



Evidências no Manejo da Radiodermite

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Declaro não ter conflitos de interesse

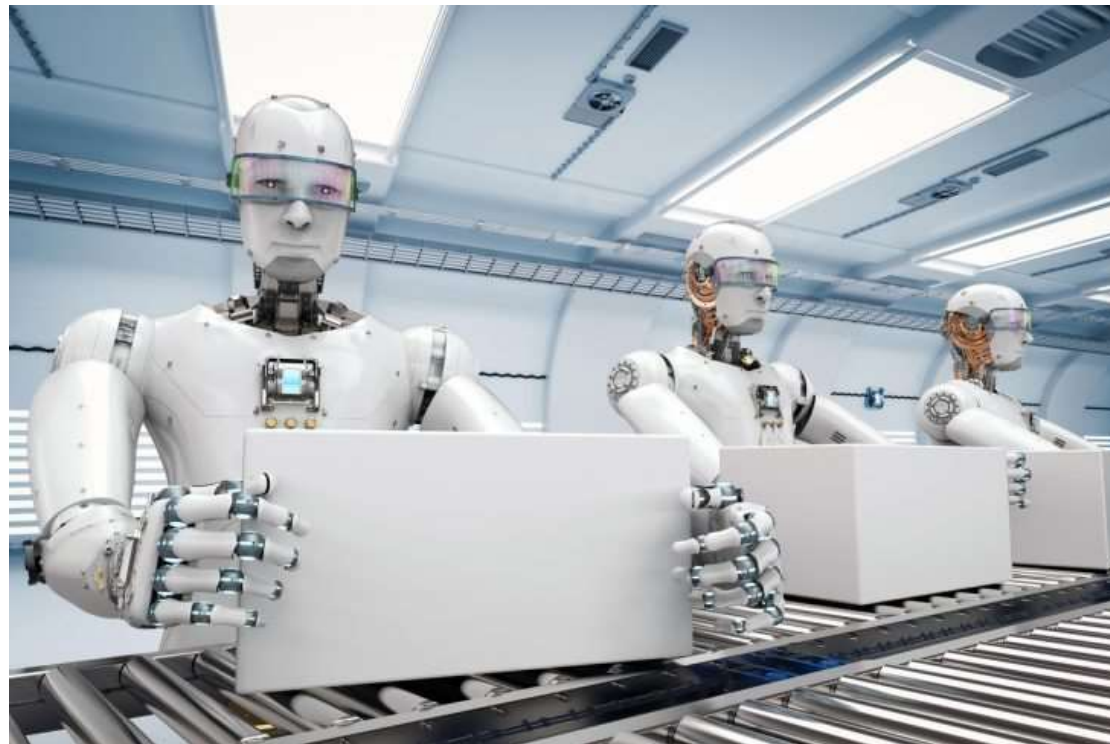


O que norteia a nossa prática?



Bruce A, Rietze L, Lim A. **Understanding philosophy in a nurse's world: what, where and why?** Nursing and Health. 2014; 2(3): 65–71.

