



HammondCare

An independent Christian charity

Cancer Pain: closing the evidence-practice gap

Hospice New Zealand

November, 2013

Dr Melanie Lovell MBBS PhD FRACP
FACHPM



HammondCare

An independent Christian charity



HammondCare

An independent Christian charity

Acknowledgements

- Professor Fran Boyle and Professor Phyllis Butow
- Professor Michael Cousins
- ImPaCCT - Improving Palliative Care through Clinical Trials – NSW Palliative Care Trials Group funded by Cancer Institute NSW, Associate Professor Meera Agar, Professor Trish Davidson
- Dr Tim Luckett – Program coordinator for ImPaCCT
- Australian Cancer Pain Guideline Working Group including Mr John Stubbs
- Cancer Council Australia
- HammondCare
- University of Technology, Sydney
- Northern Translational Cancer Research Unit
- Bill and Patricia Ritchie Foundation



Cancer Pain

- Lech's story



HammondCare

An independent Christian charity



Overview

- About cancer pain
- Principles of cancer pain management
- Evidence in cancer pain management
- One more person's story

Adult cancer pain

- Pain experienced by 30-75% people with cancer
 - Moderate to severe in 40-50%
 - Severe in 25-30%
 - 53% at any stage of disease
- Guidelines available internationally (e.g. NCCN)
- But undertreated, inadequate analgesia in 42%
 - » Deandrea 2008



Causes

- Directly caused by the cancer
- Indirectly related to the cancer or debility consequent to the cancer
- Cancer treatment – acute and chronic
- Comorbidities
- 24% multiple pains (Caraceni and Portenoy, 1999)



Principles of cancer pain management

- Screen for pain
- Comprehensive assessment for each pain- cause and mechanism
- Treat the cancer
- Regular analgesia
- Strength of analgesia proportional to severity of pain
- Breakthrough analgesia
- Titrate
- Use simplest regimen by most convenient route
- Prevent side effects – laxatives, antiemetics



