

# Nursing Interventions for Managing Chemotherapy-Induced Toxicities in Cancer Patients: A Comprehensive Review

Atiyeh Ataei<sup>1</sup>, Mahsa Abbasi<sup>2</sup>, Forough Motavaf<sup>3</sup>, Mohammadreza Allahyartorkaman<sup>4</sup>

<sup>1</sup>Department of Plant Biotechnology, National Institute of Genetic Engineering and Biotechnology, Tehran, Iran. <sup>2</sup>Department of Microbiology, Z.A.C., Islamic Azad University, Zanzan, Iran. <sup>3</sup>Department of Fisheries, Faculty of Natural Resources, University of Tehran, Karaj, Iran. <sup>4</sup>Regional Tuberculosis Reference Laboratory, Tehran University of Medical Sciences, Tehran, Iran.

## Abstract

**Background:** Chemotherapy remains a cornerstone of cancer treatment; however, its associated toxicities significantly compromise patients' physical well-being, psychological health, treatment adherence, and overall quality of life. As a result, effective supportive care strategies are essential to optimize therapeutic outcomes. Oncology nurses play a pivotal role in the early identification, prevention, and management of chemotherapy-induced adverse effects through evidence-based interventions. This comprehensive review aims to synthesize current evidence on nursing interventions for the management of chemotherapy-induced toxicities in cancer patients and to highlight best practices that improve symptom control and patient-centered outcomes. **Methods:** A systematic literature search was conducted across major databases, including PubMed, Scopus, Web of Science, and CINAHL, to identify studies published in English that evaluated nursing-led or nursing-related interventions targeting chemotherapy-induced toxicities. Both quantitative and qualitative studies, as well as clinical guidelines and review articles, were included. Toxicities of interest encompassed gastrointestinal symptoms, fatigue, pain, peripheral neuropathy, hematological complications, oral mucositis, and psychosocial distress. **Results:** The reviewed evidence demonstrates that nursing interventions such as structured symptom assessment, patient education, self-care training, nutritional counseling, psychosocial support, and nurse-led monitoring programs significantly reduce symptom burden, enhance treatment adherence, and improve health-related quality of life. Multimodal and individualized approaches were particularly effective in addressing complex and overlapping toxicities. Emerging evidence further supports the integration of digital health technologies and tele-nursing models to enhance early detection, continuity of care, and patient engagement. **Conclusion:** Nursing interventions are essential to the effective management of chemotherapy-induced toxicities and play a critical role in improving patient outcomes throughout the cancer care continuum. The integration of standardized assessment tools, evidence-based educational strategies, and technology-enhanced supportive care into routine oncology practice can substantially mitigate treatment-related toxicities. Future research should focus on developing culturally sensitive, scalable, and nurse-led intervention models that leverage digital health innovations to advance supportive cancer care.

**Keywords:** Chemotherapy-induced toxicity- Oncology nursing- Nursing interventions- Symptom management

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## Introduction

Numerous diseases have endangered human life, ranging from physical illnesses to mental disorders that affect the quality of life and overall well-being of society [1-4]. In recent years, artificial intelligence has made remarkable advancements, ranging from its applications in medical sciences for diagnosis and treatment support to

improving healthcare and safety across food supply chains [5-9]. Chemotherapy remains one of the most widely used and effective modalities in cancer treatment, playing a central role in curative, adjuvant, and palliative therapeutic strategies [10]. Despite its proven efficacy in controlling tumor growth and improving survival

### Corresponding Author:

Dr. Mohammadreza Allahyartorkaman  
Regional Tuberculosis Reference Laboratory, Tehran University of Medical Sciences, Tehran, Iran.  
Email: allahyarm78@gmail.com

