

# Learner Resource Manual



## INDUCTION PROGRAMME

AN INTRODUCTION TO CANCER CARE FOR NURSES





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# Overview

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Welcome to 'An introduction to cancer care for nurses' induction programme. The programme aims to empower you with additional training within the specialised field of oncology and:

- Build your confidence in the area;
- Improve the standards of nursing care; and
- Motivate you to stay in the oncology setting and study further.

This programme is aimed at both:

- nurses that are new to the oncology setting.
- nurses who have been working in the oncology setting, and may not have undergone any formal training.

Depending on the country you are in, 'An introduction to cancer care for nurses' may provide you with annual CPD points. Ask your facilitator for details on this.

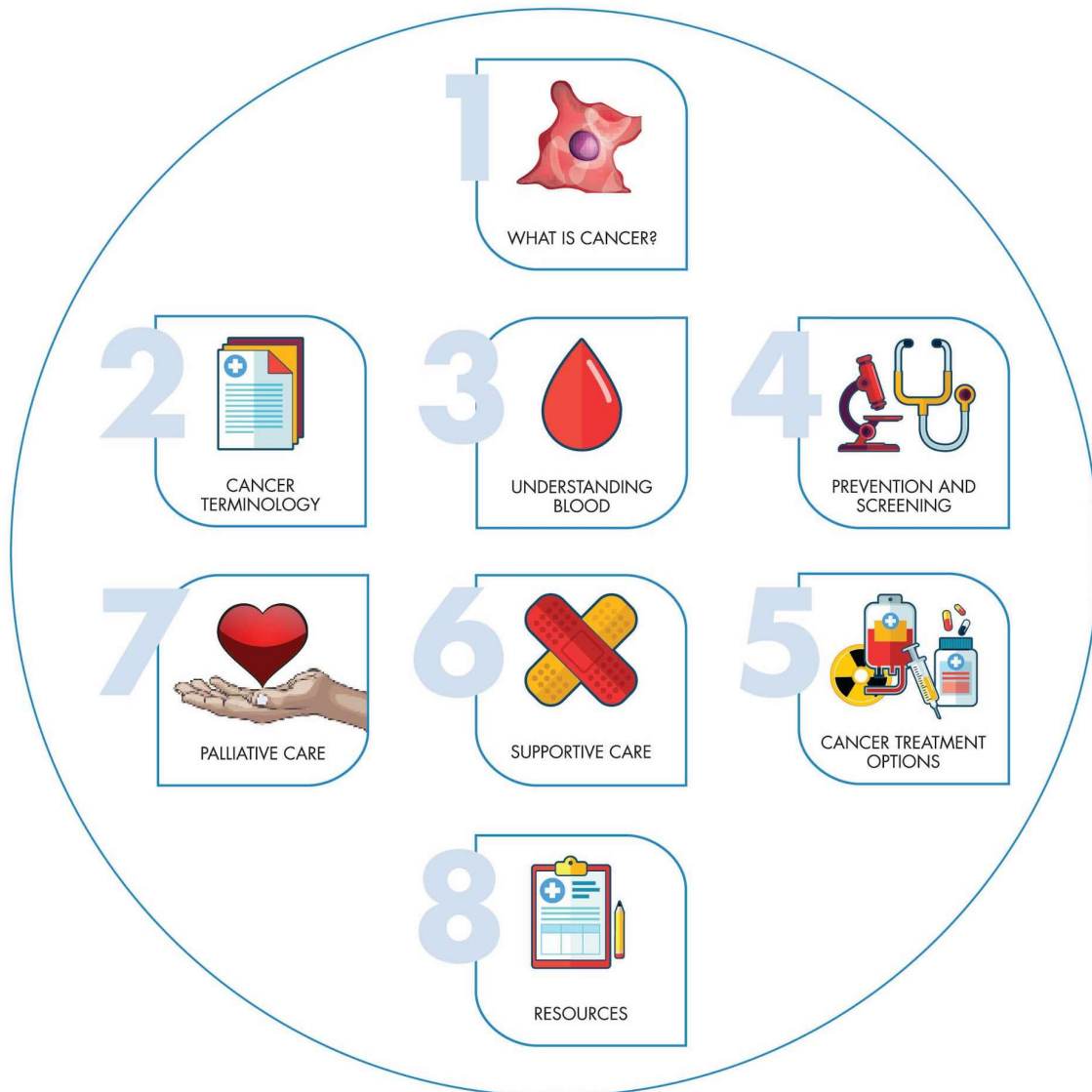
## Programme map

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The programme map, below, gives an overview of the different components of this induction programme.

As you will see, there are 8 chapters:





## What is required from you?

This programme is delivered face-to-face in a one-day workshop. After the workshop, you have 3 months, to complete this induction programme.

