FOREWORD

Welcome to the fourth edition of the Northern England Clinical Networks’ Palliative and End of Life Care Guidelines. To ensure that the fourth edition continues to be useful, we surveyed clinical staff from primary and secondary care teams across the North East of England and North Cumbria who used the third edition. We received considerable valuable feedback and have taken this into consideration, removing sections which were thought to be repetitive or rarely used, and adding guidance which was felt to be more helpful.

It has always been the intention that this guidelines booklet should be small, simple and accessible, and present a consensus view on symptom management based on available evidence and expert opinion. The guidelines are not intended to replace excellent textbooks and formularies that already exist.

The guidelines have been written for any clinician responsible for the management and treatment of patients with palliative and end of life care needs, regardless of diagnosis.

Please note that drug dose guidance – and especially the stated relative potencies of different opioid drugs – is drawn from the Palliative Care Formulary Fifth Edition (PCF5). Where the recommendations differ from the BNF we have tried to highlight this in the text.

The use of drugs beyond licence (“off-label”) in palliative care and pain management practice is currently both necessary and common and should be seen as a legitimate aspect of clinical practice. (See PCF5, pages xix-xxiv)

Guidelines are a place to begin. They cannot replace specialist advice from experienced clinicians. Fundamental to the practice of palliative care is an emphasis on individualised care for the patient.

If symptoms fail to respond to usual measures, or if you are concerned that the guidance given here may not be appropriate to the clinical situation, please contact your local specialist palliative care team.

We are immensely grateful to the effort and commitment made by section authors and editorial team. The contributors to this edition are medical, nursing and pharmacy colleagues working in primary and secondary care across our region. With their support, and the enormous assistance of the Northern England Clinical Networks, the fourth edition has been successfully accomplished.

Finally we welcome interest from other network groups who may consider adopting aspects of these guidelines with appropriate acknowledgment of authorship.

For further information, please visit www.nescn.nhs.uk

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PALLIATIVE CARE

The World Health Organisation (WHO 1996) defined palliative care as:

“the active, holistic care of patients with advanced, progressive illness. Management of pain and other symptoms and provision of psychological, social and spiritual support is paramount. The goal of palliative care is achievement of the best quality of life for patients and their families.”

The principles of palliative care are relevant to patients with both malignant and non-malignant disease and may be relevant to patients from early in their disease trajectory. Palliative care may be required from the time of diagnosis. It may be delivered in conjunction with disease-modifying treatment, and usually becomes a more important part of management as the disease progresses.

Key principles of symptom management

- Detailed assessment in partnership with patient and carers
- Diagnose cause of symptom(s) using knowledge of pathophysiology and disease processes
- Investigations and treatment should be appropriate to the stage of disease and prognosis, balancing benefit and harm (as defined by the patient)
- Choose the most appropriate treatment for the individual balancing benefit against side effect burden and considering factors such as route of administration
- Avoid making too many changes at once or review will be complex

Care planning and decision making

In palliative care it is hugely important to be open to, and to consider, future health problems and to plan care to support a patient’s wishes and minimise distress. An excellent resource for supporting decision making is Deciding Right, a North East initiative for making care decisions in advance. See [www.nescn.nhs.uk/common-themes/deciding-right](http://www.nescn.nhs.uk/common-themes/deciding-right)

Key aspects of Deciding Right, reproduced directly from the web-site, are that it:

- applies to all ages, care situations and settings
- emphasises the partnership between the individual, carer or parent and the clinician
- places the Mental Capacity Act (MCA) at the centre of shared decision-making
- enables professionals and organisations to comply with the MCA by filling the gap in practice, not just the knowledge gap
- recognises the individual with capacity as key to making care decisions in advance
- empowers the individual who lacks capacity to have decisions made in their best interests
- enables information to be recognisable in all care settings
- introduces emergency health care plans as an important adjunct in all settings to tailor care to the individual with complex needs
- ensures that, wherever possible, documentation and information is suitable for all ages (children, young people and adults).
PAIN

Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage. It is a highly subjective phenomenon.

Simple definition: “pain is what the patient says hurts”

The concept of TOTAL PAIN is commonly used in Palliative Care to prompt health professionals to consider all possible influences on the pain experience:

- PHYSICAL
- SOCIAL
- PSYCHOLOGICAL
- SPIRITUAL
- TOTAL PAIN

Assessment – it is essential to try to determine the CAUSE of the pain to guide management

Careful initial assessment is very important and should include clear documentation of findings. This allows the assessing clinician, and others, to compare progress in management against the early features. Many pains change with time and frequent reassessment is necessary, especially during and after interventions. Multiple sites and/or types of pain are common. EACH pain should be assessed, documented, managed and reviewed.

Charts may be used to record site and radiation of pains, and associated clinical findings. Pain scores or scales, although subjective, allow the patient to rate the severity of pain and review effectiveness of analgesia.

Each pain should be assessed for:
- site, severity, radiation and characteristics of its timing/frequency/variation
- quality, using descriptive terms (e.g. burning, tingling, throbbing, etc)
- exacerbating and relieving factors including the effects of drug and non-drug interventions
- associated symptoms and features.

The patient’s understanding, fears and concerns, previous experience of pain and expectations of treatment, and other aspects relevant to social, psychological and spiritual care, should be determined.

Clinical examination should be performed to assist in determining the likely type and cause of pain. Relevant investigation, appropriate to the patient’s condition, should be considered. This might include biochemistry (which may influence drug choice) and X-rays/scans.

Prescribing guidance

- Use the oral route wherever possible.
- Use a non-oral route if necessary, e.g. dysphagia, vomiting, bowel obstruction, terminal phase.
- Prescribe regularly at a dosing interval appropriate to the formulation.
- Prescribe analgesia as required for breakthrough pain that may occur despite regular treatment.

“Review, review, review”

Success in pain management depends upon regular review of pain and its causes, the effectiveness of the treatment and its acceptability to the patient.

Guidance on seeking advice from the Specialist Palliative Care Team (SPCT)

SPCTs are experienced in the management of complex pain and will offer advice on the use of standard, adjuvant and non-drug measures to manage pain or will consult with the patient for assessment, treatment and review. The following situations warrant referral:
- complex or multiple pains where assessment is difficult
- pain that appears resistant to usual measures
- difficulty with management caused by adverse effects of medication
- pain associated with more than usual distress, particularly where non-physical factors are involved.

If in doubt, please ask your local SPCT for advice.
USING ADJUVANT ANALGESIC DRUGS IN PALLIATIVE CARE

A step-wise approach (e.g. WHO analgesic ladder) provides a framework for palliative pain management (see p4).

**Adjuvant analgesic drugs** may be used alongside any step. An adjuvant analgesic is a drug whose primary indication is for something other than pain, but which has analgesic effects in some painful conditions.

<table>
<thead>
<tr>
<th>Common adjuvant analgesic drug groups</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corticosteroids – see p18 for dose guidance</td>
<td>Raised intracranial pressure, nerve compression, liver capsule pain, soft tissue infiltration</td>
</tr>
<tr>
<td>Antidepressants, Anticonvulsants</td>
<td>Neuropathic pain*, tenesmoid pain</td>
</tr>
<tr>
<td>Muscle relaxants (e.g. baclofen, benzodiazepines)</td>
<td>Muscle cramp/spasm, myofascial pain</td>
</tr>
<tr>
<td>Bisphosphonates</td>
<td>Bone pain</td>
</tr>
<tr>
<td>Antispasmodic (e.g. hyoscine butylbromide)</td>
<td>Bowel colic, bladder spasm</td>
</tr>
</tbody>
</table>

*See section below on neuropathic pain

**Additional approaches** to pain relief will be dictated by clinical circumstances:
- **Interventional methods** - spinal analgesia, nerve block, radiotherapy, surgical stabilisation.
- **Non-drug measures** - TENS, acupuncture, massage, complementary therapies, cognitive behavioural therapy
- **Rehabilitative support** - physiotherapy, occupational therapy

**Adverse effects**
Prescribers must know the adverse effects and contraindications of all medications that they prescribe and should consult the BNF if they are unsure. See p5 for common opioid adverse effects. **NB:** Combinations of certain drugs (e.g. NSAIDs, corticosteroids, SSRIs and anticoagulants) substantially increase the risk of GI bleeding. Co-prescription of a PPI and close monitoring is essential.

