

Supportive Care Following Surgery

8th Annual Jefferson Pancreas Cancer and Related
Diseases Symposium, November 9, 2013



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Goals for the Next 30 Minutes

- ❖ **Discuss Aspects of Supportive Care**

- ❖ **Encourage Open Discussion by Participants**

Supportive Care

❖ **Symptom Management**

❖ **Disease Progression**

❖ **End of Life**

Supportive Care

Strives to:

- ❖ **Minimize or eliminate symptoms in order to improve a person's quality of life.**
- ❖ **Improve efficacy and tolerance of treatment.**
- ❖ **Achieve a satisfactory level of knowledge of the disease and comfort measures.**

Selected Common Symptoms

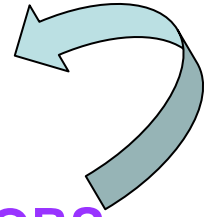
❖ Pain

❖ Nausea / Constipation / Diarrhea

❖ Fatigue / Somnolence

❖ Anxiety / Depression

Pain Management



CONSIDER:

- ❖ Phase of disease?
- ❖ Cause of pain?
- ❖ Pain experience so far?
- ❖ What has worked before?

CONTRIBUTING FACTORS:

- ❖ Jaundice: Stent/Bypass
- ❖ Constipation: Stool Softener or Laxative need
- ❖ Fatigue: lack of sleep, treatment related, disease

Pain Management Medication: Stepwise Treatment

Step 1:

- NSAIDS (Ibuprofen, Naproxyn)
- Acetaminophen
- Tricyclic antidepressants, muscle relaxants

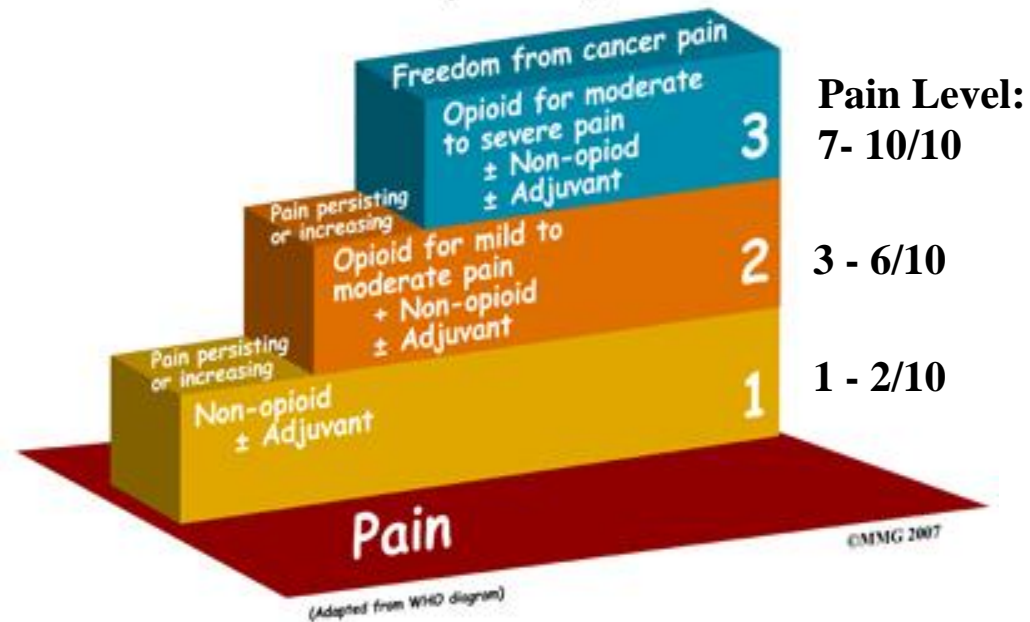
Step 2:

- Step 1 + Opiates:
(Percocet - Oxycodone)

Step 3:

