

## The importance of the nursing team in front of the early diagnosis of breast cancer



<https://doi.org/10.56238/globalhealthprespec-014>

### Adriana Dias de Alcântara

Students of the University Center of the Federal District UDF, Brasília, DF.

### Eline Christina de Oliveira Silva

Students of the University Center of the Federal District UDF, Brasília, DF.

### Elizangela Leite da Costa

Students of the University Center of the Federal District UDF, Brasília, DF.

### Mariana Rodrigues da Silva de Menezes

Professor at the University Center of the Federal District UDF, Brasília, DF.

### ABSTRACT

**Introduction:** in the world, breast cancer is the type that most affects women, even considering developing countries as well as developed countries. Early diagnosis is the main ally for obtaining a positive response to treatment. **Objective:** to identify the importance of the nursing

team in the face of early diagnosis of breast cancer. **Methodology:** this is an integrative literature review that aims to survey, analyze and describe scientific publications. The survey was carried out between January and March 2023 and covers the period of the last 5 years. The main databases used were: LILACS, BDNF and PUBMED, using the Boolean operator “AND” with the descriptors: “Mammary Neoplasia”; “Early Diagnosis”; “Nursing care”. **Results:** the search for articles found 36 articles and, in the end, 10 articles were eligible for the search that will be part of the construction process. **Conclusion:** the nursing team masterfully fulfills its role according to its reality, but this does not mean that it cannot reach other means to actually improve its patient care. More studies are needed in this area and that public policies must be designed to solve the present and the future. Nurses must dedicate themselves to updating diseases and especially breast cancer in women so that they are actually prepared to deal with the stages of the disease in a way that their role is not just mechanized but humanized.

**Keywords:** Breast Neoplasm, Early Diagnosis, Nursing care.

## 1 INTRODUCTION

BRASIL (2021), in the world breast cancer is the type that most affects women, considering developing countries as developed countries. In the year 2020 about 2.3 million new cases were recorded worldwide. This significant number represents about 24.5% of all types of neoplasms diagnosed in women. Incidence rates vary according to different regions and have a higher incidence in developed countries.

In Brazil, 66,280 new cases of breast cancer were recorded in 2021. For every 100,000 women, the estimated risk is 61.61% of cases. Breast cancer ranks No. 1 in mortality among women in Brazil. The highest incidence and mortality rates were recorded in the South and Southeast regions of Brazil (BRASIL, 2021).

Early diagnosis contributes to the reduction of the stage of presentation of cancer. The nurse's role is to highlight the importance of early diagnosis for the recognition of signs and symptoms, as



well as to expedite rapid access to health services both in primary care and in reference services for diagnostic investigation (GONÇALVES et. al. 2018).

The following are considered suspicious signs and symptoms of breast cancer and of urgent reference for diagnostic confirmation: any breast lump in women over 50 years of age; Breast lump in women over 30 years old that persist for more than one menstrual cycle; Breast lump of hardened and fixed consistency or that has been increasing in size, in adult women of any age; Unilateral bloody papillary discharge; Eczematous lesion of the skin that does not respond to topical treatments; Men over 50 years of age with unilateral palpable tumor; Presence of axillary lymphadenopathy; Progressive increase in breast size with the presence of signs of edema, such as orange-peel-like skin; Retraction in the skin of the breast; Change in the shape of the nipple (GONÇALVES et. al. 2018).

The nursing team should encourage the woman to seek the doctor, whenever she notices an alteration in her breasts. It is necessary that the health system is able to welcome, inform and perform the examinations for the diagnosis in time favourable. The priore for scheduling examinations has to be given to these women who present symptoms, that the lesion in the breast is palpable or presents other warning signs (BRAZIL, 2022).

The objective of this study was: "To report, through research in databases, the importance of the nursing team in the face of the early diagnosis of breast cancer".

## 2 METHODOLOGY

It is an integrative literature review that aims to survey, analyze and describe scientific publications in a predetermined area (COELHO, 2021).

