



Pennsylvania Cancer Pain Initiative Newsletter Summer 2002

Issue 32

Cancer Patients Have a Right to Pain Control

A MESSAGE FROM THE DIRECTOR

World Wide Web

Are you overwhelmed with the amount of cancer pain information available on the World Wide Web? This issue features six sites to assist your navigation of the Internet. The Federal Trade Commission (www.ftc.gov) campaign, "Operation Cure All," is both a law enforcement tool and communication tool that pursues Internet health fraud. Its objective is to stop false claims, to provide quality health information, and to educate consumers about how to recognize health fraud. Other resources are the healthcare portals, Healthfinder (<http://www.healthfinder.org/>) or Health on the Net (www.hon.ch). Healthfinder is the consumer education gateway of Operation Cure All; these sources are considered credible. In addition, Healthfinder provides resources for consumers about fraud and quackery and how to evaluate information on the Web. Health on the Net is a self-regulatory, voluntary certification system to identify sources of reliable information. The Health On the Net Foundation has a Code of Conduct to standardize the

(Continued on page 2)

AMERICAN CANCER SOCIETY

www.cancer.org

The Internet site, www.cancer.org, is the doorway to a wide range of services and information available from the American Cancer Society. It is a place where people can go 24 hours a day to get the most comprehensive cancer information available and connect with others who are touched by the disease.

The American Cancer Society site is designed to be easy to use for cancer patients, families, caregivers, the professional community, and those interested in supporting the mission through donations and volunteering. Perhaps most important, the American Cancer Society wanted the site to empower users with information to make decisions and cope with the cancer in their lives.

Features of www.cancer.org include:

- Resources for the different roles in the cancer experience (patients, caregivers, supporters, survivors, etc.)
- Links to community and nationwide resources

(Continued on page 2)

Contents

Director's Message	Page 1 - 2
American Cancer Society	Page 1 - 2
Pain In the Net	Page 1 - 3
Abstinence Syndrome	Page 3
Calendar of Events	Page 4

PAIN IN THE NET

The World Wide Web has 1,300,000 "hits" for the topic of "cancer pain." The PCPI Newsletter Committee reviewed 25 websites for cancer pain topics. Listed alphabetically, the resources chosen for this issue met all of the following criteria: 1) information on "cancer pain" using an easy search engine, 2) current information, 3) no sponsorship by a pharmaceutical company, 4) articles to read or download without cost to the reader, and 5) a variety of topics on pain such as policies, ethics, new research, and contact persons.

(Continued on page 2)



Pennsylvania Cancer Pain Initiative in partnership with the American Cancer Society, Pennsylvania Division

Director's Message Continued

reliability and credibility of information available on the World Wide Web. To determine if the information is accurate, consider the source of information and purpose of the site, and check governmental and hospital Web sites. Finding information on the Internet is no longer the problem as is assessing the reliability and credibility of the information.

*Georgia Brown, RN, BSN
Director, PCPI*

American Cancer Society Continued

- Confidential registration section, allowing users to customize their site by their role, cancer type, and geographic location
- Ways to share stories and learn from others
- Information on how to get involved in local events
- Interactive tools – message boards, personal calendar, to-do lists, and chat rooms

Pain In the Net Continued

Although not an exhaustive list, it does include excellent sources, many of which link to additional sites.

- 1) <http://www.medsch.wisc.edu/painpolicy>
Pain and Policy Studies Group at the University of Wisconsin Comprehensive Cancer Center, in collaboration with the World Health Organization (WHO), contains current readings regarding controlled substances; policies; barriers to pain relief efforts; pain policy resources; database of statutes, regulations, and other policies for each state in the U.S.; international pain relief efforts; *Cancer Pain Release* WHO newsletter; and related links to other pain information sites.
- 2) <http://cancernet.nci.nih.gov/>
The National Cancer Institute provides a large resource of information concerning cancer and cancer pain for both patients and health professionals. The site is an excellent resource for literature search on cancer pain topics and is user-friendly, when using the "search" engine.

3) <http://lastacts.org>

Last Acts Organization contains a vast amount of current information concerning palliative care and 300 citations for the query "cancer pain." It is a great site for health professionals, including research of interest, state initiatives, and an e-newsletter (free).