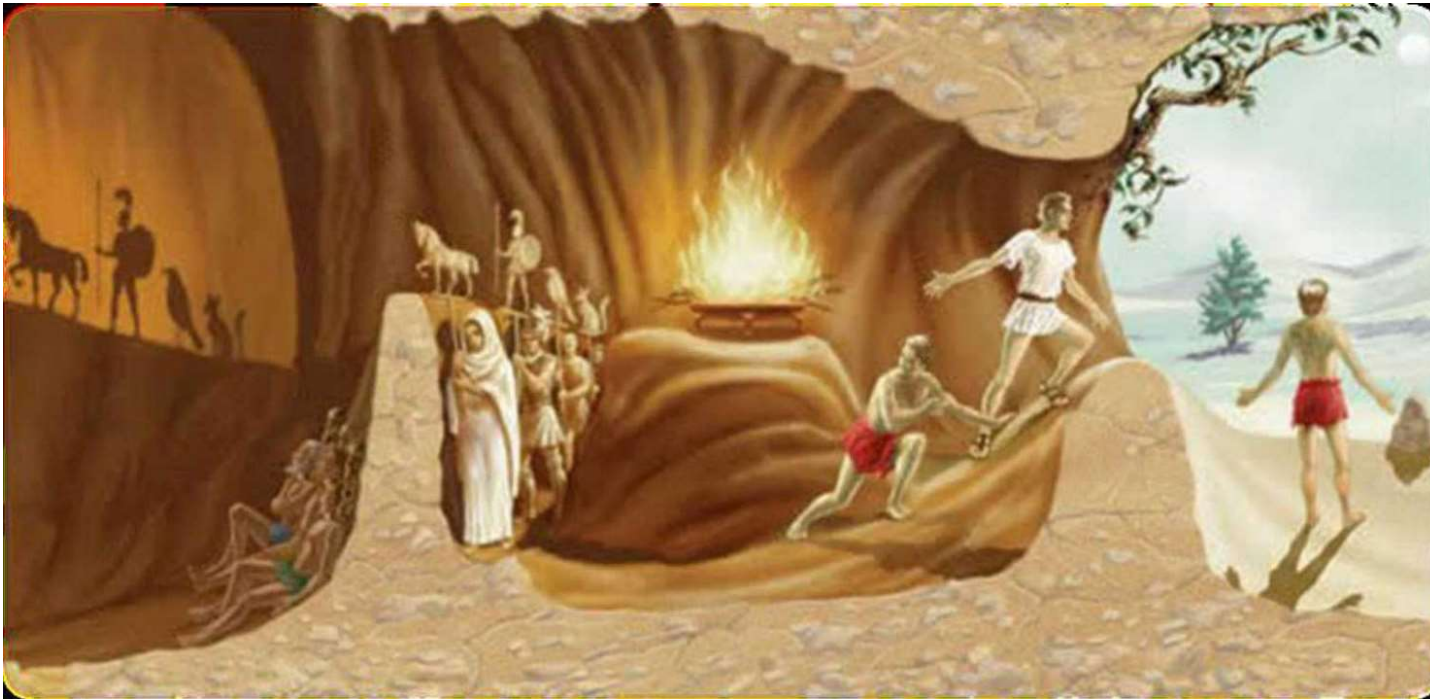
O que norteia a nossa prática?



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Eu acho que isso é o melhor....

O Mito da Caverna



Então a expertise não tem valor?

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"That's not what it says on the Web."

Filosofar na nossa prática é....



Bruce A, Rietze L, Lim A. **Understanding philosophy in a nurse's world: what, where and why?**
Nursing and Health. 2014; 2(3): 65–71.

Como devo fazer?



Discurso do Método

1ª regra: “Jamais aceitar uma coisa como verdadeira que eu não soubesse ser evidentemente como tal.”

Prática Baseada em Evidências

Atualmente a PBE é uma combinação de três conceitos: especialização clínica, melhor pesquisa e preferências do paciente. (Definição do ano 2000)

É a força motriz de muitas iniciativas de melhoria da qualidade e da padronização de práticas e políticas de saúde;