outcomes, chemotherapy is frequently associated with a wide spectrum of adverse effects that significantly compromise patients' physical, psychological, and social well-being [11]. These toxicities ranging from gastrointestinal disturbances, fatigue, mucositis, neuropathy, and hematological abnormalities to emotional distress often interfere with daily functioning, reduce quality of life, and may lead to treatment delays, dose reductions, or premature discontinuation of therapy [11, 12]. The increasing complexity of cancer treatment regimens, combined with prolonged survival rates, has amplified the need for comprehensive supportive care strategies that extend beyond pharmacological management [13]. In this context, oncology nursing plays a pivotal role in the holistic care of patients undergoing chemotherapy [14]. Many diseases other than cancer continue to threaten human life, imposing significant physical, psychological, and socioeconomic burdens on individuals and communities. Studies have shown that the use of opioid analgesics such as tramadol and codeine can significantly influence cardiovascular outcomes and overall mortality in patients with chronic musculoskeletal disorders [15]. Moreover, biological markers like the ABO blood group have been identified as potential predictors of postoperative survival and recurrence rates in cancer patients, particularly those undergoing hepatectomy for hepatocellular carcinoma [16]. Cardiac complications such as hyperkalemia-induced complete heart block remain life-threatening emergencies that require prompt diagnosis and treatment [17]. Recent research has also emphasized the therapeutic potential of exosomes in managing viral infections such as COVID-19 and other infectious diseases [18]. In addition, parasitic infections like *Schistosoma mansoni* continue to pose major global health concerns in endemic areas, necessitating effective surveillance and prevention strategies [19]. Recent studies have highlighted the promising role of exosomes as innovative therapeutic tools for combating infectious diseases, including COVID-19, by facilitating targeted cellular communication and immune modulation [18]. Furthermore, the development of mRNA-based lipid nanoparticle systems has revolutionized targeted anti-inflammatory and gene-regulatory therapies, offering new possibilities for managing chronic diseases beyond oncology [20]. Collectively, these studies underscore that a wide spectrum of diseases including cardiovascular, infectious, metabolic, and genetic disorders continues to endanger human life, highlighting the need for ongoing research, innovative treatment approaches, and interdisciplinary collaboration in modern medicine. Nurses are uniquely positioned at the frontline of cancer care to assess symptoms, deliver timely interventions, educate patients and caregivers, and coordinate multidisciplinary support [21]. Through continuous patient interaction, nurses contribute substantially to early symptom detection, prevention of complications, and promotion of treatment adherence [22]. Chemotherapy-induced toxicities are multifactorial and often interrelated, affecting multiple physiological systems simultaneously [23]. Effective management therefore requires a multidimensional

and patient-centered approach that integrates physical, psychological, and psychosocial interventions [24]. Various strategies have evolved in business development and environmental factors, each contributing in its own way to enhancing the efficiency and effectiveness of these factors [25-27]. In the context of advancing management in the field of dentistry, new and effective methods have been developed that play a significant role in improving patient health and pain management [28]. Among the management mechanisms, food resource management can be highlighted, as it helps reduce food waste and improve efficiency within the supply chain [29]. Effective management requires understanding human interactions and applying behavioral patterns across different environments [30]. Evidence increasingly supports the effectiveness of nursing-led strategies such as structured symptom monitoring, patient education programs, lifestyle counseling, nutritional support, and psychosocial interventions in mitigating treatment-related adverse effects [22]. Moreover, advancements in digital health technologies, including telehealth platforms and mobile health applications, have expanded the scope of nursing practice by enabling remote symptom monitoring and timely intervention [31]. Despite growing recognition of the critical role of nursing care in oncology, variations persist in the implementation of evidence-based interventions across clinical settings [32]. Additionally, the rapidly evolving landscape of cancer therapeutics necessitates continuous evaluation and updating of nursing practices to align with emerging treatment-related toxicities and patient needs [33]. A comprehensive synthesis of current evidence is therefore essential to guide clinical decision-making, standardize care practices, and identify gaps for future research [34]. Diagnostic and therapeutic methods utilizing advanced equipment and devices have made significant progress, leading to improved treatment of various eye diseases as well as advancements in dental care services [35-39]. Among these advancements is the development of smart glasses, which play an effective role in monitoring health conditions and providing immediate assistance in emergency situations [40]. Today, the use of models and modeling has become an essential component of technological advancement in healthcare and computer-based systems [41, 42]. Accordingly, this review aims to critically examine existing evidence on nursing interventions for the management of chemotherapy-induced toxicities in cancer patients. By summarizing effective strategies, highlighting innovative approaches, and identifying areas requiring further investigation, this review seeks to support the optimization of supportive oncology care and enhance patient-centered outcomes across diverse clinical contexts (Figure 1).

## Materials and Methods

### *Literature Search Strategy*

A comprehensive and systematic literature search was conducted to identify relevant studies examining nursing interventions for the management of chemotherapy-induced toxicities in cancer patients. The search



Figure 1. Conceptual Framework of Nursing Interventions in the Management of Chemotherapy-induced Toxicities

strategy was designed to capture both clinical and supportive care perspectives, with particular emphasis on nursing-led interventions, symptom management, and patient-centered outcomes. The review followed established methodological guidance for narrative and integrative reviews to ensure transparency, reproducibility, and scientific rigor.

#### Databases and Search Terms

Electronic databases including PubMed/MEDLINE, Scopus, Web of Science, and CINAHL were systematically searched for eligible studies. The search covered publications from January 2000 to December 2024 to ensure inclusion of contemporary evidence reflecting advances in oncology nursing practice. A combination of Medical Subject Headings (MeSH) and free-text keywords was used. Search terms included, but were not limited to:

“chemotherapy-induced toxicity,” “cancer treatment side effects,” “oncology nursing,” “nursing interventions,” “symptom management,” “supportive cancer care,” “fatigue,” “mucositis,” “neuropathy,” “quality of life,” “patient education,” and “psychosocial support.” Boolean operators (AND/OR) were applied to refine search results. Reference lists of relevant articles were also manually screened to identify additional eligible studies.