**Neuropathic pain** (see NICE CG173: Neuropathic pain in adults. [www.nice.org.uk/guidance/cg173](http://www.nice.org.uk/guidance/cg173))
First line drugs for neuropathic pain include amitriptyline and gabapentin. Local prescribing variations may include pregabalin, duloxetine and nortriptyline. All have comparable efficacy and tolerability, though the supporting evidence for amitriptyline, gabapentin and pregabalin is more extensive. Choice may be influenced by individual patient characteristics, drug characteristics and cost. Consider a step-wise approach.

**Step 1: Gabapentin/Pregabalin OR Amitriptyline**  **Step 2: Gabapentin/Pregabalin AND Amitriptyline**  **Step 3: SPTC advice**

<table>
<thead>
<tr>
<th>Drug</th>
<th>Cautions</th>
<th>Additional indications</th>
<th>Common side effects</th>
<th>Typical dosing schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amitriptyline</td>
<td>Avoid in patients with arrhythmias, heart block, ischaemic heart disease, congestive heart failure. Reduce dose in renal impairment. May reduce seizure threshold. Glaucoma, hepatic impairment.</td>
<td>Depression, anxiety, bladder spasm, urgency of micturition</td>
<td>Dry mouth, sedation, postural hypotension, hyponatraemia, urinary hesitancy</td>
<td>10mg ON, increased to 25mg ON after 3-7 days, then increased by 25mg every 1-2 weeks. Max 150mg ON (if successive increases are beneficial and tolerated).</td>
</tr>
<tr>
<td>Gabapentin</td>
<td>Absence seizures, psychotic illness. Reduce dose in renal impairment.</td>
<td>Seizures, spasticity</td>
<td>Sedation, dizziness, ataxia</td>
<td>(300mg ON, increased by 300mg every 2-3 days. Max 600mg TDS). Elderly / frail patients*: 100mg ON, increased by 100mg every 2-3 days. Reduce dose/frequency in renal impairment.</td>
</tr>
<tr>
<td>Pregabalin</td>
<td>Avoid in patients with congestive heart failure. Reduce dose in renal impairment.</td>
<td>Seizures, anxiety</td>
<td>Sedation, dizziness, ataxia</td>
<td>(75mg BD increased by 75mg every 3-7 days. Max 300mg BD). Elderly / frail patients*: start 25-50mg BD and titrate more slowly. Reduce dose/ frequency in renal impairment.</td>
</tr>
</tbody>
</table>

*This is likely to be a more appropriate titration schedule in most palliative care patients.
USING OPIOIDS FOR PAIN IN PALLIATIVE CARE

Using opioid drugs safely

Morphine and other opioids are valuable drugs for the relief of severe pain in patients with advanced malignant and non-malignant disease. These drugs are safe, effective and appropriate provided that clinicians:

- start and titrate opioids cautiously
- remember different opioids have different properties and potencies (see p7 and 8)
- monitor and manage adverse effects caused by opioids
- remember that some types of pain do not respond well to opioids and require adjuvant analgesics (see p3).

The place for opioids in pain management may be guided by a step-wise approach (such as the traditional WHO “analgesic ladder”), moving up the steps if pain control is not achieved.

<table>
<thead>
<tr>
<th>STEP 1</th>
<th>Non-opioid (Paracetamol and/or NSAID) +/- adjuvant</th>
</tr>
</thead>
<tbody>
<tr>
<td>STEP 2</td>
<td>Opioid for mild to moderate pain* +/- non-opioid (Paracetamol and/or NSAID) +/- adjuvant (*) e.g. codeine, dihydrocodeine, tramadol</td>
</tr>
<tr>
<td>STEP 3</td>
<td>Opioid for moderate to severe pain* +/- non-opioid (Paracetamol and/or NSAID) +/- adjuvant (*) e.g. morphine, oxycodone, fentanyl – see p7</td>
</tr>
</tbody>
</table>

COMMON CONCERNS OVER THE USE OF MORPHINE AND OTHER OPIOIDS

Opioids and addiction - Psychological dependence is rare in patients with severe pain in whom opioids are titrated carefully. When caring for patients with history of substance misuse, liaise with that specialist team and do not withhold pain relief when there is clinical need. Physiological dependence will not prevent dose reduction/gradual withdrawal when pain has been addressed by other measures. Increasing doses without benefit may indicate tolerance or a pain that is poorly responsive to opioids requiring adjuvant analgesia – seek specialist advice.

Opioids and respiratory depression – Opioids may cause respiratory depression but this is usually counteracted by pain. Dose titration, clinical judgement and regular review allow safe use even in patients with cardio-respiratory disease.

Opioids and renal impairment – In acute kidney injury, and chronic and end-stage renal failure, opioids must be used cautiously because some have active metabolites that accumulate if renal clearance is reduced. Opioids differ in their potential to cause toxicity and this influences the choice. Some opioids are cleared by dialysis which may result in pain flare afterwards.

Mild-moderate renal impairment: reduce dose, lengthen dose interval and review regularly. Be cautious with codeine, dihydrocodeine, morphine and oxycodone.

Severe renal impairment (eGFR < 30ml/min): Avoid regular codeine, morphine and oxycodone; low dose immediate release (IR) oxycodone with increased dose intervals may be appropriate in some clinical situations. Consider fentanyl, buprenorphine or alfentanil depending on type of pain and preferred route of administration. You are strongly advised to seek specialist advice on use of alfentanil. Tramadol may be used cautiously and at reduced dose or increased dose interval in the short term. Methadone for pain may be continued under specialist supervision.

See BNF: ‘prescribing in renal impairment’ or ‘The renal drug handbook’ (Ashley & Dunleavy (eds) 4th edition; 2014; Radcliffe)

If in doubt, seek advice.
MANAGEMENT OF COMMON OPIOID ADVERSE EFFECTS

- **Constipation** – common, persists, worse with dose increase. Prescribe stimulant laxative (e.g. senna) adding a softener if needed (e.g. docusate). (See Constipation p11).

- **Nausea/vomiting** – common when starting, usually settles within days. Prescribe anti-emetic ‘as required’ (e.g. haloperidol 0.5-1.5mg nocte or metoclopramide 10mg tds) for the first week, titrating to response.

- **Sedation** – fairly common during early days of treatment, then often settles. Reassure patient unless severe or cognitive impairment. Consider dose reduction, alternative analgesic or seek advice on opioid switch.

- **Dry mouth** – common and persistent. Ensure good oral hygiene. Consider saliva stimulants (e.g. pilocarpine) or artificial saliva (e.g. Biotene or Bioextra gel).

OPIOID TOXICITY (for Emergency Treatment see p17)

Features: myoclonic jerks, pin-point pupils, hallucination, confusion, reduced respiratory rate. Reduce opioid dose by 30-50%. Check renal function. Seek specialist advice on alternative analgesics or opioid switch.

OPIOID TITRATION

Morphine is the first line WHO step 3 opioid of choice

- Initiation and titration may use Immediate Release (IR) or Modified Release (MR) formulations
- Ensure the breakthrough dose is 1/6th – 1/10th of the total daily opioid dose
- Prescribe regular laxative (ongoing), and regular or ‘as required’ anti-emetic (for 1 week)
- Monitor closely for efficacy, adverse effects and toxicity
- Make patients aware of driving regulations when on opioids ([https://www.gov.uk/drug-driving-law](https://www.gov.uk/drug-driving-law))

If the pain is severe and rapid dose titration seems necessary, seek specialist advice.

For safety, do not increase regular doses of MR opioid by more than 30-50% every 2 days.

