Palliative and End-of-Life Care

Julie R. Gralow, M.D.

Director, Breast Medical Oncology

Jill Bennett Endowed Professor of Breast Cancer

Professor, Global Health

University of Washington School of Medicine

Fred Hutchinson Cancer Research Center

Seattle Cancer Care Alliance

Palliative Care: Definition

“an approach that improves the quality of life of patients and their families who are facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual”

Palliation and Pain Control

- **Global Access to Pain Relief Initiative (GAPRI)**
  - **Partnership between UICC, ACS**
  - **Goal: to make essential pain medicines universally available by 2020**

<u>Recommendations</u>:

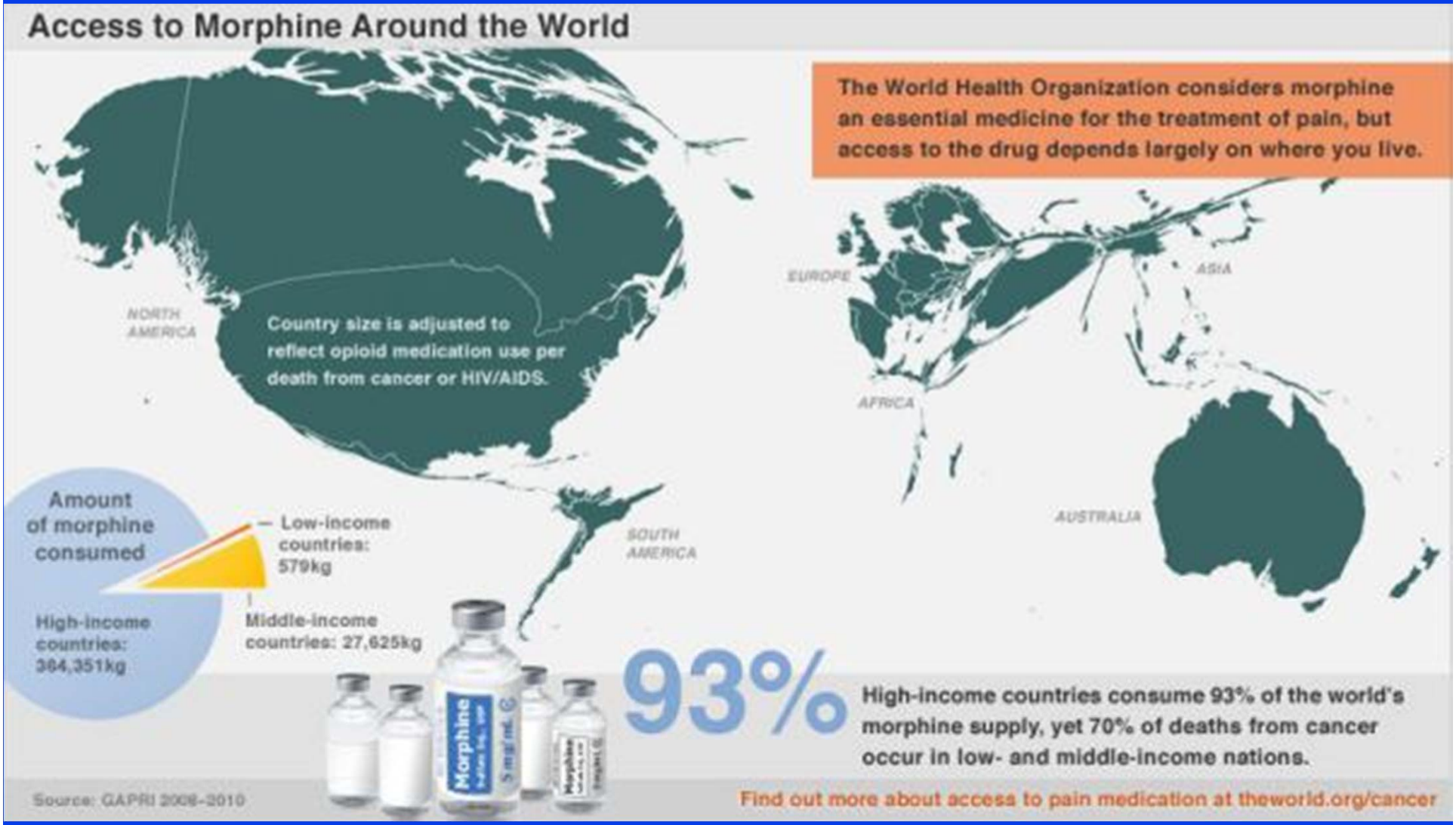
» **Educate policy makers and others to change opioid policies and prescription regulations**

