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Multidisciplinary assistance to breast cancer the nursing and physiotherapys expertise

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ABSTRACT

Introduction: The breast cancer is a multifactorial pathology, which strikes especially women, usually after 35 years old, considered a global health problem. In Brazil, it is the second cancer with the most incidence in the feminine population. It is responsible for the death of a great number of women in the country. The treatments for this neoplasm vary from mastectomy, chemotherapy, radiotherapy to hormonotherapy. **Objectives:** To clarify the nursing and physiotherapy assistance in the breast cancer treatment. **Methodology:** It is a literature review that uses the data from SciELO, LILACS. To select the articles there were used these inclusion criteria: Portuguese language, published between 2007 and 2017, with free access and being result of the use of keywords (DECS-BIREME): Breast Neoplasm, Nursing, Physiotherapy, being found seven articles. **Results and Discussion:** Regarding the psychological, physical and social repercussions that this disease causes to the patient's life, it is evident that a bigger involvement of the health professionals is necessary. The aimed physiotherapy in treating patients previously affected by this neoplasia is the onco-functional one, acting before and after surgeries, which seeks to prevent, preserve and restore the kinetic-functional capacity of the patients; on the other hand, the nursing, will be involved during the whole therapeutic process in which the patient will undergo, the action measures ranging from first, second, third-level and postmortem, focusing on the educational and caregiving nature of the profession. The palliative cares that will be given from both professions require a holistic and humanized assistance, considering all the patient's dimensions. **Conclusion:** Thus, the multiprofessional team reaches a multidisciplinary assistance that has a direct impact in the care of the patient, proving to be essential to the improvement of the care and treatment given.

Keywords: Breast neoplasms; Nursing; Physiotherapy

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