Breakthrough doses of opioids

Pain occurring despite regular opioid (breakthrough pain) is treated with an immediate release (IR) formulation of the same opioid where possible. The breakthrough dose is usually between 1/10th and 1/6th of the total 24hr dose. IR opioids usually have onset of action within 30 minutes and last 3-4hrs at most. A common starting point is to prescribe 1/6th of the total 24hr dose (using a practical dose, rounding down rather than up) to be given 2-hourly as required and adjusted according to benefit and tolerability. Setting a daily maximum number of breakthrough doses (e.g. 6 in 24hrs) should prompt review of a patient whose pain is out of control.

Severe, refractory or rapidly recurring pain may require higher doses than 1/6th of the daily amount, and/or repeating sooner than 2 hours. However it is best to avoid repeating within 1 hour in case delayed absorption results in rapidly accumulating doses. If frequent doses seem necessary, seek specialist advice and monitor the patient closely for opioid toxicity.

KEY POINT: Codeine 240mg/24hrs is equivalent to oral morphine 24mg/24hrs (except in the few patients who do not metabolise codeine) and tramadol 400mg/24hrs is considered equivalent to oral morphine 40mg/24hrs. The flowchart on the next page is deliberately cautious to allow safety in patients who do NOT metabolize codeine normally and are therefore less tolerant to strong opioid effects.
Flowchart for opioid titration using morphine

Pain uncontrolled on maximum dose WHO step 2 opioid for mild to moderate pain (e.g. codeine 60mg qds or tramadol 100mg qds)

If using Immediate Release Morphine
Stop WHO step 2 drug
Start IR morphine (e.g. Oramorph liquid or Sevredol tablets) 5mg regularly 4-hrly
Omit dose during night if sleeping
Also prescribe same dose 1-2-hrly as required for breakthrough pain

Use lower starting doses than in these examples if elderly, frail or renal impairment

Review after 24hrs
If sedated/signs of toxicity, reduce dose
If pain controlled, continue same dose and review in further 24hrs
If pain uncontrolled, add up previous 24hr morphine use (regular and as required doses) to recalculate new 4-hrly dose. Prescribe nearest practical dose.

Review after further 24hrs
When pain is better controlled, convert to 12-hrly MR morphine
Add up total morphine use in 24hrs, divide by 2 and prescribe nearest practical dose
Adjust breakthrough dose (see p5)

If using Modified Release morphine
Stop WHO step 2 drug
Start MR morphine (e.g. Zomorph, MST or Morphgesic) 10mg 12-hrly
Also prescribe IR morphine (e.g. Oramorph liquid or Sevredol tablets) 5mg 1-2-hrly as required for breakthrough pain

Review after 24hrs
If pain controlled, continue same doses and review in further 24hrs
If pain uncontrolled, encourage use of breakthrough medication and review in further 24hrs

Review after further 24hrs
If pain still uncontrolled, recalculate the MR morphine dose by adding the value of breakthrough doses given in the previous 24hrs but do not exceed a 50% increase
Prescribe the nearest practical dose
Also adjust breakthrough dose (see p5)

SWITCHING BETWEEN DIFFERENT ROUTES OF ADMINISTRATION

- When changing the route of administration and formulation, always use the opioid dose conversion chart guidance (on p8). Don’t forget to cancel the previous prescription.
- If the opioid switch is because of opioid toxicity, check the eGFR and seek specialist advice on opioid choice and dose.
- Breakthrough doses may be needed to cover transition periods.

Oral to subcutaneous infusion
From IR opioid: start syringe driver immediately.
From 12-hrly MR opioid: start syringe driver 2 hours before next oral dose would have been due.

Subcutaneous infusion to oral
Switching to either IR or MR opioid, stop the syringe driver and give first oral dose at the same time.

Oral to patch
From IR opioid: apply patch when convenient and use oral IR opioid as required.
From twice daily MR opioid: apply patch at same time as last dose of MR oral opioid.
(From once daily MR opioid: apply patch 12 hours after last dose of MR opioid).
Patch to oral
Remove patch 6 hours before giving first dose of oral MR opioid.
For first 24 hours (i.e. first two doses) give HALF the calculated equivalent dose since the transdermal opioid will take time to be cleared from plasma and subcutaneous reservoir.
After 24 hours, increase to the calculated equivalent dose if clinically indicated by pain.

Patch to subcutaneous infusion
If the patient is thought to be in the last hours to days of life, leave the patch in place and continue to change it at the right time intervals, and add a syringe driver with injectable medication alongside to make up the additional opioid treatment needed. (see p24)
In other situations where a change from patch is required, remove patch and start syringe driver 6 hours later using HALF the calculated opioid equivalent dose for the first 24 hours then adjust according to symptom control and the need for breakthrough analgesia.

Subcutaneous infusion to patch
Apply patch. Continue subcutaneous infusion for a further 6 hours then discontinue syringe driver.

INFORMATION ABOUT DIFFERENT OPIOIDS (NB drugs are listed in alphabetical order, not order of preference)
Morphine is the first line strong opioid of choice

Alfentanil: Please seek specialist advice about the use of alfentanil. Synthetic injectable highly potent opioid. Thirty times as potent as oral morphine (1mg SC alfentanil is approximately equivalent to 30mg PO morphine). Used in preference to other SC opioids in renal failure because there is no accumulation of neurotoxic metabolites. Single SC doses (as required doses) are very short-lasting (<2hours) and this may make alfentanil unsuitable as an opioid for breakthrough analgesia even in the context of renal impairment. Reduce dose in liver failure. Opioid withdrawal symptoms (like ‘gastric ‘flu’) may occur (rarely) when switching from other opioids. If so, give ‘as required’ dose of previous opioid for a few days.

Buprenorphine: Strong opioid used as sublingual tablets and transdermal patches (7-day range and 3-4 day range). Analgesic efficacy may be reviewed 24hrs after starting 3-4-day patch or 72hrs after starting 7-day patch.

Diamorphine: Di-acetylmorphine (diamorphine) is rapidly metabolised to morphine. It has no clinical advantage over morphine but is much more soluble, therefore recommended for use where opioid dose requirement exceeds morphine 360mg/24hours by SC infusion.

Fentanyl: Highly potent synthetic opioid. At least 100 times as potent as oral morphine. Potency often unappreciated resulting in serious adverse events. See MHRA warnings on accidental exposure. Available as transdermal patches, injection, and transmucosal (buccal, sublingual and intranasal) formulations. A practical choice of opioid for use by transdermal or transmucosal route in severe and end stage renal failure. May be less constipating than morphine.

Transmucosal formulations: rapid onset, short acting. Licensed for breakthrough cancer pain. May be useful for procedure and movement-related pain (unlicensed indication).

Transdermal formulation (patches): useful when oral route not possible or in those with compliance/concordance problems. Not well suited to titration in unstable pain as takes 24 hours to achieve steady state after dose adjustment (increase OR decrease).

Hydromorphone: Semi-synthetic opioid. Oral and injectable preparation. Considered to be 5 to 7.5 times more potent then morphine. Less often used due to limited IR preparations. Despite its active metabolites being renally excreted, it is sometimes used as a preferred strong opioid in renal impairment.

Morphine: First line strong opioid for use by mouth and injection/infusion. When used by SC infusion, doses greater than 360mg/24hours are difficult to deliver because of the volume of the corresponding breakthrough dose. A morphine rescue dose greater than 60mg (i.e. 1/6th of 360mg/24hours) is 2mls in volume and will be a painful SC injection. In this situation seek specialist advice.

Oxycodone: Semi-synthetic oral and injectable opioid. Alternative opioid if morphine not tolerated or toxicity occurs. Considered to be 1.5 to 2 times as potent as morphine. When switching either way between morphine and oxycodone, start the new drug at the lowest dose based on the ratios and re-titré as needed. Be careful not to confuse the MR formulation (usually tablets) with the IR form (usually capsules, liquid or injection).
### OPIOID DOSE CONVERSION CHART

**ESSENTIAL NOTES ON USING THIS CHART** - The dose conversions give guidance but YOU MUST EXERCISE CLINICAL JUDGMENT as well as looking up the dose. When changing to a new opioid because of toxicity or unacceptable side-effects, always start with a dose that is approximately 2/3rd of the calculated equivalent and titrate. This will reduce risk of toxicity and increase likelihood of a successful switch. If you have any doubt you must seek specialist advice. Always document your reasons for switching, and your calculations, in the patient clinical record. To calculate appropriate breakthrough dose of opioid, see p5 and/or p24.