The survey was conducted between the months of January to March 2023 and covers the period of the last 5 years. The guiding question was: "What is the importance of the nursing team in the face of the early diagnosis of breast cancer?". The databases used were: LILACS (Latin American and Caribbean Health Sciences Literature), BDNF (Nursing Database) and MEDLINE (Medical Literature Analyses and Retrieval System Online (MEDLINE/PUBMED), using the Boolean operator "AND" with the descriptors: "Breast Neoplasm"; " Early Diagnosis"; "Nursing Care".

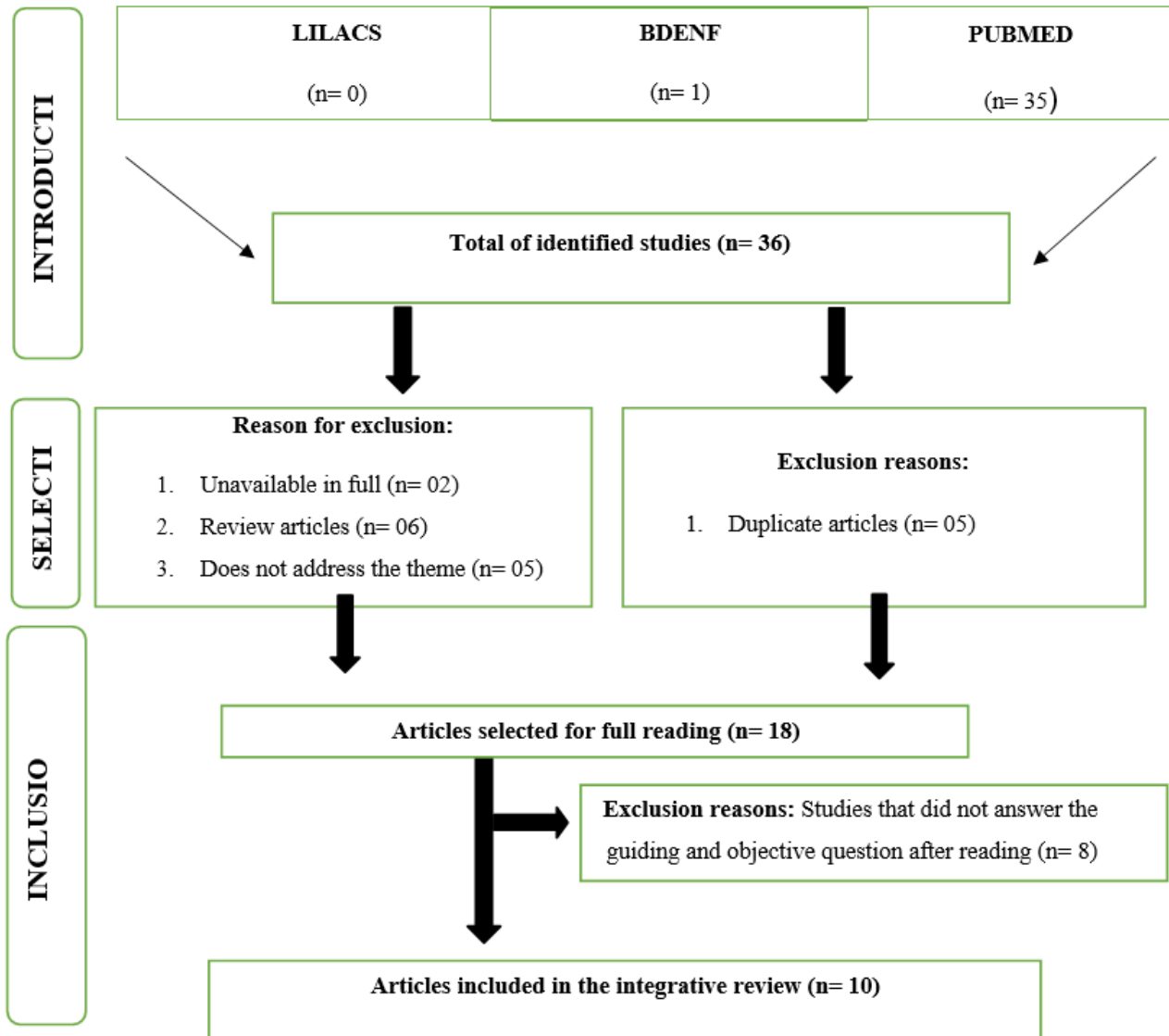
As inclusion criteria, we considered original articles in English and Portuguese, published between 2018 and 2022, that involved the importance for the success of breast cancer treatment when diagnosed early. Reports, case series, letters to the editor, abstracts, dissertations or academic theses, and articles that did not understand the proposed theme were excluded.

