

Managing Breakthrough Cancer Pain – New Nursing Guidelines

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Why BTCP guidelines?

- ▶ Breakthrough cancer pain (BTCP) is a taxing symptom that is often poorly understood and sub-optimally treated which can contribute to unnecessary patient discomfort.
- ▶ Contributors - Lack of universally accepted definition of BTCP, disagreements about what constitutes a BTCP episode, and lack of validated BTCP assessment tools for clinical use.
- ▶ A EONS European Survey of Oncology Nurse Breakthrough Cancer Pain Practices revealed not only an unmet educational need, but also a need for nurse-specific guidance on BTCP treatment and how to manage these episodes in cancer patients.



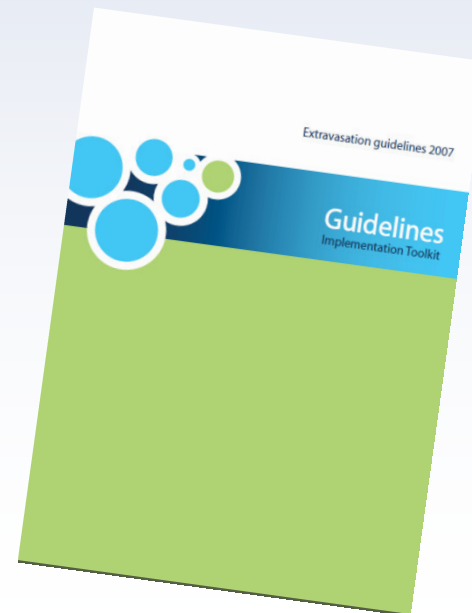
The nurse's role in BTCP

- ▶ Oncology nurses have a key role to play in identifying, assessing and managing BTCP.
- ▶ A collaborative care approach between health professionals, patients and carers - important and essential component for the provision of optimal care for cancer patients.
- ▶ The nurse's skills require communication and listening skills in order to gain an accurate assessment of the pain, identify factors that aggravate and relieve the pain to advice on different management strategies and tailor treatments to the patient's specific needs.



How did we do it?

- ▶ Utilising the framework for generating existing EONS Guidelines, a EONS BTCP Working Group took on the task to develop a set of nurse-specific evidence- and practice-based guidelines on BTCP management.
- ▶ The BTCP guidelines reflect the findings of the European oncology nurse survey and are the first to address BTCP management from a nurse perspective.





The BTCP working group



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- Carina Rundström, Karolinska University Hospital, Sweden
- Isolde Weisse, Universitäts-Frauenklinik Tübingen, Germany
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Overall goal

- ▶ The overall goal of the guidelines is to support oncology nurses to understand and recognise BTCP and improve the overall management of BTCP for cancer patients.



Specific targets and aims

- ▶ Increase nurses' knowledge of specific elements of BTCP:
 - ▶ Causes for BTCP
 - ▶ Features and symptoms of BTCP
 - ▶ Differences between end of dose pain and transitory BTCP
 - ▶ Consequences of BTCP
 - ▶ Treatment measures
- ▶ Support nurses to assess and identify BTCP
- ▶ Encourage successful management of BTCP
- ▶ Update and inform nurses of the current guidelines based on previously published evidence



Key points to understand from the BTCP guidelines I

- **What is breakthrough cancer pain?**
 - Characteristics of breakthrough cancer pain
 - Prevalence of breakthrough cancer pain
- **How is breakthrough cancer pain recognised?**
 - Breakthrough cancer pain vs. uncontrolled background pain
 - Assessment of breakthrough cancer pain
- **What are the implications of breakthrough cancer pain?**
 - Physical and social impact
 - Psychological impact
 - Economic impact



Key points to understand from the BTCP guidelines II

- **How is breakthrough cancer pain managed?**
 - Lifestyle changes
 - Management of reversible causes
 - Modification of pathological processes
 - Non-pharmacological management
 - Pharmacological management
- **Reassessment of management of breakthrough cancer pain**
- **Implementation of the guidelines**
- **Appendices**
 - How does a patient with breakthrough cancer pain present?



Moving forward

- ▶ The BTCP guidelines will be published in the fall of 2011.
- ▶ Complementary pocket guide will be published.
- ▶ It is our hope that the BTCP guidelines and pocket-guide will increase nurses' knowledge of BTCP and encourage successful management of these episodes thereby improving the safety and quality of care as well as the quality of life for cancer patients suffering from BTCP.



Want to know more?

www.cancernurse.eu/btcp

