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Breast Surgeries: Mastectomy, Lumpectomy, and Sentinel Lymph Node Mapping

Patient name: _____ Admission: _____

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I. The client/caregiver can define the types of breast surgery used in the treatment of breast cancer.

- A. Lumpectomy is a wide incision and removal of tumor, including a margin of healthy tissue.
- B. Partial mastectomy is excision of tumor with wider margin of healthy tissue.
- C. Modified radical mastectomy is the removal of breast and axillary lymph nodes.
- D. Radical mastectomy is the removal of breast, underlying muscles, and axillary lymph nodes.
- E. Breast reconstruction is surgery to rebuild a breast's shape after a mastectomy.

II. The client/caregiver can list factors that increase the risk of breast cancer.

- A. Positive family history of breast cancer
- B. Onset of menstruation before age 12
- C. Late age at menopause (after 55)
- D. No children or first pregnancy after 30 years old
- E. Fibrocystic breast changes
- F. Previous history of breast cancer
- G. Personal history of other cancers

III. The client can follow exercises as ordered and also incorporate full range of motion into daily activities.

- A. Wall climbing (client sits next to the wall and moves both hands up the wall until pain occurs)
- B. Pendulum arm swinging (client bends at the waist and swings arms from side to side without bending the elbows)
- C. Rope pulling (client hangs a rope over the door and pulls one at a time, which alternately raises the arms)
- D. Elbow spread (client locks hands behind the neck and then gradually brings elbows together)

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IV. The client/caregiver can describe postprocedure instructions to follow at home.

- A. Assess incision daily.
- B. Keep area clean and dry.
- C. Call physician if signs and symptoms of infection occur.
 1. Increased redness
 2. Increased pain
 3. Swelling
 4. Yellow, thick drainage from incision
 5. Fever over 100°F
 6. Increased drainage or bleeding

V. The client/caregiver can list measures to protect arm and to prevent injury to arm.

- A. Avoid constrictive clothing, jewelry, or wristwatch.
- B. Avoid blood pressure, venipunctures, or injections.
- C. Avoid carrying heavy objects on the affected arm.
- D. Avoid burns, cuts, scratches, or trauma to affected arm.
- E. Avoid sunburn.
- F. Avoid the use of deodorants or antiperspirants if incision reaches axilla area.
- G. Avoid burns, cuts, scratches, or trauma to affected arm.
- H. Avoid strong detergents and other chemicals.
- I. Use a thimble when sewing.
- J. Wear heavy garden gloves when gardening.
- K. Wear heavy thermal gloves when reaching in oven.
- L. Use hand lotion to prevent skin dryness.
- M. Elevate arm frequently to prevent swelling.

VI. The client/caregiver can list measures to prevent recurrent cancer.

- A. Continue to do breast self-exams (give "breast self-exam" teaching guide).

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B. Have regular medical checkups and keep follow-up appointments with physician.

VII. The client/caregiver can list possible complications.

- A. Lymphedema (an accumulation of fluid) in arm
- B. Infection

RESOURCES

Cancer Response Information
800-227-2345

“Reach for Recovery” Program

- Provides opportunity to talk to another person who has had a mastectomy.
- Provides brochures to show exercises, breast prosthesis information, and so forth.
- Provides a free temporary fluff prosthesis until the client is ready for weighted prosthesis.

Sources for breast prosthesis

Support groups

Counseling

REFERENCES

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