



PALLIATIVE CARE FOR ADVANCED BREAST CANCER WITH PULMONARY METASTASIS : THE CRITICAL ROLE OF NURSING PROFESSIONALS



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Introduction

The core of palliative care lies in improving the quality of life for terminally ill patients while supporting their families to cope with grief and stress. Nurses are not merely technical practitioners but also providers of emotional support. Through meticulous care and expertise, they assist patients and families in navigating the final journey of life, exemplifying their crucial role in end-of-life care.

Methods

A multidisciplinary team provided comprehensive care for a terminal breast cancer patient with lung metastases, with nurses playing a leading role. Using a holistic assessment framework, nurses addressed the patient's needs across physical, psychological, spiritual, and family-social dimensions, delivering personalized care. Pain and respiratory discomfort were alleviated through morphine infusion and oxygen therapy, while aromatherapy was introduced to promote relaxation and well-being. Nurses facilitated life review activities with the patient and family, such as expressing gratitude, offering apologies, sharing love, and saying goodbyes, fostering emotional connections. They also actively supported family members, offering emotional support and guidance to help them more effectively participate in caregiving.

Results

With professional intervention, the patient's pain and respiratory distress were alleviated, significantly enhancing physical and emotional comfort. The guidance and companionship provided by nurses helped family members gradually accept the patient's condition, offering psychological solace during post-mortem care and emotional release. Through listening, empathy, and meticulous care, nurses ensured the patient experienced dignity and support while alleviating the family's sense of isolation and burden.

Conclusion

Nurses play an irreplaceable role in palliative care, serving as executors of symptom management and providers of emotional support to families. Through professional expertise and compassionate care, nurses enhance patients' quality of life and help families find strength and support in the final stages of life. This highlights the core value of nursing—balancing technical proficiency and human connection, delivering holistic care to both patients and families.