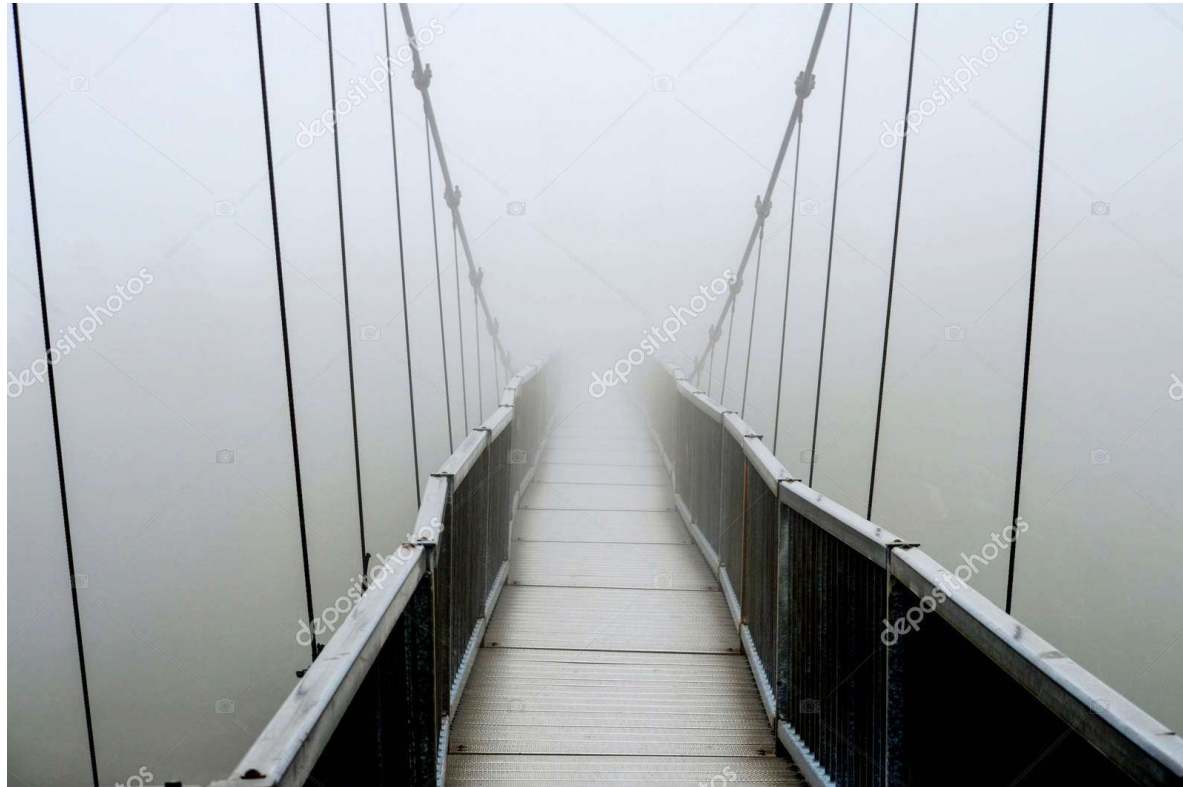
Porém, muitos profissionais de saúde não estão certos sobre o significado da PBE em um nível prático e aplicável, e enfrentam barreiras ao tentar implementá-lo.

Stevens, K., (2013). The impact of evidence-based practice in nursing and the next big ideas. *The Online Journal of Issues in Nursing*, 18(2), Manuscript 4. doi:10.3912/OJIN.Vol18Nº 2,Man04.

Olsen, L.A., Aisner, D., & McGinnis, J.M. (Ed.). (2007). Institute of Medicine (US) roundtable on evidence-based medicine. Retrieved from <https://www.ncbi.nlm.nih.gov/books/NBK53483/>



Acessando evidências: É fácil trabalhar com PBE?



Harris R, Probst H, Beardmore C et al . **Radiotherapy Skin Care: A Survey of practice in the UK.**
Radiography v.18, 2011.

Por que a radiodermite é um evento adverso importante?

Magnitude

Evidências mostram que 90% dos pacientes em radioterapia podem apresentar eritema e 30% descamação úmida.

Pignol JP, Olivotto I, Rakovitch E, et al. A multicenter randomized trial of breast intensity-modulated radiation therapy to reduce acute radiation dermatitis. J Clin Oncol 2008;26:2085-2092.

99,4% de pacientes de CP com indicação curativa tratados no INCa com Cobalto e acelerador linear em 2016, tiveram radiodermite sendo 35,8% tiveram descamação úmida(11,4% grau 3 RTOG)– TCC 2017 INCa

Transcendência

O Manejo das Radiodermites

- Promover e difundir medidas de saúde preventivas e curativas por meio da educação aos pacientes e familiares através da **consulta de enfermagem.**
- Participar de **protocolos terapêuticos de Enfermagem**, na prevenção, tratamento e reabilitação, em clientes submetidos à radiação ionizante.

