Guimarães RCR, Gonçalves RPF, Lima CA et al.

Nursing actions facing...



# INTEGRATIVE REVIEW OF THE LITERATURE

Ações de enfermagem frente às reações a quimioterápicos em pacientes oncológicos

Nursing actions facing reactions to chemotherapy in oncological patients

Acciones de enfermería delante las reacciones a quimioterapéuticos en pacientes con câncer

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#### **ABSTRACT**

**Objective:** Describing the action of nursing facing the chemotherapy reactions in oncological patients. **Method:** Integrated review of literature of 14 scientific articles published in the last 10 years. **Results:** The adverse reactions inherent to the chemotherapy treatment manifested by the patients are frequent. Nausea and vomit were the main reactions described in chemotherapy. The nursing job is developed through the orientation before and during the treatment and has as an improvement of the psychological state of the patient, ensuring security in the proposed treatment. **Conclusion:** The orientation leads to a better acceptance of chemotherapy, favoring the continuation of the treatment. The need of an improvement of the registers of nursing was evidenced, as well as the implementation of the evaluation process in the construction of to evaluate the procedure and or specific interventions. **Descriptors:** Chemotherapy, Adverse effects, Care in nursing.

#### **RESUMO**

Objetivo: Descrever as ações de enfermagem frente às reações a quimioterápicos em pacientes oncológicos. Método: Revisão integrativa da literatura de 14 artigos científicos publicados nos últimos 10 anos. Resultados: As reações adversas inerentes ao tratamento quimioterápico manifestadas pelos pacientes são frequentes. A náusea e o vômito foram as principais reações da quimioterapia descritas. O trabalho da enfermagem é desenvolvido através da orientação antes e durante o tratamento, e tem como objetivo primordial melhorar o estado psicológico do paciente, fornecendo segurança no tratamento proposto. Conclusão: As orientações levam a uma melhor aceitação da quimioterapia, favorecendo a continuação do tratamento. Constatou-se a necessidade de melhoria dos registros de enfermagem, bem como a implantação do processo avaliativo na construção de indicadores para avaliar condutas e/ou intervenções específicas. Descritores: Quimioterapia, Efeitos adversos, Cuidados de enfermagem.

#### **RESUMEN**

Objetivo: Describir las acciones de enfermare en las reacciones al quimioterapéutico en pacientes con cáncer. Método: Revisión integradora de literatura de 14 artículos científicos publicados en los últimos 10 años. Resultados: Las reacciones adversas inherente a la quimioterapia manifestado por los pacientes son frecuentes. La náusea y el vómito fueron las principales reacciones de la quimioterapia descritos. El trabajo de enfermare es desarrollado por medio de la orientación antes y durante el tratamiento y tiene como objetivo primordial mejorar la condición psicológica de los pacientes, proporcionando seguridad para el tratamiento. Conclusión: Las orientaciones llevan a un mejor aceptación de la quimioterapia, favoreciendo la continuación del tratamiento. Se encontró la necesidad de mejora de los archivos de enfermare, así como la implantación del proceso evaluativo en la construcción de indicadores para evaluar conductos y/o intervenciones específicos. Descriptores: Quimioterapia, Efectos adversos, Cuidados de enfermare.

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### **INTRODUCTION**

ancer is a chronic-degenerative pathology considered, currently, a public health problem. Sure of the diagnosis as well as treatment, interferes directly on patients' quality of life. In this way, nursing plays an important role in the follow-up of cancer patients, in control of adverse reactions, having influence on improvement of quality of life the same. I front of a cancer diagnosis, any individual has their quality of life shaken for several reasons, among them, the uncertainty of life expectancy, the body's responses to possible treatments In addition to the change in his concept of health/disease. Thus, it is considered that the quality of life is directly related to the State of health of the person.