#### Overview of Chemotherapy-Induced Toxicities

Chemotherapy-induced toxicities represent a major challenge in contemporary cancer care, as they significantly affect patients’ physical functioning, psychological well-being, and overall quality of life [43]. These toxicities arise from the non-selective nature of many cytotoxic agents, which target rapidly dividing cancer cells but also damage healthy tissues with high proliferative capacity [44]. The severity and pattern of adverse effects vary depending on the chemotherapeutic regimen, dosage, treatment duration, and individual patient factors such as age, comorbidities, and baseline

functional status [45]. Understanding the spectrum of chemotherapy-related toxicities is essential for developing effective nursing interventions aimed at early detection, prevention, and symptom management [46] (Table 1).

#### Gastrointestinal Toxicities

Gastrointestinal (GI) toxicities are among the most prevalent and distressing side effects of chemotherapy, often leading to nutritional deficiencies, dehydration, treatment non-adherence, and reduced quality of life [47]. These toxicities result primarily from damage to the rapidly dividing epithelial cells of the gastrointestinal tract and dysregulation of neurochemical signaling involved in digestion [48].

#### Nausea and Vomiting

Chemotherapy-induced nausea and vomiting (CINV) remain among the most feared adverse effects experienced by patients [49]. Despite advances in antiemetic therapies, CINV continues to affect a significant proportion of individuals undergoing treatment [46]. It can be classified as acute, delayed, anticipatory, breakthrough, or refractory, depending on its onset and response to therapy [46]. Poorly controlled nausea and vomiting may lead to dehydration, electrolyte imbalance, malnutrition, and psychological distress [47]. Nursing interventions play a crucial role in early assessment, patient education, adherence to antiemetic regimens, and implementation of non-pharmacological strategies such as dietary modification, relaxation techniques, and behavioral support [22].

#### Diarrhea and Constipation

Chemotherapy-induced diarrhea results from mucosal injury, altered intestinal motility, and changes in gut microbiota, whereas constipation may arise from opioid use, reduced physical activity, dehydration, or neurotoxic effects of certain chemotherapeutic agents [50]. Both conditions significantly impair comfort and daily functioning [51]. Persistent diarrhea can increase the risk of infection and electrolyte disturbances, while constipation may cause abdominal discomfort, bowel obstruction, and reduced treatment tolerance [50]. Nursing management focuses on symptom monitoring, dietary counseling, hydration support, medication management, and patient education to prevent complications and maintain bowel regularity [51].

#### Mucositis and Oral Complications

Oral mucositis is a common and debilitating toxicity characterized by inflammation, ulceration, and pain within the oral cavity [52]. It can interfere with eating, speaking, and oral hygiene, and may predispose patients to secondary infections [52]. The pathophysiology involves direct mucosal injury, inflammatory cytokine release, and microbial colonization [53]. Nursing interventions, including routine oral assessments, implementation of oral care protocols, patient education, and early symptom management, are essential in minimizing severity and promoting healing [46].

Table 1. Overview of Major Chemotherapy-Induced Toxicities, Clinical Manifestations, and Nursing Implications

Toxicity Category	Key Clinical Features	Impact on Patients	Nursing Implications	References
Gastrointestinal Toxicities	Nausea, vomiting, diarrhea, constipation, mucositis	Malnutrition, dehydration, treatment non-adherence, reduced QoL	Early symptom assessment, dietary counseling, hydration support, oral care protocols, patient education	[44–49]
Chemotherapy-Induced Nausea and Vomiting (CINV)	Acute, delayed, anticipatory, breakthrough, refractory nausea and vomiting	Electrolyte imbalance, malnutrition, psychological distress	Adherence to antiemetic regimens, patient education, non-pharmacological strategies (dietary modification, relaxation)	[47–50]
Diarrhea and Constipation	Altered bowel habits due to mucosal injury or reduced motility	Infection risk, bowel obstruction, discomfort, treatment intolerance	Symptom monitoring, hydration support, bowel management education, medication review	[51–52]
Oral Mucositis	Oral inflammation, ulceration, pain, secondary infection	Difficulty eating and speaking, infection risk, reduced QoL	Routine oral assessment, oral hygiene protocols, pain control, early intervention	[53–54]
Hematological Toxicities	Bone marrow suppression leading to cytopenias	Treatment interruption, infection, fatigue, bleeding	Laboratory monitoring, patient education, early recognition of complications	[55]
Neutropenia	Reduced neutrophil count, febrile neutropenia	Life-threatening infections	Infection prevention education, early fever detection, coordination of urgent care	[56–57]
Anemia and Cancer-Related Fatigue	Reduced hemoglobin levels, persistent fatigue	Reduced functional capacity, impaired QoL	Energy conservation strategies, nutritional guidance, symptom assessment and education	[58–60]
Thrombocytopenia	Low platelet count, bleeding tendency	Bruising, hemorrhage, treatment delays	Bleeding risk assessment, injury prevention education, close monitoring	[61–63]
Neurological and Sensory Toxicities	Peripheral neuropathy, cognitive impairment	Functional limitation, reduced independence	Early detection, safety education, referral for rehabilitation	[63]
Chemotherapy-Induced Peripheral Neuropathy (CIPN)	Numbness, tingling, burning pain in extremities	Impaired balance, dexterity, long-term disability	Symptom monitoring, dose modification advocacy, patient safety education	[62–63]
Cognitive Impairment (“Chemo Brain”)	Memory, attention, and executive function deficits	Occupational and psychosocial impairment	Cognitive assessment, coping strategies, patient education	[64–66]
Psychological and Emotional Distress	Anxiety, depression, emotional burden	Reduced adherence, worsened symptom perception	Psychological screening, emotional support, referral to mental health services	[67–69]
Sleep Disturbances and Cancer-Related Fatigue	Insomnia, non-restorative sleep, persistent fatigue	Decreased physical and psychological well-being	Sleep hygiene education, activity pacing, relaxation interventions	[69–71]

