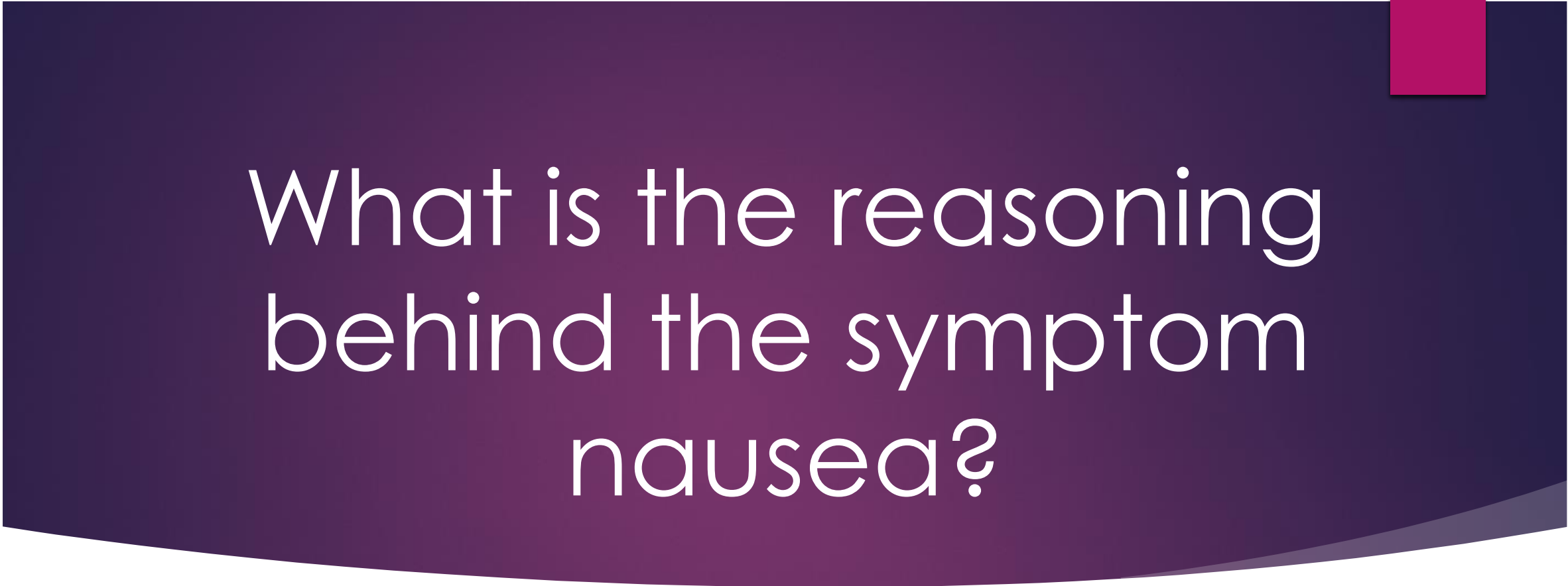


Symptoms of Nausea, Diarrhoea and Constipation in Patients Diagnosed with Palliative Pancreatic Cancer

By Rosie Forrest
UGI Cancer Nurse Specialist



What is the reasoning
behind the symptom
nausea?