Chemotherapy is an important therapeutic modality for cancer, represented by the use of chemical substances, isolated or in combination, to interfere in the process of growth and cell division, destroying the tumor cells and also attack normal cells that have similar characteristics. Currently, chemotherapy is among the methods of treatment, which has a higher incidence of cure in several tumors, and that more increases the survival rate of cancer. One can classify it in neo-adjuvante chemotherapy, when administered before a surgical procedure, with the objectives to assess the response and reduce antineoplasic tumor, and in adjuvant chemotherapy, administered after surgical treatment, in order to eradicate possible micrometástases.<sup>2</sup>

On professional experience, watching cancer patients undergoing chemotherapy treatment, a great frequency of adverse reactions in these patients.<sup>3</sup> Nursing plays an extremely important role in monitoring and minimization of adverse effects. Acts positively on the physical and global adjustment of patients in chemotherapy treatment through a systematic nursing care, especially as regards implementation of accurate and effective interventions against the side effects resulting from the administration of chemotherapeutic drugs.<sup>4-5</sup>

Faced with the need to provide the oncological patient a better quality of life during and after treatment of chemotherapy, this study aimed to identify and analyze the Brazilian scientific production on the nursing care in the face of reactions to chemotherapy in cancer patients, seeking to highlight gaps and dimensions addressed regarding the theme.

## **METHOD**

It is an integrative literature review study on nursing actions facing the oncology patient reactions to chemotherapy. For the operationalization of the integrative review, the following steps were followed: the selection of thematic issues, establishment of criteria for inclusion and exclusion for selection of articles (sample selection), selection of research, analysis and interpretation of results, dissemination.<sup>6</sup>

The bibliographic survey of publications indexed and catalogued was conducted during the months of June and July 2013 using descriptors chemotherapy, adverse effects and nursing care, in the following databases: Latin American literature of the Caribbean in Health Sciences (LILACS), database in nursing (BDENF) and Scientific Electronic Library Online (SCIELO). Were also used, as a source of research, databases of theses and dissertations of the Universidade Federal de Minas Gerais (UFMG) and the University of São Paulo (USP).

After searching in the databases, the following criteria were adopted for the inclusion of articles: articles that cover a specific topic; studies involving adults, restricted the period 2002 to 2012, in the Portuguese language, which were available in full. Various strategies were used in the search electronics, in an attempt to find the maximum of publications.

Table 1 describes in detail the route to raising articles. The sample was composed by publications concerning adverse reactions of cancer patients to chemotherapy. The results from each study were discussed in the light of the specific literature.

Table 1 - Electronic search strategy. Montes Claros, MG, 2012.

	Obta	ained	Excl	uded	Selected	publications
Database accessed	publications		publications			
	n	%	n	%	n	%
LILACS	31	33,3	23	29,1	08	57,1
SCIELO	02	2,1	02	2,5	00	00
BDENF	50	53,8	46	58,2	04	28,6
Basis of theses and dissertations from USP and UFMG	10	10,8	08	10,2	02	14,3
Total	93	100	79	100	14	100

# **RESULTS AND DISCUSSION**

After thorough reading, 14 were selected articles that met the criteria for inclusion. Below, are analyzed with greater detail specific nursing publications identified in the 2002 to 2012.

Table 1 - Characterization of the studies.

Article's name	Authors	Goal of the study	Main results/conclusions
Nursing care and	Silva SR,	Analyzing the problems of	Through systematic
home monitoring in	Aguillar OM	patients undergoing	nursing care, the
anticancer	(2002)	chemotherapy anticancer;	problems related to the
chemotherapy		identify the demand for	side effects of
		nursing home care;	chemotherapy anticancer
		implement a system of home	were minimized, even
		care for post-chemotherapy	though they are inherent
*		care continuity; analyze the	in the treatment.
		proposal of systematic	
		assistance.	
Assistance to women	Frigato H	Reporting on the assistance	In addition to inform and
with cervical cancer:	(2003)	provided to women with	reassure the patient and
the role of nursing		uterine cancer, with an	their family members,
		emphasis in nursing	nursing can minimise,
		developed in the process of	through prior screening,
		assistance.	treatment side effects, in
			addition to predict the
			need for higher
			frequency of medical
			evaluation.
Monitoring and	Almeida	Monitoring and evaluating	The survey results
evaluation of the side	EPM,	the occurrence and the	showed that 82.4%
effects of	Guitiérrez	degree of intensity of	showed at least one of
chemotherapy in	MGR, Adami	nausea, vomiting and	the searched symptoms,
patients with colon	NP (2004)	diarrhea in patients	however, with degree of
cancer.		undergoing outpatient	intensity I, indicating
		chemotherapy and who have	that the guidelines of
		received nursing information	nursing and the ongoing
		for the management of these	monitoring contributed
		symptoms.	to the greater
			effectiveness of the
			management of these
			symptoms on the part of