#### • Hematological Toxicities

Hematological toxicities are frequent consequences of chemotherapy-induced bone marrow suppression and represent a major source of morbidity and treatment interruption [54].

#### Neutropenia and Infection Risk

Neutropenia significantly increases susceptibility to infections and can be life-threatening if not promptly identified and managed [55]. Febrile neutropenia remains a medical emergency requiring immediate intervention [56]. Oncology nurses play a pivotal role in monitoring blood counts, educating patients on infection prevention strategies, recognizing early signs of infection, and coordinating timely medical interventions [46].

#### Anemia and Fatigue

Chemotherapy-induced anemia contributes substantially to cancer-related fatigue, reduced exercise tolerance, and diminished quality of life [57]. Fatigue is often multifactorial, influenced by anemia, metabolic alterations, psychological distress, and inflammatory processes. Nursing interventions include symptom assessment, energy conservation strategies, nutritional

guidance, and patient education to support functional independence and coping [58–59].

#### Thrombocytopenia

Thrombocytopenia increases the risk of bleeding and may necessitate treatment delays or dose modifications [60]. Patients may experience bruising, petechiae, or hemorrhagic complications [61]. Nursing care focuses on bleeding risk assessment, patient education regarding injury prevention, and close monitoring to ensure early intervention when platelet counts decline [62].

#### • Neurological and Sensory Toxicities

Neurological complications of chemotherapy significantly affect functional status and long-term quality of life, particularly with agents known to cause neurotoxicity [62].

#### Chemotherapy-Induced Peripheral Neuropathy (CIPN)

CIPN is characterized by sensory disturbances such as numbness, tingling, burning sensations, and pain, primarily affecting the hands and feet. These symptoms can impair balance, dexterity, and daily activities, and may persist long after treatment completion. Early

identification and symptom monitoring by nurses are essential to prevent progression and to guide dose modifications and supportive interventions [61, 62].

#### *Cognitive Impairment (“Chemo Brain”)*

Cognitive changes associated with chemotherapy, commonly referred to as “chemo brain,” include deficits in attention, memory, executive function, and processing speed. These impairments can affect occupational performance and psychosocial well-being. Nursing assessments, patient education, and cognitive coping strategies are essential components of supportive care for individuals experiencing cognitive dysfunction during or after treatment [63-65].

#### • *Psychological and Emotional Distress*

Psychological distress is a prevalent yet often underrecognized consequence of cancer treatment. Emotional responses may stem from the diagnosis itself, treatment burden, uncertainty about prognosis, and disruptions to social and occupational roles [66, 67].

#### *Anxiety and Depression*

Anxiety and depressive symptoms frequently coexist with physical toxicities and can exacerbate symptom perception, reduce adherence to treatment, and impair quality of life. Nurses play a critical role in screening for psychological distress, providing emotional support, facilitating referrals to mental health services, and fostering coping strategies [67, 68].

#### *Sleep Disturbances and Cancer-Related Fatigue*

Sleep disturbances are commonly reported during chemotherapy and often coexist with fatigue, pain, and psychological distress. Cancer-related fatigue is a persistent and overwhelming sense of exhaustion that is not relieved by rest. Nursing interventions, including sleep hygiene education, activity pacing, and relaxation techniques, are essential for managing these interconnected symptoms and improving overall well-being [68-70].

#### *Nursing Interventions in the Management of Chemotherapy-Induced Toxicities*

Nursing interventions play a central role in mitigating chemotherapy-induced toxicities and improving patient outcomes throughout the cancer care continuum. Oncology nurses are uniquely positioned to provide continuous assessment, early detection of adverse effects, patient education, and individualized supportive care. Through evidence-based interventions, nurses contribute significantly to symptom control, treatment adherence, and overall quality of life in patients undergoing chemotherapy [67, 71, 72].

