Using Evidence-Based for Developing of Clinical Nursing Practice Guideline to Prevent and Relieve Oral Mucositis in Cancer Patients Receiving Chemotherapy

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Problem
Treatment of cancer with chemotherapy is increasingly more effective, but it can result in increased side effects such as oral mucositis. The purpose is of the article to evaluate how to prevent and relieve oral mucositis in patients receiving chemotherapy.

Evidence
Searched terms included mucositis, chemotherapy and nursing; 5 relevant research studies, classified 2 level A, 3 level B.

Strategy
Clinical practices are as follows: 1) assessment 2) preventive and therapeutic oral care 3) brushing, bland rinses, and moisturizers using standardized oral care 4) interdisciplinary approach 5) giving information at home.

Practice Change
The guideline was tested with 55 clients admitted in the Chemotherapy ward, Srinagarind hospital by registered and practice nurses. For mucositis measurement, and nursing intervention, patients are instructed hold ice in their mouths 30 minutes prior to and following the infusion for at least five minutes every 2 hours.

Evaluation
Mucositis measurement is divided into 0 to 4 point scale (none to severe), performed before receiving chemotherapy and related to the level of mucositis.

Results
Among the 55 patients, 70.91% being head and neck patients, 54.55 % were free from mucositis (grade 0), 34.55 % experienced grade 1, 7.27 % experienced grade 2, 3.63% experienced grade 3 and no one experienced grade 4. This result suggested that the clinical nursing practice guideline to prevent and relieve oral mucositis in cancer patients receiving chemotherapy can guide nurses to practice with standard of care.

Recommendations
There was evidence that using cryotherapy in groups of patients receiving high-dose therapies and patients with head and neck cancer with increased risk for severe oral mucositis and complications was effective.
Lessons Learned
Oncology nurses can improve their practices to prevent oral mucositis. As new interventions become available, nurses will continue to directly enhance patient outcomes.

Bibliography


Key word: Evidence based practice, Clinical nursing practice guideline, Music therapy, Cancer pain in cancer patients