

## Appendix. Case Scenarios

Case Scenario 1. Amyra Dastur, she/her, a Punjabi was a 48-year-old female, living in Ashcroft when she learned she had breast cancer in the spring of 2021. On the last day of radiation in the fall of 2021, when she heard the treatment completion bell, she could not stop crying. With the breast cancer diagnosis, Amyra mentioned that she had felt alone in a dark forest, terrified and did not know what to do or where to go. Amyra said, “It is incomprehensible how alone I felt with my diagnosis and how frightened I was in the dark hours. Cancer is frightening. The initial calls with nurses, oncology appointments and expert surgeons in the first couple weeks of post-radiation were encouraging. But the first few weeks were worse for me because the fatigue and pain were accumulative. I slept a lot and tried to let myself rest and heal.”

Case Scenario 2. Sara Khan, she/her/hers, a Muslim, 41 years old, is married, has a young family of two children and is living in Revelstoke. She had a total bilateral mastectomy for the diagnosis of stage 3 breast cancer a year ago. She is presenting for her first cycle of chemotherapy in 2021. Sara is at the breast cancer clinic, tapping her feet, nervously holding a child’s soft toy in her hands. She mentioned that she is feeling nervous, not knowing what to expect with this treatment. She said, “I am thinking about my children while waiting for the treatment.” The nurse has prepared a comfortable room for the consultation. The nurse asked about Sara’s health, how she might be feeling and any concerns that she may have. The nurse informed her about the treatment and what to expect along the way.

### Learning outcomes

1. Conduct an assessment to identify the needs and concerns to plan person-centered care.
2. Utilize therapeutic communication strategies to promote culturally responsive and competent care.
3. Review considerations in the psychosocial care for clients with breast cancer when newly diagnosed, during and after treatment.

### Debriefing questions

1. What factors in the case scenarios could indicate that the person could be experiencing stress and distress?
2. How has this simulation experience impacted your understanding of the psychological complexities involved in the cancer continuum?
3. How have these simulation scenarios evoked psychological responses through the critical thinking and decision-making process?

### Reflective questions

1. How did understanding the client’s goals and background influence the nursing plan to ensure culturally responsive and competent care?
2. Reflect on ways therapeutic communication strategies contribute to fostering supportive care and how these strategies incorporate culturally responsive care.
3. What coping mechanisms could be used to manage the psychological responses while providing compassionate care?