#### • *Symptom Assessment and Early Detection Strategies*

Early identification of chemotherapy-related toxicities is critical for preventing symptom escalation and treatment interruptions. Oncology nurses employ systematic and ongoing assessments to detect physical, psychological, and functional changes that may indicate emerging

toxicities [72].

#### *Use of Standardized Assessment Tools*

Standardized assessment instruments enable consistent and objective evaluation of symptom severity and treatment-related adverse effects. Tools such as the Common Terminology Criteria for Adverse Events (CTCAE), the Edmonton Symptom Assessment System (ESAS), and the Brief Pain Inventory (BPI) facilitate early detection of toxicities and guide timely interventions. Routine use of these tools supports clinical decision-making, enhances communication within multidisciplinary teams, and promotes continuity of care across treatment settings [69, 72-73].

#### *Patient-Reported Outcome Measures (PROMs)*

Patient-reported outcome measures have become increasingly valuable in oncology practice, as they capture patients’ subjective experiences that may not be readily apparent during clinical assessment. PROMs allow patients to report symptoms such as fatigue, pain, nausea, emotional distress, and functional limitations in real time. Integration of PROMs into routine care has been shown to improve symptom recognition, enhance patient-provider communication, and reduce emergency visits and hospitalizations. Nurses play a key role in interpreting these data and initiating timely supportive interventions [75, 76].

#### • *Patient Education and Self-Management Support*

Patient education is a cornerstone of effective symptom management and empowers individuals to actively participate in their care. Education delivered by oncology nurses improves treatment adherence, reduces anxiety, and enhances patients’ ability to manage treatment-related side effects [77, 78].

#### *Medication Adherence and Safety*

Nurses provide essential guidance regarding medication schedules, potential adverse effects, and safe medication use, including oral chemotherapy agents and supportive medications. Education focuses on recognizing early warning signs, avoiding drug interactions, and adhering to prescribed regimens. Clear communication and reinforcement of safety principles help reduce medication errors and enhance therapeutic effectiveness [79-81].

#### *Lifestyle Modification and Symptom Self-Monitoring*

Lifestyle interventions play a supportive role in mitigating chemotherapy-induced toxicities. Nurses educate patients on maintaining adequate hydration, balanced nutrition, physical activity adapted to functional capacity, sleep hygiene, and stress management. Encouraging patients to monitor symptoms, maintain symptom diaries, and promptly report changes enables early intervention and prevents symptom escalation [75, 82, 83].

- *Nutritional and Metabolic Support*

Nutritional status is a critical determinant of treatment tolerance and recovery in patients receiving chemotherapy. Malnutrition and metabolic disturbances can exacerbate toxicity and impair immune function [84, 85].

#### *Dietary Counseling and Supplementation*

Oncology nurses collaborate with dietitians to assess nutritional status and provide individualized dietary counseling. Interventions may include tailored meal planning, oral nutritional supplements, and management of treatment-related taste changes or gastrointestinal symptoms. Nutritional support contributes to improved energy levels, immune competence, and overall treatment tolerance [84, 86, 87].

#### *Management of Cachexia and Appetite Loss*

Cancer-related cachexia is a multifactorial syndrome characterized by weight loss, muscle wasting, and metabolic dysregulation. Nursing interventions focus on early identification, nutritional optimization, symptom control, and coordination with multidisciplinary teams. Supportive strategies aim to preserve functional status and enhance quality of life rather than solely focusing on weight gain [85, 87, 88].

- *Psychosocial and Emotional Support Interventions*

Psychological distress is highly prevalent among patients undergoing chemotherapy and can significantly influence treatment adherence and recovery. Nurses play a pivotal role in providing emotional support and facilitating access to psychosocial care [89, 90].

#### *Counseling and Coping Strategies*

Supportive counseling helps patients cope with anxiety, depression, uncertainty, and fear associated with cancer diagnosis and treatment. Nurses may employ therapeutic communication, stress-reduction techniques, and referral to mental health professionals when appropriate. Teaching adaptive coping strategies enhances emotional resilience and patient empowerment [89-91].

#### *Family and Caregiver Engagement*

Family members and caregivers are integral to the patient's support system. Engaging caregivers in education and care planning improves adherence, reduces caregiver burden, and enhances overall patient well-being. Nurses facilitate communication between patients, families, and the healthcare team to ensure coordinated and compassionate care [92-94].

- *Nursing Interventions for Specific Toxicities*

Targeted nursing interventions are essential for managing common and debilitating chemotherapy-related toxicities.

#### *Management of Oral Mucositis*

Nursing care for oral mucositis includes routine oral assessment, promotion of oral hygiene protocols, pain management, and dietary modifications. Preventive

strategies such as cryotherapy and non-irritating mouth rinses are commonly employed to reduce severity and duration [95-96].