<table>
<thead>
<tr>
<th>Opioid by patch (Dose in micrograms/hr patches)</th>
<th>Oral opioid Dose in mg per 24 hours</th>
<th>Subcutaneous opioid infusion</th>
<th>Opioid by patch (Dose in micrograms/hr patches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dose are for medication in syringe driver in mg given over 24 hours</td>
<td></td>
<td>Morphine</td>
<td>Oxycodone</td>
</tr>
<tr>
<td><strong>Conversion calculation rule</strong></td>
<td><strong>Morphine</strong></td>
<td><strong>Oxycodone</strong></td>
<td><strong>Morphine</strong></td>
</tr>
<tr>
<td>20</td>
<td>15</td>
<td>10</td>
<td>7.5</td>
</tr>
<tr>
<td>30</td>
<td>30</td>
<td>15</td>
<td>10</td>
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<tr>
<td>480</td>
<td>480</td>
<td>360</td>
<td>240</td>
</tr>
</tbody>
</table>

**Note (a):** PCF5 advises morphine: oxycodone = 1.5:1. In practice halve the morphine dose to derive oxycodone dose and then re-titrare.

**Note (b):** When changing oxycodone from oral to subcutaneous, PCF5 advises oral:sc = 1.5:1. In practice, especially if the switch is needed for poor oral absorption, halving the dose offers a more cautious conversion from which re-titriration may follow.

**Note (c):** We follow the dose ratio in PCF5 which is morphine:fentanyl = 100:1 (BNF states 150:1).

**Note (d):** Data sourced by PCF5 suggests that TD buprenorphine is between 70 and 115 times more potent than PO morphine. PCF5 advocates a ratio of 100:1 as a compromise. Therefore as a guide a buprenorphine 5 microgram/hr patch would be equivalent to 12mg PO morphine per day. Based upon this potency ratio, buprenorphine and fentanyl patches may be considered of similar potency (this does not translate conveniently into examples on the chart above).
NAUSEA AND VOMITING

1. Attempt to determine cause by careful evaluation and relevant investigation. Treat reversible causes where appropriate and possible.

Prompts to consider underlying cause – suggestions and not a complete list

<table>
<thead>
<tr>
<th>Prompt</th>
<th>Information and possible features</th>
<th>Suggested treatment hierarchy</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Chemical causes</td>
<td>Renal impairment, hypercalcaemia, other metabolic upset, drugs, infection. Persistent, often severe, nausea unrelieved by vomiting.</td>
<td>First: haloperidol&lt;br&gt;Then: levomepromazine</td>
</tr>
<tr>
<td>B Gastric stasis</td>
<td>Fullness/regurgitation, reduced appetite, nausea relieved by vomiting (often large volume and undigested). Functional obstruction (failure of GI motility). Partial bowel obstruction (flatus PR, no colic).</td>
<td>Metoclopramide or domperidone&lt;br&gt;Consider trial of steroids</td>
</tr>
<tr>
<td>C Chemotherapy or radiotherapy</td>
<td>Useful to distinguish between ‘acute’ and ‘delayed’ phase.</td>
<td>Acute: follow oncology guidelines for ondansetron and/or corticosteroids, aprepitant&lt;br&gt;Delayed: levomepromazine</td>
</tr>
<tr>
<td>D Organ damage</td>
<td>Harm to thoracic, abdominal or pelvic viscera caused by malignancy or treatment.</td>
<td>Cyclizine</td>
</tr>
<tr>
<td>E Bowel obstruction</td>
<td>May be high, low or multiple levels. High causes regurgitation, forceful vomiting of undigested food. Low causes colicky pain, large volume (possibly faecaluent) vomits.</td>
<td>For detailed management of bowel obstruction please see the guideline on p12</td>
</tr>
<tr>
<td>F Raised intracranial pressure/intra-cerebral causes</td>
<td>Headache, visual disturbance, other neurological signs.</td>
<td>Cyclizine&lt;br&gt;(Consider steroids)</td>
</tr>
<tr>
<td>G Psychological factors</td>
<td>Anxiety, fear, anticipation</td>
<td>Consider non-drug treatment options first. Benzodiazepine, then levomepromazine</td>
</tr>
<tr>
<td>H Cause unknown</td>
<td>Terminal phase or patient too ill for investigation</td>
<td>Consider cyclizine, or haloperidol if chemical cause most likely, or levomepromazine</td>
</tr>
<tr>
<td>I Post-operative</td>
<td></td>
<td>Ondansetron / granisetron</td>
</tr>
</tbody>
</table>

2. Choose anti-emetic according to cause of nausea/vomiting (see p10 for drug details)

3. Route and regime
   - Patients with nausea/vomiting generally absorb drugs poorly by the oral route.
   - Prescribe SC for at least 24 hours if there is vomiting, obstruction and/or poor symptom control.
   - Start at low dose and titrate accordingly to symptoms/as tolerated. Use with caution in organ failure.
   - Prescribe chosen anti-emetic regularly – see next page for frequency.
   - Levomepromazine can be considered in addition as required for refractory symptoms.

4. Review – reassess symptom control within 24 hours
   - Review drug choice if symptoms persist or worsen.
   - Review route: consider switch to oral if symptoms resolving or to SC if poor control.
   - If cause/symptom resolves, consider whether anti-emetic can be discontinued.
Commonly used anti-emetic drugs (see PCF5 for more detail; cautions/contraindications from BNF)

**CYCLIZINE** – antihistaminic, anticholinergic anti-emetic. Some specialists believe that the anticholinergic effects of cyclizine block the action of metoclopramide and recommend that these two drugs are not combined. Caution in advanced heart failure and Parkinson's disease. May cause cognitive impairment/drowsiness.

**DOSE:** PO/SC: 50mg TDS. Syringe Driver: 150mg/24hrs. If SC use causes skin irritation, dilute to maximum possible volume with water for injection and seek specialist advice if problem persists.

**HALOPERIDOL** – centrally acting anti-emetic. Most potent D2 antagonist. Illogical to combine with metoclopramide because both act by central dopamine antagonism. Contra-indicated in Parkinson's disease.

**DOSE:** PO/SC: 0.5-3mg ON. Syringe Driver: 0.5-3mg/24hrs. (5mg max dose if necessary).

**LEVOMEPROMAZINE** - broad spectrum anti-emetic. Consider for refractory/persistent symptoms. Risk of sedation and hypotension (even at low dose). Caution in Parkinson's disease. If prescribed regularly, give at night. Some specialists recommend very low doses (2.5-5mg) to avoid any risk of sedation.

**DOSE:** PO/SC: 6.25-25mg ON. Syringe Driver: 6.25-25mg/24 hrs.

**METOCLOPRAMIDE** - prokinetic and centrally acting anti-emetic. Some specialists believe the action of metoclopramide is blocked by cyclizine and recommend that these drugs are not combined. Contraindicated in Parkinson's disease, complete obstruction and recent GI surgery.

**DOSE:** PO/SC: 10mg TDS to QDS. Syringe Driver: 30-40mg/24hrs. Higher doses and long term use under specialist supervision. Be aware of regulatory advice (MHRA/EMA) on dose and duration related to neurological side effects.

**More specific and targeted anti-emetics include:**

**APREPITANT** – a neurokinin receptor antagonist. An adjunct in chemotherapy induced nausea/vomiting.

**DOSE:** follow oncology advice.

**DEXAMETHASONE** – corticosteroid. Adjuvant anti-emetic. Stop if no obvious effect within 3-7 days. If continued seek specialist advice due to long term side effects. For injectable dose guidance see p18.

**DOSE:** PO/SC: 4-8mg per day (given before Noon). 16mg initially in raised intracranial pressure.


**DOSE:** PO: 10mg TDS. Higher doses and long term use under specialist supervision as may prolong QT interval with risk of cardiac dysrhythmia. Be aware of regulatory advice (MHRA/EMA) on dose/duration related to cardiac side effects.

