

FATIGUE AND PANCREATIC CANCER

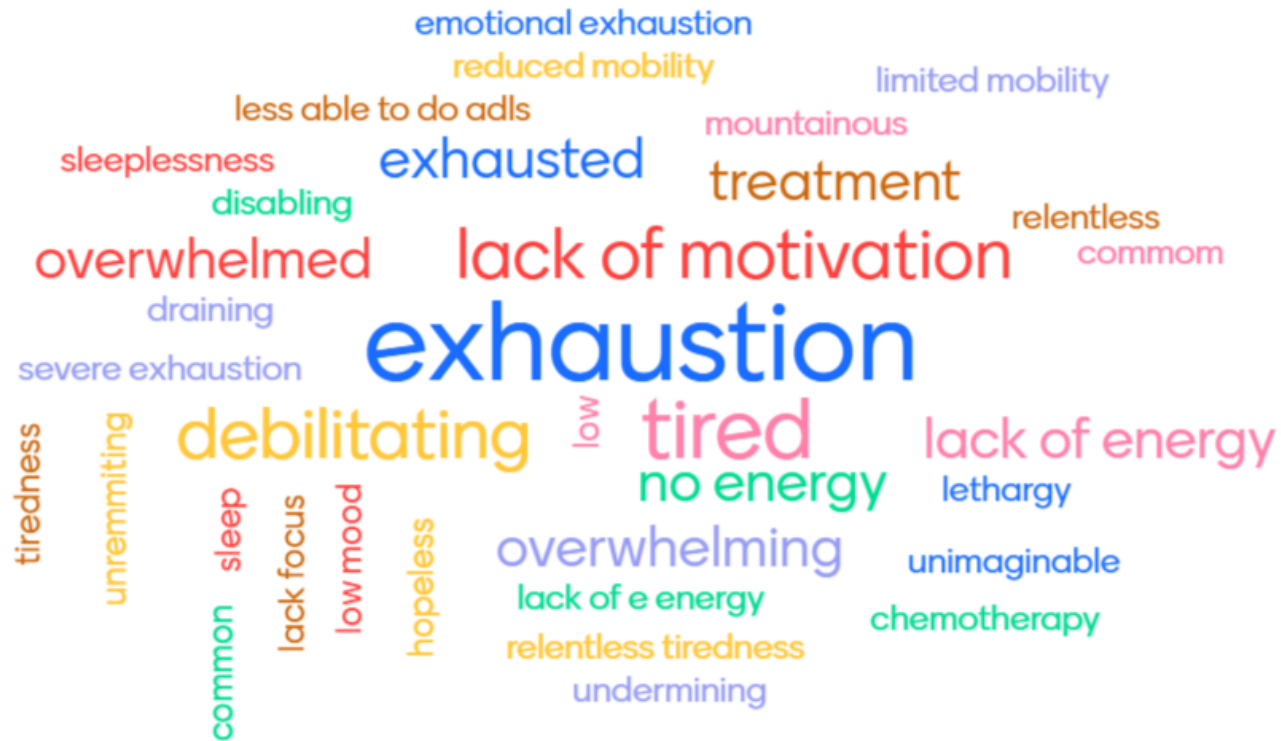
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Learning outcomes

1. Define what it meant by cancer related fatigue
2. The effects of cancer related fatigue
3. Cause of cancer related fatigue
4. The amenable factors you can influence
5. How to manage cancer related fatigue
6. Who can help with cancer related fatigue management

What word comes into your mind when you think about cancer related fatigue?

56 responses



What is cancer related fatigue?

CRF as a distressing, persistent, subjective sense of physical, emotional, and/or cognitive tiredness or exhaustion related to cancer or cancer treatment that is not proportional to recent activity and interferes with usual functioning.