4) <http://ampainsoc.org>

American Pain Society is a multidisciplinary organization of clinical scientists and others advancing pain-related research, education, treatment, and professional practice. The site has topic areas of advocacy and policy, search engine, meeting calendar, links to related sites, a free bimonthly *APS Bulletin*, and many complete documents on pain topics. There is no cost to read, and it has a "members only" section for additional information.

5) <http://www.papainrelief.org>

Pennsylvania Cancer Pain Initiative new website - presents information on the mission and purpose of

(Continued on page 3)

Editor: Georgia Brown, RN, BSN
Newsletter Committee

Bruce Macartney, Rph, Chair

Judy Dobson, MSN, CHPN

John Neely, MD

Mary Elaine Southard, RN, MSN

Sweta Chawla, PharmD

Copyright 2002©Pennsylvania Cancer Pain Initiative

Pennsylvania Cancer Pain Initiative

www.papainrelief.org

c/o Georgia Brown, RN, BSN

Penn State College of Medicine

PO Box 855, MC A210

Hershey, PA 17033-0855

(717) 531-6849 FAX (717) 531-3992

Email: gbrown@psu.edu

To: Members of the Pennsylvania Cancer Pain Initiative

From: Georgia Brown, RN, BSN
Director, PCPI

2002 CALL FOR NOMINATIONS

Steering Committee Nominations

Nominations to fill vacancies on the PCPI Steering Committee are being accepted. The Steering Committee attempts to provide a balance of disciplines and geographic representation. Member participation in the nomination process is critical to revitalize the Initiative.

The following information has been provided for reference:

- a list of current 2002 Steering Committee members showing vacancies open for nomination and members continuing to serve their term, and
- a nomination form.

Positions require participating in conference calls, attending an annual conference in the spring, and occasionally presenting a workshop at the conference or writing an article for the newsletter. Travel expenses to the conference are the responsibility of the individual; conference registration fees are waived. Term of service is four years; there is no limit to the number of terms a person may serve. A member of the Steering Committee may resign at any time. The Steering Committee is structured into the following multidisciplinary committees: conference, newsletter, and nominations. Each member will be participating in committee work. Appointment of new members will be decided by the Steering Committee following the June 2002 conference call.

You are encouraged to nominate yourself and/or anyone you feel would be interested in volunteering his or her time and expertise. Please take a few minutes to review carefully the enclosed information and submit your nominations of new leaders. The assumption will be that the nominee is aware of and has agreed to be nominated. **To be considered, your nomination form must include the nominee's resume and be received by September 20, 2002.**

PENNSYLVANIA CANCER PAIN INITIATIVE

STEERING COMMITTEE MEMBERSHIP, DISCIPLINES, GEOGRAPHIC DISTRIBUTION AND VACANCIES (in bold with *)

CHAIRPERSON OF THE STEERING COMMITTEE

James Ray, PharmD (Erie)

MEMBERS OF THE STEERING COMMITTEE

PHARMACY

(2 vacancies)

MEDICAL PRACTICE (1 for rotation)

John Neely, MD 6/97-6/02* (Hershey)

Philip Sung Han Kim, MD 6/99-6/04 (Philadelphia)

NURSING

Mary Elaine Southard, RN, MSN, 6/99-6/04 (Scranton)

(1 vacancy)

BEHAVIORAL MEDICINE

(2 vacancies)

PUBLIC EDUCATION

Erin McMenamin, MSN, CRNP, AOCN 6/97-6/03 (Philadelphia)

Judy Dobson, MSN, CHPN 6/99-6/04 (Danville)

RADIATION ONCOLOGY

(1 vacancy)

NEUROLOGY

John Farrar, MD 6/97-6/03 (Philadelphia)

MEMBER AT LARGE

Robert Arnold, MD 6/97-6/02 (Pittsburgh)

Bruce Macartney, RPh 6/97-6/03 (Philadelphia)

(2 vacancies)

2002 CALL FOR NOMINATIONS

To be considered, this form must be received by
September 20, 2002 with a resume.

Copies of this form will be accepted. You are encouraged to nominate yourself and/or anyone you feel would be interested in volunteering his or her time and expertise.

