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Ovarian Cancer

Patient name: _____ Admission: _____

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- I. The client/caregiver can define ovarian cancer.**
- A. Women have two ovaries (each the size of an almond), one on each side of the uterus.
 - B. Ovaries produce eggs (ova), estrogen, and progesterone.
 - C. Ovarian cancer ranks fifth in cancer deaths among women.
 - D. The types of ovarian tumors are
 1. Epithelial tumors develop in the layer of tissue that covers the ovaries. About 80% to 90% of ovarian cancers develop here. It is most common in post-menopausal women.
 2. Germ cell tumors develop in the egg-producing cells and usually occur in younger women.
 3. Stromal tumors develop in the estrogen and progesterone producing tissue.
- II. The client/caregiver can list signs and symptoms of ovarian cancer.**
- A. Symptoms are nonspecific and can appear like those of other common conditions. Symptoms are persistent and gradually worsen.
 - B. There is abdominal swelling and sense of bloating or fullness and increased abdominal girth with normal clothing fitting tightly.
 - C. There is pain in lower abdomen and pelvic area (sometimes lower back).
 - D. There is unexplained weight loss or gain.
 - E. There is a lack of energy.
 - F. There are gastrointestinal complaints, such as indigestion, gas, nausea, diarrhea, or constipation.
 - G. There are urinary complaints such as frequency or feeling of urgency to void.
 - H. There are menstrual changes and abnormal uterine bleeding.

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- III. The client/caregiver can list risk factors for ovarian cancer.**
- A. Inherited gene mutation
 - B. Family history
 - C. Age. Most ovarian cancers develop after menopause but can occur earlier.
 - D. Childbearing status. Women with at least one pregnancy have a lower risk.
 - E. Infertility increases the risk.
 - F. Ovarian cysts that form after menopause are more likely cancerous.
 - G. Obesity in early adulthood. It is also linked to a more aggressive type of ovarian cancer.
- IV. The client/caregiver can list stages of ovarian cancer.**
- A. Stage I is confined to one or both ovaries.
 - B. Stage II has spread to locations in the pelvis such as uterus or fallopian tubes.
 - C. Stage III has spread to the lining of the abdomen or to the lymph nodes. This typically is when ovarian cancer is diagnosed.
 - D. Stage IV is when the cancer has spread beyond the abdomen.
- V. The client/caregiver can list methods of screening for ovarian cancer.**
- A. Regular pelvic exams
 - B. Ultrasound of pelvis
 - C. CA 125 blood test
 - D. Pelvic CT or MRI
 - E. Laparotomy or laparoscopy to obtain samples of abdominal fluid and/or ovary tissue.
- VI. The client/caregiver can list measures to manage and treat ovarian cancer.**
- A. Have surgery.
 - B. Have chemotherapy.

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- C. Eat protein-rich foods. Eat smaller amounts of food more frequently. Eat nutritionally dense foods.
- D. Reduce stress.
- E. Be informed and learn what to expect.
- F. Build and maintain a support system.

The National Women’s Health Information Center
www.4woman.gov/

National Cancer Institute
www.cancer.gov/cancerinfo/types/ovarian

RESOURCES

Clergy

Support groups

Ovarian Cancer National Alliance
www.ovariancancer.org/

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