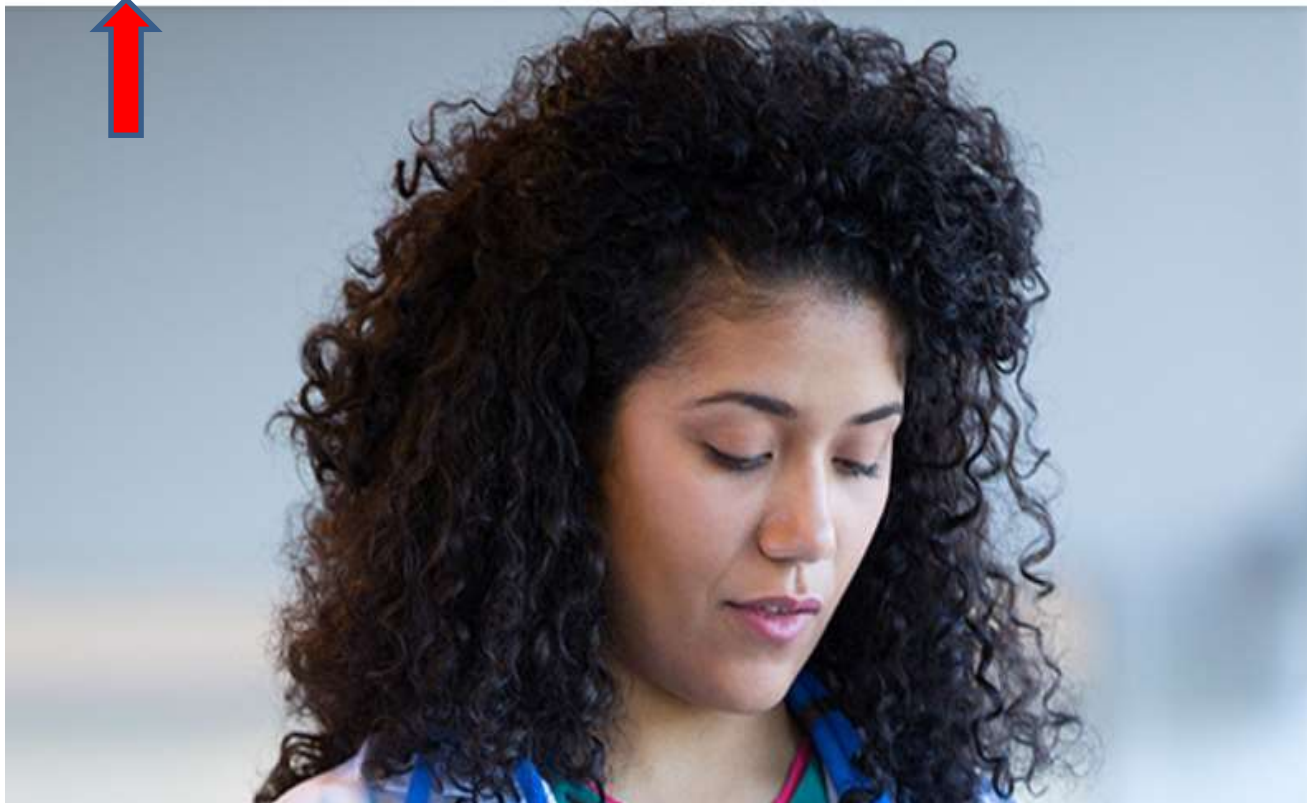
Resolução 211 / 1998 COFEN

Estratégias para uso da PBE



Search ONS.ORG

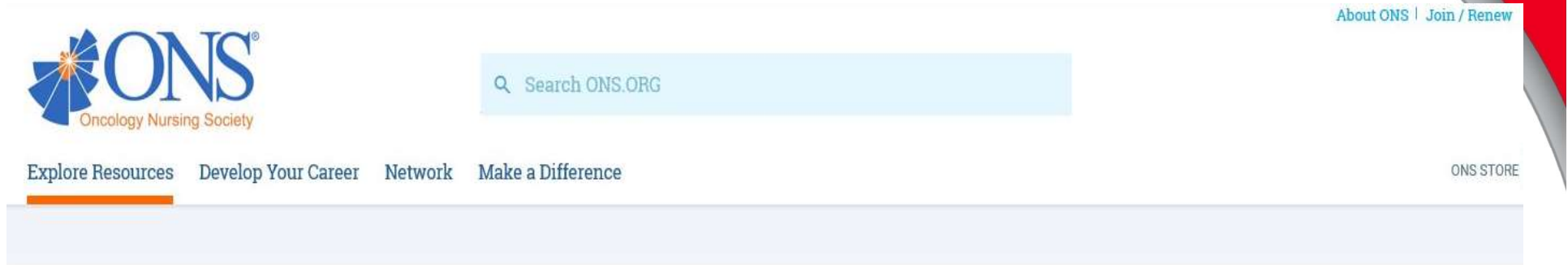
Explore Resources Develop Your Career Network Make a Difference



