

Metastatic Breast Cancer Clinical Trial Symposium

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Opportunities Abound...

(paucity of literature)

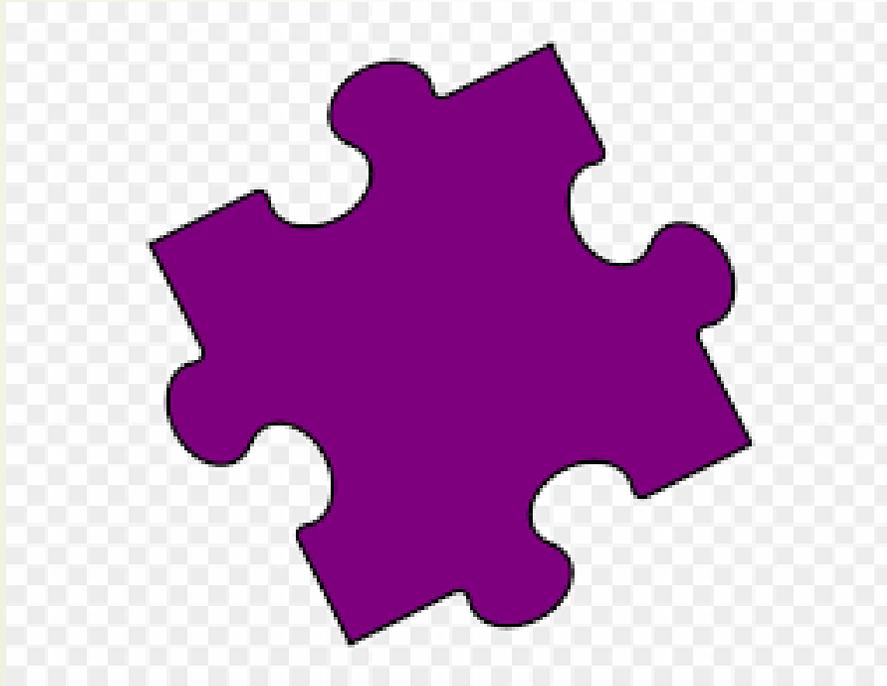
- ▶ The challenges of integration of research and clinical care are vast.
- ▶ Patients in phase 1 clinical trials often have significant symptom burdens and quality-of-life concerns that increase as they progress along the cancer trajectory and experience drug toxicities from the clinical trial.
- ▶ The field of palliative care in cancer has expanded greatly, offering symptom management to late-stage cancer patients, and demonstrated that it is not mutually exclusive with disease-targeted therapies or clinical research.

Cancer Care is a puzzle





How does Palliative Care fit into it?





The Concept of Total Pain

- Used to describe the intense suffering that can be experienced by seriously ill patients.
 - Physical
 - Social
 - Psychological
 - Spiritual



Domains: Physical

- Pain: Patient History+Location+Quality+Mitigation
- GI: IN and OUT...
- Sensory: impairment or worsening sight, hearing, taste and impact
- Function: Swallowing, mobility, sexual, Incontinence
 - Implications of dysfunction (enjoying food, adaptive equipment, loss of intimacy..)
- Difficult to localize symptoms: fatigue, malaise, dyspnea, weakness, odor



Domains: Social

- Changes and how they relate to cultural values/beliefs/practices
- Changing role in family, friendships, community
- Isolation, abandonment
- Diminished privacy and intimacy
- Disruption of routines, rituals, recreation, vocation
- Stress on financial resources
- Legal: POA, AHCD, Will, inheritance, passing on business, guardianship or custody issues



Domains: Psychological

- Depression/Anxiety
- Unfamiliar or augmented emotions: Anger, hopelessness, loneliness
- Fear: of being a burden, abandonment, death
- Loss of control, maintaining dignity and independence
- Self-worth, -esteem, -image
- Changing physical appearance



Domain: Spiritual

- ▶ Finding meaning or value in life or experience
 - ▶ Existential, transcendental
 - ▶ Spiritual advisors, rites or rituals
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What to expect when you see a Palliative Care provider

- ▶ Careful physical assessment without presumptions
 - ▶ Focus on the areas that affect you most
- ▶ Thorough and methodical exam/history
 - ▶ Try to tease out symptoms that are most bothersome
- ▶ Medication review- attempt to pare down and maximize utility of medications, and non pharmacologic interventions
- ▶ Identify goals and values in the BIG PICTURE and whether certain goals or preferences are possible and practical- Advance directives
- ▶ Focus on FUNCTION and QUALITY OF LIFE

