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Nurse's actions for prevention and early detection of breast cancer

Acciones de la enfermera para la prevención y detección precoz del cáncer de mama

Ações do enfermeiro para prevenção e detecção precoce do câncer de mama

ABSTRACT

Objective: To identify the actions taken by nurses for the prevention and early detection of breast cancer in the Family Health Strategy. **Method:** This is an integrative review whose search for articles was carried out in the LILACS, BDNF and SciELO databases, with original articles from the last five years being explored. **Results:** 182 articles were found. After applying the selection criteria, 10 articles were obtained for analysis, with a predominance of cross-sectional studies with a qualitative approach. It was noticed that the nurses, through nursing consultations, clinical examination and ordering tests, are essentials for prevention and early detection of breast cancer. Educational actions are also done, such as guidelines for self-examination and reduction of modifiable risk factors. **Conclusion:** The role of nurses in the prevention and detection of breast cancer is broad. However, there is a need for permanent education of these professionals, in addition to protocols that expand their autonomy.

DESCRIPTORS: Breast neoplasm. Early detection of cancer. Nursing. Primary Health Care.

RESUMEN

Objetivo: Identificar las acciones realizadas por los enfermeros para la prevención y detección temprana del cáncer de mama en la Estrategia Salud de la Familia. **Método:** Se trata de una revisión integradora cuya búsqueda de artículos se realizó en las bases de datos LILACS, BDNF y SciELO, explorando artículos originales de los últimos cinco años. **Resultados:** Se encontraron 182 artículos. Luego de aplicar los criterios de selección, se obtuvieron 10 artículos para análisis, con predominio de estudios transversales con abordaje cualitativo. Se notó que la enfermera, a través de las consultas de enfermería, el examen clínico y la solicitud de pruebas, es fundamental para la prevención y detección temprana del cáncer de mama. También se llevan a cabo acciones educativas, como pautas de autoexamen y reducción de factores de riesgo modificables. **Conclusión:** El papel de los enfermeros en la prevención y detección del cáncer de mama es amplio. Sin embargo, existe la necesidad de una formación permanente de estos profesionales, además de protocolos que amplíen su autonomía.

DESCRIPTORES: Neoplasias de mama. Detección precoz de cáncer. Enfermería. Primeros auxilios.

RESUMO

Objetivo: Identificar as ações realizadas pelo enfermeiro para prevenção e detecção precoce do câncer de mama na Estratégia de Saúde da Família. **Método:** Trata-se de uma revisão integrativa cuja busca de artigos foi realizada nas bases de dados LILACS, BDNF e SciELO, sendo explorados artigos originais dos últimos cinco anos. **Resultados:** Foram encontrados 182 artigos. Após a aplicação dos critérios de seleção, obteve-se 10 artigos para análise, sendo predominante os estudos de método transversal com abordagem qualitativa. Percebeu-se que o enfermeiro, através das consultas de enfermagem, exame clínico e solicitação de exames, é fundamental para prevenção e detecção precoce do câncer de mama. Ações educativas também ocorrem, como orientações para autoexame e redução dos fatores de risco modificáveis. **Conclusão:** A atuação do enfermeiro frente à prevenção e detecção do câncer de mama é ampla. Entretanto, é necessário que aja educação permanente desses profissionais, além de protocolos que ampliem sua autonomia.

DESCRIPTORIOS: Neoplasia da mama; Detecção precoce de câncer; Enfermagem; Atenção Primária à Saúde.

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INTRODUCTION

The demographic transition is accompanied by epidemiological changes that alter the population's morbidity and mortality profile, with a prevalence of chronic non-communicable diseases (NCDs). Among them, cancer, which is a public health problem that has taken on uncontrollable proportions, especially in developing countries, being considered the second cause of death in the Brazilian population.^{1,2}

In this scenario, the measures taken in Brazil in the face of the country's health situation only turned to cancer control at the end of the 20th century, having its mark with the establishment of the National Cancer Institute José Alencar Gomes da Silva (INCA) as an assistant organ of the Ministry of Health in order to guide and coordinate oncological actions, in addition to conducting research and health education in the area.³ Since then, it has been the responsibility of the institute, in addition to other assistance and management activities, to participate in the formulation of the national policy for the prevention, diagnosis and treatment of cancer.⁴

Once the chronic character of the disease is understood, INCA proposes publications with epidemiological parameters of cancer every three years since 2006.

Thus, detection through screening programs represents an alternative that favors diagnosis in the early stages of the disease, which contributes to curative treatment and/or higher survival rates.