## 3 FINDINGS

After searching the databases where 36 articles were found and after the inclusion and exclusion criteria, 10 articles eligible to compose the research were obtained.



Figure 01- Result of the searches in the databases inserted in the PRISMA flow diagram.



Source: prepared by the authors, 2023.

The following table shows the 10 eligible articles during the search and the main findings of these articles.



Table 01. Description of the articles selected for the construction of this article.

Author / year of publication	Goal	Type of study	Findings
BARBOSA Y. C.; RABÊLO P. P.; AGUIAR M. I.; AZEVEDO P. R.; CORTÊS L. S. 2018. São Paulo.	To investigate the actions for the control of breast cancer developed by Nurses of the Family Health Strategy in a capital city of the Brazilian Northeast.	Transverse	There was a lack of familiarity with the high-risk factors and the indications for early detection tests. Most of the actions are not planned systematically and are restricted to the moment of the Pap smear.
PEREIRA A. C.; OLIVEIRA D. V.; ANDRADE S. S. 2018. Rio de Janeiro.	To evaluate the effect of educational intervention on breast cancer through the Systematization of Assistance of Nursing (NCS).	Descriptive	The stages of the International Classification of Nursing Practice (ICNP) ® were followed, through the seven axes. Considering the importance of health promotion, dissemination of means of prevention and early detection of breast cancer, this proposal strengthened professional autonomy in educational activities through the use of NCS.
BELFORT L.R.M.; LIMA K.M.; DUTRA L.P.F.; DELLACUQUA M.N.; MARTINS V.H.S.; MACEDO L.J.A. 2019. Paraíba.	To understand the role of nurses in the early diagnosis of breast cancer, to describe the actions and strategies used for this objective and to know their perceptions about their role.	Descriptive	The professionals present knowledge about breast cancer and its screening, however, they are still deficient and confused. There is a need for public policies that prioritize the training of professionals so that they can reflect on the improvement of health indicators.
FERREIRA D. S.; SANTOS F. M.; COSTA E. C.; MACIEL N. S.; COSTA R.L.; CARVALHO M. L. 2020. São Paulo.	Analyzes knowledge, practices and attitudes about the detection of breast cancer by nurses in primary care.	Descriptive	Regarding the nurses' knowledge, 6.4% presented adequate knowledge with the need to improve it. Regarding attitude, 85.4% obtained adequate results and in practice, 50% obtained adequate results.
SILVA J.; MARINHO V.R.; IMBIRIMBA T.C.O. 2021. São Paulo.	Identify the role of the nurse in the care of cancer patients.	Qualitative description	It is understood that the Nurse is indispensable in the care of cancer patients through the realization of nursing consultations, elaboration of therapeutic planning as a preventive method, application of chemotherapy, treatment of side effects, monitoring of vital signs, in addition to referrals to other sectors and multiprofessional team.
MOURA T. S.; MAGALHÃES P. A. P. 2021.	To identify the nurse's perception of knowledge about the Systematization of Assistance of Nursing in the early detection and prevention of breast cancer in women in Primary Care Health.	Descriptive	The nurses who participated in the study demonstrated knowledge about their role and prevention strategies for early detection of breast cancer, but with the overload of work and the time factor, they present difficulties regarding these actions in practice.