The National Comprehensive Cancer Network (2022)

The effects of cancer related fatigue

The effects of fatigue

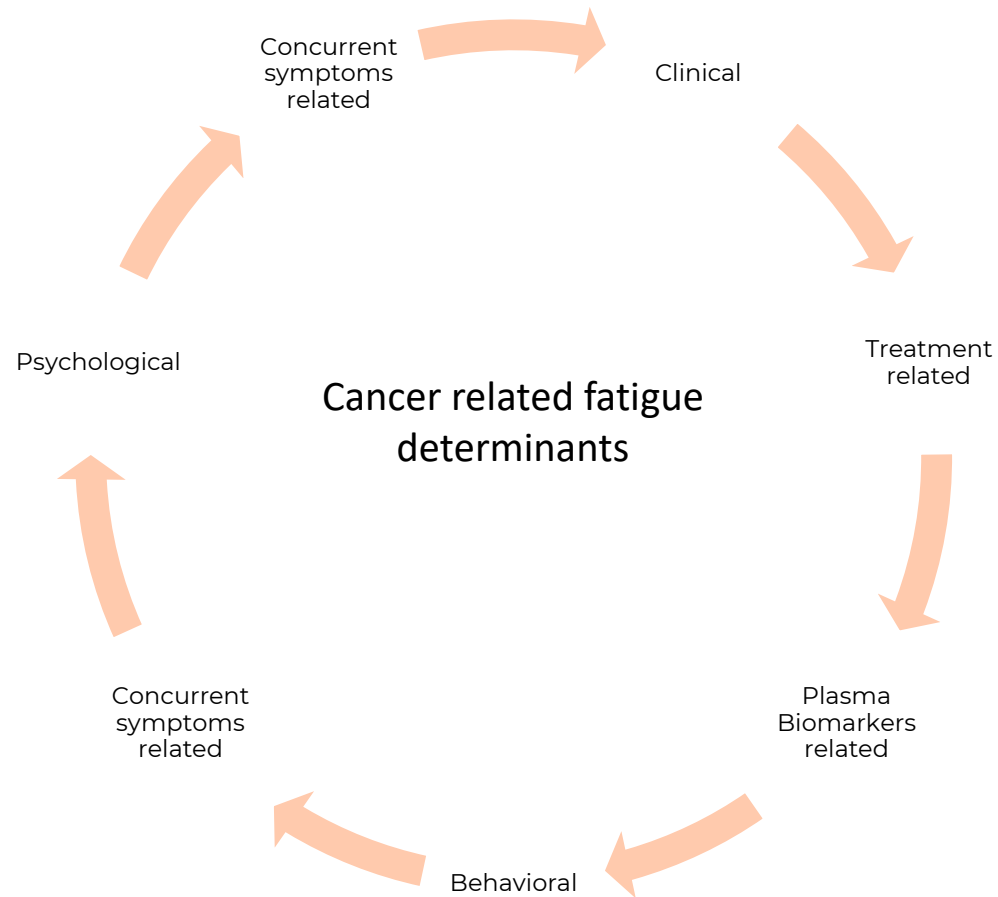


Video: What impact does fatigue have on patients?

Watch the video here: <https://youtu.be/WHdodXCrbdo>

What are the potential causes of cancer related fatigue?

Potential cause of cancer related fatigue



DSilva, F., Sing P. & Javeth A. (2023)
Journal of Palliative Care 38(4)

Potential cause of cancer related fatigue

Clinical determinants

- Cancer

Potential cause of cancer related fatigue

Treatment related determinants

- Chemotherapy & radiotherapy
- Immunotherapy
- Surgery
- Medication

Potential cause of cancer related fatigue

Plasma Biomarker related determinants

- Is there anything reversible on recent bloods?

Potential cause of cancer related fatigue

Behavioral determinants

- Daytime dysfunction
- Daytime Sleepiness
- Smoking
- Consuming excess alcohol

Potential cause of cancer related fatigue

Concurrent symptoms related determinants

- Pain
- Digestive issues
- Insomnia and sleep disturbances
- Shortness of breath
- Hiccups
- Other comorbid conditions
- Menopausal symptoms

Potential cause of cancer related fatigue

Socio-demographic determinants

- Age
- Gender
- Employment status
- Family/social support

Potential cause of cancer related fatigue

Psychological determinants

- Depression
- Anxiety
- Feeling sad
- Emotional upset

What things would you discuss or suggest to your patients when it comes to trying to help with fatigue?

59 responses



What are the amenable factors?

