

Background (Review)

Among metastatic sites, the bone is affected in 73% of breast cancer cases, 68% of prostate cancer cases, and 36% of lung cancer cases.[ref.1] As cancer treatments improve, patient prognosis continues to get better. Consequently, the number of individuals living with bone metastases is increasing. However, when their activities of daily living (ADL) are limited, their quality of life (QOL) deteriorates.

- ### Results
- Codes: 58 Subcategories: 14. Categories : 7
- ① Difficulty with unrelieved pain

② Difficulty in gaining patient understanding of narcotic medications and vulnerability of bone metastasis sites

③ Difficulty in supporting the anguish of unable to perform daily activities.

④ Lack of knowledge of support considering the risk of fracture and hemp.

⑤ Difficulty in recognizing the signs of fracture or hemp at an early stage.

⑥ Difficulty in sharing information with multiple departments and professions.

⑦ Difficulty in providing support tailored to the individual lives of patients with bone metastases within a limited time frame.

Background(motivation)

In order to support patients with bone metastasis in an outpatient unit, a multidisciplinary approach—including consultation and collaboration with various professionals—is essential, requiring a broad range of knowledge. However, as generalists, nurses rarely have opportunities to learn how to effectively contribute to the team as nursing professionals and acquire the necessary skills.

(1)Difficulties in alleviating pain and suffering in patients with bone metastasis

Outpatient nurses alone for the pain and suffering of patients with bone metastasis.
Need to collaborate with specialists without thinking about responding

(2) Outpatient nurses' own inability to manage the risk of fractures and paralysis

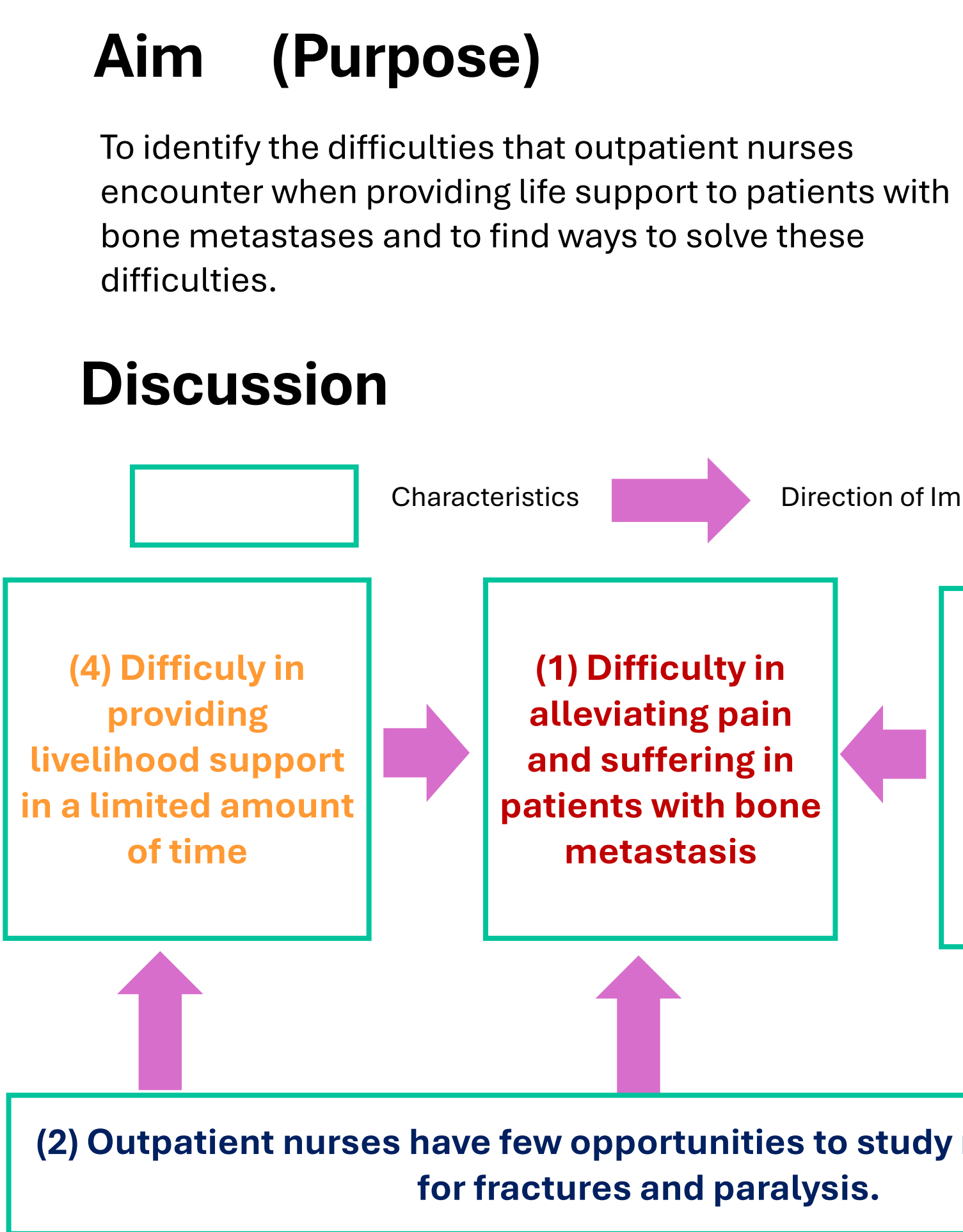
Leading to concerns about life support for patients with bone metastases
· Requires the expertise of a physical therapist or orthopedic surgeon

(3). Difficulties in sharing information with professions involved in bone metastasis care

Opportunities to consult with various professionals, such as orthopedic surgeons and physical therapists, are necessary.Consultation with various professionals, such as orthopedic surgeons and physical therapists, is necessary.

(4). Difficulties providing livelihood support in a limited a mount of time

Need to devise ways to create time to monitor living conditions.



- ### Conclusions
- Future directions
- Work together to solve problems

Creation of tools that enable information gathering by focusing on key points

Holding multidisciplinary conferences
- 1) Methods to alleviate the pain and suffering of patients with bone metastases are discussed by specialists involved in the treatment of bone metastases.
 - 2) Information sharing among outpatient nurses to manage the risk of fracture and paralysis at an early stage.
 - 3) Create a system that enables multidisciplinary support for the lives of patients.

Methods

Design	Qualitative descriptive study
Participants	7 outpatient nurses with experience in caring for bone metastasis patients
Data collection	Semi-structured interviews (30-45 minutes)
Analysis	Thematic analysis of interview transcripts

References

ref.1 Japanese Society of Clinical Oncology (2015). Guidelines for the Management of Bone Metastases. pp. 2-10, pp. 54. Nankodo.
ref.2 Coleman RE(2006).Clinical features of metastatic bone disease and risk of skeletal morbidity. Clin Cancer Res, 12, 6243s-6249s.
ref.3Takayama, Kyoko (2016). A study on the pain and difficulties in daily life and their coping strategies among lung cancer patients receiving outpatient radiation therapy for bone metastasis. Journal of the Japanese Society of Oncology Nursing, 7(1), 1-8.

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