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MANAGEMENT OF MALIGNANT PAIN

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Click [HERE](#) to download the slide deck used in this presentation.



The information provided in this newsletter is for educational purposes only.

Resources (click on pictures for PDF version)



Symptom Management Algorithm
Pain in Adults with Cancer



Cancer Care Ontario - Pain in Adults with Cancer



How to Manage Cancer Pain

This patient guide will help you learn about:

- Different types of cancer pain
- Causes of cancer pain
- When to talk to your health care team about your pain
- Managing your cancer pain
- Where to get more information about cancer pain

This guide is for adults who have pain before, during or after cancer treatment and their family, friends or caregivers. It does not replace advice from your health care team.

Cancer Care Ontario - How to Manage Cancer Pain - Patient/Caregivers

Onset	When did it begin? Is it new? How long does it last? How often does it occur?
Provoking/Palliating	What/ who brings it on? What/who makes it better? What/ who makes it worse?
Quality	What does it feel like? Can you describe? Examples provided below: Noiceptive • Sharp, aching, throbbing Neuropathic • Shooting, burning, tingling, painfully numb • Allodynia/hyperalgesia
Region/Radiation	Where is it? Does it spread anywhere?
Severity	What is the intensity of this symptom? Right now? At best? At worst? On average?
Treatment	What medications or treatments are you currently using? What medications have you tried in the past for this, and how well did they work? Do you/did you have any side effects from the medications/treatments?
Understanding/Impact on you	What do you believe is causing this symptom? How is this symptom affecting you/your level of functioning and/ or your family?
Values	What is your goal for this symptom? What is your comfort goal or acceptable level for this symptom? Are there any other views or feelings about this symptom that are important to you and your family?

OPQRSTUV Tool



**B.C. INTER-PROFESSIONAL
PALLIATIVE SYMPTOM
MANAGEMENT GUIDELINES**

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Fraser Health Pain Management Guidelines

**Cancer Care Ontario
Action Cancer Ontario**

Edmonton Symptom Assessment System:
(revised version) (ESAS-R)

Please circle the number that best describes how you feel NOW:

No Pain	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Pain
No Tiredness (Tiredness = lack of energy)	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Tiredness
No Drowsiness (Drowsiness = feeling sleepy)	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Drowsiness
No Nausea	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Nausea
No Lack of Appetite	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Lack of Appetite
No Shortness of Breath	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Shortness of Breath
No Depression (Depression = feeling sad)	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Depression
No Anxiety (Anxiety = feeling nervous)	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Anxiety
Best Wellbeing (Wellbeing = how you feel overall)	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Wellbeing
No Other Problem (for example constipation)	0	1	2	3	4	5	6	7	8	9	10	Worst Possible

Patient's Name _____ Completed by (check one):
 Date _____ Time _____ Patient
 Family caregiver
 Health care professional caregiver
 Caregiver-assisted

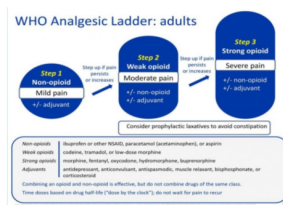
ESAS-R
Revised, November 2010

BODY DIAGRAM ON REVERSE SIDE

ESAS

WHO Analgesic Ladder

Edmonton Symptom Assessment Tool



**Harm
Reduction
Strategies**



**Central East Palliative Pain and
Symptom Management Consultants**

For consultation support or education requests:

Brenda Derdaele, RN, CHPCN (C)

**February Educational
Opportunities:**

**Topic: Malignant Pain
Management**

Lunch and Learn

- Wednesday, March 8/2023

Palliative Pain & Symptom Management
Consultant
Durham Region

• 12-1pm

Lunch & Learn
Registration

brenda.derdaele@von.ca

Coffee and Palliative Care
• Thursday, March 9/2023
• 3-4pm

**Erin Newman-Waller, RN, BScN,
CHPCN(C)**
Palliative Pain & Symptom Management
Consultant
Peterborough Hospice

Coffee & Palliative Care
Registration

enewmanwaller@hospicepeterborough.org

Durham Region PPSMC
Educational Hub

**Gwen Cleveland, RN, BScN, MEd,
CHPCN(C)**
Palliative Pain & Symptom Management
Consultant Scarborough

**PDF Version of
Newsletter**

gcleveland@schcontario.ca

Central East Palliative Care Educational Opportunities

- Fundamentals in Hospice Palliative Care
- Enhanced Fundamentals in Hospice Palliative Care
- Advanced Palliative Practice Skills (APPS)
- Comprehensive Advanced Palliative Care Education

Click Photo's for PDF Version



Durham
Hospice
Services



For information about Palliative
Education offered by SCHC, go to



Comprehensive Advanced Palliative Care Education (CAPE)

The CAPE program combines the 'art' and 'science' of Hospice Palliative Care for nurses. The program embeds best practice standards and aligns with the Model to Guide Hospice Palliative Care. CAPE focuses on the development and role of the nurse as a hospice palliative care resource for the interdisciplinary team in long-term care homes, agencies, hospitals and communities.