Minas Gerais.	Unveil the behavioral changes of the different social supports from the diagnosis of breast cancer.	Descriptive	There were behavioral changes in social support networks after the diagnosis of breast cancer, the greatest behavioral changes occurred in the family (43.5%), followed by the intimate partner (30.4%) and among friends (26.1%).
AMBROSIM M. Z.; BARBOSA	Report the experience Acquired To sensitize women about the self-knowledge of the breasts as a way of prevention and an early diagnosis of breast cancer.	Descriptive	The strategy involved about 16 women, all over the age of 40, since the focus was on prevention. It was observed that prevention is a way to sensitize women about the risk of developing breast cancer, in addition, it was perceived that nursing intervention was extremely important. The experience of the individual approach provided a broad view on each preventive report, making professional contact and customer.
B. L.; OLIVEIRA A. G.; AMBROSIO M. M.; LIMA E. F.; LEITE F. M.	To investigate the actions of nurses working in Primary Health Care in the prevention of MC in Campina Grande (PB).	Descriptive and explorative	In their results, five categories emerged: General knowledge about MC; Professional training and health education of the population; Nurse's clinical approach in the prevention of MC; Difficulties in prevention; Self-analysis of professional practice.
2021. Minas Gerais.	Understand the development of women's autonomy to prevent breast cancer.	Qualitative	From the analysis emerged the theme, development of women's autonomy for the prevention of breast cancer.

Source: prepared by the authors, 2023.

## 4 DISCUSSION

### 4.1 PATIENT AUTONOMY ALLIED TO THE NURSING TEAM

It is known that the female public in numbers of breast cancer cases holds the highest percentage. It is worth mentioning the importance of women's autonomy in relation to the search for health services, since this autonomy is one of the main reasons that makes women undergo periodic examinations for the early detection of breast cancer (MARTINS et. al. 2022).

Following this line of thought in relation to autonomy, regardless of health status, autonomy becomes important when, within breast cancer, it is fundamental and is related to the positive effects on the change, for example, of lifestyle, and thus has been contributing to the improvement of health (VIEGAS et. al., 2022).



The nursing team during the detection of breast cancer becomes indispensable when related to adherence to treatment, the influence that nursing awakens in the patient is the starting point in the adherence of the actions proposed by the nursing team (AMBROSIM et. al., 2021).

The union of women's autonomy in relation to the care of their health allied with the actions proposed by the nursing team has within its cases a greater positive number in relation to adherence to the early discovery of the disease and to treatment, since this union makes the number of recovered is increasingly increasing (VIEGAS et. al. 2022).

When we mention women's autonomy, this means that it favors them to know their own health, so that cancer prevention measures are an ally, aiming at the opportunity to make decisions about their health, and this positively impacts the early discovery of cancer, where it becomes even more feasible to obtain a cure (VIEGAS et. al., 2022).

Nursing is the main ally in health promotion so that women's autonomy is respected and in this perspective it is understood that the nursing team provides development in health actions when it understands that women should be respected in decision-making during their treatment. The nursing staff, in addition to providing their services, has, in their first conversations with patients, that treatment actions combined with patient commitment have a greater chance of obtaining a positive result for their treatment (VIEGAS et. al., 2022).

#### 4.2 NURSING PRACTICE IN BREAST CANCER DETECTION

The search for the improvement of their practices as nurses has grown in recent years. It is known that to become a professional of excellence it is necessary to have a reflective and critical view about their practices. Knowledge is the main ally that ensures the techniques of promotion, maintenance of health and prevention of diseases, thus aiming to provide that the care offered by the nursing team is safe, humanized and that in fact helps, for example, in the early discovery of breast cancer (MACIEL et. al. 2020).

Nurses face difficulties during the process of discovering breast cancer due to the lack of deep knowledge on the subject and adding the long waiting lines, scheduling exams and appointments, these last three factors that do not depend on the nurses, but directly impact on the delay in the discovery of the disease and with this the delay in diagnosis has had a negative effect and thus has increased the number of cases that have no cure ( MARTINS et. al. 2022).

