

# PRC

## Pain treatment and Pain Diagnosis In Cancer Care

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# Pain controle

## Are we good enough ?

- 50 % of all cancer patient will experience significant pain
- 70 % of advanced cancer patients will experience pain
- 50% of these are not sufficiently treated

Teunissen et al. *J. Pain Symptom Manage.* 2007  
Holtan et al. *Palliat Med* 2007  
Thronæs et al *J.Supp Care in Cancer* 2015

# Describe (classify the population)



# A classification of chronic pain for *ICD-11*

Rolf-Detlef Treede<sup>a</sup>, Winfried Rief<sup>b</sup>, Antonia Barke<sup>b,\*</sup>, Qasim Aziz<sup>c</sup>, Michael I. Bennett<sup>d</sup>, Rafael Benoliel<sup>e</sup>, Milton Cohen<sup>f</sup>, Stefan Evers<sup>g</sup>, Nanna B. Finnerup<sup>h</sup>, Michael B. First<sup>i</sup>, Maria Adele Giamberardino<sup>j</sup>, Stein Kaasa<sup>k</sup>, Eva Kosek<sup>l</sup>, Patricia Lavand'homme<sup>m</sup>, Michael Nicholas<sup>n</sup>, Serge Perrot<sup>o</sup>, Joachim Scholz<sup>p</sup>, Stephan Schug<sup>q</sup>, Blair H. Smith<sup>r</sup>, Peter Svensson<sup>s,t</sup>, Johan W.S. Vlaeyen<sup>u,v</sup>, Shuu-Jiun Wang<sup>w</sup>

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# A classification of chronic pain

- «Persistent or recurring pain lasting longer than 3 months»

# Chronic cancer pain

- Pain caused by the cancer
- Pain caused by cancer treatment

# Chronic cancer pain

- Subdivided into
  - Location
    - Visceral
    - Bony
    - Somatosensory (neuropathic)
  - Continous (background pain)
  - Intermittent (episodic pain)