Evidence in cancer pain managment



HammondCare

An independent Christian charity

Pathway development plan



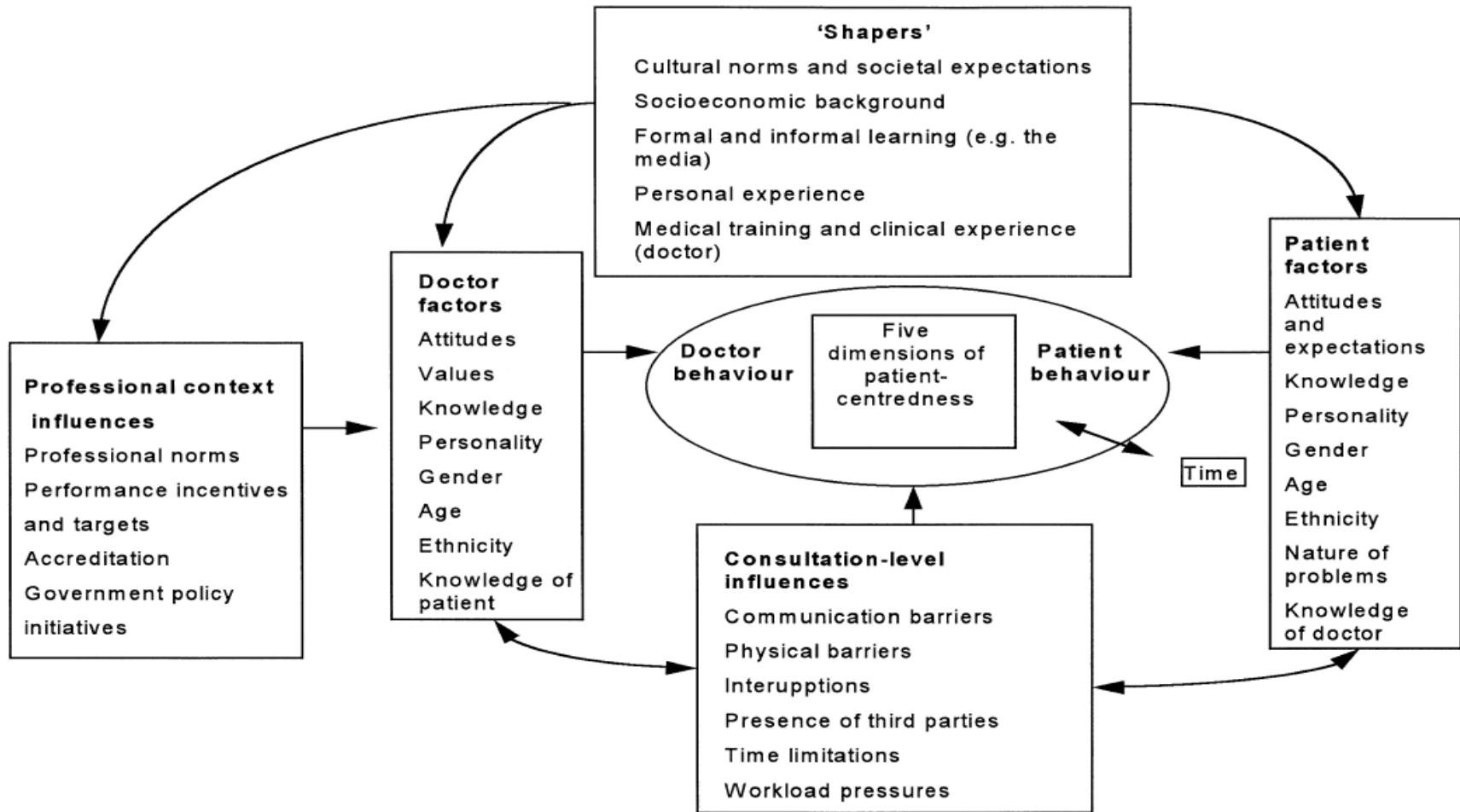
Lit review: Qualitative synthesis

Aims:

- ❖ To comprehensively catalogue barriers & facilitators to adult cancer pain assessments & management based on reports of patients, caregivers/families & health professionals
- ❖ To contextualise barriers & facilitators within a comprehensive framework of patient care
- ❖ To integrate information at levels of patient, provider & system to inform practical recommendations for increasing implementation of evidence-based practice



Factors affecting person-centred care



Ref: Mead & Bower, *Soc Sci Med* 2000; 51(7): 1087-110

Results: Themes illustrative of 5 dimensions of person-centred care

1) Pain as a synonym for suffering:

“Pain is more than a physical symptom; it is spiritual & social as well”
(Patient - Pelusi, 2005)

2) Seeing the whole person:

“I think that they are working very much with isolated parts of the body. It’s as if they weren’t connected” (Patient - Bostrom, 2004)

3) Patients as experts on management of their own pain:

“Sometimes, patients know better than doctors what they need to have their pain under control” (Patient - Pantelli, 2005)

4) Being believed:

“They don’t know what I’m saying, they don’t understand my pain at all. And therefore it’s made me feel...that I’m lying...that I have been making a fuss about nothing” (Patient - Reid, et al., 2008)

5) Health Professional-as-person:

“I think that [when] nurses go into nursing they already have had their own idea of what pain is because of their own experiences with pain”
(Health Professional - Lasch, 2002)



Lit review: Patient Education

Aims:

- ❖ To conduct a systematic review and metasynthesis of randomised controlled trials of patient education interventions
- ❖ To identify the effective elements of patient education
- ❖ To integrate information at levels of patient, provider & system to inform practical recommendations for increasing implementation of evidence- based practice



Lit review: Patient education

- Results – Enabling elements most helpful
These include patient diaries, goal setting, scripts, individualised pain management plan.