Among the estimates published by the institute for the 2020-2022 period in Brazil, approximately 625 thousand new cases are pointed out. Also noteworthy is the incidence of non-melanoma skin cancer with 177 thousand cases, followed by prostate and breast tumors (66 thousand each). Currently, breast cancer is considered the first most incident cancer among women, with an estimated risk of 61 cases for every 100.000 women.⁵

The high mortality rates are caused by late diagnosis, which is why screening and early detection are the main measures to control the disease. Among the most effective methods of early detection, mammography (MMG) and clinical breast examination (CBE) stand out, which constitute interventions at all levels of healthcare for women.⁶

In the context of the Family Health Strategy (FHS), actions for the control of breast cancer are aimed at health promotion and disease prevention, in addition to early diagnosis and support for treatment instituted in secondary and tertiary care. Thus, detection through screening programs represents an alternative that favors diagnosis in the early stages of the disease, which contributes to curative treatment and/or higher survival rates.⁷

Thus, when analyzing the scientific literature, few productions have been observed that emphasize the nurses' actions

against breast cancer in the FHS, which evidences a knowledge gap regarding health education with an emphasis on the incidence and identification strategies in primary level, as it constitutes the gateway to public health services.⁸ Therefore, the research aimed to identify, in scientific productions, the main actions performed by nurses for the prevention and early detection of breast cancer in the Family Health Strategy, in addition to the limitations of this professional in carrying out these activities.

METHOD

This is an integrative review carried out according to the following steps proposed by Mendes, Silveira and Galvão⁹: a) definition of the guiding question; b) search for selection of primary studies; c) extraction of data from primary studies; d) critical evaluation of primary studies; e) summary of the results of the review; f) presentation of the review.

Thus, the review was guided by the question: What are the main actions taken

by nurses for prevention and early detection of breast cancer in the FHS described in the literature?

Therefore, a search was conducted in the electronic databases: Nursing Database (BDENF), Latin American and Caribbean Literature in Health Sciences (LILACS) and Scientific Electronic Library Online (SciELO). From the DeCS health terminology of the Virtual Health Library (VHL), the descriptors were selected: Neoplasias da Mama; Enfermagem; Detecção Precoce de Câncer and Atenção Primária à Saúde.

Data collection took place during February 2020 and followed the following inclusion criteria: articles published between 2015 and 2020, in Portuguese, available in full and free of charge. Duplicate articles, dissertations or theses were excluded.

The sample selection was carried out in two stages. In the first, the refinement occurred by reading the titles of the articles and abstracts, excluding those that had no relation to the theme. Subsequently, after identification, application of the selection and reading criteria, those that fit the inclusion criteria were selected.

In the first search, 182 articles were found. At the end of the search in all electronic databases, the articles found were read and analyzed, as well as the careful selection according to the pre-established criteria. As a result, 172 articles were excluded, resulting in 10 that made up the sample.

To extract data from the selected studies, an instrument was used that allowed each article to be evaluated separately, which included the following items: title, year, journal, methodology and main results found. Finally, the articles were submitted to a data extraction process and, based on this, the text of this integrative review was constructed.

RESULTS

When performing the analysis of the 10 articles, they were characterized by authors and year, method, journal, sample and main actions performed by the nurse in the prevention and early detection of breast cancer. This information is shown in table 1.

Table 1- Summary of articles included in the integrative review (Aracaju/SE, 2020)

Nº	AUTHORS/ YEAR	METHOD	JOURNAL	SAMPLE	MAIN ACTIONS
A1	DUARTE et al., 2015 ¹⁰	Descriptive, Exploratory, Quantitative	Revista de Enfermagem do Centro-Oeste Mineiro	300 users	Guidelines, breast exam, nursing consultation, health education.
A2	ZAPPONI; TOCANTINS; VARGES, 2015 ¹¹	Descriptive, Phenomenological, Qualitative	Revista de Enfermagem da UERJ	12 nurses	Health education, breast exam, women's training for AEM,
A3	MORAES et al., 2016 ¹²	Descriptive, Cross-sectional	Revista de enfermagem da USP	60 nurses	Nursing consultation, ECM, guidelines, active search, educational actions.
A4	MARQUES; SILVA; GUTIÉRREZ, 2017 ¹³	Cross-sectional	Revista de Enfermagem da UERJ	13 nurses	Lectures, nursing consultation, AEM, referral of suspected cases.
A5	MELO et al., 2017 ¹⁴	Cross-sectional	Revista Brasileira de Enfermagem	133 nurses	ECM, educational actions, nursing consultation, return scheduling and active search.
A6	TEIXEIRA et al., 2017 ¹⁵	Descriptive, Cross-sectional	Acta Paulista de Enfermagem	70 nurses	Nursing consultation, educational meetings, risk investigation, ECM, AEM guidelines, MMG request.

