

5

Prostate Cancer

Patient name: _____ Admission: _____

NRS
DATE INITIAL**I. The client/caregiver can define the prostate gland.**

- A. It squeezes fluid into the urethra during ejaculation to aid in transport and nourishment of the sperm.
- B. It is a small walnut sized gland that surrounds the male urethra at the neck of the bladder.

II. The client/caregiver can list general facts about prostate cancer.

- A. It is a cancer of the prostate gland.
- B. It is the third leading cause of cancer-related deaths in men.
- C. It is detected through digital exam.
- D. Prostate cancers grow slowly and have a high survival rate if detected early.
- E. Most prostate tumors are not cancerous.

III. The client/caregiver can list factors that can increase risk of prostate cancer.

- A. Advanced age
- B. Race (Blacks have increased risk)
- C. Hereditary
- D. Diet high in fat
- E. Occupation—working with cadmium, zinc, rubber, dewaxing process in oil refining
- F. Obesity
- G. Sexually transmitted disease

IV. The client/caregiver can recognize symptoms of prostate cancer, which usually only appears at advanced stages.

- A. Frequent urination, especially at night
- B. Difficulty starting or holding urine
- C. Weak or interrupted urine flow
- D. Pain or burning during urination
- E. Blood in urine
- F. Pain in lower back, upper pelvis, and upper thighs
- G. Weight loss

NRS
DATE INITIAL**V. The client/caregiver can list common diagnostic tests.**

- A. Digital exam
- B. Prostatic-specific antigen
- C. Transrectal ultrasound
- D. Needle biopsy with ultrasound probes
- E. Bone scan

VI. The client/caregiver can list stages of prostate cancer.

- A. Stage I—early cancer as seen on microscopic exam of tissue.
- B. Stage II—cancer can be felt, but remains confined to prostate gland.
- C. Stage III—cancer has spread outside the prostate.
- D. Stage IV—cancer has spread to lymph nodes or organs far away from prostate such as bones, lungs, or other organs.

VII. The client/caregiver can state possible treatments.

- A. Surgery
- B. Radiation
 - 1. External
 - 2. Implantation
- C. Hormone therapy

VIII. The client/caregiver can list measures for management of disease.

- A. Eat a well-balanced diet with adequate fluid intake.
- B. Exercise daily with planned rest periods.
- C. Take medications as ordered.
- D. Keep follow-up appointments with physician including annual digital exam.
- E. Report signs of decreased output, swelling, hypertension, weight gain, and so forth.

(Continued)

NRS	
DATE	INITIAL

IX. The client/caregiver can list possible complications.

- A. Spread of cancer
- B. Pain
- C. Urinary incontinence
- D. Erectile dysfunction or impotence
- E. Depression

RESOURCES

American Urology Association
www.urologyhealth.org/index.cfm

Prostate Cancer Foundation
www.prostatecancerfoundation.org/

Support groups

Sexual counseling

REFERENCES

Ackley, B. J., & Ladwig, G. B. (2006). *Nursing diagnosis handbook: A guide to planning care*. St. Louis: Mosby Inc.

Canobbio, M. M. (2006). *Mosby's handbook of patient teaching*. St. Louis: Mosby Inc.

Cohen, B. J., & Taylor, J. J. (2005). *Memmler's the human body in health and disease* (10th ed.). Philadelphia: Lippincott Williams & Wilkins.

Timby, B. K., & Smith, N. C. (2003). *Introductory medical-surgical nursing* (8th ed.). Philadelphia: J. B. Lippincott Williams & Wilkins.