National Survey of Current Practice

- **Aims:** 1) Inform understanding of barriers & facilitators to adult cancer pain assessment & management in various Australian clinical practice settings from the perspectives of health professionals from different disciplines
- 2) Find out which (if any) guidelines for adult cancer pain are being used
- 3) Establish the level of support for new Australian guidelines & implementation strategy
- 4) Inform understanding of barriers & facilitators to guideline use



National Survey Results

- 598 respondents
- Strong support for implementation strategy for guidelines (over 90%)
- 47% used an existing guideline routinely
- 18% used Therapeutic Guidelines – palliative care
- Major barriers: lack of access to non-pharmacological treatment strategies, lack of coordination across multiple providers



STOP Pain Project



Aim:

- To develop and test methods to tailor implementation of a national clinical pathway for cancer pain to the local setting
- Case study design
- Study site:
 - Greenwich Hospital is the ‘case boundary’
 - Also track transitions to/from other services as these occur



Methods: environmental scanning



- Institutional and systems levels
- Assessment of internal and external environment to identify opportunities and threats
- Review of the local and external policy, workforce, funding and clinical practice complexity
- Toolkit to be validated as part of this project which uses the method of a 'problem-solution gap analysis'

Methods: Process Mapping

- Provides a '*patient-eye*' view of systems and processes on the shop floor
- Ensures person-centred focus
- Separates management into a series of consecutive events or steps (e.g. activities, interventions) = '*process of care*'
- Informs improvements by identifying ineffective or redundant steps for replacement or removal
- Creates culture of ownership, responsibility and accountability among local staff

Process mapping



Data collection

- Focus groups / interviews clinicians - all relevant disciplines
- Mapping processes underlying assessment and management of cancer pain for 10 patients over 8 weeks
 - Interviews with patients / caregivers
 - Medical record review
 - Observation

Working Group

- Role: Reviews data to develop:
 - Clinical process map
 - Recommendations for improvement
- Stakeholders
 - ‘clinical champions’ from each discipline
 - senior management
 - consumers (patients and caregivers)



Dual patient & clinician cancer pain pathways

– Patient

- Promotes self-management
- Helps identifies the who, how, what & when

Development & testing of an implementation strategy

- Validation Environmental Scanning Toolkit

Guideline development

- Follows 3 phase ADAPTE approach to adapting existing guidelines:

1) Set-up phase

- Organising Committee & Working Group established

2) Adaptation

- Existing guidelines identified & screened (English language; adult; chronic pain; relevant across tumour types, disciplines & settings; recent; national/international; rates as 'recommended' or 'strongly recommended' on AGREE)
- Resulted in 6 guidelines for adaptation (NCCN, EAPC, ESMO, NHS, SIGN, NICE)
- Synthesis via matrix of recommendations for each clinical question
- Recommendations with inconsistencies &/or low application to Australian service settings sent to Expert Panel for adjudication
- Drafting of pathway

3) Finalization

- External review of iterative drafts

Australian Cancer Pain Guideline

- http://wiki.cancer.org.au/australia/Guidelines:Cancer_pain_management
- New platform
- Readily updated
- Widely accessible
- Available at point of care



Guidelines **Public comments**

Read ▾

Go

Search

Contents

Introduction

Recommendations

Overview

Patient-centred care

Screening

Assessment

Self-management

Pharmacological Mx

Non-pharmacological Mx

Practice improvement

Resources

Opioid formulations

References

Cancer Council
Australia Clinical
Guidelines

Early stage
endometrial cancer

Surveillance
Colonoscopy

Lung cancer
treatment

Guideline
Development
Methodology

Australian Adult
Cancer Pain
Management Group

Cancer Pain
Management

Clinical Oncological
Society of Australia
(COSA)