You will need to:

- Register – complete the registration form on Page 7 - [Registration form](#) - pull it out, and hand it to your facilitator.
- Complete the pre-induction test on Page 9-10 -[PreTest](#). This is a baseline assessment that establishes your existing knowledge and experience. We use this to help us gather information on the effectiveness of this programme. Your test scores **will not** be posted at the entrance to a ward or in your community!
- Participate in the workshop. Your nursing experience is valuable and we encourage you to share this with us during the programme.

# Chapter 1: What is cancer?

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By the end of this chapter you should be able to:

- define cancer
- explain how normal cells function
- explain how abnormal cells function
- compare normal and abnormal cell function
- identify factors that contribute to cancer



## Understanding cancer

### What about abnormal cells?

The process whereby normal cells are transformed into cancer cells is called **carcinogenesis**. This is a multi-step process, which can take years to complete.

When cancer develops, the orderly cell replication process is compromised. The defects within the DNA mean that cancer cells are not governed by the signals that regulate cell growth and this may lead to uncontrolled proliferation (elevated levels of production).

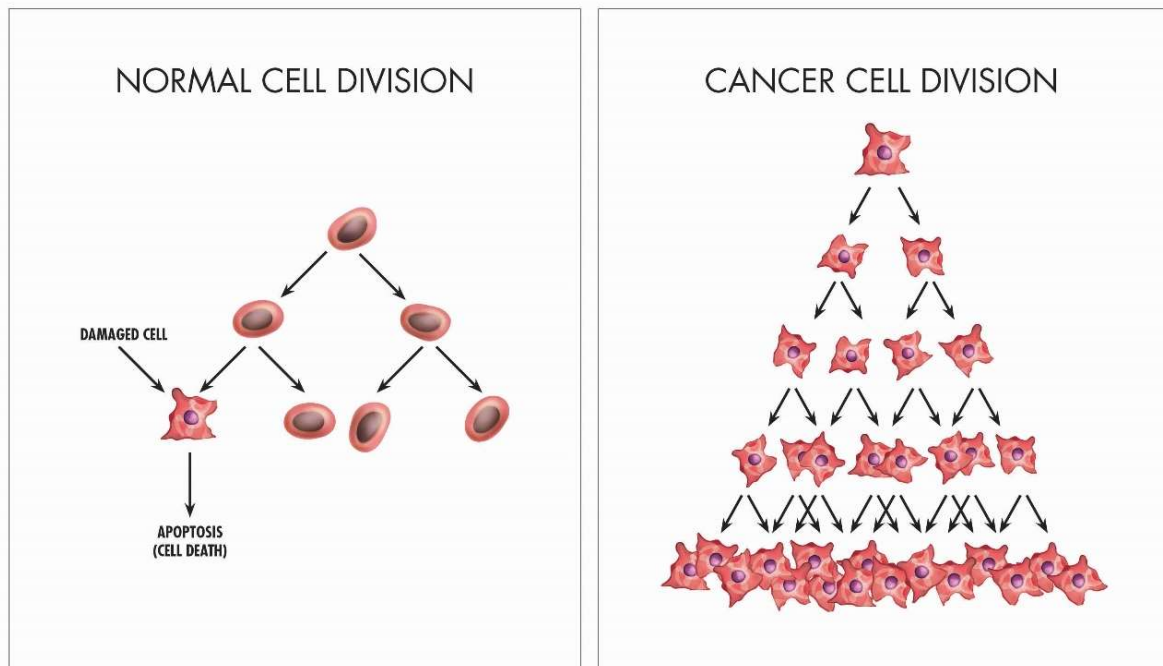


Figure 6: Cell division

### Characteristics of cancer cells

Cancer cells have the following characteristics:

- They do not respond to apoptosis signals and can live for longer than a normal cell and even become immortal.
- They invade surrounding tissues without restraint. The cancer cells lack contact inhibition, which means that they do not stop dividing when they touch neighbouring tissue.
- They easily detach from one another.
- The cell cycle may be overridden, resulting in uncontrolled cell growth with no resting phase.
- Cancer cells lose their intended function as adult cells and behave in an inappropriate manner.



In this chapter, you have looked at normal and abnormal cells. By understanding how normal cells look and function, you can better understand what happens with cancer and how cancer spreads in the body. Finally, we looked at factors that may contribute to cancer development – environmental, immune dysfunction, sex hormones and a genetic predisposition.

## Test your knowledge

1. What is cancer? [Define cancer].

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<b>2.</b>	<b>Mitosis is:</b>
A.	Cell division.
B.	Cell suicide.
C.	Cell specialisation.

Circle the correct response:

- A. A
- B. B
- C. C

<b>3.</b>	<b>The cell cycle</b>
A.	During the M phase cell division takes place.
B.	During the M phase, the cell is most vulnerable to damage.
C.	<b>G<sub>0</sub></b> is the resting phase.
D.	There are three phases.
E.	Sequence of events that take place in a cell before and during cell division.

Circle the correct response:

- A. A, B, C
- B. A, C, E
- C. B, C, D
- D. B, D, E
- E. C, D, E