#### *Fatigue and Energy Conservation Strategies*

Cancer-related fatigue is addressed through patient education on energy conservation, activity pacing, and gentle physical activity when appropriate. Nurses support patients in balancing rest and activity to maintain functional independence and improve quality of life [97, 98].

#### *Neuropathy Prevention and Rehabilitation*

Peripheral neuropathy requires early recognition and monitoring to prevent long-term disability. Nursing interventions include patient education on safety measures, symptom monitoring, referral for physical or occupational therapy, and collaboration with the healthcare team to adjust treatment when necessary [14].

#### *Pain and Symptom Control*

Effective pain management remains a core component of oncology nursing care. Nurses assess pain characteristics, administer pharmacologic and non-pharmacologic interventions, and evaluate treatment effectiveness. Comprehensive symptom control enhances patient comfort, treatment adherence, and overall well-being [14, 97].

#### *Role of Advanced Nursing Practice and Multidisciplinary Collaboration*

Advanced nursing practice plays a pivotal role in optimizing cancer care delivery by integrating clinical expertise, evidence-based decision-making, and patient-centered approaches. In the context of chemotherapy-induced toxicities, advanced practice nurses (APNs) contribute significantly to symptom management, continuity of care, and coordination among multidisciplinary teams. Their expanded scope of practice enables timely interventions, improved clinical outcomes, and enhanced patient satisfaction throughout the cancer care continuum [14, 97, 99].

- *Nurse-Led Clinics and Follow-Up Models*

Nurse-led clinics have emerged as effective models for delivering comprehensive supportive care to patients undergoing chemotherapy. These clinics are typically managed by oncology nurses with advanced training who are empowered to assess symptoms, initiate supportive interventions, adjust care plans, and provide ongoing monitoring. Evidence suggests that nurse-led follow-up models improve symptom control, reduce unplanned hospital admissions, and enhance patient engagement in care. Through structured follow-up visits either in-person or via telehealth nurses can conduct systematic assessments of treatment-related toxicities, monitor treatment adherence, and provide timely education and counseling. These models are particularly valuable for managing chronic or delayed adverse effects, such as neuropathy, fatigue, and psychosocial distress. By

fostering continuity of care and strengthening therapeutic relationships, nurse-led services contribute to improved clinical outcomes and patient satisfaction [100-103].

• *Interdisciplinary Coordination in Oncology Care*

Effective management of chemotherapy-induced toxicities requires close collaboration among multidisciplinary healthcare professionals, including oncologists, pharmacists, dietitians, psychologists, social workers, and rehabilitation specialists. Oncology nurses serve as central coordinators within this interdisciplinary framework, facilitating communication and ensuring that care plans are cohesive and patient-centered. Through regular multidisciplinary meetings and shared decision-making processes, nurses help integrate medical, psychosocial, and supportive interventions tailored to individual patient needs. This collaborative approach enhances treatment adherence, reduces fragmentation of care, and ensures timely referrals to specialized services. Moreover, interdisciplinary collaboration supports comprehensive management of complex symptoms, such as pain, fatigue, and emotional distress, which often require coordinated multimodal interventions [103-106].

• *Education and Training of Oncology Nurses*

Ongoing education and professional development are essential to equip oncology nurses with the knowledge and skills required to manage increasingly complex cancer treatments. Advances in chemotherapy, immunotherapy, and targeted therapies necessitate continuous updating of clinical competencies, particularly in toxicity assessment, symptom management, and patient education. Structured training programs, continuing professional development courses, and competency-based certifications enhance nurses' ability to deliver high-quality, evidence-based care. Additionally, training in communication skills, psychosocial support, and cultural competence strengthens the nurse-patient relationship and promotes holistic care. Investment in nursing education not only improves patient outcomes but also supports workforce sustainability and professional resilience in oncology settings [21, 101, 107, 108].

*Digital Health and Innovative Nursing Interventions*

The rapid advancement of digital health technologies has transformed the delivery of oncology care, offering new opportunities to enhance symptom monitoring, patient engagement, and personalized supportive care. In the context of chemotherapy-induced toxicities, digital and technology-assisted nursing interventions provide scalable, timely, and patient-centered solutions that complement traditional clinical care. These innovations enable continuous monitoring, early detection of complications, and data-driven clinical decision-making, thereby improving outcomes and resource utilization [109-111].