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			patients.
			pacients
Adverse effects of	Boery EN,	Reporting adverse effects of	The knowledge of health
chemotherapy in treatment of lung	Gutiérrez R, Boery	chemotherapy in the treatment of patients with	professionals, especially nurses, on adverse events
cancer	RNSO	lung cancer with the goal of	of chemotherapy
	(2005)	contributing to a better	treatment, as well as the
		understanding of the impact	incorporation of
		of this treatment on the l <mark>ife</mark>	responsibility in
		of these patients.	minimizing these effects,
			either in monitoring or
			guidance, can help
			patients face the disease with more
			determination, and
			minimize the side
			effects, influence on the
**			outcome of treatment
			and to improve the
			quality of life during the course of treatment.
Adverse reactions to	Santo EARE,	Identifying and quantifying	Adverse reactions
treatment with 5-	Vanzeler	the adverse reactions to	submitted by patients
Fluouracil in patients	MLA (2006)	chemotherapy for 5-	treated with 5-FU and
with colorectal		Fluouracil (5-FU) 425mg/m2	Leucovorin were found
cancer		and Leucovorin (LV) 20	with primarily in TGI,
		mg/m2 (RA-5FU) with the	being the most frequent
		schema Mayo (5 days of treatment, with intervals of	nausea. Late reactions were more frequent than
		3 to 4 weeks for a total of 6	the immediate, and,
		cycles).	although all patients
			have used antiemetics
			associated to
			chemotherapy, the
			nausea, the vomiting and
			the hiporexia were present in all cycles of
			chemotherapy.
Chemotherapy	Silva SR,	Reviewing the literature	The authors identified
Administration: a	Andrade MA	looking for updated	the importance of the
nursing protocol	(2007)	information regarding the	oncological assistance
proposal		protocols of nursing care in	and planning, based on
		the administration of	up-to-date information,

	<u> </u>	chemotherapy.	presented the Protocol of
		спетіоспетару.	nursing care in the
			administration of
			chemotherapy.
Nursing care of	Zampiere D	Study with the purpose of	The nurse-patient
patients with nausea	(2007)	analyzing people with cancer	relationship-family is
and vomiting under	(2007)	in chemotherapy treatment	essential importance.
quimiostático		with nausea and vomiting,	Establish a profile for
treatment		and to plan an appropriate	each customer is the
treatment		assistance to these patients.	basis to identify problems
		assistance to these patients.	and plan for nursing care.
			and plan for harsing care.
Nursing guidance to	Penido ISO,	Reviewing the literature on	The literature indicates
the patient in	Lima EDRP	nursing guidelines to cancer	that it is the
chemotherapy	(2007)	patients in chemotherapy	responsibility of the
treatment: a review	(2007)	treatment.	nurse to ensure that the
of the literature	4	deadinent.	information provided to
of the fiterature			patients are quite clear
			and accurate. Patients
			with good understanding
			of your condition and its
			treatment, probably,
			present greater
			adherence to treatment.
Leakage prevention	Ferreira	Identifying evidence in the	The authors conclude
for chemotherapy	MT, Reis	scientific literature related	that it is of utmost
anticancer:	PED, Gomes	to prevention of	importance that new
integrative review	IP (2008)	extravasation in patients	studies, testing effective
and the second s	(====)	undergoing intravenous	ways of prevention, to be
		infusion chemotherapy	carried out by the
		peripheral vesicant.	nurses, so they are best
		p or process, y consenses	provided evidence for
			decision making and
			clinical support for
			prevention of
		_	extravasation in patients
			undergoing peripheral
			intravenous
			chemotherapy.
Adverse effects	Reis PED,	Verifying the occurrence of	Patients undergoing
identified in place of	Rodrigues	local changes	cancer treatment often
peripheral	CC, Vasques	(thrombophlebitis, pain,	exhibit poor venous
intravenous infusion	CI, Carvalho	Erythema, Vasospasm,	network, making it
for chemotherapy	EC (2008)	vesicles, and tissue necrosis)	difficult to puncture. The
drugs		in peripheral venous network	data show that 40% of
		of adults undergoing	the subjects presented
		3. 15	, , , , , ,