» **Put systems in place to enable safe and effective management of pain medications and palliative care at primary and secondary care levels**

WHO Essential Medicine Palliative Care List: 2014

Steroids, NSAIDs, Analgesics	Medications for Other Symptoms in Palliative Care
Acetylsalicylic acid	Amitriptyline
Ibupfroen	Cyclizine
Paracetamol	Diazepam
Dexamethasone	Docosate sodium
Codeine	Fluoxetine
Morphine	Haloperidol
	Hyoscine butylbromide
	Lactulose
	Loperamide
	Metclopramide
	Midazolam
	Ondansetron
	Senna

Access to Morphine: GAPRI



BHGI 5th Global Summit: *Supportive Care and Quality of Life*
Vienna, Austria October 2012
http://portal.bhgi.org/

3 resource-stratified guidelines:

- **Long-term Follow-up Care and Survivorship**
- **Treatment-related Supportive Care**
- **Pain and Palliative Care**

Patient advocates included in all guideline discussions

The Breast Health Global Initiative

BHGI: Organ-Based Metastatic Disease Management

Table 3
Supportive care resource allocations: organ-based (site-specific) metastatic disease management.

	Basic	Limited	Enhanced	Maximal
Bone Metastases	Drug therapy: steroids, NSAIDS, opioids (eg, oral and parenteral morphine), co-analgesics Consider spinal cord compression and fractures	Radiotherapy Surgery Routine evaluation for spinal cord compression and fractures	Radioisotopes Bone-modifying agents	Radiofrequency ablation/ cryoablation
Bowel Obstruction	Drug therapy: morphine (oral or parenteral), steroids, laxatives, antiemetics, anticholinergics NG-tube	Non-morphine opioids	Venting G-tube	Somatostatin analogues
Brain Metastases	Drug therapy: analgesics, steroids, anticonvulsants	Whole brain radiothe	Stereotactic radiotherapy Surgery	
Liver Metastases	Drug therapy: analgesics, steroids, anti-emetics, antihistamines		Biliary stents Percutaneous drainage Embolization	Liver resection
Lung Metastases	Drug therapy for breathlessness: opioids, anxiolytics and antipsychotics, ster Thoracocentesis Oxygen therapy for hypoxemic patients	Pleurodesis: Thoracotomy, VATS Radiotherapy		
Skin Metastases/ Complications	Wound and skin assessment Drug therapy: Analgesics; Broad spectrum antibiotics Simple dressings and skin barriers Activated charcoal; metronidazole Teaching wound dressing to patients and family	Silver nitrate Radiotherapy Debridement surgery	More sophisticated dressing material Calcium alginate for hemostasis Stoma/wound therapy Air mattress, egg crate mattress	Plastic surgery Vacuum (negative pressure) wound therapy Mechanical bed

Table 4
Palliative care resource

	Basic	Limited	Enhanced	Maximal
Pain Management[a]	Pain conside (simple asse Pain drugs[a], morphine (b Managemen pain-related symptoms CAM and no pain manag	Other pain drug Radiotherapy (s multi-fraction) PT and OT for fu limitations or pa	Pain screening Pain care plan Opioid pumps, m fentanyl patch Consultation witl in pain therapy Surgery (cord cor fracture, obstruct	Locoregional anesthesia, spinal analgesia
Psychosocial (End-of-life)	Psychosocial (end-of-life) Patient, fam caregiver ed Psychosocial community-	Patient, family, a education[c]: emc of death Advanced care p	Screening and re depression/distre health specialist Psychosocial cou mental health sp	Psychiatrist, psychologist, or social worker coordinated mental health care
Spiritual (End-of-life)	Bereavemen community Spiritual cor Spiritual sup community		Antidepressants Social services fo legal and family Clinic or hospital spiritual support Hospital or hospi reflection and me	

Worldwide Palliative Care Alliance: Level of Palliative Care Development 2012