• *Telehealth and Remote Symptom Monitoring*

Telehealth has emerged as a critical modality in oncology care, particularly for patients undergoing

chemotherapy who require frequent monitoring but may face barriers to in-person visits. Through video consultations, telephone follow-ups, and secure messaging platforms, oncology nurses can assess symptoms, provide education, and adjust supportive care plans in real time [112-114]. Remote symptom monitoring systems allow patients to report treatment-related toxicities such as nausea, pain, fatigue, and emotional distress from their home environment. These systems facilitate early detection of symptom deterioration and enable prompt clinical intervention, thereby reducing emergency department visits and unplanned hospitalizations. Evidence suggests that nurse-led telemonitoring improves symptom control, enhances patient satisfaction, and promotes continuity of care, particularly for individuals living in remote or underserved areas [115-117]. Telehealth also supports longitudinal follow-up and survivorship care by enabling regular assessment of late-onset toxicities and psychosocial needs. By integrating telehealth into routine oncology practice, nurses can extend care beyond traditional clinical settings while maintaining high standards of safety and quality [118, 119].

• *Mobile Health Applications and Wearable Technologies*

Mobile health (mHealth) applications and wearable devices represent innovative tools for real-time symptom tracking, behavioral monitoring, and patient engagement. Smartphone applications allow patients to log symptoms, medication adherence, physical activity, and quality-of-life indicators, providing nurses with continuous, patient-generated health data [120, 121]. Wearable technologies, such as activity trackers and physiological sensors, offer objective measurements of physical activity, sleep patterns, heart rate variability, and fatigue. These data support early identification of functional decline and enable personalized interventions. Integration of mHealth tools into nursing workflows facilitates proactive symptom management, encourages self-care behaviors, and enhances patient empowerment [122, 123]. Importantly, nurse involvement is essential in interpreting digital health data, educating patients on appropriate use of technologies, and translating insights into actionable care plans. When effectively implemented, digital tools can strengthen patient-nurse communication and support individualized, data-driven care strategies [124, 125].

• *Artificial Intelligence-Assisted Nursing Decision Support*

Artificial intelligence (AI) and machine learning technologies are increasingly being incorporated into oncology care to support clinical decision-making and predictive analytics. AI-driven systems can analyze large volumes of clinical and patient-reported data to identify patterns, predict symptom trajectories, and stratify patients according to risk [126, 127]. In nursing practice, AI-assisted decision support tools can aid in early detection of adverse events, optimize symptom management strategies, and assist in prioritizing care for high-risk patients. For example, predictive

algorithms may identify patients at increased risk for severe chemotherapy-induced toxicities, enabling preemptive nursing interventions [128, 129]. While AI offers significant potential, its integration into nursing practice requires careful consideration of ethical, legal, and practical issues, including data privacy, algorithm transparency, and the preservation of human-centered care. Nurses play a critical role in ensuring that AI technologies complement rather than replace clinical judgment, maintaining a balance between technological innovation and compassionate patient care [130, 131].

#### *Challenges, Gaps, and Future Directions*

Despite growing recognition of the critical role of nursing interventions in managing chemotherapy-induced toxicities, several challenges and gaps remain that limit the full integration and effectiveness of evidence-based nursing practices in oncology care. Addressing these barriers is essential to optimize patient outcomes and advance the field toward more personalized and sustainable models of supportive cancer care [132, 133].

##### • *Barriers to Implementation of Evidence-Based Nursing Interventions*

One of the primary challenges in implementing evidence-based nursing interventions is the variability in clinical practice settings, resource availability, and institutional support. Differences in staffing levels, workload, and access to specialized oncology training often limit the consistent application of best-practice guidelines. Time constraints and high patient volumes may further restrict nurses' ability to conduct comprehensive assessments, provide individualized education, and engage in proactive symptom management [133, 134]. Additionally, gaps in interdisciplinary communication can hinder the effective translation of evidence into practice. In some healthcare settings, fragmented care delivery and unclear role delineation among healthcare professionals impede coordinated interventions. Limited access to continuing education and evidence-based resources further contributes to inconsistencies in care quality. Moreover, resistance to change and insufficient organizational support can delay the adoption of innovative nursing models, even when evidence demonstrates their effectiveness [132-134].

##### • *Cultural, Socioeconomic, and System-Level Considerations*

Cultural beliefs, socioeconomic status, and health system structures significantly influence patients' experiences of cancer care and their responses to nursing interventions. Socioeconomic factors such as income level, education, health literacy, and access to healthcare services play a crucial role in shaping treatment outcomes. At the system level, disparities in healthcare infrastructure, reimbursement policies, and integration of supportive care services can affect the sustainability of nurse-led interventions. Strengthening health systems through policy support, workforce development, and investment in digital health infrastructure is essential for scalable and equitable implementation [121, 128, 132].

#### *Implications for Clinical Practice and Policy*

Integrating evidence-based nursing interventions into oncology practice is vital for improving the quality, consistency, and equity of cancer care. Embedding these interventions within national and international clinical guidelines ensures standardized symptom assessment, early intervention, and patient education while strengthening nurses' roles in long-term follow-up and multidisciplinary collaboration. Establishing clear, protocol-driven care pathways and continuously updating guidelines to reflect advancements in areas such as digital health, telemonitoring, and personalized care will enhance treatment outcomes, support coordinated care delivery, and maintain the relevance of oncology nursing practice in an evolving healthcare landscape [135, 136].