# Traditional PROMs





# Traditional PROMs

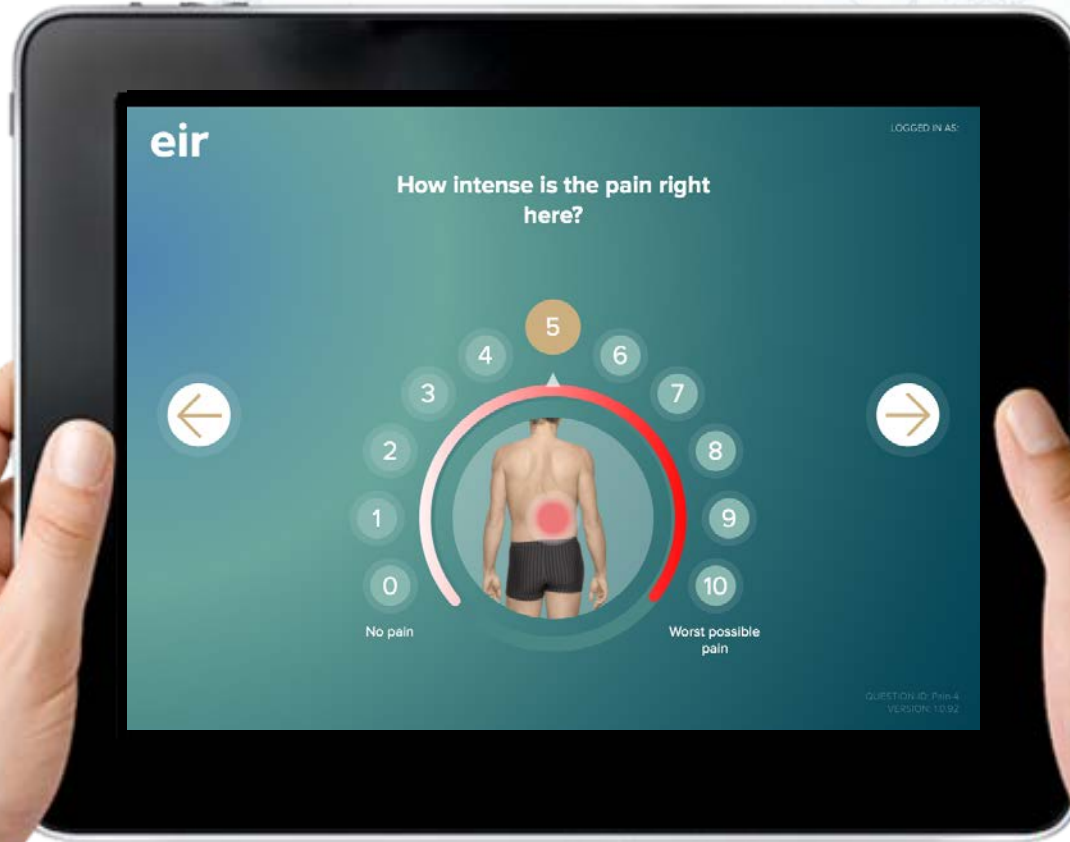
## EORTC QLQ-C30

- |  | Not at all               | A little                 | Quite a bit              | Very much                |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. Do you have any trouble doing strenuous activities, like carrying a heavy shopping bag or a suitcase? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you have any trouble taking a long walk?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you have any trouble taking a short walk outside of the house?                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you need to stay in bed or a chair during the day?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you need help with eating, dressing, washing yourself or using the toilet?                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

### During the past week:

- |  | Not at all               | A little                 | Quite a bit              | Very much                |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 6. Were you limited in doing either your work or other daily activities?       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Were you limited in pursuing your hobbies or other leisure time activities? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Were you short of breath?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Have you had pain?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Did you need to rest?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Have you had trouble sleeping?   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Have you felt weak?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Have you lacked appetite?  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