National Cancer
Prevention Policy

Technical issues
Report technical
issues

Cancer pain management in adults

Evidence-based clinical practice guidelines adapted for use in Australia

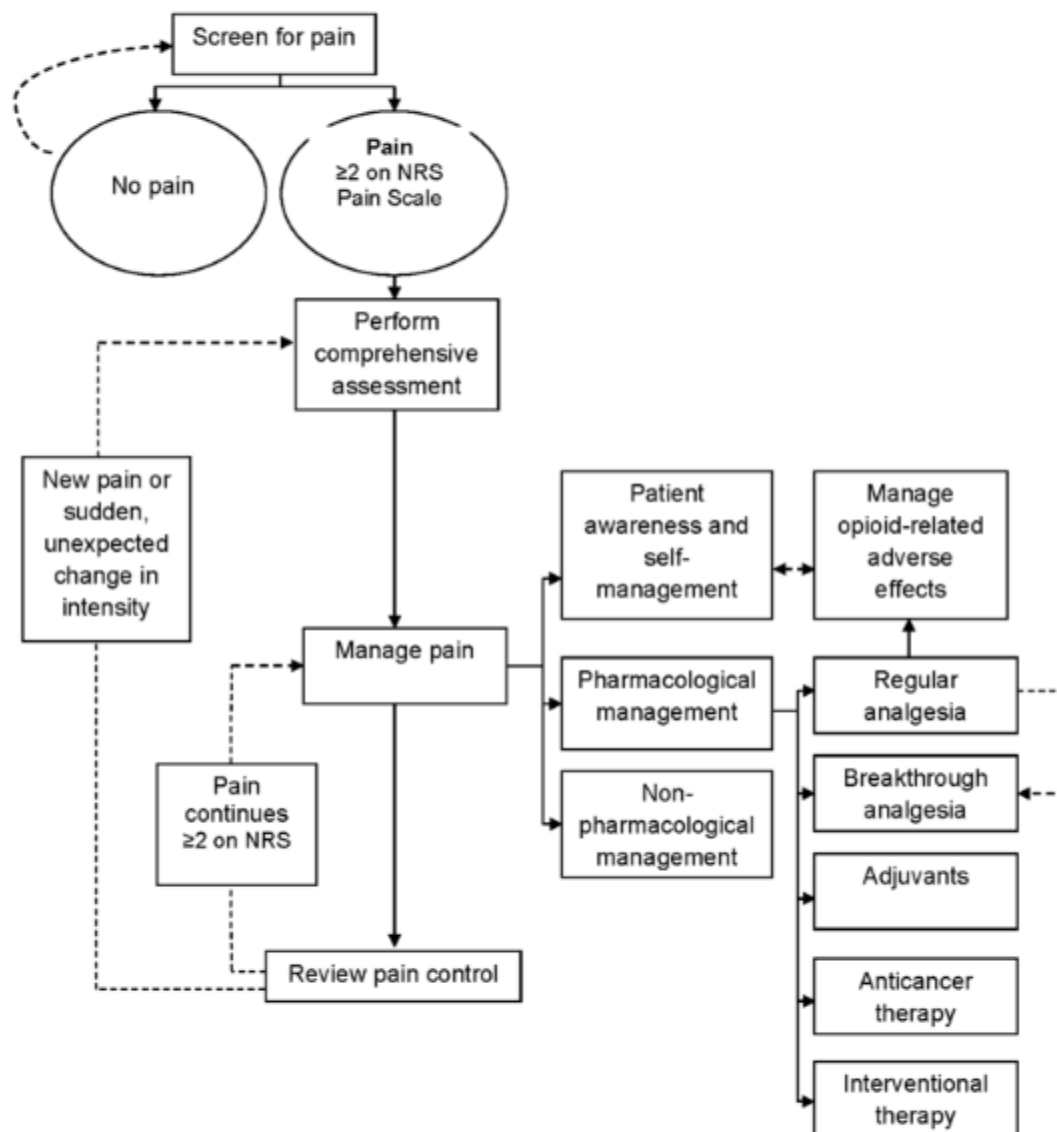
Introduction

Summary of recommendations ([Printable version](#))

Cancer pain assessment and management overview

1. Patient-centred care
2. Screening
3. Assessment
4. Patient awareness & self-management
5. Pharmacological management
6. Non-pharmacological management
7. Practice improvement & quality control
8. Resources
9. Opioid formulations
10. References