ONCOLOGY NURSING SOCIETY (ONS). Radiodermatitis. Disponível em:<
<https://www.ons.org/practice-resources/pep/radiodermatitis>>. Acesso em: 01 out. 2019.



Estratégias para uso da PBE



Explore Resources

Cancer is a complex subject, and you'll always encounter questions. Here's where you can find the resources to answer those questions.

Explore by Goal:

- [Enhance My Career](#)
- [Find Patient and Family Resources](#)
- [Get Clinical Support and Guidance](#)
- [Get CNE](#)
- [Improve Quality and Safety](#)
- [Learn Cancer Care](#)
- [Prepare for a Career in Oncology Nursing](#)
- [Prepare for Certification](#)
- [Use Evidence Based Practice \(EBP\)](#)

Explore by Topic:

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- [Cancer Types](#)
- [Care Setting](#)
- [Coordination of Care](#)
- [Nursing Roles and Professional Practice](#)
- [Oncologic Emergencies](#)
- [Patient Populations](#)
- [Patients and Caregivers](#)
- [Phases of Care](#)
- [Prevention, Screening and Diagnosis](#)
- [Survivorship](#)
- [Symptoms and Side Effects](#)

Explore by Source:

- [Articles](#)
- [Assessment Tools](#)
- [Books](#)
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Symptom Interventions

Symptom Interventions

Select symptom

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Radiodermatitis

[Radiodermatitis](#) is the integumentary system's response to exposure to ionizing radiation. Short-term skin responses can range from erythematous rash to development of desquamation and necrosis. Late effects can appear months to years after radiation treatment and include pigmentation changes, telangiectasia, photosensitivity, fibrosis, atrophy, and delayed wound healing and other complications of surgery within the radiation treatment field.

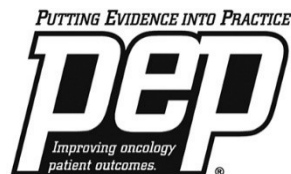
Development and severity of radiodermatitis is associated with multiple patient and treatment factors, including total radiation dose, duration of radiotherapy, and concomitant treatment with chemotherapy. Recall radiodermatitis can also occur as an acute inflammatory reaction in response to a systemic drug long after radiotherapy and within days or months following treatment with a triggering agent.

The incidence of radiodermatitis with new technology and treatment modalities is not completely understood, but 95% of patients have reported some degree of integumentary system reaction to radiotherapy. Radiodermatitis can be a dose-limiting side effect resulting in cancer treatment delays or even cancer treatment cessation, as well as significant pain and limitation of usual lifestyle activities.

This topic was updated on May 10, 2017. [Learn more about these updates.](#)

Search Strategies

[Radiodermatitis Search Strategy and Results](#)



Recommended for Practice

[Intensity Modulated Radiation Therapy](#)

[Skin Hygiene and Care](#)

[Use of Non-Aluminum Containing Deodorant](#)

Likely to Be Effective

 [Calendula Officinalis](#)

[Corticosteroids, Topical](#)

[Silver Sulfadiazine](#)

[Topical Steroid for Pruritus](#)

Effectiveness Not Established

[Adlay Bran Extract](#)

[Allantoin Emulsion](#)

[Anionic Polar Phospholipid \(APP\) Cream](#)

[Aquaphor®](#)

[ATP Cream](#)

[Bepanthen - Topical](#)

[Boswellia Serrata Cream](#)

[Cavilon™ Barrier Cream](#)

[Chamomile Cream and Almond Ointment](#)

