M.J. is a 33 year old female with recently diagnosed breast cancer, stage 2. She has been seen by her oncologist and surgeon and plans to begin treatment. She is frightened, angry and tearful about the diagnosis. She is the mother of 3 young children. Her only complaint is some discomfort around the biopsy site on her left breast.

### Nursing Diagnosis #1:

Risk for Infection (the state in which an individual is at risk to be invaded by an opportunistic or pathogenic agent from endogenous or exogenous sources) related to a site for organism invasion secondary to surgery (biopsy site) as evidenced by discomfort around the biopsy site on her left breast, mild ecchymosis on left breast with small scabbed puncture, and breast cancer (stage 2).

### Nursing Management:

- Teach patient and family members symptoms/signs of infection with every contact until able to reiterate them back to nurse.
- Teach patient proper hand washing and biopsy site care every 2-4 hours as tolerated.
- Restrict invasive procedures and devices whenever possible.
- Observe for clinical manifestations of infection including fever, redness, inflammation, tenderness, purulent drainage, etc. every 3-4 hours as tolerated.
- Encourage appropriate intake of calories and protein before the ordering of each meal.

NIC: Infection Control, Wound Care, Incision Site Care, Health Education

### Outcomes:

- The patient will demonstrate and iterate awareness of proper hand washing, signs of infection, and proper site care by the end of the day.
- The patient will not demonstrate progression of infection as evidenced by worsening fever, increased fatigue, weight loss, or worsening of other signs of infection during hospital stay.

NOC: Infection Status, Wound Healing: Primary Intention, Immune Status

### Nursing Diagnosis #2:

Anxiety (the state in which an individual experiences feelings of uneasiness (apprehension) and activation of the autonomic nervous system in response to a vague, nonspecific threat) related to actual or perceived threat to biologic integrity secondary to cancer diagnosis as evidenced by physiologic sign of high (but within normal range) respiratory rate, emotional sign of crying, and cognitive sign of rumination (in assessment video).

### Nursing Management:

- Assess level of anxiety at least every 2-4 hours.
- Convey empathetic understanding (quiet presence, touch, allowing the patient to cry, talking) with every contact with patient and family.
- Remove excess stimulation as often as possible.
- Explore alternatives the client might be able to use to replace maladaptive coping mechanisms with every contact as tolerated by patient.
- Instruct patient in use of relaxation techniques (aromatherapy, hydrotherapy, music therapy, massage, exercise, etc.) with every contact as tolerated.
- Repeat explanations as needed.

NIC: Anxiety Reduction, Impulse Control Training, Anticipatory Guidance

### Outcomes:

- The patient will relate an increase in psychological and physiology comfort before discharge from hospital.
- The patient will demonstrate and iterate alternative coping mechanisms and relaxation techniques by the end of the day.

NOC: Anxiety Reduction, Coping, Impulse Control

### Evidence-Based Practice Journals:

[http://journals.ohiolink.edu/ejc/pdf.cgi/Li\\_Xiao-Mei.pdf?issn=01676806&issue=v128i0002&article=411\\_eo\\_mtopfart](http://journals.ohiolink.edu/ejc/pdf.cgi/Li_Xiao-Mei.pdf?issn=01676806&issue=v128i0002&article=411_eo_mtopfart)

[http://journals.ohiolink.edu/ejc/pdf.cgi/Forrest\\_AP.pdf?issn=10856862&issue=v02i0001&article=11\\_ctfbc](http://journals.ohiolink.edu/ejc/pdf.cgi/Forrest_AP.pdf?issn=10856862&issue=v02i0001&article=11_ctfbc)

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[http://journals.ohiolink.edu/ejc/pdf.cgi/Graling\\_Paula\\_R.pdf?issn=00012092&issue=v62i0003&article=376\\_daptcisibc](http://journals.ohiolink.edu/ejc/pdf.cgi/Graling_Paula_R.pdf?issn=00012092&issue=v62i0003&article=376_daptcisibc)

[http://journals.ohiolink.edu/ejc/pdf.cgi/Deane\\_Karen\\_A.pdf?issn=00012092&issue=v65i0004&article=767\\_dtinowabbp](http://journals.ohiolink.edu/ejc/pdf.cgi/Deane_Karen_A.pdf?issn=00012092&issue=v65i0004&article=767_dtinowabbp)

[http://journals.ohiolink.edu/ejc/pdf.cgi/Tariman\\_J\\_D.pdf?issn=09237534&issue=v21i0006&article=1145\\_paaprdpwcasr](http://journals.ohiolink.edu/ejc/pdf.cgi/Tariman_J_D.pdf?issn=09237534&issue=v21i0006&article=1145_paaprdpwcasr)

For more information about breast cancer (risk factors, treatment, etc.):  
<http://www.cdc.gov/cancer/breast/basics/info/index.htm>  
<http://www.youtube.com/watch?v=rq7bv3TpXEE>

For information about breast cancer stages:  
<http://www.breastcancer.org/symptoms/diagnosis/staging.jsp#stage0>  
<http://gisttumo-r.com/wp-content/uploads/2012/01/Breast-Cancer-Staging.png>

For information about lumpectomy (surgical breast biopsy):  
<http://nursingcrib.com/wp-content/uploads/odenbiopsy.jpg?9d7bd4>  
<http://www.mayoclinic.com/health/breast-biopsy/MY00301>

For information about complications of breast biopsy (especially about signs of infection):

<http://www.livestrong.com/article/162306-complications-after-breast-biopsy/>

For information about Synthroid:  
<http://www.drugs.com/synthroid.html>

For information about Nuva Ring (especially side effects and risks):  
<http://www.mayoclinic.com/health/nuvaring/MY01008/DSECTION=risks>  
<http://www.nuvaring.com/Consumer/aboutNuvaRing/possibleSideEffects/index.asp>

For information about hypothyroidism:  
<http://www.mayoclinic.com/health/hypothyroidism/DS00353>

<http://www.webmd.com/a-to-z-guides/hypothyroidism-topic-overview>

For information about breast cancer support groups:

[http://www.breastcancer.org/treatment/comp\\_med/types/group.jsp](http://www.breastcancer.org/treatment/comp_med/types/group.jsp)  
<http://bcsupport.org/>  
<http://www.breastcancer.org/community/>