Public consultation



Screening and Assessment

- P- precipitating and relieving factors
- Q- quality of pain and quality of life
- R- radiation
- S- site
- T- time course
- Are you worried about something in particular?
- What is it important for me to know to care for you in the best possible way? (Chochinov)



Evidence – pharmacological management

- Mild pain –NSAIDS and paracetamol Level 1A
- Moderate pain – low dose strong opioids or weak opioids like codeine
- Severe pain – opioids – morphine, oxycodone, and hydromorphone (fentanyl when stable)
- Titrate with long or short acting opioid



Neuropathic pain

- Optimise opioids
- Level 1 evidence for antidepressants and anticonvulsants but NNT is higher and NNH lower than in non-malignant pain
- Best evidence for gabapentin, pregabalin
- Note significant toxicity – start low dose



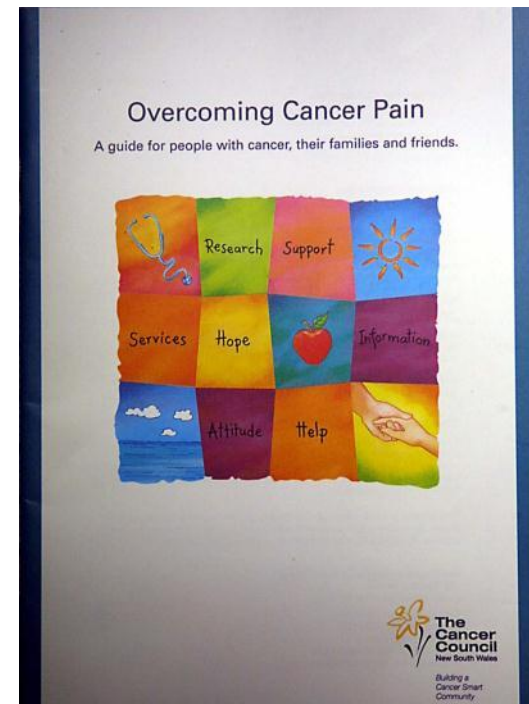
Bone Pain

- Addition of bisphosphonate (Zometa – beware renal function and ONJ)
- Denosumab available for breast and prostate ca



Patient education

- As effective in clinical trials as analgesics
- Self management strategies: pain diary, script – how to explain your pain, management plan
- Explode the myths –
 - people with pain and cancer do not become addicted to morphine
 - Starting morphine does not mean you are dying
 - You don't get used to it such that it does not work if the pain gets worse
 - Side effects do exist but can be managed



Non-pharmacological strategies

- CBT
- Hypnosis
- Relaxation
- Imagery
- Distraction
- Physical strategies eg exercise (Evidence level 3-4)
- Prayer