**HYOSCINE BUTYLBROMIDE** – antimuscarinic. Reduces GI motility and secretions. Antimuscarinic effect may reduce efficacy of prokinetics. Limited efficacy by mouth – avoid by oral route.

**DOSE:** SC: 20mg 1-hrly as required up to three doses. Syringe Driver: 60mg-120mg/24hrs.

**OCTREOTIDE** – somatostatin analogue. Reduces GI secretions.

**DOSE:** Syringe Driver 250-1000micrograms/24hrs.

**OLANZAPINE** – centrally active broad spectrum antiemetic. May be useful in those patients intolerant to haloperidol and/or levomepromazine.

**DOSE:** Seek specialist palliative care advice.

**ONDANSETRON** 5HT3 receptor antagonists. Only recommended post-op and in the acute phase of chemotherapy/radiotherapy treatment. Other indications only under specialist supervision. Can cause severe constipation.

**DOSE:** follow oncology guidelines. PO/SC: 4-8mg BD-TDS. Syringe Driver 16mg/24hrs.
**CONSTIPATION**

**Common reversible causes to consider**
- Immobility / weakness
- Fluid depletion – poor fluid intake, increased losses e.g. vomiting, fistulae
- Intra-abdominal and pelvic disease
- Biochemical – hypercalcaemia, hypokalaemia
- Reduced food intake
- Medication – including opioids, diuretics, anti-cholinergics, ondansetron, chemotherapy
- Pain on defection
- Environmental – lack of privacy, problems getting to a toilet

**Neurogenic constipation**
In patients with spinal cord compression or sacral nerve damage who have lost sensation and/or control:
- Avoid oral stimulant laxatives which may cause uncontrolled bowel function
- Oral faecal softeners will prevent faeces becoming dry and hard
- Consider initiating a 3-day bowel regime (i.e. aim for a formed, not hard, stool and use stimulant suppositories to evacuate the bowel every 1-3 days)

**Commonly used laxatives**

<table>
<thead>
<tr>
<th>Class</th>
<th>Examples</th>
<th>Information</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stimulant laxatives</strong></td>
<td>Senna</td>
<td>Reduces bowel transit time. Think carefully before using if possibility of bowel obstruction.</td>
<td>15-30mg at night PO</td>
</tr>
<tr>
<td></td>
<td>Bisacodyl</td>
<td></td>
<td>5-10mg at night PO</td>
</tr>
<tr>
<td><strong>Softeners</strong></td>
<td>Docusate</td>
<td>Reduce surface tension and so improve water penetration of the stools.</td>
<td>100-200mg BD/TDS PO</td>
</tr>
<tr>
<td><strong>Combination stimulant/softener laxatives</strong></td>
<td>Co-Danthramer Co-Danthrusate</td>
<td>Dantron may cause orange discolouration of urine and can cause painful skin damage. Avoid if patient is incontinent of urine or faeces. Only licensed for use in constipation in terminally ill patients as potential carcinogenic risk.</td>
<td>Co-danthramer 10mls at night PO (‘Strong’ preparation available – approx. double strength) Co-danthrusate 2 capsules at night PO</td>
</tr>
<tr>
<td><strong>Osmotic laxatives</strong></td>
<td>Macrogols (e.g. Movicol, Laxido)</td>
<td>Volumes may be difficult for some patients to manage. They retain water in the gut lumen which encourages peristalsis. Lactulose can cause flatulence, bloating and abdominal cramps, not generally used first line. Use in hepatic encephalopathy.</td>
<td>Start with 1-3 sachets daily (total volume 125mls per sachet) PO 15ml BD PO</td>
</tr>
<tr>
<td></td>
<td>Lactulose</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Suppositories</strong></td>
<td>Bisacodyl</td>
<td>Stimulant (10mg per suppository)</td>
<td>1-2 suppositories PR</td>
</tr>
<tr>
<td></td>
<td>Glycerin</td>
<td>Softener (4g per suppository)</td>
<td>1-2 suppositories PR</td>
</tr>
<tr>
<td><strong>Enemas</strong></td>
<td>Arachis oil</td>
<td>Softener. *Contraindicated if nut allergy</td>
<td>1 PR</td>
</tr>
<tr>
<td></td>
<td>Microlax</td>
<td>Softener</td>
<td>1 PR</td>
</tr>
<tr>
<td></td>
<td>Phosphate</td>
<td>Softener</td>
<td>1 PR</td>
</tr>
</tbody>
</table>
### EMERGENCIES – BOWEL OBSTRUCTION

#### 1. RECOGNITION

**Risk factors/possible causes**

**Disease:** presentation, progression or recurrence of intra-abdominal malignancy (especially bowel, ovary, pancreas). Adhesions from previous surgery/radiotherapy. Acute ischaemia, incarceration of hernia or other GI catastrophe.

**Medication:** opioids, anticholinergics (e.g. tricyclic antidepressants, hyoscine salts), diuretics, 5HT3-antagonists, phenothiazines, chemotherapy.

**Clinical presentation:**

Pattern and severity of symptom(s) depends on whether high or low obstruction, or multiple levels

- Vomiting may be large volume and faeculent; nausea may be relieved by vomiting
- Constipation and/or overflow diarrhoea
- Abdominal pain - constant or colicky; abdominal distension, palpable tumour mass, tympanic percussion, tinkling/abnormal bowel sounds.

#### 2. IMMEDIATE ACTION - IS ADMISSION APPROPRIATE?

**Consider** patient’s wishes, documented emergency health care plans or other records, and guidance from family/others.

If **YES** - admit as emergency. Give medication for symptom relief during transfer, i.e. stat dose opioid analgesic (appropriate to analgesic history) and stat dose of anti-emetic (either metoclopramide 10mg SC if no colic or cyclizine 50mg SC if colic).

On admission check blood count and renal function; perform erect and supine abdominal X-ray; consider CT scan; seek urgent surgical opinion; start IV fluid resuscitation; consider decompression of distended gut with NG tube. **Exclude constipation** or manage appropriately.

If **NO** – or if admitted but surgical decision is for supportive care only - see **ONGOING MANAGEMENT** below. In cases of advanced cancer, consider trial of corticosteroids with dexamethasone (e.g. 9.9mg injectable formulation SC or IV) alongside guidance below. Review effect after 5 days. Stop if no effect. Reduce gradually if benefit. Change to oral when possible.

#### 3. ONGOING MANAGEMENT

<table>
<thead>
<tr>
<th>NO</th>
<th>YES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treat any background constant pain with opioid SC by syringe driver. For bowel symptoms specifically consider: Is colic present and/or bowel obstruction clinically complete?</td>
<td><strong>For colic:</strong> start hyoscine butylbromide 60mg/24hrs SC via syringe driver and 10mg SC as required 6-hrly</td>
</tr>
<tr>
<td><strong>Prescribe metoclopramide 30mg/24hrs SC via syringe driver and 10mg SC as required 6-hrly</strong></td>
<td><strong>Review within 24 hours</strong></td>
</tr>
<tr>
<td><strong>If still vomiting but NO COLIC increase metoclopramide to 60mg/24hrs SC via syringe driver</strong></td>
<td><strong>If COLIC PRESENT, discontinue all metoclopramide prescriptions</strong></td>
</tr>
<tr>
<td><strong>Review within 24 hours</strong></td>
<td><strong>Review within 24 hours</strong></td>
</tr>
<tr>
<td><strong>If vomiting continues and no colic, contact SPCT for further advice</strong></td>
<td><strong>If colic persists, increase hyoscine butylbromide to 120mg/24hrs SC via syringe driver</strong></td>
</tr>
<tr>
<td></td>
<td><strong>If vomiting/nausea persist, stop cyclizine or haloperidol, and start levomepromazine 6.25-12.5mg SC OD (or via syringe driver over 24hrs) AND prescribe 6.25mg SC as required up to QDS</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Review within 24 hours</strong></td>
</tr>
<tr>
<td></td>
<td><strong>If symptoms persist seek advice from SPCT about further dose increases or use of octreotide.</strong></td>
</tr>
</tbody>
</table>

*Levomepromazine may cause significant sedation; if this occurs, consider stopping and using combination of cyclizine 150mg and haloperidol 1.5-3mg over 24hrs SC via syringe driver

*Cyclizine and hyoscine butylbromide should not be mixed in syringe driver as incompatible*
EMERGENCIES – SEIZURES

For any palliative patient at risk of having a seizure, it is helpful to ensure that an Emergency Health Care Plan is formulated (see *Deciding Right*).