- Diet & Nutrition
- Management of diabetes
- Mobility / Exercise
- Infection
- Disturbances to sleep routine
- Abnormal blood results – checking sodium, potassium, magnesium, calcium, B12, folate, glucose, renal function, CRP, albumin, exclude anaemia, thyroid function, cortisol level
- Poorly managed symptoms – e.g., pain & nausea / vomiting
- Anxiety / Depression / Low mood
- Endocrine conditions – check thyroid function and cortisol level.
- Medications - e.g., beta-blockers, sedating drugs, corticosteroids, opioids & over the counter.
- Cancer treatments – surgery, chemotherapy & radiotherapy.
- Jaundice & liver disease

Video: How are patients managing their fatigue?

Watch the video here: <https://youtu.be/cBypBzG0N1Y>

How to manage fatigue

Non-pharmacological methods

Non-pharmacological management

- Exercise
- Optimising diet including PERT
- Educational interventions
- Yoga
- Relaxation / complementary therapy
- Emotional & Psychological support
- Diary
- Energy conservation / restoration
- Involving other health professionals / organisations

Day	Morning	Afternoon	Evening	Treatment or activity	Other notes
Monday	1	2	3	Had chemotherapy at 2pm. Or, went for a short walk.	Felt very tired and had a nap. Or, slept better after exercise.
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Pancreatic Cancer UK **Diary for managing fatigue (extreme tiredness)**

Keeping a diary can help you see what makes your fatigue better or worse. This can help you and your medical team manage your fatigue. Don't feel that you have to fill in every box every day. Just do what you can.

	Monday			Tuesday			Wednesday			Thursday		
	am	pm	eve	am	pm	eve	am	pm	eve	am	pm	eve
Rate your fatigue from 0 to 10: 0 = no fatigue 10 = worst fatigue you can imagine												
How did you feel today? (for example, happy, worried)												
What did you do today? (for example, showered, a short walk)												
What, if any, treatment did you have today? Include any changes in your care or medicines.												
Did anything make your fatigue better?												
Did anything make your fatigue worse?												
Note anything else relevant (for example, how you slept, problems with digestion, other symptoms)												

pancreaticcancer.org.uk
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How to manage fatigue

