PANCREATIC CANCER

Pain and Side Effect Management

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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

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**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 rear 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

- 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 CONSTITUTION / 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 - Sinequian, 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

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

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**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
Dizzy Gillespie: The jazz icon
Ruth Bader Ginsburg: The Supreme Court justice
Sally Ride: The 1st women in space
Luciano Pavarotti: The opera singer

THANK YOU!

QUESTIONS?