For these factors to be solved, it is necessary that there are public policies that encourage these professionals to always be improving in the new techniques that have been emerging. Knowing the conduct to be adopted in the detection of breast cancer is a practice of nurses who should be allied to their actions within the ideal treatment for each specificity. The knowledge of the various forms of cancer detection and screening is essential for the clinical practice of the nursing team, this is directly



linked to means that accelerate the scheduling of examinations, consultations and so that, in fact, the queues are reduced, and with this, the early diagnosis actually happens (MACIEL, et. al., 2020).

There are several means of improvement to consolidate the good practice of the nursing team in order to ensure humanized care for this type of patient. Improvement courses aim to contribute to the good care of this team in a responsible, humanized way that through their safe actions the best type of treatment is established. It is known that the knowledge of these professionals is vulnerable and this improvement is important when the improvement reaches not only the professionals but also the main stakeholders, which in this case are the patients (MOURA; MAGALHÃES, 2021).

It is impossible to have a good nursing practice without combining education. Education is the main means responsible for the training and maintenance of excellent professionals. Education stimulates, makes us reflect on the care offered, and it is through it that the public policy of incentive aims to demonstrate that a good professional never stops improving. The improvement aims to stimulate the individual while to his treatment offered to the patients so that he identifies where he needs to improve and that seeks to remedy the deficiencies existing in his profession (SILVA; MARINE; IMBIRIMBA, 2021).

#### 4.3 EARLY DIAGNOSIS

The incidence of breast cancer is higher in women and early diagnosis is the main ally that increases the chances of treatment and its cure. Prevention is allied to healthy lifestyle habits such as ideal nutrition, without smoking and alcoholism and sedentary lifestyle are some factors that are linked to cancer prevention. It is known that self-examination, clinical examination of the breasts and imaging exams are indispensable means in the search for the early detection of breast cancer (BELFORT et al.; 2019).

The nursing team has in its role to be a health educator who aims to promote and guide women regarding the symptoms and their risk factors, the importance of their autonomy in relation to self-knowledge as well as in the identification of nodules, thus the performance of self-examination and search for care are roles of development by the nursing team with the in order to alert women about the importance of self-care and early diagnosis (SILVA, et. al., 2022).

Silva et. al. (2022) says that breast nodules are mostly detected by women during self-examination, so he reaffirms the importance that the nursing team develops during their consultations, for example, gynecological, the encouragement of self-care in relation to breast cancer in women. He says that during these consultations the team clarifies several doubts of the woman and with this opens an alert for the care of her health. Thus, these consultations become an important link of information about the importance of caring.



The strategies developed by the nursing team are humanized practices of disease prevention and coping with the disease. These strategies help during the treatment process, which is often painful and lonely, but this support network demonstrates to the patient that she is not alone, that she has professional and family support (SILVA, et. al., 2022).

The nurse knows that taking care of the cancer area is challenging, the lack of structure, excess demand, long lines, lack of training of professionals and sometimes in its great majority unaware of the control of the disease, are factors that make access to early treatment delayed. In general, it is necessary to create public policies that solve, for example, the lack of structure and long lines, encouraging the training of professionals so that the tracking of this public is met quickly (FERREIRA et. al. 2020).

The lack of organization allows for flaws in the early diagnosis process. The performance of nursing in patient care needs to be agile and thus prevents women from having sequelae or even the loss of their lives due to the late discovery of the disease (BARBOSA, et. al., 2018).

## 5 FINAL CONSIDERATIONS

This study was done in order to identify the importance of prevention when referring to breast cancer in women. Factors such as the improvement of the nursing team, the creation of public policies to encourage women's health care need to be intensified so that the number of successful treatment is increasingly increasing.

It is worth mentioning the importance of creating policies to encourage women's health care so that they do not seek help only when they feel something different, but that care should be at all stages of their lives. The nurse must dedicate himself to updating the diseases and especially here to breast cancer in women so that he is in fact prepared to deal with the phases of the disease in a way that his role is not only mechanized but humanized.

The nursing team fulfills its role with mastery according to its reality, but this does not mean that it cannot achieve other means to actually improve its patient care. Seeking new learning, updates on breast cancer are effective means in the search for as many cured as possible in the face of this disease.