#### *Research Gaps and Future Priorities*

Various disciplines consistently strive to improve the efficiency of effective and efficient methods for treating mental and physical illnesses, which has led to numerous challenges. This path requires careful management and the creation of many structures along the way. An understanding of economic and cultural conditions has also proven helpful [137-144]. For example, one of these advances is surgeries that address multiple physical defects and problems [145, 146]. Another example is the use of various tests and methods for performing cellular and molecular tasks, which led to new discoveries and innovations in these fields [147-150]. Cancer is one of the major diseases and a leading cause of high morbidity and mortality worldwide [151-153]. One of the ways to treat diseases is drug delivery, in which many chemical substances, especially drugs and proteins, are capable of being loaded for various purposes [154-156]. chemotherapy-induced toxicities. Many existing studies are limited by small sample sizes, heterogeneity in outcome measures, and short follow-up durations, which restrict the generalizability of findings. There is a need for well-designed, multicenter randomized controlled trials to evaluate the long-term effectiveness and cost-efficiency of nursing-led interventions across diverse patient populations. Future research should prioritize the development and validation of standardized outcome measures, including patient-reported outcomes and digital biomarkers, to enable consistent evaluation of intervention effectiveness. Additionally, greater emphasis should be placed on personalized care models that integrate clinical, behavioral, and biological data to tailor interventions to individual patient needs. Emerging technologies such as artificial intelligence, machine learning, and digital health platforms offer promising avenues for enhancing predictive analytics, early symptom detection, and personalized supportive care. Future studies should explore how these tools can be ethically and effectively integrated into nursing practice without compromising patient-centered care. Finally, strengthening interdisciplinary collaboration and incorporating patient and caregiver perspectives into research design will be critical for developing sustainable, real-world solutions. Addressing these research gaps will advance the evidence base for oncology nursing and

support the development of innovative, equitable, and patient-centered models of cancer care.

In conclusion, medical, biological, and interdisciplinary researchers are increasingly integrating misclassification-aware machine learning, systematic evidence synthesis, spatio-temporal modeling, diagnostic imaging optimization, health-economic evaluation, non-coding RNA biology, targeted molecular therapeutics, and functional nanomaterials to improve disease detection, treatment selection, therapeutic efficacy, environmental health, and clinical outcomes across complex conditions [157-164]. Within cancer research, advanced drug-delivery systems, targeted nanoformulations, and microRNA-based molecular strategies are increasingly being developed to inhibit tumor-cell proliferation, invasion, biofilm-associated resistance, and treatment resistance while improving therapeutic response [165-167]. Chemotherapy-induced toxicities remain a major challenge in contemporary cancer care, significantly affecting treatment adherence, patient well-being, and overall clinical outcomes. This review highlights the critical role of nursing interventions in mitigating these adverse effects through comprehensive symptom assessment, early detection, patient education, psychosocial support, and multidisciplinary collaboration. As frontline healthcare providers, oncology nurses are uniquely positioned to identify emerging toxicities, implement timely interventions, and coordinate individualized care plans that address the complex and dynamic needs of patients undergoing chemotherapy. The growing integration of digital health technologies, including telehealth platforms, mobile health applications, and artificial intelligence-assisted decision support systems, has expanded the scope and effectiveness of nursing practice. These innovations enable continuous symptom monitoring, personalized care delivery, and data-driven clinical decision-making, thereby enhancing patient safety and optimizing resource utilization. When combined with evidence-based nursing frameworks, such technologies have the potential to transform supportive cancer care and improve patient-centered outcomes. Despite these advances, significant challenges remain, including variability in clinical implementation, resource limitations, and disparities in access to supportive care services. Addressing these challenges requires sustained investment in nursing education, interdisciplinary collaboration, and policy development that supports advanced nursing roles and evidence-based practice. Furthermore, future research should focus on large-scale, high-quality clinical studies to validate nursing-led interventions, refine digital health strategies, and establish standardized outcome measures applicable across diverse healthcare settings. Overall, nursing interventions are fundamental to the effective management of chemotherapy-induced toxicities and represent a cornerstone of high-quality oncology care. By strengthening clinical practice, advancing education and training, and fostering supportive policy environments, healthcare systems can better harness the full potential of nursing expertise to improve patient outcomes and enhance the overall quality of cancer care.

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### *Conflicts of interest/Competing interests*

The authors declare that they have no conflicts of interest.

### *Availability of data and material*

All data generated or analyzed during this study are included in this published article.

### *Code availability*

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Not applicable (narrative review article).

### *Originality Declaration for Figures*

All figures and graphical abstracts included in this manuscript are original and were created specifically for this publication.

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### *Declaration on generative AI and AI-assisted technologies in the writing process*

Generative AI tools were not used to generate scientific content or interpretations.

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