- Step 1 + Stronger Opiates:
Dilaudid, Morphine, Fentanyl

WHO Three-Step Analgesic Ladder



Adjuvant Therapy: Non-Pharmacologic Interventions

- ❖ **Distraction**
- ❖ **Relaxation techniques**
- ❖ **Guided imagery**
- ❖ **Therapeutic touch**
- ❖ **Reiki**
- ❖ **Acupuncture**
- ❖ **Magnets**
- ❖ **Cutaneous nerve stimulation**

Management of 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

- ❖ Hard candies (watch sugars)
- ❖ Salty foods – pretzels, crackers
- ❖ Flat coke syrup
- ❖ Cool or room temperature foods and drinks
- ❖ More fiber foods and protein - fewer carbs
- ❖ 5 small feedings a day- grazing

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

Anxiety and Depression

- ❖ Feelings of Hopelessness
- ❖ Helplessness
- ❖ Worthlessness
- ❖ Guilt

- ❖ Suicide
- ❖ Abandonment by God
- ❖ Failure to Trust
- ❖ Sign from God

Management: Anxiety and Depression

- 1) **SSRI – Prozac, Lexapro, Paxil, Zoloft**
 - 3 - 4 weeks before feeling of relief
 - Best for DGE and urinary retention

- 2) **Tricyclic – Sinequan, Tofranil**
 - Watch for sedation

- 3) **Psychostimulants – Methylphenidate, Modafinil**
 - Rapid onset – can assist with appetite, fatigue, well-being

Management of Fatigue

- ❖ **Aerobic or endurance activities**
- ❖ **Resistance training to improve muscle tone and and maintain muscle mass**
- ❖ **Walking: low to moderate intensity program**
- ❖ **Pilates and yoga: unless already proficient in these modalities, start with beginner classes**
- ❖ **Medications not helpful unless have anemia or low white blood cell count**

“A Progressive Post-Resection Walking Program Significantly Improves Fatigue and Health-Related Quality of Life in Pancreas and Periapillary Cancer Patients”

**Theresa P. Yeo, Sherry A. Burrell, Patricia K. Sauter,
Eugene P. Kennedy, Harish Lavu, Benjamin E. Leiby
and Charles J. Yeo**

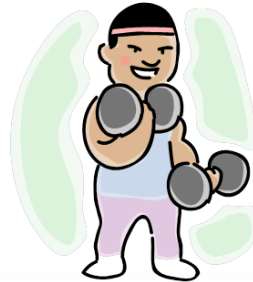
***Published in : The Journal of the American College of Surgeons,
2012;214,463-477.***

Conclusions from Study

- A low to moderate intensity walking program **improves cancer-related fatigue, pain and reduces depression and anxiety.**
- Based on our study, we have incorporated the exercise prescription into our new discharge instructions for persons who had surgery for pancreas cancer and related conditions.

Recommendations Regarding Exercise: Resistance Exercise-Weight lifting

- **Start Low, Go Slow!**
- Use 1 - 2 pound hand weights, or
- Exercise bands (come in 4 strengths)
- Exercise Upper Body- arms, shoulders, abs, back
- Exercise Lower Body- hips, legs
- Work out at home or with a Certified Trainer or
Cancer Rehabilitation Specialist
- **Progress at own pace**
Goal: 1 - 2 times week



Second-hand Chemotherapy

- Questions raised about risk of toxicity from chemo for family members / intimate partners
- There are currently no studies indicating that chemotherapy has caused health problems in family members
- Unborn babies and young children most at risk
- Recommend that men wear condoms during intercourse for 48 hours after receiving chemotherapy and avoid deep kissing or:
 - Avoid intercourse for 48 hours following chemotherapy
 - Flush toilet twice in the 48 hours following chemo administration
 - Men should sit to urinate to avoid splashing

Second-hand Chemotherapy

- **Concern over chemo drugs in water supply- still active drugs can be found in urine, feces, vomit, saliva, tears and semen**
- **Can make their way into the environment through sewage and water systems**
- **No evidence of direct human harm according to the EPA**
- **May be some ecological harm**



**Have a Positive Attitude
During Recovery....**



Questions?