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Abstract

Colorectal cancer is the cancer found in the colon and rectum of the large intestine. In this case John who is diagnosed positive for colorectal cancer undergoes a surgery followed by chemotherapy that includes the drug Fluorouracil. John who returns for review after three successful chemotherapies reports that he is not been keeping too well after the third chemotherapy. He felt lethargic accompanied by pain all over the body which was intense for first few days after therapy and continued for days. He also reported that taking in "Paracetamol" and "Neurofen" made him feel little better. John could not cope with his routine due to lack of energy and found it hard to support his daughter's real-estate maintenance work as well as taking his dog out for walk twice a day. John reportedly had two hours nap in the afternoon which he barely did before his treatment for cancer. He felt stressed about his wife and himself more often and had sleepless nights in spite of tiredness. He often woke up at about 3 in the morning and get no sleep later on. As a part of his medication John took an oral dose of 8mg of Dexamethasone for two to three days post chemotherapy and one to two tablets of 10mg PO of Metoclopramide every four to six hours whenever required. Side effects of chemotherapy especially fatigue is the reason behind the most inconveniences and discomforts felt by John.

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