# Computer-based PROMs







eir

SYMPTOM MANAGEMENT

Decision support and palliative care



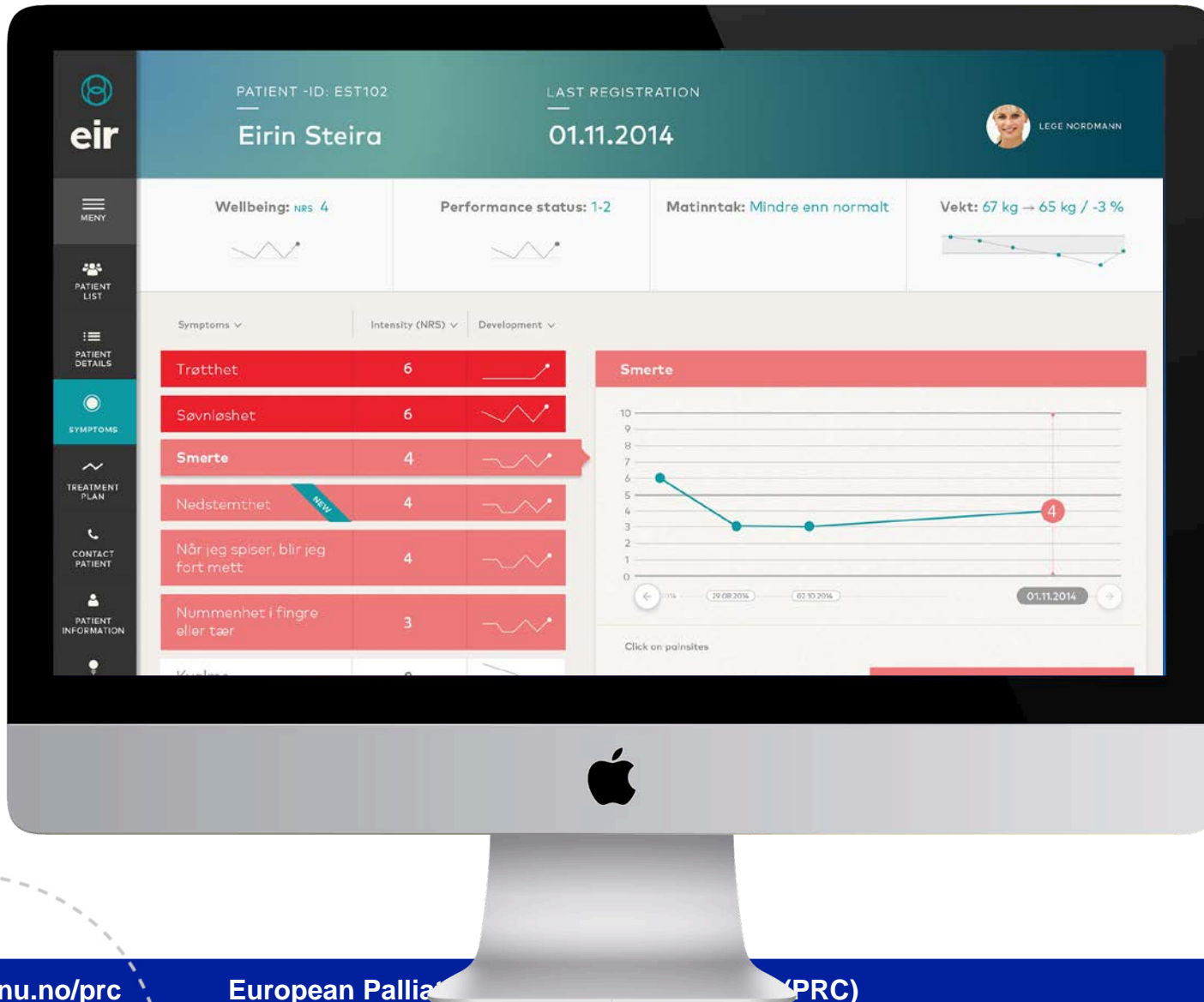
Patient



Specialist



# Health care provider screen





MENU

PATIENT LIST

PATIENT DETAILS

SYMPTOMS

TREATMENT PLAN

CONTACT PATIENT

PATIENT INFORMATION

ADVICE TO PATIENT

Wellbeing: NRS 4



Performance status: 1-2



Food intake: Less than normal

Weight: 67 kg → 65 kg / -3 %



Symptoms ▾

Intensity (NRS) ▾

Development ▾

Drowsiness

6



Insomnia

6



Pain

4



Depression

When I eat, quickly

Numbness in hands or toes

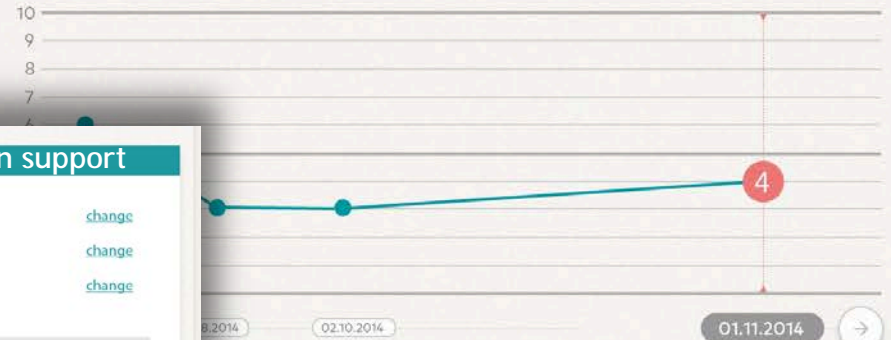
Nausea

Dry mouth

Show all screens

Pain

SHOW MORE +



Decision support

POSSIBLE ACTIONS

- Neuropathic pain **yes** (reported by patient) [change](#)
- Episodic pain **yes** (reported by patient) [change](#)
- Is pain cancer related? **probably** [change](#)

→ Increase or start opioids [close details](#)

- Starting opioids:
- Prescribe Dolcontin 20 mg x 2
  - Prescribe Short acting morphine 5-10 mg on demand.
  - Prescribe Laxantia

- Increase opioids:
- Increase Dolcontin based on use of short acting morphine
  - Increase dose of short acting morphine if insufficient effect.
  - Consider increasing frequency of short acting morphine.
  - Increase Laxantia

- Evaluate neuropathic pain further. [details](#)
- Consider use of gabapentin. [details](#)
- Prescribe short acting pain medication [details](#)



- Intensity of pain site **5**
- Descriptors neuropathic pain **Burning**
- Temporary flares of severe pain? **Yes**
- Intensity of pain flares **10**
- Triggering factors of pain flares **Movement**



# The Integrated Care Pathway (ICP) approach

- May support complex interventions and multi-professional care



# Integrated care pathways (ICP)

- A detailed plan/outline of care
- May include a time frame
- Reduce unnecessary variations
- Improve the quality
- Improve cost-effectiveness

# Evaluation and follow up

- Has the model been implemented as planned?
- Do cancer patients in the region receive better cancer care ; **pain and palliative care services?**
  - **Audit**