

Pancreatic
Cancer
UK

Managing cancer related fatigue

Definition

Cancer-related fatigue is a distressing, persistent, subjective sense of tiredness or exhaustion related to cancer or cancer treatment that is not proportional to recent activity and interferes with usual functioning.”

Pancreatic cancer and fatigue

- Medical treatments- surgery, chemotherapy, radiotherapy
- Symptoms of the cancer- such as pain/ nausea and vomiting
- Inflammatory factors
- Digestive problems such as PEI
- Medications
- Emotional factors

The impact

- Fatigue can impact on all areas of life
- Socialising
- Relationships
- Work
- Travelling
- Mood and mental health

Managing fatigue

Diet and nutrition

OT and Physio support

Medication and managing symptoms

Physical activity

Sleep and Relaxation

Managing fatigue

Accessing emotional support

Finances

Practical help with day to day tasks

Carers support

Complementary therapies

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Thromboembolism and Pancreatic Cancer

What we know

- Diagnosis of cancer increases risk of blood VTE
- Approx 20% of pancreatic cancer patients will develop a VTE at some point
- VTE is a common occurrence but often goes unrecognised.
- Anticoagulation is the main treatment but can be complex in patients who are frail and/or with other co morbidities

Risk factors for VTE in Pancreatic patients

- Abdominal surgery
- Chemotherapy
- 2.5 fold increase risk for pancreatic patients with metastatic disease
- Decreased mobility and fragility

Management

Risk assessment models

NICE guidelines (NG89) recommend that VTE prophylaxis should be considered in pancreatic malignancy and to be continued for the duration of chemotherapy.

Whipple's procedure/pancreaticoduodenectomy/PPPD - 28 days extended Prophylaxis post op.

Anticoagulation Therapy

Management

Anticoagulation Therapy

- lower molecular weight heparin (LMWH)
- DOAC (Direct-acting oral anticoagulant)
- mechanical prophylaxis-anti-embolism stockings that provide graduated compression and produce a calf pressure of 14–15 mmHg

Further Guidance

<https://bnf.nice.org.uk/treatment-summaries/venous-thromboembolism/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8130043/>

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7011653/#:~:text=Venous%20thromboembolism%20\(VTE\)%20frequently%20occurs,patients%20who%20develop%20a%20VTE.](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7011653/#:~:text=Venous%20thromboembolism%20(VTE)%20frequently%20occurs,patients%20who%20develop%20a%20VTE.)

[https://www.gastrojournal.org/article/S0016-5085\(19\)41921-5/fulltext](https://www.gastrojournal.org/article/S0016-5085(19)41921-5/fulltext)

<https://www.nice.org.uk/guidance/ng89/evidence/full-guideline-volume-1-pdf-4787002769>