Palliative Care

Upper Gastro-Intestinal Cancer Study Day 16-11-16
Palliative care

• Clinical role
• Issues in relation to UGI cancer
• Palliative Care Services in Sheffield
• Case study
Clinical role

- Provide a service to people with
  - Life-limiting, progressive disease
  - Complex needs
- Undertake holistic needs assessment
  - Physical
  - Psychological
  - Spiritual
  - Social
  - Information
- Symptom management
- Emotional support to person & family
- Advanced care planning
- Support to primary team
  - Consultation regarding treatment decisions
Common misconceptions

- The Palliative Care team...
  - See everyone with an advanced, incurable disease
  - Must see everyone that is dying
  - Organise fast track discharges from hospital
  - Provide ‘hands on’ care at home
Issues in UGI cancer

• Nausea & vomiting
• Dysphagia/obstruction
• Stent issues
• Nutrition & feeding issues
• Pain
• Bleeds
• Fistulæ
• Advanced care planning
An overview of care services in Sheffield
Outcome: STH Palliative Care Team 2015/16

UGI

All

- Care Home
- Died
- Home
- Hospice
- Other

44%
19%
3%
15%
19%
13%
35%
32%
17%
3%
Case study

• Male, 53 years, GOJ tumour
• Ongoing community involvement over 16 months
• Hospital admissions x 9 (57 days)
• Macmillan Unit admissions x 3 (75 days)
• Bereavement support

• Could he have spent more time at home?
• Did we help?
Issues

• Nausea & vomiting
  – Metoclopramide
  – Domperidone
  – Haloperidol
  – Olanzapine
  – Levomepromazine
  – Ondansetron
  – Cyclizine
  – Hyoscine butylbromide
Issues

• Pain
  – Morphine
  – Fentanyl
    • Patches
    • Abstral
  – Oxycodone
  – Pregabalin
  – Duloxetine
  – Clonazepam
  – Peptac
Issues

• Constipation
• Anxiety
• Compliance with medicines
• Oversedation
• Dizziness
• Ascites
• Electrolyte imbalances
  – Hyponatraemia
  – Hypomagnesaemia
Electrolyte disturbances

- **Hyponatraemia**
  - Nausea and vomiting
  - Headache
  - Confusion
  - Loss of energy and fatigue
  - Restlessness and irritability
  - Muscle weakness, spasms or cramps.
  - Seizures
  - Coma

- **Hypomagnesaemia**
  - Muscle weakness
  - Muscle tightness, tremors, or twitches
  - Irritability or insomnia
  - Numbness and tingling
  - Severe drowsiness, fatigue, and confusion
  - Fast or irregular heart rate
  - Seizures
Finally...

• Think about whether someone needs Palliative Care involvement
• Refer as necessary & specify the issues as it helps us to prioritise
• If referral isn’t necessary, make people aware that the service exists