

# **PANCREATIC CANCER**

## ***Pain and Side Effect Management***



Shawna Cannaday RN, MSN FNP-BC  
Jefferson University Physicians  
Thomas Jefferson Hospital Department of Surgery

## **OBJECTIVES**

### Common Symptoms

- ❖ Management of Common Symptoms
- ❖ Management/Treatment of Side Effects
- ❖ Resources for Symptom Management
- ❖ Emotional and Spiritual Health Issues
- ❖ Palliative Care
- ❖ Hospice Care
- ❖ Case Managements' Role

## ***COMMON SYMPTOMS***

Pain  
Weight loss - cachexia  
Loss of appetite - anorexia, early satiety  
Nausea / Vomiting  
Constipation / Diarrhea  
Fatigue / somnolence  
Anxiety / Depression  
Jaundice  
Side effects from chemo/radiation/surgery

## ***MANAGEMENT OF COMMON SYMPTOMS***

- ❖ Reverse poor nutrition
- ❖ Prevent additional weight loss
- ❖ Improve energy level

***SYMPTOM:***  
***PAIN***

Pancreatic Tumor - Visceral pain

- Abdominal pain that can radiate to back and/or ribs

Metastasis to liver and lymph node - Somatic pain

- Pain around the abdominal wall

Obstruction - stomach/biliary drainage

***MANAGEMENT:***  
***PAIN***

Alleviate pain

Relief in side effects

Improve Quality of life

## **MANAGEMENT: PAIN**

### Non opioids

- NSAIDS (Advil, Motrin, Aleve, Ibuprofen)
  - Attenuate inflammatory pain response
  - Prevent peripheral/central sensitization
  - Reduce opioid requirements and side effects

Such as: Excessive sedation, urinary retention, pruritus  
Nausea, respiratory depression

- Always check with Provider

## **MANAGEMENT: PAIN**

### Non opioids

- Acetaminophen (Tylenol)
  - Greater effect centrally than peripherally
  - Toxicity rare but no more than 4g/day
  - Acute overdose
    - Hepatic toxicity
    - Nephrotoxicity
    - Thrombocytopenia

- Always check with Provider

## **MANAGEMENT: PAIN**

### Opioids

- Pain relief by binding receptors in the brain and spinal cord that reduce transmission of pain signals from peripheral nerves to the spinal cord and up.
- Facilitate pain inhibition
  
- Remember opioids may cause
  - Constipation
  - Nausea
  - Itching
  - Sedation - confusion - delirium
  - Respiratory depression

## **MANAGEMENT: PAIN**

### Non Pharmacologic Interventions

- ❖ Cutaneous stimulation
- ❖ Distraction
- ❖ Relaxation
- ❖ Imagery
- ❖ Therapeutic touch
- ❖ Acupuncture
- ❖ Reiki
- ❖ Magnets

## ***NUTRITION***

Why am I losing weight?

Why can't I maintain my weight?



## ***SYMPTOM: WEIGHT LOSS - LOSS OF APPETITE***

- ❖ Increased metabolism
- ❖ Malabsorption
- ❖ Anorexia
- ❖ Altered taste and smell
- ❖ Fear of vomiting
- ❖ Early satiety
- ❖ Metallic - chemical taste

***SYMPTOM:  
WEIGHT LOSS - LOSS OF APPETITE  
DUMPING SYNDROME***

- ❖ Cramping
- ❖ Diarrhea
- ❖ Flushed skin
- ❖ Weakness
- ❖ Nausea / vomiting
- ❖ Sweating
- ❖ Increased heart rate
- ❖ Dizzy
- ❖ Light-headed

***MANAGEMENT:  
WEIGHT LOSS - LOSS OF APPETITE***

- ❖ Increase caloric intake
- ❖ Pain control
- ❖ Pancreatic enzymes
- ❖ Multiple small meals - variety of foods & taste & textures
- ❖ Easily digestible foods
- ❖ Avoid processed foods
- ❖ Avoid hot and cold - may increase symptoms

STAY ACTIVE

## **MANAGEMENT: WEIGHT LOSS - LOSS OF APPETITE**

- ❖ Increase liquid intake - dehydration prevention - remember hot days, and exercise
- ❖ Shakes
  - ❖ Protein shakes, ensure, boost, glucerna
- ❖ Appetite stimulants
  - ❖ Dronabinol (marinol)
  - ❖ Megace

## **MANAGEMENT: WEIGHT LOSS - LOSS OF APPETITE**

- ❖ Don't drink 30 minutes before, during or after meal
- ❖ Pancreatic enzymes
  - ❖ Don't take if:
    - Snack is fruit - vegetables - coffee - tea - fruit juice
  - ❖ Decrease if:
    - Constipation
    - Inflammation or irritation in the anal region
  - ❖ Increase if:
    - Floating stools
    - Foul smelling
    - Pale loose
    - Bloating - flatulence



## **MANAGEMENT: WEIGHT LOSS - LOSS OF APPETITE**

Pancreatic enzymes

- ❖ Take capsule at the start of a meal / snack
- ❖ Capsules can be opened but not crushed
- ❖ Do not mix with hot food or drinks  
deactivates the enzymes
- ❖ Do not take without food
- ❖ Do not take with pork allergy