A7	OLIVEIRA; MILANEZ; VILARINHO, 2018 ¹⁶	Descriptive, Cross-sectional Quantitative	Revista de Enferma- gem da UFPI	80 users	ECM, nursing consultation, MMG request and risk investigation.
A8	FERRARI et al., 2018 ¹⁷	Descriptive Qualitative	Revista de enferma- gem da UFPE	10 nurses	Guidelines, AEM, ECM, MMG request, encouragement to self-care.
A9	BELFORT et al., 2019 ¹⁸	Descriptive Qualitative	Research, Society and Development	10 nurses	Health education, nursing consultation, ECM, referral, promotion of self-care, emotional support and welcoming.
A10	SILVA et al., 2019 ¹⁹	Cross-sectional	Epidemiologia e Serviços de Saúde	400 users	MMG request, encouragement to self-care, active search.

Source: Research data.

The results presented show that there was a variation in the number of articles produced according to the year. The analysis reveals that the year 2017 had the highest number of publications, 3 (30%). Six articles were published in 2015 (n = 2; 20%), 2018 (n = 2; 20%) and 2019 (n = 2; 20%). A study was selected in 2016 (n = 1; 10%). There were no relevant publications in 2020 (Figure 1).

DISCUSSION

Publications about nurses' actions in screening and early detection of breast cancer in the FHS were scarce. In all studies, the nurse's potential

in carrying out educational actions in the training of women to perform the Breast Self Exam (BSE), scheduling the return to consultations and referrals to specialized services was highlighted. However, there was no description regarding the execution of the clinical breast examination in all consultations, obeying, above all, the propaedeutic steps.

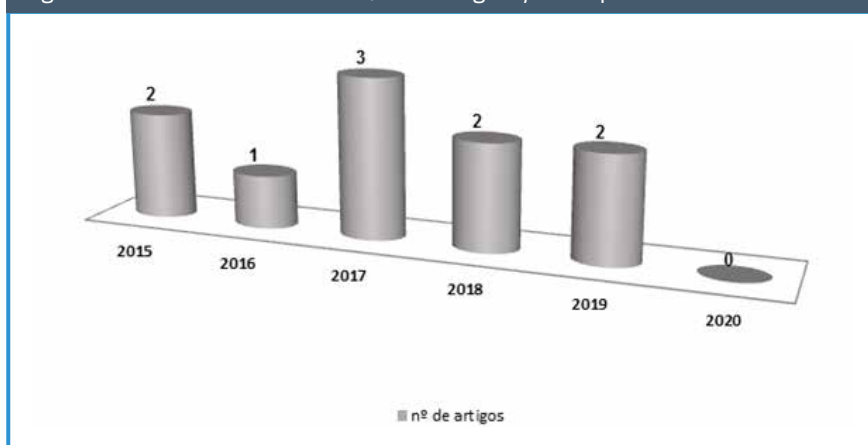
Most articles described nursing consultation, Clinical Breast Examination (CBE), and educational actions as primary actions in screening. In the CBE, three articles explored its periodicity, indication and the moment when nurses perform it in the consultation or in educational activities.^{16,17,18}

Four articles highlighted how the main factors that interfere with nurses' actions in the process of screening and early detection of breast cancer are the inadequate physical structure for educational activities, overload of assignments, excessive demand for care and turnover of professionals in the basic health unit who makes it impossible to create a bond.^{12,14,16,19}

Thus, it can be seen in the studies that the nurse acts from the search for women, tracking and diagnosis, to the implementation and use of information systems in the basic units for monitoring and controlling the pathology that generates subsidy for the planning of actions.¹³ In this sense, a study carried out in 2017, with 70 nurses, identified that the factors that interfere in the quality of the screening actions are the excess of attributions. Thus, it is believed that with training, through permanent education, professionals will have a greater subsidy to develop activities in primary care.¹⁶

Thus, the fundamental role of nurses in the screening of breast cancer was identified during consultations. On occasion, in addition to the procedures, educational strategies should be used to sensitize women and increase adherence, generating awareness of the self-care advocated in the FHS.

Figure 1 - Distribution of articles, according to year of publication 2015-2020



Source: Research data.

CONCLUSION

The nurse is essential for the prevention and early detection of breast cancer, whether through nursing consultations, clinical examination or requesting tests. However, from this review, there was a scarcity of studies that address the theme regarding the policy of preventing this disease in the country.

Still, some studies have highlighted the low level of knowledge of nurses about the possibility of requesting mammography. Situation that would be

The nurse is essential for the prevention and early detection of breast cancer

avoided, through the institution of well-defined protocols that reorient their work in the FHS, in addition to expanding the skills of these professionals.

In view of this, it is understood that the nurse's actions for prevention and early detection of breast cancer are still incipient, due to little technical-scientific knowledge and the lack of training. Thus, it is evident the need for the institution of permanent education by managers, as well as the need for protocols that expand the autonomy of professionals. ■

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