It is also his role to respect the specificities of each one he serves, but his goal is to offer a better quality of life for these patients who with early diagnosis leaves no doubt that the number of cured is much higher in the face of this reality that should be a public policy to encourage these women.

During the construction of this article it was identified that more studies are needed in this area and the creation of public policies aimed at women's health is essential for early diagnosis. It is the duty of the state and of everyone, and especially of the health class, to fight for these policies that will





give hope for a better future, not only for those who fall ill, but also for those who follow the whole process, be it a professional or a family member.



## REFERENCES

- AMBROSIM M. Z.; BARBOSA B. L.; OLIVEIRA A. G.; AMBROSIO M. M.; LIMA E. F.; LEITE F. M. Diagnóstico do câncer de mama: implicações na mudança de comportamento da rede de suporte social. *Revista Online de Pesquisa*. Santa Catarina. 2021.
- BARBOSA Y. C.; RABÊLO P. P.; AGUIAR M. I.; AZEVEDO P. R.; CORTÊS L. S. Detecção precoce do câncer de mama: como atuam os enfermeiros da atenção primária à saúde. *Revista APS*. Maranhão. 2018.
- BELFORT L.R.M.; LIMA K.M.; DUTRA L.P.F.; DELLACUQUA M.N.; MARTINS V.H.S.; MACEDO L.J.A. O papel do enfermeiro no diagnóstico precoce do câncer de mama na atenção primária. *Research, Society and Development*. Santa Catarina. 2019.
- FERREIRA D. S.; SANTOS F. M.; COSTA E. C.; MACIEL N. S.; COSTA R. L.; CARVALHO C. M. L. Conhecimento, atitude e prática de enfermeiros na detecção do câncer de mama. *Revista ESP*. Ceará. 2020.
- GONÇALVES J. C.; SIQUEIRA A. S. E.; ROCHA I. G.; LIMA E.F.; ALVES L. S.; MENDONÇA R. O.; MERHY P. E.; LAND E. E. Evolução histórica das políticas para o controle do câncer de mama no Brasil. *Diversitates International Journal*, v. 8, n. 1, 2018.
- INSTITUTO NACIONAL DE CÂNCER JOSÉ ALENCAR GOMES DA SILVA. Detecção precoce do câncer. Rio de Janeiro: INCA, 2022. Disponível em: <https://www.inca.gov.br/publicacoes/livros/deteccao-precoce-do-cancer> Acesso em: 25 mar. 2023.
- MARTINS T. D.; WELLER M.; SOUSA C. S.; BATISTA J. D. Prevenção do câncer de mama na Atenção Primária à Saúde: uma análise sobre a atuação de enfermeiros. *Revista Saúde e Pesquisa*. Paraíba. 2022.
- MOURA T. S.; MAGALHÃES P. A. P. Percepção dos enfermeiros acerca da detecção precoce e prevenção do câncer de mama na atenção primária à saúde. *Revista de Saúde Catanduva*. São Paulo. 2021.
- PEREIRA A. C.; OLIVEIRA D. V.; ANDRADE S. Sistematização da assistência de enfermagem e o câncer de mama entre mulheres. *Revista Nova Esperança*. Paraíba. 2018.
- SILVA J.; MARINHO V.R.; IMBIRIMBA T.C.O. Câncer de mama: o papel do enfermeiro na assistência de enfermagem ao paciente oncológico. *Revista REASE*. Amazonas. 2021.
- SILVA B. M.; ROCHA D. B.; NASCIMENTO M. R.; RAMOS V. K.; ARAÚJO M. C. Diagnóstico precoce do câncer de mama: sensibilização através do folder educativo. *Revista BIONORTE*. Minas Gerais. 2022.
- VIEGAS A. C.; MUNIZ R. M.; ZILMER J. G.; SANTOS B. P.; CARDOSO D. H.; AMARAL D. E. Autonomia da mulher para prevenção do câncer de mama. *Revista REAS*. Minas Gerais. 2022.