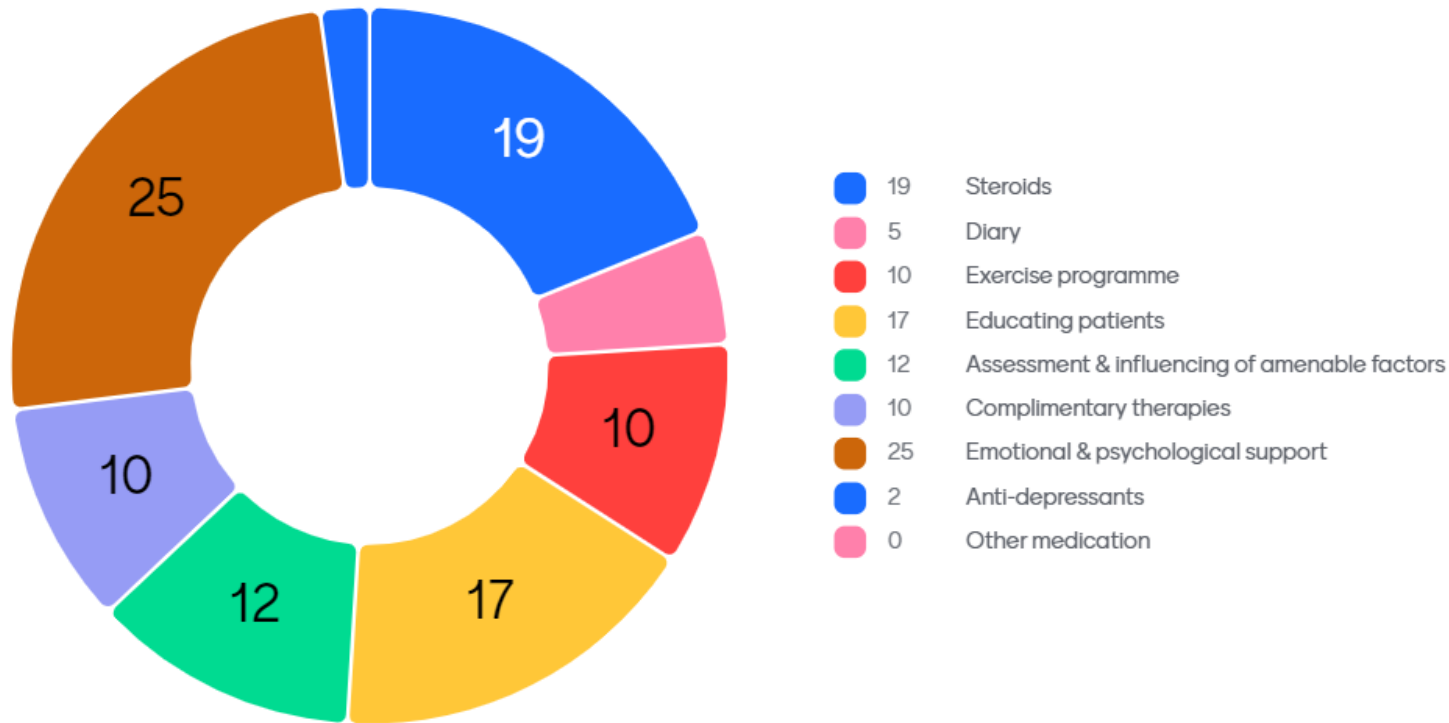
Pharmacological methods

Pharmacological management

- Dexamethasone 8mg once daily
- Megestrol acetate 160mg once daily
- Anti-depressants
- Contraindicatory evidence for Psychostimulants

Seek specialist advice

In your experience which of these has had the most positive impact in improving / managing fatigue ? (choose as many as you want)



“ What helped? Care by family members – preparing fresh meals several times a day, taking mum out to a park where she could walk, escapist conversations and boosting her mental state.”