1. RECOGNITION
   - Seizures can be frightening for the patient and their family.
   - Seizures (generalised or partial) occur in 10-15% of palliative care patients. Common causes include pre-existing epilepsy, brain tumours, raised intracranial pressure, metabolic disturbance (hypoglycaemia, electrolyte abnormalities, hepatic encephalopathy, renal impairment), infection.
   - Seizures may become more severe or frequent at the end of life. If the patient is no longer able to take or absorb their oral anticonvulsants, subcutaneous antiepileptic medication should be prescribed using midazolam 20-30mgSC/24hr via syringe driver. Alternatively sodium valproate or levetiracetam may be given subcutaneously.

2. IMMEDIATE ACTION for treatment of status epilepticus
   - Put the patient in the standard recovery position if appropriate. Ensure safety and protect airway.
   - This assumes exclusion of other causes of loss of consciousness or abnormal limb/facial movement. (e.g. vasovagal episode (faint), postural hypotension, arrhythmia, hypoglycaemia – check BM, extrapyramidal side effects from dopamine antagonists, alcohol).
   - **Community/inpatient:** if seizure does not resolve spontaneously after 5 minutes, give midazolam 5-10mg via the buccal route (using oromucosal solution or injectable formulation) or SC/IM using injectable formulation. Repeat after 10-20 mins if seizure not resolved.
   - **OR**
     - **Inpatient:** IV lorazepam 2mg/min up to 4mg. Repeat once after 10-20 mins if seizure not resolved.
     - If further treatment needed, seek advice from Neurologists or SPCT. Drugs such as phenobarbital or phenytoin may need to be considered.

3a. FOLLOW UP - SEIZURE MANAGEMENT IN THE NON-DYING PATIENT
   - Consider investigation for reversible causes.
   - If history of seizures, review and optimise patient's anti-epileptic medication. Exclude drug interactions reducing regular antiepileptic medication efficacy.
   - After a first seizure, consider commencing regular anti-epileptic medication.
   - **Seek advice from local neurology team if needed**

3b. FOLLOW UP - SEIZURE MANAGEMENT IN LAST DAYS OF LIFE
   At this stage, it is usually inappropriate to investigate. To prevent further seizures, commence midazolam 20-30mg/24hrs subcutaneously via syringe driver over 24hrs. Prescribe midazolam 5-10mg buccal or 5-10mg SC/IM as required for further seizure control.
   - Alternatively or additionally, sodium valproate and levetiracetam can be given via the subcutaneous route. **Seek advice from Specialist Palliative Care Team if needed.**
EMERGENCIES – METASTATIC SPINAL CORD COMPRESSION (MSCC)

This guidance applies only to patients with a known cancer diagnosis

Patients with suspected MSCC must be assessed as a priority.
Community patient - admit as emergency.
Hospital/hospice inpatient - contact Acute Oncology Service (if your hospital has one) or seek advice from Cancer Centre on call Registrar/Consultant.

1. RECOGNITION
Consider this possible diagnosis in any cancer patient who goes ‘off legs’
Do not be reassured by X-rays as these are normal in 10-20% cases.
DO NOT WAIT FOR LATE SYMPTOMS/SIGNS TO APPEAR.
Pain – severe, recent onset or worsening, felt as a band around the body or radiating down arm(s) or leg(s), exacerbated by coughing or straining, not relieved by rest. Often precedes neurological signs. The diagnosis of spinal cord compression should be considered in any cancer patient with severe back pain in a nerve root distribution.
Late symptoms/signs include
- limb weakness, altered gait, unsteadiness, falls
- urinary retention, dribbling or incontinence; faecal incontinence or constipation
- altered or reduced sensation.
Cauda equina syndrome – tumour pressure below L1/L2 – may present with
- sciatic pain, often bilateral
- weakness/wasting of gluteal muscles
- bladder problems including retention, overflow and incontinence
- sacral (saddle) anaesthesia, loss of anal sphincter tone.

2. IMMEDIATE ACTION
- Give dexamethasone: Community/Outpatients: 16mg BY MOUTH; Inpatients: 13.2mg IV (13.2mg of injectable dexamethasone is the closest dose using 3.3mg/mL injection strength. If given SC, volume needs to be divided into two sites, 2mls each).
- Prescribe PPI for gastric protection
- Give adequate analgesia (opioid if necessary) to enable comfortable transfer for admission/investigation.
- Aim to nurse the patient flat if pain or symptoms/signs suggest spinal instability.

3. REFERRAL FOR INVESTIGATION
Community Patient
Admit to your local hospital as emergency for full neurological assessment and acute receiving team will make arrangement for whole spine MRI.
Hospital/Hospice Inpatient
Contact Acute Oncology Service at your hospital (see http://www.nescn.nhs.uk/wp-content/uploads/2015/02/NECN-AOS-Guidelines-v1.31.pdf). There is 24hour advice from Oncology Consultant on call across the Network (NCCC for North of Tyne, South of Tyne and Wear, Durham; JCUH for Tees and Darlington).
This discussion will guide appropriate decisions and facilitate emergency virtual MDT discussion between radiologist, oncologist and spinal surgeon.

See NICE CG75: Metastatic Spinal Cord Compression: www.nice.org.uk
EMERGENCIES – MALIGNANT HYPERCALCAEMIA
This guidance applies only to patients with a known cancer diagnosis

1. RECOGNITION
Exclude in any patient with advanced cancer whose condition deteriorates rapidly. Onset may be insidious with symptoms not evident until corrected calcium is well above normal, or the patient may be symptomatic with modest elevation of calcium.


Clinical Presentation:
• Confusion, drowsiness, and eventually coma.
• Thirst and polyuria. Dehydration may lead to pre-renal failure.
• Nausea and vomiting. Constipation.
• Worsening pain or pain responding poorly to treatment.

2. IMMEDIATE ACTION
Assessment
• Check ‘Corrected Calcium’ level in venous blood. Normal range 2.20 - 2.60 mmol/L
• If normal but clinical suspicion remains, recheck in 1 week. Also check renal function (U&E)

Management
• Admit to hospital/hospice unless it is agreed that intervention is not appropriate.
• Stop thiazide diuretics – may increase calcium levels
• Rehydrate with IV 0.9% sodium chloride. Aim for 2-4L/day. Caution if risk of fluid overload.
• After 1-2 litres sodium chloride (to prevent renal damage) give IV bisphosphonate

Bisphosphonate treatment (drug of choice may depend on local guidance)
(If eGFR less than 30mL/min seek advice on whether bisphosphonates are suitable)
Disodium pamidronate: stated dose in 500mL sodium chloride IV over 2hrs.

<table>
<thead>
<tr>
<th>Corrected calcium (mmol/L)</th>
<th>&lt;3.0</th>
<th>3.0 – 3.5</th>
<th>3.6 – 4.0</th>
<th>&gt; 4.0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pamidronate dose</td>
<td>15 - 30mg</td>
<td>30 - 60mg</td>
<td>60 - 90mg</td>
<td>90mg</td>
</tr>
</tbody>
</table>

Zoledronic acid: dose is 4mg in 100mL sodium chloride IV over 15 min. Reduce dose to 3mg if eGFR less than 40mL/min.

Adverse effects: ‘Flu-like syndrome/pyrexia is common – treat with paracetamol. Osteonecrosis of jaw is a rare but significant side effect. Rebound hypocalcaemia may occur.