		intravenous chemotherapy.	complaints referred to
		mararenous enemotierapy.	(pain, burning, or
			stinging) or damage
			observed (local
			Erythema, edema or
			extravasation).
Non-pharmacological	Silva DRF,	Identifying evidence in the	The authors conclude
interventions for	Reis PED,	scientific literature related	that the results suggest
nausea and vomiting	Gomes IPG,	to non-pharmacologi <mark>cal</mark>	that the use of non-
induced by	Funghetto	interventions (acupressu <mark>re,</mark>	pharmacological
chemotherapy:	SS, Ponce	acupuncture,	interventions for nausea
integrative review	de Leon	eletroacunpuntura,	and vomiting induced by
	CGRM	relaxation and yoga) for	chemotherapy should be
	(2009)	nausea and vomiting induced	considered in patients
		by chemotherapy.	with cancer, especially in
			those who experience
	- 4		recurrence of êmese in
Dermatologic toxicity	Gozzo TO,	Analyzing the occurrence of	subsequent cycles.  The record of
in women with breast	Panobianco	dermatologic toxicity caused	complications by the
cancer undergoing	MS, Clapis	by drugs used in the	nursing staff is essential
chemotherapy	MJ, Almeida	adjuvant and neoadjuvant	for the monitoring of
, and making the state of the s	AM (2010)	chemotherapy protocol	venous puncture sites
		between women with breast	used during the
		cancer.	chemotherapy
			treatment, as well as the
			measurement and
			photographic record of
		/_/_	the site. Observed in
			neoadjuvant therapy and
			adjuvant, records on the
			charts of hardened injury
			on-site, fibrosis, pain,
			hyperemia and
	6 11 -11		overflows.
Prevention and	Gondim FM,	Identifying evidence on	The mucositis requires
treatment of oral	Gomes IP,	prevention and treatment	active participation of
mucositis	Firmino F	for oral mucositis induced by	the nurse, acting in the
	(2010)	chemotherapy and/or radiation they subsidize	pre-therapeutic
		radiation they subsidize nursing care.	assistance, preventing and preparing the
		nursing care.	patient through
			individualized evidence-
			based approach. It was
			found that the
			maintenance of good
			oral hygiene (39.4%) is

			the most effective form of prevention. The
			stands out is currently
			the low power laser
			(21.0 percent), followed
			by the chlorhexidine
			gluconate 0.12% (18.4%)
Hand-foot syndrome	Simão DAS,	Reporting a case of a patient	The topical treatment
induced by	Lima EDRP,	who presented hand-foot	with Aloe Vera was
chemotherapy:	Souza RS,	syndrome of degree 3 arising	successful, with
report of a case	Faria TV,	out of the use of	significant improvement
	Azevedo GF	Capecitabine chemotherapy,	of Tissue Integrity,
	(2012)	and for which it was used	providing complete relief
		partial massage with	of symptoms and
		moisturizing cream Aloe Vera	essential to improving
		based aqueous.	the quality of life, in
			addition to allow rapid
			return of the patient to
			chemotherapy
			treatment, thereby
-			reducing the risk of
			progression of
			oncological disease.

Regarding the authorship of articles selected, 100% is authored by nurses; two have, among their authors, other occupational categories, such as doctors and pharmacists.

Articles assessed, 11 were developed in educational institutions, including hospitals, schools and clinics linked to universities, and three were developed in hospitals specialising in Oncology.