HammondCare

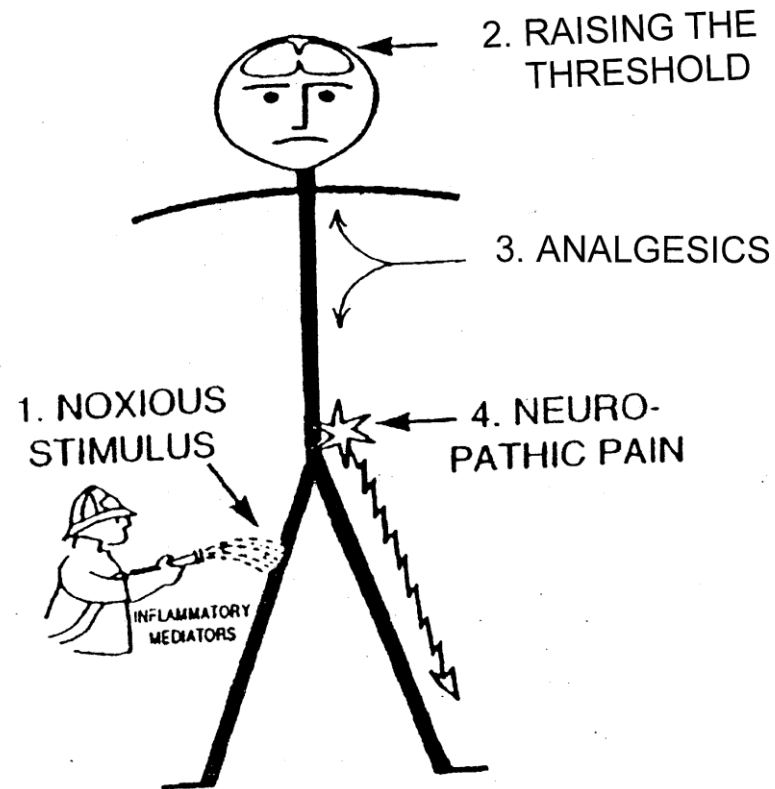
An independent Christian charity

References

-
-
- Marie N, Luckett T, Lovell M, Lal S, Davidson P. Optimal patient education for cancer pain : A systematic review and theory-based meta-analysis. 2013 Supportive Care in Cancer.
-
- Lovell M, Agar M, Luckett T, Davidson PM, Green A, Clayton JM. Australian survey of current practice and guideline use in adult cancer pain assessment and management: Perspectives of palliative care physicians. 2013 Journal of Palliative Medicine October, 2013.
-
-
- Lovell M, Luckett T, Phillips J, Agar M, Stubbs J, Boyle F. Cancer Pain Management in Adults: Evidence-based clinical practice guidelines adapted for use in Australia. http://wiki.cancer.org.au/australia/Guidelines:Cancer_pain_management Published Nov 2012
-
- Luckett T, Davidson PM, Boyle F, Liauw W, Agar M, Green A, Lovell M. Australian survey of current practice and guideline use in adult cancer pain assessment and management: Perspectives of oncologists and hematologists. Asia Pacific Journal of Clinical Oncology. <http://www.ncbi.nlm.nih.gov/pubmed/23253101> Asia Pac J Clin Oncol. 2012 Dec 17. doi: 10.1111/ajco.12040. [Epub ahead of print]
-
- Luckett T, Davidson PM, Green A, Boyle F, Stubbs J, Lovell M. Assessment and management of adult cancer pain: a systematic review and synthesis of recent qualitative studies aimed at developing insights for managing barriers and optimizing facilitators within a comprehensive framework of patient care. JPSM. Accepted 29th July 2012. <http://www.ncbi.nlm.nih.gov/pubmed/23159681> J Pain Symptom Manage. 2012 Nov 15. pii: S0885-3924(12)00470-8. doi: 10.1016/j.jpainsymman.2012.07.021. [Epub ahead of print]
-
- Phillips, J.L., Lovell, M., Luckett, T., Agar, M., Green, A., and Davidson, P.M. Australian survey of current practice and guideline use in adult cancer pain assessment and management: The community nurse perspective. Collegian



Prof Lickiss Stickman



Meet Stewart

Symptom Burden

Please tick the box above the number that best matches your experience of each kind of discomfort.

0 = not at all

10 = worst possible

	not at all										worst possible										
Difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Appetite problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Nausea (following chemo)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bowel problems	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breathing problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Other symptoms Night Sweats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other symptoms Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Blood Pressure

115/75

SPO2%

95

Pulse Rate

103

Temperature

35.9



HammondCare

An independent Christian charity

THE SYMPTOM ASSESSMENT SCALE

Stewart
Addressograph

(To be completed by patients)

Date *27/11* Time *12.30*

Please tick the box above the number that best matches your experience of each kind of discomfort.

0 = not at all

10 = worst possible

	not at all	0	1	2	3	4	5	6	7	8	9	10	worst possible
Difficulty sleeping	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Appetite problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nausea	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Bowel problems	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Breathing problems	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fatigue	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pain	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Other symptoms	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Other symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Blood Pressure

126/64

Pulse Rate

87

SpO2%

95

Temperature



HammondCare
An independent Christian charity

Our mission

Our passion is improving
quality of life for people in need

