

GUIDELINES & PROTOCOLS

ADVISORY COMMITTEE

Palliative Care for the Patient with Incurable Cancer or Advanced Disease Part 2: Pain and Symptom Management Resources

Effective Date: September 30, 2011

Allied Health Care and Supports (Refer *Palliative Care 1 - Approach to Care - Management* at www.bcguidelines.ca/gpac/guideline_palliative1.html#management)

Consider referral to Home Nursing Care when patient's Palliative Performance Scale (PPS) at www.bcguidelines.ca/pdf/palliative1_appendix_a.pdf is transitioning from 70% to 60% or lower.

Consider an application to the BC Palliative Care Drug Plan - (Plan P) when patient is in the last 6 months of life **and** has a PPS of 50% or less.

Physician and Patient Resources

BC Provincial Palliative Care Consult Line (available for physicians only, 24/7): 1-877-711-5757

Family Practice Oncology Network: www.bccancer.bc.ca/HPI/FPON/Guidelines+and+Protocols.htm

Providing comprehensive support for family physicians caring for cancer patients including the development of useful resources and tools. Information to supplement this guideline, includes expanded sections on pain, dyspnea, nausea and vomiting (including Medical Management of Malignant Bowel Obstruction), and constipation. Additional information includes Patient Daily Opioid Dosing Record, Methadone Licence Application Form, Bowel Performance Scale, BC Cancer Agency Bowel Protocol, Patient Bowel Protocol Handout and Compounded Formulations for the Symptomatic Management of Mucositis.

General Practice Services Committee (GPSC) – Palliative Care Initiative: www.gpsc.bc.ca/family-practice-incentive/palliative-care-initiative

HealthLink BC: www.HealthLinkBC.ca

Dial 8-1-1 to speak to a nurse, a pharmacist, or dietician, for free information and resources for B.C. residents. TTY (deaf and hearing-impaired) call 7-1-1.

Home and Community Care - www.health.gov.bc.ca/hcc/

Home and community care services provide a range of health care and support services for eligible residents who have acute, chronic, palliative or rehabilitative health care needs. For more information, refer to *A Guide to Your Care*, available at http://www.health.gov.bc.ca/library/publications/year/2007/Guide_to_Your_Care_Booklet2007_Final.pdf

Practice Support Program (PSP): www.practicesupport.bc.ca/psp/practice-support-program

The PSP program offers focused, accredited training sessions for BC physicians to help them improve practice efficiency and to support enhanced delivery of patient care. The PSP have developed an End of Life Care Module with training materials, available at www.gpsc.bc.ca/psp/EOLtrainingmaterials. The End of Life Algorithm includes information on services and forms to support the coordination and delivery of community-based palliative care, available at www.gpsc.bc.ca/system/files/EOL_PSP_algorithm_final.pdf

Palliative Care Part 1: Approach to Care is available at www.bcguidelines.ca/guideline_palliative1.html,

Palliative Care Part 3: Grief and Bereavement is available at www.bcguidelines.ca/guideline_palliative3.html



Ministry of
Health



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Family Practice Oncology Network

References

1. Kobiarski, L et al. Hospice Palliative Care Program. Symptom Guidelines. Fraser Health Authority. 2009 April. Available at: www.fraserhealth.ca/professionals/resources/hospice_palliative_care/hospice_palliative_care_symptom_guidelines
2. Schwartzstein RM, King TE, Hollingsworth H. Approach to the patient with dyspnea. UpToDate. 2009 Jan 1; 17.1.
3. Membe SK, Farrah K. Pharmacological management of dyspnea in palliative cancer patients: Clinical review and guidelines. Health Technology Inquiry Service. Canadian Agency for Drugs & Technologies in Health. 2008 July.
4. Qaseem A, Snow V, Shekelle P, et al. Evidence-based interventions to improve the palliative care of pain, dyspnea, and depression at the end of life: a clinical practice guideline from the American College of Physicians. Ann Intern Med. 2008 Jan;148(2):141-6.
5. Rodin G, Katz M, Lloyd N, et al. The management of depression in cancer patients: A clinical practice guideline". Cancer Care Ontario. 2006 Oct. Available at: www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=13930
6. Brietbart W, Dickerman AL. Assessment and management of depression in palliative care. UpToDate. 2008 Jan 31; 16.1.
7. Lorenz KA, Lynn J, Dy SM, et al. Evidence for improving palliative care at the end of life: A systematic review. Ann Intern Med. 2008 Jan 15;148(2):147-159

Abbreviations

AEs	adverse effects	NSAIDs	non-steroidal anti-inflammatory drugs
ABG	arterial blood gas	PEG	polyethylene glycol
BM	bowel movement	SC	subcutaneous
BNP	brain natriuretic peptide	SL	sublingual
CHF	congestive heart failure	SSRI	selective serotonin reuptake inhibitor
COPD	chronic obstructive pulmonary disease	SSNRI	selective serotonin norepinephrine reuptake inhibitor
CT	computed tomography	SVC	superior vena cava
DSM-IV	Diagnostic and Statistical Manual of Mental Disorders 4 th edition	SUPP	suppository
ECG	electrocardiogram	TENS	transcutaneous electrical nerve stimulation
GI	gastrointestinal	TCA	tricyclic antidepressant
IV	intravenous	UTI	urinary tract infection
N&V	nausea & vomiting		
NaSSA	noradrenergic & specific serotonergic antidepressant		

This guideline is based on scientific evidence current as of the Effective Date.

The guideline was developed by the Family Practice Oncology Network and the Guidelines and Protocols Advisory Committee. The guideline was approved by the British Columbia Medical Association and adopted by the Medical Services Commission.

A mobile version of this and other guidelines is also available at www.BCGuidelines.ca

The principles of the Guidelines and Protocols Advisory Committee are to:

- encourage appropriate responses to common medical situations
- recommend actions that are sufficient and efficient, neither excessive nor deficient
- permit exceptions when justified by clinical circumstances

Contact Information

Guidelines and Protocols Advisory Committee
PO Box 9642 STN PROV GOVT
Victoria BC V8W 9P1
E-mail: hlth.guidelines@gov.bc.ca
Web site: www.BCGuidelines.ca

DISCLAIMER

The Clinical Practice Guidelines (the "Guidelines") have been developed by the Guidelines and Protocols Advisory Committee on behalf of the Medical Services Commission. The Guidelines are intended to give an understanding of a clinical problem and outline one or more preferred approaches to the investigation and management of the problem. The Guidelines are not intended as a substitute for the advice or professional judgment of a health care professional, nor are they intended to be the only approach to the management of clinical problems. **We cannot respond to patients or patient advocates requesting advice on issues related to medical conditions. If you need medical advice, please contact a health care professional.**