3. FOLLOW UP
Expect clinical improvement in 24-72 hours. Check for biochemical improvement in 4-7 days. If effective, treatment may be repeated for subsequent episodes.
After 7 days, if no clinical/biochemical response consider giving additional 4mg Zoledronic acid IV.
If no response, seek advice on use of denosumab, calcitonin and need for further investigation e.g. PTH. Consider prophylaxis with oral bisphosphonate.
On discharge, ask primary care / community team to monitor symptoms and check calcium and renal function if there is clinical suspicion of recurrent hypercalcaemia.

NOTE
Resistant/refractory hypercalcaemia may herald the end of life. If so, manage symptomatically. Consider use of an Emergency Health Care Plan to prepare for this situation.
1. RECOGNITION

- Bleeding of all types occurs in 14% of patients with advanced disease.
- Haemorrhage causes death in approximately 6% patients.
- Catastrophic external haemorrhage is less common than internal unseen bleeding.

Clinical Presentation

- Cardiovascular compromise – Hypotension, Tachycardia (>100 beats/min = significant recent bleed).
- Identifiable bleeding source, e.g. haematemesis, melaena, haemoptysis, PV or PR bleeding, haematuria.
- Erosion of an artery by a malignant ulcer or superficial/fungating tumour.

2. ANTICIPATORY MANAGEMENT

- Massive haemorrhage is often preceded by smaller bleeds. Oral/topical treatment may help (see below). When planning ahead, agree an Emergency Health Care Plan.
- Review risk: benefit balance of anticoagulants. Correct any coagulation disorder if possible.
- Consider referral for radiotherapy or embolisation if patient has an erosive tumour.
- Dark towels should be available nearby to reduce the visual impact of blood if haemorrhage occurs.
- Prescribe anticipatory midazolam (10mg IV/IM/SC/buccal/sublingual) as a crisis one-off dose.

3. IMMEDIATE ACTION

If a patient is close to death from underlying cancer, it is usually appropriate to regard major haemorrhage as a terminal event and not to intervene with resuscitation measures.

Emergency Health Care Plan, if present, should guide management.

If resuscitation is inappropriate

- Try to remain calm. This will help a dying patient to achieve a peaceful death.
- The priority is to stay with the patient, giving as much reassurance/explanation as possible to patient and family.
- Use dark towels to absorb blood loss.
- Consider the use of crisis midazolam (10mg by appropriate route) to relieve distress in a patient that may be imminently dying.

If resuscitation is appropriate

- Admit as emergency. Secure IV access.
- Start rapid infusion of 0.9% sodium chloride.
- Cross match and follow local haemorrhage protocols.
- Apply local pressure to any obvious bleeding.
- Seek specialist help on further management.

4. FOLLOW UP

- Ensure support available for family and staff following experience of haemorrhage.
- If the patient survives the haemorrhage consider transfusion.
- To prevent rebleeding: ORAL: Tranexamic acid 1g 8-hourly (avoid in haematuria) TOPICAL: Sucralfate paste (2g/5mL aqueous gel) applied directly to ulcer under non-adherent dressing; Adrenaline 0.1% (1mg/ml) soaks (10ml on gauze); Tranexamic acid (500mg/5ml injectable formulation) soaked on gauze.
- Consider diathermy, radiotherapy or embolisation.
1. RECOGNITION

- 95% of cases of superior vena cava obstruction (SVCO) are caused by malignant tumour in the mediastinum preventing venous drainage from the head, arms and upper trunk.
- Commonest in lung cancer. Can also occur in lymphoma and some other cancers.
- Onset usually over weeks or months, but occasionally occurs rapidly over days.

Clinical Presentation:
- Facial swelling, redness, headache, periorbital oedema, engorged conjunctivae.
- Swelling of the arms, prominent distended veins on neck and chest wall.
- Breathlessness, cough, chest pain, stridor, cyanosis.
- Visual disturbance.

2. IMMEDIATE ACTION

- Steroids may be helpful. Give dexamethasone 16mg stat (oral or equivalent dose IV or SC) and continue 16mg daily as morning dose; also prescribe PPI for gastric protection.
- Give oxygen if available and manage other symptoms (see guidelines on breathlessness p28 and agitation p26).
- Discuss URGENTLY with the local Acute Oncology Team and arrange appropriate imaging.
- Anticoagulation may need to be considered if evidence of thrombus.

3. FOLLOW UP

- If the obstruction is resolved by stent insertion or other intervention, the dexamethasone should be reduced gradually and possibly stopped. Consider ongoing prophylactic anticoagulation.
- If the obstruction cannot be resolved with intervention, the dexamethasone should be gradually reduced to the lowest dose that manages symptoms.

If SVCO suspected in patient at end of life/too unwell for/unwilling to have investigations:
- manage symptoms in patient’s preferred care setting. Agree an Emergency Health Care Plan.
- consider steroids (as above), anticoagulation with treatment dose low molecular weight heparin, symptomatic measures and nursing at 45 degrees for comfort.

EMERGENCIES – MALIGNANT SUPERIOR VENA CAVAL OBSTRUCTION

This guidance applies only to patients with a known cancer diagnosis

Emergency management of opioid toxicity is indicated if:

- respiratory rate (RR) < 8/min AND difficult to rouse, OR
- RR <12/min AND difficult to rouse AND cyanosed, OR
- RR < 12/min AND difficult to rouse AND oxygen saturation < 90% on pulse oximeter

Action (please follow local guidance where this exists)

Aim is to reverse respiratory compromise whilst maintaining adequate analgesia
- Stop opioid.
- Secure IV access.
- Dilute 400 micrograms naloxone in 10mls 0.9% sodium chloride.
- Give 0.5ml (i.e. 20 micrograms naloxone) every 2mins IV until respiratory recovery.
- Review renal function, pain and analgesic requirements.

N.B. Modified release opioids may require reversal by naloxone infusion. This is especially true of transdermal formulations with a subcutaneous reservoir (fentanyl, buprenorphine) or methadone which is highly protein bound.

The National Poisons Information Service (0844 892 0111) will provide specialist advice on management of opioid toxicity 24 hours a day.
### CORTICOSTEROIDS IN PALLIATIVE CARE

#### Drug choice, formulation and indications

Corticosteroids are used extensively in palliative care. **Dexamethasone** is the preferred choice due to its relatively high anti-inflammatory potency and lower incidence of fluid retention and biochemical disturbance. (Potency: dexamethasone 1mg ~ prednisolone 7.5mg).

**Route and formulations:** tablets (soluble), oral solution, injection. Dexamethasone should be prescribed in terms of the ‘base’ (dexamethasone) rather than the ‘salt’ (dex phosphate or dex sodium phosphate). Tablets are formulated as the base. Prescribing injections can appear confusing. (Dexamethasone base 3.3mg/mL = dexamethasone sodium phosphate 4.3mg/mL = dexamethasone phosphate 4.0mg/mL). For clarity prescribe as base and therefore in multiples of the commonly available 3.3mg/mL form.

**For practical purposes:** 3.3mg/ml injection may be considered equal to 4mg tablet. (see [www.ukmi.nhs.uk/filestore/ukmiaps?ProductsafetyassessmentforDexamethasone_Sept_2014.pdf](http://www.ukmi.nhs.uk/filestore/ukmiaps?ProductsafetyassessmentforDexamethasone_Sept_2014.pdf))

Standard starting doses for the different indications are not well established and must take account of patient factors. Ensure daily dose is administered before noon in order to minimise insomnia. Clinical response must be reviewed within 7 days. Titrate down to minimum effective dose.