Registration Link: <https://www.surveymonkey.com/r/CSLW579>

Case Based Dates:

Tuesdays
May 2, June 6 & August 1, 2023

Coaching Dates:

Tuesdays
May 9, 16, June 13, 20, July 4, 18, Aug 8, 15, & 22, 2023

For more information, please call:
905-240-4522

Developed by the Ontario Southwest Regional Palliative Pain & Symptom Management Consultative Program St. Joseph's Health Care London

COMPREHENSIVE ADVANCED PALLIATIVE CARE EDUCATION

<https://schcontario.ca/programs/health-services/palliative-education/>



About APPS

Building upon the Fundamentals of Hospice Palliative Care Program, this eight-week APPS course focuses on the PSWs scope of practice as it relates to the foundational concepts of Hospice Palliative Care. Participants will learn skills to enhance communication with the person, family, and team members, develop skills required for effective team functioning and self-care, and learn strategies for relieving common end-of-life symptoms.

For more details, please review: [Content, Objectives and Expectations & Course Activity Outline](#). The APPS course content aligns with the OIPC Palliative Care Competencies for PSWs.

Note: Fundamentals of HPC (or equivalent) is a pre-requisite for APPS

Intended Audience
APPS is designed for PSWs & Health Care Aides who have an interest in enhancing their knowledge and skills related to palliative and end-of-life care.

Cost: \$50.00
per participant

Course Details

Self-Directed Learning Activities: All course work / materials are online; learners are required to use a computer, tablet, or smart phone to participate. See detailed [Technology Requirements](#).

Classroom Sessions: are scheduled three weeks apart to allow time for online, self-directed readings/activities and applying learning to daily practice. There are two Classroom Session Options:

Virtual 1 Learners connect via a link to the Virtual Classroom. A <i>virtual classroom session is NOT a webinar</i> . Learners must use a device with a microphone & camera to allow two-way communication between facilitators and peers.	In-Person 2 Learners attend the course in person
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Available Courses

Between the Course Start Date and the first Classroom Session (CS), learners are expected to log into the learning platform to complete course readings and activities - see APPS [Course Activity Outline](#).

APPS Courses	Course Start Date	CS 1 Occurs during Wk 2	CS 2 Occurs during Wk 5	CS 3 Occurs during Wk 8
Virtual Classroom Session	February 21, 2023	March 7, 2023 Time: 6-9	March 28, 2023 Time: 6-9	April 18, 2023 Time: 6-9

For more information, contact: Erin Newman-Waller at erinmanwaller@hospicepeterborough.org or 705-742-4042 x344

Visit: <http://www.hospicepeterborough.org/registration/> to register

FUNDAMENTALS 2023

Fundamentals Core education is a certificate program for ALL health care providers and volunteers who wish to enhance knowledge and develop capacity related to hospice palliative care.

Fundamentals ENHANCED education is intended for Nurse Practitioners (NPs), Registered Nurses (RNs), and Registered Practical Nurses (RPNs) with an interest in developing/heightening their capacity related to hospice palliative care in a clinical setting. NPs, RNs and RPNs must take the core Fundamentals program prior to taking the Enhanced Fundamentals program. Both the Fundamentals CORE and ENHANCED session are a prerequisite for the CAPE program.

Fundamentals eligibility:

- Health care provider or volunteer caring for people with a progressive, life-limiting illness
- Access to an internet-enabled computer
- Knowledge of basic computer programs

Included in the core curriculum:

- An 11 chapter program guide
- 8 e-learning modules
- 2 peer-to-peer exchanges (learning debriefs)
- 1 reflective activity
- 3 group learning sessions*
- 1 (one) additional online group learning session for the ENHANCED program that is mandatory for all RPNs, RNs, NPs wishing to go on to take CAPE in the future.

*Learning may be conducted in-person, virtual or a blended delivery depending on COVID guidelines and/or restrictions

Winter session January 12, February 2, February 16, Enhanced March 2 from 6-9pm	Cost: \$50
Spring sessions Session 1: April 20, May 11, May 25, Enhanced June 8 from 6-9pm Session 2: April 25, May 16, May 30, Enhanced June 13 from 9am-12pm	
Fall sessions Session 1: September 14, October 5, October 19, Enhanced November 2 from 6-9pm Session 2: September 19, October 10, October 24, Enhanced November 7 from 9-12pm	

Registration now open for all sessions at <http://www.hospicepeterborough.org/registration/>

For more information please contact
Erin Newman-Waller at 705-868-8126 or
email: erinmanwaller@hospicepeterborough.org

CAPE dates to come.....

Please help VON Durham Hospice Services support our Palliative Community.



We offer:

- Hospice Volunteer supports
- Patient & Caregiver support groups
- Care Navigation
- Supportive Care Counselling
- Grief & Bereavement support
- Community Education

Visit our Website | vondurham.org

VON Durham Referral Form



Hospice Peterborough offers:

- Hospice Volunteer supports
- Patient & Caregiver support groups
- Nurse Navigation
- Supportive Care Counselling
- Grief & Bereavement support
- Community Education
- Hospice Residence



hospicepeterborough.org

Referral Form



SCHC provides comprehensive, focused health programs and services to improve the holistic overall health and well-being for our community.

Through the operation of 42 distinct and integrated services across 10 sites that work together to improve the health of the Scarborough community, SCHC provides medical assistance through clinics, has a growing youth program, and offers many social support programs, including a food bank.

Go to <https://schcontario.ca/> to learn more about SCHC.

Thanks to Oak Ridges Hospice for their ongoing support and exemplary end-of-life care. If you are interested in a tour or making a referral, please visit their website for more information.

[Visit their Website | Oak Ridges Hospice](#)



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