



Care of the Cholangiocarcinoma Patient

Clinical Practice Guideline:

CARE OF THE PATIENT RECEIVING PHOTON RADIATION

GOALS/OUTCOMES:

Patient will verbalize and/or demonstrate outcomes below:

1. Understanding of the radiation treatment process including treatment field, number of treatments, treatment positioning, and length of treatment, and possible side effects.
2. Maintenance of nutrition including importance of protein intake, maintenance of high calorie diet and nutrition counselling.
3. Understanding and managing of nausea through use of anti-emetics with nausea onset, and/or premedication prior to radiation.
4. Understanding the importance of skin integrity through adhering to instructions for daily skin care.
5. Energy conservation measures to minimize fatigue such as optimizing sleep at night, and pacing activities.
6. Signs and symptoms requiring the need for medical attention.

ASSESSMENT/INTERVENTIONS

A. Assessment findings with associated reference numbers and evidence based rating:

1. Documentation of patient's overall ability to tolerate photon radiation. 5,IV-A
2. Documentation of weekly weight and vital sign assignment, including weight loss and nutrition status, or referral to dietitian. 2,IV-A; 3,IV-A
3. Documentation of management of nausea or need for premedication prior to photon radiation, or alternative therapies such as acupuncture. 1,IV-A; 3,IV-A; 4,IV-A
4. Documentation of fatigue and ability to perform activities of daily living. Assessment of anemia. 1,IV-A; 3,IV-A; 5,IV-A
5. Documentation of psychosocial issue including anxiety, need for support, or referrals, or consideration of alternative therapies. 3,IV-A; 4,IV-A
6. Documentation of skin integrity in treatment field and current skin care regimen. 6,IV-A

B. Interventions related to assessment findings above with associated reference numbers and evidence based rating:

1. Patient /caregiver education of photon radiation through discussion and use of institutional patient education materials. 5,IV-A
2. Discussion of dietary interventions through discussion and use of institutional patient nutrition handouts and weekly weight assessment. Referral to dietitian if needed. 2,IV-A; 3,IV-A
3. Assessment of nausea weekly or as needed with interventions focusing on prevention, such as premedication prior to treatment. Offer alternative therapies such as acupuncture. 1,IV-A; 3,IV-A
4. Assess for anemia, sleep patterns, activity level. Teach energy conservation measures. 1,IV-A; 3,IV-A; 5,IV-A
5. Offer anticipatory guidance, chaplaincy or social worker referral. Alternative therapies such as massage, acupuncture, or relaxation training. 3,IV-A; 4,IV-A
6. Review skin care including washing and recommendation of products improved by institution 6,IV-A



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5. Iwamoto, R, Haas, M., Gosselin, T. (2012). Manual for Radiation Oncology Nursing Practice and Education. Pittsburgh, PA: Oncology Nursing Society
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