Not Recommended for Practice

[Aloe Vera](#)

[Trolamine \(Biafine®\)](#)

Calendula Officinalis

for Radiodermatitis

Calendula is a perennial herb (*Calendula officinalis*) in the daisy family. Topical use involves use as a tincture or cream. Calendula contains high amounts of flavonoids, plant-based antioxidants that protect the body against cell-damaging free radicals. It seems to have anti-inflammatory, antiviral and antibacterial effects, as well as healing properties. The healing properties are believed to occur because of increased blood flow to the affected area. Calendula is also available to take orally. Calendula can cause allergic reaction in people sensitive to ragweed and similar plants. Calendula cream has been studied for effectiveness as a topical agent in preventing and managing radiodermatitis and oral mucositis.

Systematic Review/Meta-Analysis

Kumar, S., Juresic, E., Barton, M., & Shafiq, J. (2010). Management of skin toxicity during radiation therapy: a review of the evidence. *Journal of Medical Imaging and Radiation Oncology*, 54, 264–279. +

Research Evidence Summaries

Fenton-Kerimian, M., Cartwright, F., Peat, E., Florentino, R., Maisonet, O., Budin, W., . . . Formenti, S. (2015). Optimal topical agent for radiation dermatitis during breast radiotherapy: A pilot study. *Clinical Journal of Oncology Nursing*, 19, 451–455. +

Pommier, P., Gomez, F., Sunyach, M.P., D'Hombres, A., Carrie, C., & Montbarbon, X. (2004). Phase III randomized trial of calendula officinalis compared with trolamine for the prevention of acute dermatitis during irradiation for breast cancer. *Journal of Clinical Oncology*, 22(8), 1447–1453. +

Schneider, F., Danski, M.T., & Vayego, S.A. (2015). Usage of Calendula officinalis in the prevention and treatment of radiodermatitis: A randomized double-blind controlled clinical trial. *Revista da Escola de Enfermagem da USP*, 49, 221–228. +

Sharp, L., Finnilä, K., Johansson, H., Abrahamsson, M., Hatschek, T., & Bergenmar, M. (2013). No differences between Calendula cream and aqueous cream in the prevention of acute radiation skin reactions – Results from a randomised blinded trial. *European Journal of Oncology Nursing*, 17, 429–435. +

Guideline / Expert Opinion

Bolderston, A., Lloyd, N.S., Wong, R.K.S., Holden, L., Robb-Blenderman, L., & Supportive Care Guidelines Group. (2005). *The prevention and management of acute skin reactions related to radiation therapy: A clinical practice guideline* (Practice Guidelines Report #13-7). Toronto, Canada: Cancer Care Ontario. Retrieved from <https://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=34406>. +

Wong, R.K., Bensadoun, R.J., Boers-Doets, C.B., Bryce, J., Chan, A., Epstein, J.B., . . . Lacouture, M.E. (2013). Clinical practice guidelines for the prevention and treatment of acute and late radiation reactions from the MASCC Skin Toxicity Study Group. *Supportive Care in Cancer*, 21, 2933–2948. +

Schneider, F., Danski, M.T., & Vayego, S.A. (2015). Usage of *Calendula officinalis* in the prevention and treatment of radiodermatitis: A randomized double-blind controlled clinical trial. *Revista da Escola de Enfermagem da USP*, 49, 221–228.

DOI Link: [doi: 10.1590/S0080-623420150000200006](https://doi.org/10.1590/S0080-623420150000200006)

Study Purpose

To compare *Calendula officinalis* with essential fatty acids (EFAs) for the prevention and treatment of radiodermatitis among people with head and neck cancers

Intervention Characteristics/Basic Study Process

- Active control arm: EFAs
- Experimental arm: *Calendula officinalis*
- A pharmacy compounded the treatments and placed them in bottles.
- Radiation oncology nurses applied 10 ml of treatment on gauze after radiation therapy. Participants reapplied treatment 12 hours later.