By analyzing the design of the research, it was noted, in the sample: five descriptive prospective studies, eight studies of literature review, an account of experience and a cross-sectional study.

In relation to the type of where magazine were published articles included in the review, six were published in nursing journals; three, in Oncology journals; and five, in magazines from other areas, such as education and health.

Adverse reactions inherent to the chemotherapy treatment expressed by patients are frequent. The authors of the studies are unanimous in describing the major side effects of chemotherapy, as well as the performance of nursing against the same.

Nausea, diarrhoea and vomiting were, respectively, the main reactions caused by chemotherapy in relation to gastrointestinal toxicity presented by patients, and may affect the nutritional condition, water-electrolyte balance and quality of life of these patients.<sup>7-11</sup>

Nursing actions are directed predominantly to nutritional support and education of the patient and the family.

On occurrence of nausea and vomiting, patients were encouraged to eat small portions of food with greater frequency, cold or at room temperature. Were also encouraged to make use of the medication prescribed antiemética and avoid fatty or candies, foods with strong odor.<sup>8-9,11-2</sup>

Non-pharmacological interventions, such as acupressure, acupuncture, eletroacunpuntura, relaxation and yoga, are also cited in the literature for the management of nausea and vomiting in patients undergoing chemotherapy. The authors recommend that sort of treatment to cancer patients who experience recurrence of êmese in subsequent cycles.<sup>10</sup>

It is believed that the discomfort brought to the patient by nausea and vomiting contribute greatly to the reduction in quality of life as patients become debilitated and unwilling to conduct their daily affairs properly. <sup>13-4</sup> In addition, the patient starts eating less than usual, leading to loss of appetite, anorexia and weakness, and may contribute to worsen his condition general practitionerand even with the abandonment of the treatment. <sup>8-9,11</sup>

The diarrhea was described mainly when chemotherapy is applied in the pelvic region. <sup>8,11-2</sup> For this issue, and the fact the antidiarrheals are not prescribed prophylactically as antiemetics, orientation and evaluation of nursing on adequate hydration and the type of diet they become paramount to minimize this side effect. Patients are advised to ingest foods low in fiber and high in protein and potassium, as well as water intake of at least two litres of liquid per day. <sup>8,11</sup> Skin care were also shown more rarely, as the washing of the anal area after each evacuation, preventing infections and skin lesions in the perianal region. <sup>11</sup>

Anorexia, accompanied by weakness and fatigue, is also found in patients under chemotherapy treatment, and nursing occupies a privileged position to recognize patients who are at increased risk of presenting these signals, enabling the implementation of strategies, both preventive and curative.<sup>7,9,11</sup>

Is a function of nurse Oncology expert guide to the importance of food intake even during the clarify and inappetance physical activities that can increase appetite, as well as serve as an intermediary with professional nutritionists. In the most serious cases, the nurse, along with the nutritionist, must evaluate alternative measures, such as the use of food supplements, parenteral and enteral nutrition.<sup>7,9,11,15</sup>

A very feared complication, described by some authors, is the drug extravasation was urged antineoplasmic/irritants or adverse effects on the venous infusion site. 16-7 study on hospital multidisciplinary care with the philanthropic individuals with malignant neoplasms, showed that 40% of the subjects presented complaints referred to (pain, burning, or stinging) and observable damage (erythema, edema and extravasation) during chemotherapy. Although these occurrences are not very common, can cause stress, interfering in the quality of life of the cancer patient, as well as causing pain and necrosis at the site affected. 17

The pain in damaged tissue can range from moderate to severe, and the extent of necrosis can reach the periosteum. In many cases, there is a need for even the intervention

of plastic surgery.<sup>16</sup> The prevention of extravasation is critical to ensure good nursing care to the patient with cancer. It is the responsibility of the nurse specialist to observe the risk factors and act on them, including educational activities aiming at the better performance of the nursing staff administering these drugs.<sup>16-7</sup>

