

CHAPTER 7

NAVIGATION NURSING MODEL FOR PATIENTS RECEIVING HEAD AND NECK RADIOTHERAPY

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INTRODUCTION

Despite head and neck cancers (HNC) are lower than other malignancies in terms of prevalence both in the world and in our country, inadequacies in vital functions such as hearing, taste, smell, vision, speech, chewing, swallowing and daily life due to the disease and treatment. The quality of life of patients is adversely affected due to difficulties in maintaining their activities. Also; Since the region is adjacent to anatomical structures such as the central nervous system, cranial nerves and eye, loss of function also develops due to local invasions. Especially with the preference of combined treatment schemes, undesirable effects that occur during and after the treatment appear as serious problems. According to the results of the study, treatment-related mortality in chemoradiotherapy increases up to 2%.

Occurring side effects; It may vary depending on the total dose applied, the fraction dose, the volume width in the treatment, the length of the treatment period, the early or advanced stage of the disease, the order of RT or surgical application (preoperative or postoperative), the techniques used in surgery and the KT protocol applied. In the early period in patients who underwent RT due to HNC; mucositis, nutritional deficiency, change in taste, decrease in saliva, erythema on the skin surface, in the long term; Side effects such as atrophy of the skin and mucosa, edema in the treatment area, telangiectasia, trismus, and dental caries are encountered.

Navigation; It is a health care model designed to address the health problems that patients experience and the various obstacles they may encounter as they move through the health system. It is known that the continuity of care and consultation are very important in oncology patients, but the intensity of care and treatment, the distribution of symptom management among different units and the continuity of care become very difficult

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- It is recommended to use the hair short or shaved.
- Participation in social activities should be supported.
- Use of oily creams and sunscreen should be recommended to reduce itching.

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