Sample Characteristics

- N = 51 total, n = 27 (control), n = 24 (*Calendula*)
- MEAN AGE: EFA group: 60.44 years (SD = 10.53), *Calendula* group: 62.38 years (SD = 12.71)
- MALES (%): Not reported, FEMALES (%): Not reported, but the study included males and females. Most participants were male.
- KEY DISEASE CHARACTERISTICS: Head and neck cancers
- OTHER KEY SAMPLE CHARACTERISTICS: All patients were treated with Cobalt-60.

ESQUEMA DE CLASSIFICAÇÃO PEP ONS

Recomendado para a prática

Fortes evidências de estudos rigorosamente concebidos, meta-análises ou análises sistemáticas.

É provável que seja eficaz

Intervenções para as quais a eficácia foi demonstrada a partir de um único ensaio controlado rigorosamente conduzido.

Benefícios equilibrados com danos

Intervenções para as quais clínicos e pacientes devem pesar os efeitos benéficos e prejudiciais de acordo com as circunstâncias e prioridades individuais.

Eficácia não estabelecida

Intervenções para as quais existem dados insuficientes ou conflitantes ou dados de qualidade inadequada, sem indicação clara de danos.

Eficácia Improvável

Evidências negativas de um único ensaio controlado rigorosamente conduzido ou orientações desenvolvidas a partir de evidências e apoiadas por pareceres de especialistas.

Não recomendado para a prática

A falta de eficácia ou nocividade foi demonstrada por evidências fortes de estudos rigorosamente conduzidos, meta-análises ou revisões sistemáticas.

Opinião de um expert

Intervenções de baixo risco sugeridas por um especialista em uma publicação revisada por pares, e para as quais há evidências limitadas.

Fonte: <https://www.ons.org/practice-resources/pep>.

Estratégias para uso da PBE

NIH U.S. National Library of Medicine

ClinicalTrials.gov

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Explore 319,105 research studies in all 50 states and in 209 countries.

ClinicalTrials.gov is a resource provided by the U.S. National Library of Medicine.

IMPORTANT: Listing a study does not mean it has been evaluated by the U.S. Federal Government. Read our [disclaimer](#) for details.

Before participating in a study, talk to your health care provider and learn about the [risks and potential benefits](#).

Find a study (all fields optional)

Status ⓘ

- ☐ Recruiting and not yet recruiting studies
- ☒ All studies

Condition or disease ⓘ (For example: breast cancer)

X

Other terms ⓘ (For example: NCT number, drug name, investigator name)

X

Country ⓘ

X

Search

[Advanced Search](#)

U.S. National Library of Medicine. ClinicalTrials.gov.
Disponível em: <https://clinicaltrials.gov/> Acesso em: 16 out 2019.