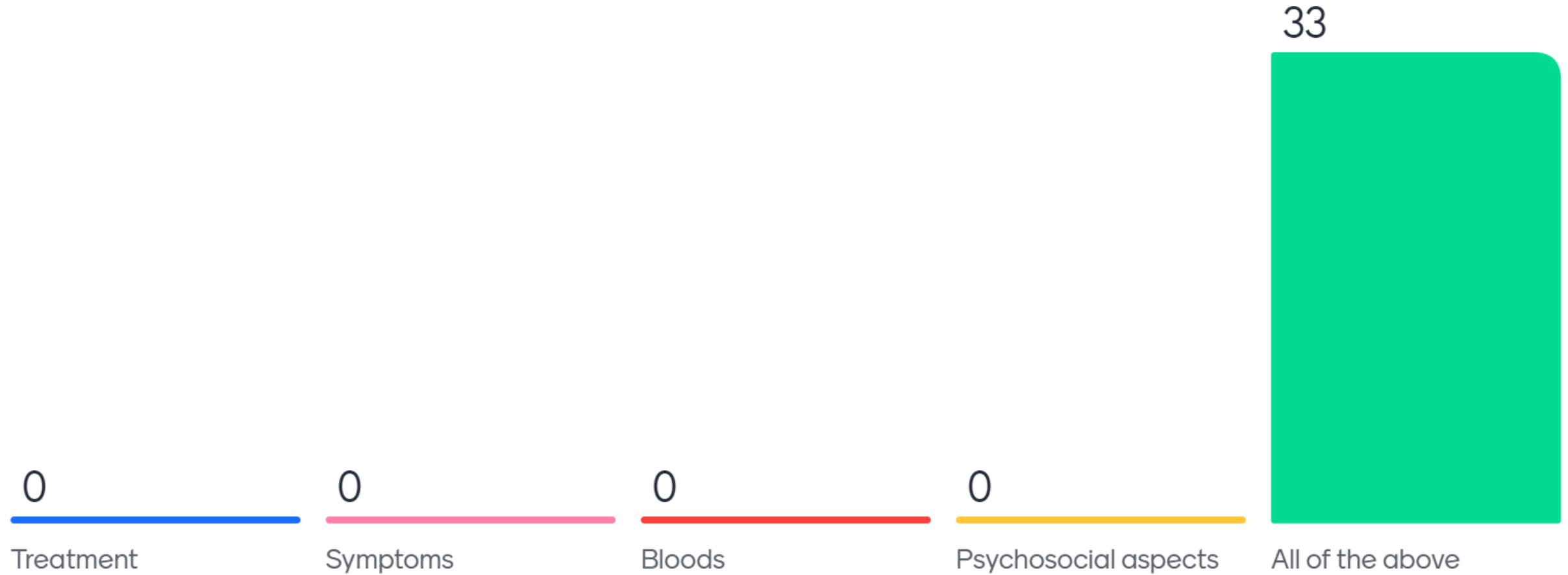


Case study

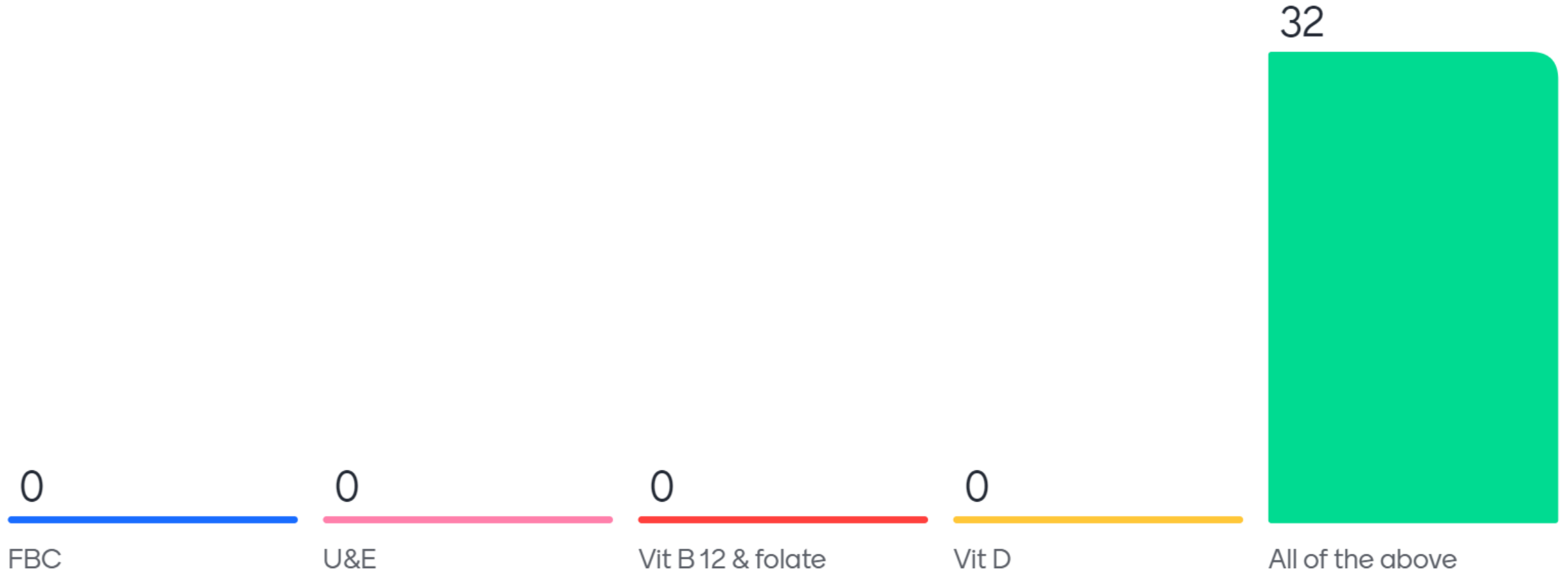


- Lisa
- Married, once child
- 3rd cycle of chemotherapy
- Fatigue, pain, constant nausea
- Deranged bloods
- Worried about job, finances and the future

What could be causing fatigue?



What bloods would you check?



What treatment would you consider?

24



Dexamethasone 8mg once daily

0

Megestrol acetate 160mg once daily

6



Anti-depressants

0

Psychostimulants

THANK YOU



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Q&A