## **SYMPTOM: NAUSEA / VOMITING CONSTIPATION / DIARRHEA**

- ❖ Bloating
- ❖ Pain with eating
- ❖ Early satiety

Causes of diarrhea -

- Insufficiency of pancreatic enzymes
- Excessive intestinal motility
- Lactose intolerance
- Anxiety - stress
- Chemo/radiation

**MANAGEMENT:  
NAUSEA / VOMITING  
CONSTIPATION / DIARRHEA**

**AVOID**

- ❖ Greasy foods
- ❖ Spicy foods
- ❖ Hard to swallow foods
- ❖ Strong odors
- ❖ Lying down flat after eating to reduce reflux
- ❖ Wearing tight clothing

**MANAGEMENT:  
NAUSEA / VOMITING  
CONSTIPATION / DIARRHEA**

**TRY**

- ❖ Hard candies (watch sugars)
- ❖ Crackers
- ❖ Salty foods - pretzels
- ❖ Flat coke syrup
- ❖ Cool or room temperature foods and drinks
- ❖ Eat more fiber foods and protein - less carbs

## **MANAGEMENT: NAUSEA / VOMITING CONSTIPATION / DIARRHEA**

- ❖ **Antiemetics**

  - Zofran

  - Compazine

  - Reglan - motility - promotion of peristalsis

- ❖ **Beware of constipation**

  - Keep hydrated

  - Colace, senna, dulcolax, magnesium citrate, milk of magnesia

- ❖ **Diarrhea**

  - Can easily get dehydrated

  - Creon, Imodium

## **SYMPTOM: FATIGUE**

Can't do the things that I use to do

- ❖ Find yourself sitting on the couch more often and longer
- ❖ Staying in bed
- ❖ Decreased exercise program
- ❖ Putting off shopping or going out with family and friends

## **MANAGEMENT: FATIGUE**

Adequate sleep

Energy conservation

Start an exercise program

- ❖ Walking

Start slow and build your tolerance  
multiple short walks

- ❖ Relaxation and balance

yoga - massage - vacation

- ❖ Weight Lifting

Light weights to maintain strength

Exercise to maintain fitness and muscle mass - exercise will  
give me more energy!!

## **SYMPTOM: ANXIETY AND DEPRESSION**

- ❖ Feelings of hopelessness

- ❖ Helplessness

- ❖ Worthlessness

- ❖ Guilt

- ❖ Suicide



## ***MANAGEMENT: ANXIETY AND DEPRESSION***

SSRI - Prozac, Lexapro, Paxil, Zoloft

- 4 weeks before feeling of relief
- Best for DGE and urinary retention

Tricyclic - Sinequan, Tofranil

- Watch for cardiac effects and sedation

Psychostimulants - Methylphenidate, Modafinil

- rapid onset - can assist with appetite, fatigue, well-being

## ***RESOURCES FOR SYMPTOM MANAGEMENT***

- ❖ Primary Care Provider
- ❖ Pharmacy
- ❖ Palliative Care
- ❖ Beware of the Internet - Blogs

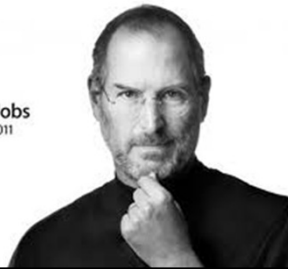
## ***EMOTIONAL AND SPIRITUAL HEALTH ISSUES***

Abandonment from God

Failure to trust

Sign from God

Steve Jobs  
1955-2011



## ***SUPPORTIVE CARE***

- ❖ Minimize or eliminate any symptom in order to improve a person's quality of life

Comprehensive care of:

Symptom management

Disease progression

End of life

- ❖ Improvement in efficacy and tolerance of treatment
- ❖ Satisfaction
  - Level of knowledge of disease and care
  - comfort

## **PALLIATIVE CARE**

- ❖ Interdisciplinary interventions to alleviate symptoms and treatments that enhance comfort
  - ❖ Support for people with serious illness
  - ❖ Symptom management
  - ❖ Agenda based on patient's goals
  - ❖ Support
    - ❖ Psychological
    - ❖ Emotional
    - ❖ Spiritual
    - ❖ Social
    - ❖ Help with decision making

## **PALLIATIVE CARE**

### **TAKE HOME POINT!**

Receive palliative care at the same time that you're receiving treatments for your illness.

Palliative care is comprehensive treatment of the discomfort, symptoms and stress of serious illness.

## ***HOSPICE CARE***

Minimize or eliminate any symptom in order to improve an individual's quality of life

Focuses on quality of care - not curative

❖ **Functional goals**

- ❖ Control of pain
- ❖ Being home with loved ones
- ❖ Allow people to connect with meaning in their lives

Every care decision becomes a goal

## ***CASE MANAGEMENT'S ROLE***

- ❖ Transition from hospital to rehab or home
- ❖ Assessment of patient for needs
  - Were they independent prior to hospitalization?
  - Prior home care
  - Prior hospitalizations and re-admission rate
  - Support after discharge
  - Determine home care nursing - improved compliance
  - Educator
  - Order equipment, PT-OT
  - Start discharge plan during hospitalization
  - Work with insurance plans





Sally Ride: 1st woman in space



Dizzy Gillespie: The jazz icon



Luciano Pavarotti: The opera singer



Ruth Bader Ginsburg: The Supreme Court justice

**THANK YOU!**

**QUESTIONS ?**