Triggers

Malignant gastric outlet obstruction

Chemotherapy related

Disease progression/ disease burden

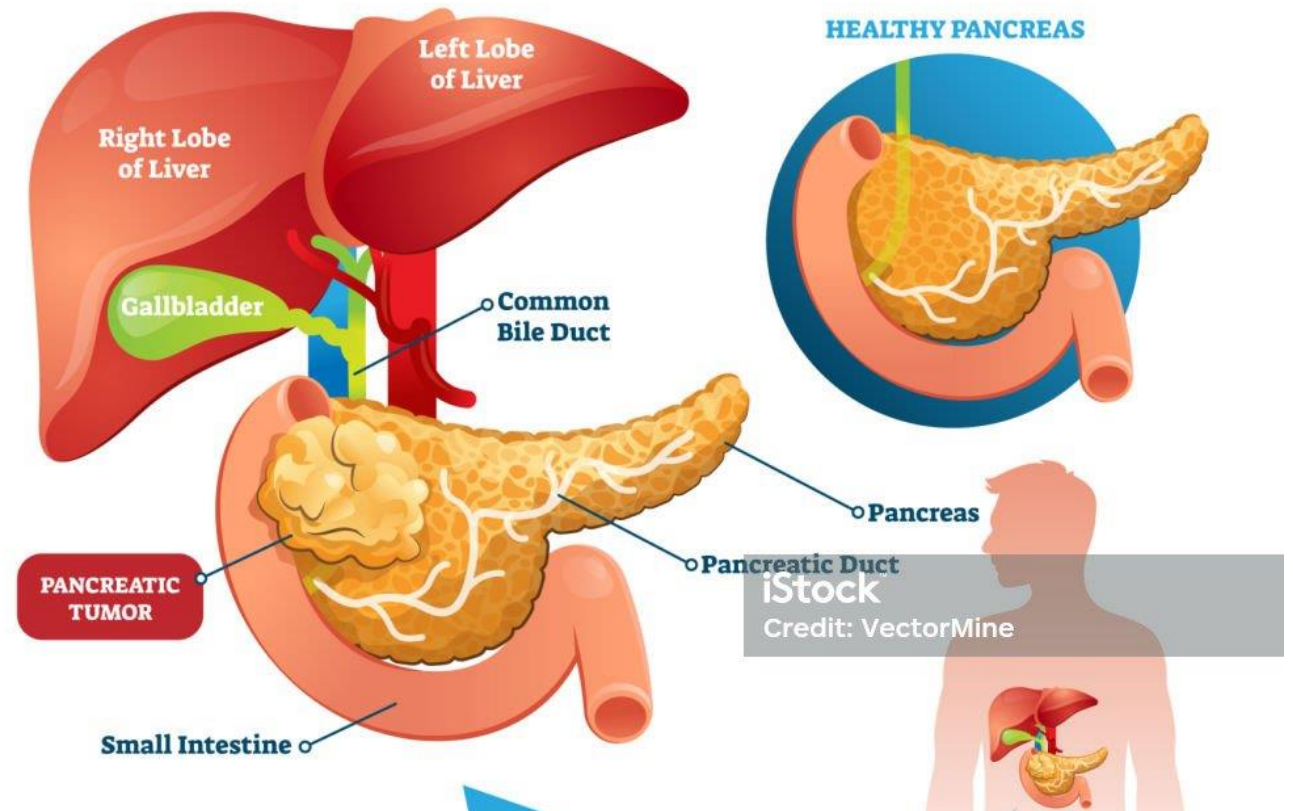
Medications

Anxiety

Malignant Gastric Outlet Obstruction

- ▶ What can we do?
- ▶ Identify if this is the cause
- ▶ Treat immediately
- ▶ Use the correct anti emetics
- ▶ Choose the right route

PANCREATIC CANCER



Chemotherapy

- ▶ 80% of people experience nausea and vomiting during chemotherapy
- ▶ Can contribute to deterioration
- ▶ Can be a sign of tolerance to treatment
- ▶ Variety of antiemetics available


**The Clatterbridge
Cancer Centre**
NHS Foundation Trust



Disease burden/ disease progression

Abnormal bloods

Infection

Increased size of tumour

Metastatic disease

Anxiety

Uncertainty

Negative views on pancreatic cancer

Worries

HNA

What antiemetics do you commonly use in your trust?

Poll

- ▶ Cyclizine
- ▶ Ondansetron
- ▶ Metoclopramide
- ▶ Domperidone
- ▶ Levomepromazine

Medications

Metoclopramide

Domperidone

Cyclizine

Ondansetron

Levomepromazine

Dexamethasone



Review

Diarrhoea



Pancreatic enzyme insufficiency



Chemotherapy related



Infection



Medications

Pancreatic Enzyme Insufficiency








- ▶ Cause multiple symptoms including diarrhoea
- ▶ Can contribute to poor nutrition
- ▶ Different forms
- ▶ Can titrate as needed



Chemotherapy, Infection, Medications

- ▶ Certain chemotherapy agents irritate the lining of the stomach
- ▶ Chemotherapy drugs
- ▶ Leads to loss of bodily fluids
- ▶ Dehydration
- ▶ Viruses
- ▶ Laxatives, antibiotics

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Constipation

Tumor burden

Medications

Nutrition

Obstruction, Medications, Tumour

- ▶ Tumour pressing on part of the bowel
- ▶ Pain medications
- ▶ Metastatic disease
- ▶ What is their diet?
- ▶ Fluid intake



What can we do?

Laxatives-
docusate,
senna,
lactulose

Loperamide

Dietician review

Check bloods

Investigations

Medication
review

Stool sample

Case Study

- ▶ Women 54- diagnosis of pancreatic cancer in 2021
- ▶ Had Whipples in 2021
- ▶ Admitted to Whiston in June 2023 with pain and nausea
- ▶ CT scan revealed recurrence of disease with peritoneal metastases
- ▶ Symptoms- pain, nausea, constipation

Treatment

- ▶ Spasm pain- muscarinic medication
- ▶ Laxatives
- ▶ CT scan to rule out bowel obstruction
- ▶ Antiemetic
- ▶ Palliative care review
- ▶ Review patient



Thank you !