

Adult Cancer Survivorship: *A self-learning resource for nurses* 2020



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Canadian Association of Nurses in Oncology
Association canadienne des infirmières en oncologie



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UNIT 10

Risk Reduction Activities

ADULT CANCER SURVIVORSHIP:
A SELF-LEARNING RESOURCE FOR NURSES

**Adult Cancer Survivorship:
A self-learning resource for nurses**

Risk Reduction Activities

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Overview

- Compared with previous decades, cancer survivors can expect to live longer than their predecessors.
- Health promotion and the adoption of healthy behaviours are critical to regaining and maintaining health.
- A cancer diagnosis and treatment often results in a desire for patients to want to make a behavior change, thus creating a good time to intervene.
- There is a significant body of knowledge describing that when cancer survivors modify behaviours related to exercise, nutrition, smoking cessation and alcohol intake they can reduce the risk of recurrence of certain types of cancer and the development of co-morbidities that may impact on the quality of their lives and or life expectancy.
- Oncology nurses can play an important role in health promotion for cancer patients through the application of theories and evidence that helps to guide risk reduction interventions and support the adoption of healthy lifestyles that include physical activity, nutrition, smoking cessation, and reductions in alcohol intake.

Introduction

More than a decade ago, *Seminars in Oncology Nursing* was devoted to the health promotion of cancer survivors. Guest Editor Deborah Mayer stated, “We have come a long way to treating the disease, but we need to realize we are not yet actively promoting the health of the cancer survivor.” (2008, p. 143). This call to action remains relevant today.

This unit will focus on the following selected health promotion topics: physical activity, nutrition, smoking cessation, and alcohol intake. (Refer to Unit 8: Psychosocial Health and Well-being for content on psychosocial and issues.) By the completion of this unit, nurses will:

- Understand the evidence-based rationale for promoting risk reduction behaviours in the areas of physical activity, nutrition, smoking cessation, and alcohol intake for cancer survivors.