In this sense, the use of long catheter permanence can be useful for the patient, reducing pain and discomfort, as well as for the nursing staff. This is due to the fact that auxiliary device on installation of chemotherapy by facilitating and expanding patient safety as it offers larger caliber for intravenous access. Among the recommendations related to nursing after extravasation detection, there is a recommendation for immediate suspension of infusion; aspiration (when possible) from the rest of the drug that remains on access road; applying cold compresses and/or hot, depending on antineoplasic drug extravasada; and application of antidotes, according to the drug infused.<sup>16-7</sup>

Alopecia is, the adverse effects of treatment, that it causes a big social impact, because, generally, the patient that presents demonstrates, significantly, their dissatisfaction, since the same interferes in their physical appearance, lowering their self-esteem and, sometimes, leading him to confinement and removal of social conviviality.<sup>3,8,11</sup>

Nursing care aimed at psychosocial needs of the patient must be included during and after chemotherapy sessions, since the effects can act in negative way on self-esteem, mainly on sexuality and well-being.<sup>14</sup> For some authors, the nursing intervention for psychosocial needs and psychospiritual must be directed toward a more comprehensive care of the patientThus, breaking with a type of action centered only on the psychopathological aspects.<sup>14-5</sup>

The oral mucositis, a term used to distinguish Oral lesions generally denominated, stomatitis is an injury that occurs on the surface of the oral mucosa, caused by chemotherapy and/or radiation. It is also a reaction commonly observed in patients undergoing cancer treatment, mainly on the involvement of oral neoplasia. It was found that the nursing orientation about the maintenance of oral hygiene is the most effective form of prevention. The treatment that most stands out is currently the low-power laser, following the chlorhexidine gluconate%. Replace to the knowledge about oral mucositis and on methods of prevention and treatment are essential to the daily practice of oncology nursing, due to the high incidence of injury and to compromise on the quality of life of the patient. Beautiful to the daily practice of oncology life of the patient.

Other side effects of lower incidence are also cited by some authors, like: constipation, amenorrhea, tingling, tremors and cutaneous toxicity.<sup>3,8,11,19</sup> Hand-foot syndrome (SMP), or eritrodisestesia inch-palmar is a toxic skin reaction that occurs less frequently, however, constitutes an important clinical problem and can lead to stopping treatment or reducing the dose of chemotherapy.<sup>20</sup>

Regardless of the frequency of involvement of the reactions to chemotherapy, these can severely affect quality of life of the cancer patient, causing chronic discomfort, as well as the limitation of daily activities. Thereby, the skilled nursing care is a determining factor for the recovery biopsicosocioespiritual the patient with cancer. The provision of patient care requires nurses multiplicity of cancer knowledge and versatility in acting; When

combined with a systematic assistance plan and well implemented, nursing interventions by the patient are determining factors for quality management.

#### **CONCLUSION**

The analysis of the articles comprising this integrative review showed that, although the chemotherapy treatment can trigger the onset of common side effects, these manifestations are not present with the same intensity in all patients. This reinforces the view that each patient's response to treatment is unique and should therefore be considered in your individuality.

Nursing guidelines constitute one of the strategies that can encourage and develop the potential of patients and their families, as well as instrumentalizá them to assume, as subjects, the actions directed to tackling the problems caused by this treatment.

It might be noted that the work of nursing is developed primarily through the guidance, before and during treatment and aims to improve the primary psychological state of the patient, providing security in the proposed treatment. These walkthroughs induce a better acceptance of chemotherapy, despite side effects, favoring the continuation of the treatment.

Studies have shown that patients and their families expressed a positive opinion in relation to nursing interventions and regarding your follow-up, punctuating that through this treatment was facilitated. It was reported that the information of the nurses had an impact of a greater safety and emotional support for the fight against the disease.

It stresses the importance of the preparation of the nurse in offering specific guidance and care to patients with cancer. This professional needs to have updated knowledge of the latest advances in treatment, prevention of the side effects, regardless of the structure of the institution in which it is inserted.

Another aspect to be highlighted concerns the importance of nursing interventions are systematized based on protocols and properly recorded. It was noted the need for improvement of nursing records, as well as the implementation of the evaluation process in the construction of indicators to evaluate pipes and/or specific interventions.

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