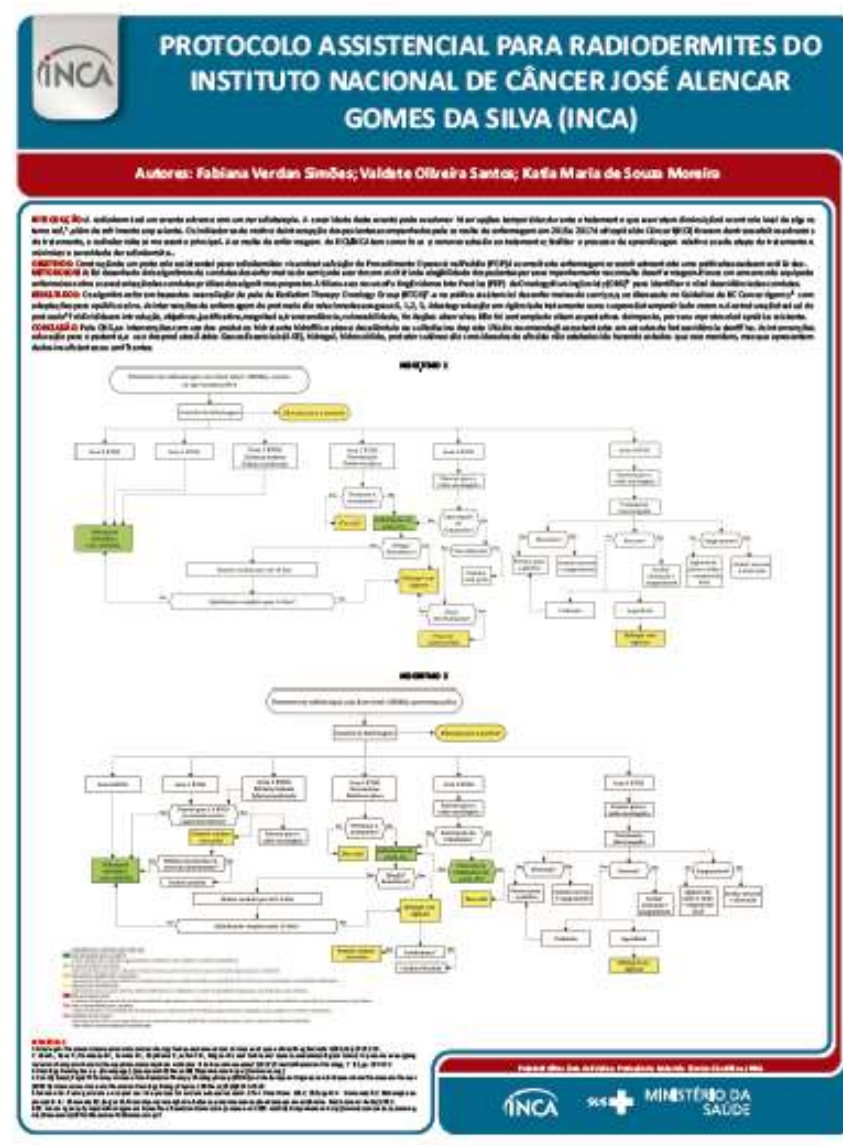
Showing: 1-10 of 70 studies studies per page

Row	Saved	Status	Study Title	Conditions	Interventions
1	☐	Completed	Dose-Response Curve: Interventions to Prevent and Treat Radiodermatitis	• Radiodermatitis	• Drug: Urea Dose A • Drug: Urea Dose B • Drug: Urea Dose C • (and 3 more...)
2	☐	Unknown [†]	Orally Administrated JBM-TC4 Prevents Acute Radiodermatitis in Breast Cancer Patients	• Radiodermatitis	• Drug: 2000 mg of JBM-TC4 per day • Drug: 3000 mg of JBM-TC4 per day • Drug: 3000 mg of PEG-400 per day
3	☐	Unknown [†]	Evaluation of Therapeutic Efficacy in Use of Chamomilla Gel, Chamomilla Infuse and Urea in Radiodermatitis	• Radiodermatitis	• Other: Chamomilla recutita Gel • Other: Chamomilla recutita Infuse • Drug: Urea cream based
4	☐	Active, not recruiting	Management Radiodermatitis in Patients With Breast or Head and Neck Cancer	• Radiodermatitis	• Other: Chamomilla recutita gel • Drug: Urea cream
5	☐	Recruiting	Photobiomodulation Therapy for the Prevention of Acute Radiodermatitis in Breast Cancer Patients Undergoing Radiotherapy	• Radiodermatitis • Breast Cancer	• Device: Photobiomodulation therapy (PBMT) • Device: Sham laser
6	☐	Terminated Has Results	Topical Use of Difinsa53™ to Prevent Radiation Dermatitis	• Radiodermatitis	• Drug: Difinsa53 • Drug: Aquaphor
7	☐	Terminated	Exploratory Study of Norepinephrine to Prevent Radiodermatitis in Breast Cancer Patients	• Radiodermatitis	• Drug: Norepinephrine
8	☐	Not yet recruiting	Study Using Spray Skin Protector Versus Conventional Treatment to Prevent Acute Radiodermatitis.	• Radiodermatitis • Injury, Radiation	• Other: Spray skin protector • Other: moisturizer containing in its composition calendula officinalis

Prática Baseada em Evidência: Livro



Prática Baseada em Evidências: Protocolos



Conclusão



"Constatar a realidade nos torna capazes de intervir nela."

Paulo Freire

A mudança é **DIFÍCIL** no
começo, **confusa** no meio
e **linda** no final.



app: Top Imagens



Muito obrigada!

Fabiana Verdan Simões

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