

# Radiation Therapy Treatment and Skin Care



## RADIATION THERAPY

- **Radiation therapy** involves using ionising radiation to treat neoplastic lesions
- The **aim** is to deposit the highest dose possible in the tumour tissue to minimise the number of viable residual cells, without going above the healthy tissue's maximum tolerance

# RADIATION THERAPY

## RT treatment process

Pre RT	First physician/nurse visit Simulator or CT planning Setting treatment volumes Dosimetric calculation
During RT	Treatment verification Treatment Patient follow-up by physician/nurse
Post RT	Patient follow-up by physician/nurse

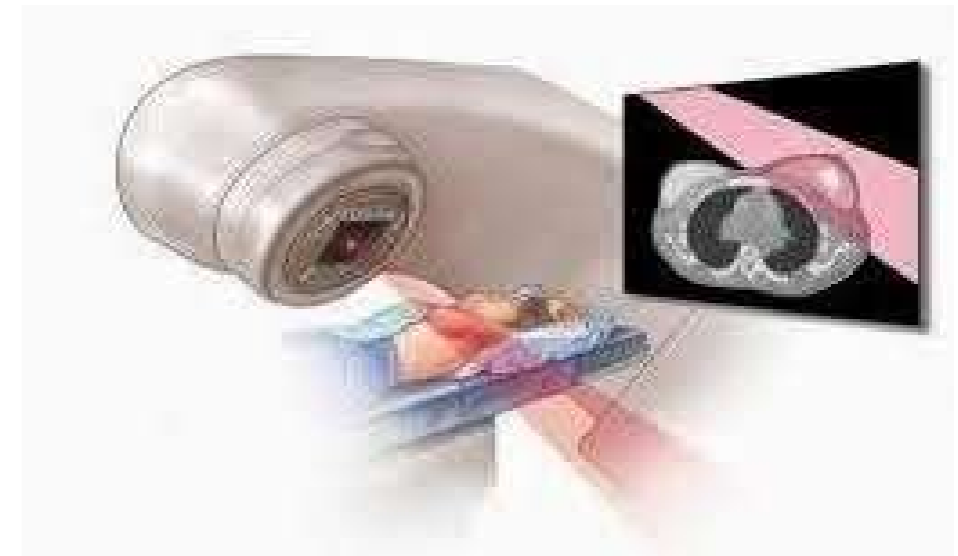
# RADIATION THERAPY

- Radiation therapy treatment is daily
- Duration: between 1–7 weeks
- Total radiation dose is divided between sessions
- The duration of each session and number of sessions depends on the patient and illness
- Each session takes between 15–30 min including preparing the equipment, positioning the patient and administering the radiation



# RADIATION THERAPY

- The toxicity related to the sessions that the patient has accumulated
- Side effects appear during treatment in the area of the body that is receiving radiation
- Does not cause pain
- Physician/nurse checks
- No need to fast beforehand



# NURSING CARE IN RADIATION THERAPY

## SKINCARE RECOMMENDATIONS

- Hygiene is important to prevent infections, but products should be gentle and non-irritating.
- Use mild body wash and soap.
- Daily hygiene with warm water.
- No sponge. Dry the area gently, without rubbing.
- Avoid common deodorants (alcohol/aluminium) on the treatment area.
- Do not wax or shave.
- Avoid using tape.
- Do not place anything too cold or hot on the skin area being treated.
- Wear loose clothing (seamless cotton underwear).

# NURSING CARE IN RADIATION THERAPY

**Preparation of the skin to delay the onset of erythema and desquamation **prior to radiation therapy treatment:****

- Moisturise the skin with a specialised moisturiser (superdefense)
- Apply moisturiser once a day after CT-planning until RT begins
- Apply scar cream (regestimul) once a day to healed surgical wound area without signs of infection



# NURSING CARE IN RADIATION THERAPY

## Preparation of the skin **once the RT treatment has started:**

- Moisturise the skin with a specialised moisturiser 2 times a day
  - One application after the radiation therapy session
  - Another application according to treatment schedule (maximum 2–3 hours before radiation therapy) (per bolus effect)
  - *Extra application according to toxicity during treatment: depending on the sessions scheduled, halfway through treatment apply moisturiser 3x/day and apply pure aloe vera at night (if itching increases, apply 2 times a day with an interval of one hour after the moisturiser)*
- If itching, apply chamomile cold compresses: anti-inflammatory, antibacterial. Regenerating and soothing pure aloe vera gel





# NURSING CARE IN RADIATION THERAPY

## Skin care after completion of radiation therapy treatment:

- Moisturise the skin with a specialised moisturiser (superdefense) twice a day for one month after finishing RT treatment
- Once a day or more applications depending on pruritus (itching) with regenerating and soothing pure aloe vera gel
- Apply regestimul on scars based on the patient's demand for good aesthetics