Nominated for _____ vacancy (Only one, please)

Name: _____ Degree: _____

Email address: _____

Work Address: _____

Work: () _____

Fax: () _____

Return to: Georgia Brown, RN, BSN

Email: pcpi@papainrelief.org

Mail: PO Box 855, A210, Hershey, PA 17033-0855

Fax: 717-531-3922

ABSTINENCE SYNDROME

When explaining to patients and families why opioids must be taken on the prescribed schedule, abstinence syndrome is a new, more palatable term to use rather than withdrawal. Abstinence syndrome is defined as "a manifestation of physical dependence; occurrence of withdrawal symptoms when the opioid is abruptly stopped or an opioid antagonist is given." In patients taking opioids on a regular basis for two to three days to several weeks, this is an expected outcome. For various reasons, such as cost, fear of addiction, or barriers present in family members or health-care professionals, a patient may voluntarily reduce his/her opioids without consulting his/her medical provider. As a result, abstinence syndrome may contribute to the resistance of patients and families towards taking opioids.

The symptoms of abstinence syndrome include anxiety, alternating hot flashes and cold chills, salivation, rhinorrhea, diaphoresis, piloerection, nausea, vomiting, abdominal cramping, and insomnia. Abstinence from opioids with a short half-life, such as morphine, may occur within 6 to 12 hours of stopping the drug, and will be most severe after 24 to 72 hours. During the final stages of coma with renal failure and dehydration, administering even 25 percent of the previous opioid dose can prevent abstinence syndrome. For patients who have chosen an alternate pain relief

intervention, "withdrawal can be suppressed with gradual reduction in dose over 7 to 10 days."

Mistaking abstinence syndrome for psychological dependence (addiction) is common. For those in our care, we must explain effectively why opioids must be taken on the prescribed schedule and not stopped abruptly.

*Judith A. Dobson, MSN, CHPN
Hospice/Palliative Care Consultant, Danville
Member of the PCPI Steering & Newsletter
Committees*

References

1. McCaffery M, Pasero C: Pain: Clinical Manual. St. Louis, MO: Mosby, Inc., 1999.
2. American Pain Society. Principles of analgesic use in the treatment of acute pain and cancer pain, 4 ed. Glenview, IL: American Pain Society, 1999.
3. Matzo M, Sherman D: Palliative care nursing: Quality care to the end of life. New York, NY: Springer Publishing Company, Inc., 2001
4. Coyle N, Cherny N, Portenoy RK: Pharmacologic management of cancer pain. In McGuire D, Yarbrow CH, Ferrell BR, ed: Cancer pain management, 2 ed. Boston: Jones & Bartlett Publishers, 1995.

Pain In the Net Continued

initiative, current activities, volunteer committee action, free newsletters to read on-line, and a list of conferences pertinent to cancer pain, palliative care, and end-of-life. The educational resource page includes a form for ordering free brochures and posters on the topic of cancer pain.

6) <http://www.painandthelaw.org/>

Pain and the Law was developed by the [Center for Health Law Studies at Saint Louis University](#) and the [American Society of Law, Medicine and Ethics](#) under a grant from The Mayday Fund. It provides comprehensive information concerning pain, palliative care, and

associated legal issues. The site contains legal decisions, controlled substances legislation, prescribing regulations, state pain policies, malpractice and civil actions, breaking news, current issues, 50 streaming audios of conference sessions, and multiple links. This site is an excellent resource for "everything legal."

Disclaimer: The PCPI, editors, writers, and Steering Committee are not rendering medical or legal advice and do not assume responsibility for the information provided nor the opinions expressed within these servers. A link to another server does not imply endorsement or responsibility of that server and/or its content. Before acting on any issue addressed on this website, you should acquire professional advice.

Calendar of Events

June 18-19, 2002

Title: End-of-Life Nursing Education Consortium (ELNEC)

Location: Tampa, FL

Contact: 727-773-2538

June 20-22, 2002

Title: ELNEC: Nursing Continuing Education Providers and Clinical Staff Development Educators

Location: Chapel Hill, NC

Web: www.aacn.nche.edu/elneec

August 17-22, 2002

Title: 10th World Congress on Pain

Location: San Diego, CA

Web: <http://www.iasp-pain.org/>

Contact: IASP 206-547-6409

September 4-6, 2002

Title: 11th Pain Resource Nurse (PRN) Training Combined with End-of-Life Curriculum

Location: Duarte, CA

Contact: tborneman@coh.org

September 17-18, 2002

Title: ELNEC: Nursing Continuing Education Providers and Clinical Staff Development Educators

Location: TBA

Web: www.aacn.nche.edu/elneec

Contact:

October 10-12, 2002

Title: Palliative Care Fall Forum

Location: New Orleans, LA

Web: www.capcmssm.org

Contact: 212-241-9090