Albin Quito, age 28, is the nurse manager of a thoracic intensive care unit in a large teaching hospital. Lately he has been more tired than usual, often wakes up at night covered with sweat, and just does not feel well. He had thought that his symptoms were due to a viral illness and his busy work schedule. However, yesterday morning Albin noticed a large swollen area on the right side of his neck. He made an appointment with his primary health provider who found a large cervical lymph node. A biopsy of the node and a CT scan of the chest were scheduled.

ASSESSMENT
David Herzog, the nurse in charge of the outpatient clinic, obtains a nursing history and assessment on Mr. Quito. His physical examination is essentially normal, with the exception of the enlarged node, which is not tender to palpation. When Mr. Quito is weighed, he tells Mr. Herzog that he has lost 7 lb (3.2 kg) in the past 2 months. In reviewing the results of the blood studies, Mr. Herzog notes mild anemia and an increased neutrophil count. The lymph node biopsy shows Reed-Sternberg cells. The clinic physician and Mr. Herzog tell Mr. Quito that the findings indicate stage 1-B Hodgkin's disease but that the prognosis is very good. The physician recommends a short course of combination chemotherapy followed by radiation therapy to involved sites.

DIAGNOSES
Mr. Herzog identifies the following nursing diagnoses.
- Anxiety related to the diagnosis of Hodgkin's disease and effects of treatment on job performance
- Risk for infection related to potential bone marrow depression due to chemotherapy
- Fatigue related to effects of cancer, chemotherapy, and radiation therapy

EXPECTED OUTCOMES
The expected outcomes for the plan of care specify that Mr. Quito will:
- Verbalize reduced anxiety.
- Remain free of infection.
- Identify and use methods to preserve energy.

PLANNING AND IMPLEMENTATION
The following nursing interventions are planned and implemented at this point in Mr. Quito's treatment.
- Encourage to consider a leave of absence from work during course of treatment.
- Discuss joining a support group for people with cancer.
- Provide information about the illness, combination chemotherapy, and radiation therapy.
- Reinforce knowledge of actions to decrease the risk of infection.
- Discuss ways to decrease fatigue and maintain energy:
  - Take a 1- to 2-hour nap once or twice a day.
  - Avoid overexertion during weekends and time off.
  - Maintain a well-balanced diet.

EVALUATION
When Mr. Quito returns the following week to begin chemotherapy, he brings his friend Nancy to meet Mr. Herzog and asks him to discuss his treatment with her. Mr. Quito says, "I am still really scared, but being able to talk about this with Nancy will help a lot." Mr. Quito has made arrangements to take a 4-month leave from work, with the understanding that his job will be held for him. He states that he will have some problems with money but is working them out. He also says he feels that taking a nap is silly but that he will rest to maintain his energy level. Mr. Quito and Nancy express confidence that he will be cured and say they plan to be active members of the cancer support group—even after recovery.

Critical Thinking in the Nursing Process
1. Discuss the rationale for treating Hodgkin's disease with chemotherapy and radiation.
2. Design a teaching plan to help Mr. Quito prevent infection while he is at home.
3. What effect does the diagnosis of cancer have on the developmental tasks of a young adult?
4. Develop a care plan for Mr. Quito for the diagnosis, Ineffective role performance.

See Critical Thinking in the Nursing Process in Appendix C.