- **Anorexia:** 2 - 6mg daily. Judge response within 2 weeks. Although enhanced effect can still be present at 4 weeks, short courses are recommended to reduce risk of side effects.
- **Adjuvant analgesic:** 8 - 16mg in cancer-related pain (e.g. liver capsular pain, nerve compression).
- **Anti-emetic:** for chemotherapy follow Oncology guidelines. Refractory nausea and vomiting: 8 - 16mg daily.
- **Obstructive syndromes e.g. bowel obstruction, upper airways compression, SVCO, lymphangitis carcinomatosis:** 6 - 16mg daily.
- **Spinal cord compression:** 16mg daily for 5 days. Maintain on 8mg daily during radiotherapy, then reduce dose over 2 weeks. If symptoms recur, increase to previous effective dose for at least 2 weeks before reducing again.
- **Raised intracranial pressure:** 8-16mg daily for one week, and then reduce over 2-4 weeks to lowest dose which maintains benefit. (If treated with radiotherapy, steroids should be continued until one week post treatment, and then reduced as above). Consider trial of dose increase if symptoms recur.
- **Prostate cancer:** refractory to hormone control: consider prednisolone 10-20mg daily (seek Oncology advice).

#### Adverse effects

- **Glucose metabolism:** Steroids can increase blood sugar levels. See detailed guidance on p19.
- **Insomnia:** Give single or divided daily dose before noon to prevent insomnia.
- **Dyspepsia:** Give after food. Co-prescribe PPI if history of peptic ulcer disease or patient also taking Aspirin, NSAIDs, SSRIs or is anti-coagulated with Warfarin, LMWH or other agent.
- **Psychiatric disturbance:** depression, mania, psychosis, delirium.
- **Change in appearance:** moon face, truncal obesity, negative body image.
- **Musculoskeletal problems:** proximal myopathy, osteoporosis, avascular bone necrosis.
- **Increased susceptibility to infection:** especially oral/pharyngeal candidosis (examine mouth regularly).
- **Skin changes:** thinning, bruising, acne, impaired wound healing.
- **Other:** hypertension, oedema, pancreatitis.

**Drug interactions:** see BNF. **Anti-epileptics:** accelerate steroid metabolism so patients may require higher doses of steroids. **Warfarin:** steroids alter the metabolism of warfarin increasing INR. Monitor INR more regularly.

#### Safe use: monitoring and stopping treatment

Use the lowest effective dose for the shortest period of time. Close careful monitoring is essential.

- **Steroid withdrawal:** stop without tapering dose if total treatment duration of less than 3 weeks AND daily dexamethasone dose of 6mg or less AND symptoms unlikely to relapse.
- **Gradual dose reduction:** is necessary if any of following: 3 or more weeks treatment, daily dose of more than 6mg dexamethasone, risk of recurrent severe symptoms, repeated courses of steroids, other possible causes of adrenal suppression. Daily dose can be reduced rapidly (e.g. halving dose) to 4mg/day, then more slowly by 1 - 2mg weekly in order to prevent a hypo-adrenal crisis (malaise, profound weakness, hypotension).

**Steroids at end of life:** For ongoing serious symptom control, continue at the most convenient SC dose. If recent and/or low dose prescription for appetite stimulation, discontinue. If long-term, continue at physiological dose 1mg dexamethasone base.

**Steroid treatment card:** Patients on systemic steroids for > 3 weeks must be given a steroid card.

**The prescriber must take responsibility for steroid monitoring.** The patient and other involved professionals must be informed of the indication for steroid use and the plan for dose reduction and monitoring.
### CONTROL OF GLUCOSE IN PATIENTS ON CORTICOSTEROIDS

#### No known diabetes

Check glucose before starting on steroids. Random capillary blood glucose over 8mmol/L needs further checking with venous blood samples for laboratory glucose to identify those at risk of new diabetes.

Fasting laboratory glucose >6.1 OR random >7.8mmol/L means at risk of developing diabetes with steroids

Fasting laboratory glucose ≥ 7 or random ≥11mmol/L needs second check to confirm pre-existing diabetes – contact Diabetes Specialist Team for advice

#### Diabetes

- **Diet controlled or metformin alone**
  - Reassess glucose control
  - Agree urine or blood testing with patient
  - Test before evening mealtime
  - If develops repeated high readings (urine glucose >2+ or blood glucose >15mmol/L), add gliclazide 40mg with breakfast

- **Diabetes Sulphonylurea treated**
  - Reassess glucose control and testing regime
  - Assuming no hypoglycaemia symptoms:
    - Increase dose of gliclazide in 40mg increments every morning if needed, giving up to 240 mg in morning dose
    - Aim blood glucose 10mmol/L before tea or ≤ trace glycosuria when on evening dose to minimise risk of overnight hypoglycaemia

- **Diabetes Insulin controlled**
  - Reassess glucose control and usual testing regime
  - Basal bolus insulin will need increase in morning insulin and lunchtime insulin and may need increase in daytime background insulin to prevent high teatime readings
  - Aim blood glucose below 10mmol/L before lunch and evening meal

- **Assuming no hypoglycaemia symptoms**
  - Increase dose of gliclazide in 40mg increments every morning if needed, giving up to 240 mg in morning dose
  - Aim blood glucose 7 mmol/L before tea or ≤ trace glycosuria when only on morning dose

- **Assuming no hypoglycaemia symptoms**
  - If above target
    - Consider adding evening dose of gliclazide OR move to morning insulin

#### If unsure at any stage about next steps or want specific advice on how to meet patient needs, please contact your local Diabetes Specialist Team

For further information see link below
CARE IN THE LAST DAYS OF LIFE

FIVE KEY PRIORITIES have been defined by the Leadership Alliance for the Care of Dying People (2014) and are supported by the NICE guidance (reference at foot of page):

Recognise the possibility that a person may die within the next few days or hours and communicate this clearly; consider and address reversible causes where appropriate/possible; make decisions and act in accordance with person’s needs and wishes; review these regularly and revise plans accordingly.

Communicate sensitively with the dying person and those close to them.

Involve all in making decisions as far as they indicate they want to be.

Support the family and other people important to the dying person by exploring, respecting and meeting their needs where possible.

Plan individualised care including attention to nutrition/hydration, physical observations and investigations, regular medication and anticipatory symptom control prescribing, and holistic needs that are psychological and emotional, social and cultural, spiritual and faith-based. The plan should include specific decisions about:

- cardiopulmonary resuscitation
- facilitating or preventing change in place of care
- supporting oral food and fluid intake
- starting, continuing or stopping clinically assisted nutrition and/or hydration
- observations and investigations
- review of regular long term medication; stop those which are no longer needed and switch others to a route which ensures they continue to provide benefit
- anticipatory prescribing of medication for ALL five common end of life symptoms (i.e. pain, breathlessness, respiratory secretions, agitation, nausea/vomiting) and other problems specific to the patient (e.g. seizures, bleeding).

Document all plans - and all communication about them – in careful detail.

Review the dying person, those close to them and the associated care plans on regular and agreed occasions each day, once daily being the absolute minimum.

CONDITION SPECIFIC PROMPTS (seek specialty advice if unsure)

Kidney disease: See p4 for guidance on opioid choice. Use haloperidol or levomepromazine for nausea/vomiting likely caused by chemical stimuli. Use midazolam for agitation, but lower doses may be effective as metabolites accumulate. Use hyoscine butylbromide or reduced dose glycopyrronium for secretions.


Respiratory failure: Severe breathlessness in a dying patient demands effective management; opioids or benzodiazepines used carefully may be valuable symptom management treatments. Consider SC physiological dose of dexamethasone (equivalent to 1mg dexamethasone base) for patients on long term corticosteroids.

Liver failure: Anticipate management of agitation from hepatic encephalopathy; if severe may require combination of midazolam with levomepromazine. Manage variceal bleeding as ‘major haemorrhage’ (p16).

Parkinson’s disease: dopamine agonist medication (e.g. levodopa) may need to be changed from oral to another route even in a dying patient unless death is expected within hours. For nausea/vomiting, use domperidone or ondansetron. Use levomepromazine cautiously. Avoid metoclopramide, haloperidol and cyclizine unless death is imminent and/or no alternative antiemetic is effective for persistent symptoms.

MND: respiratory distress may be severe – anticipate with prescribing for breathlessness and assertive management of secretions. PEG in these patients – valuable route of administration; review feed/fluid need and volumes daily, reducing to balance burden/benefit.

Frail/elderly: drug doses should be reduced. Depending on rate of decline and any stated/recorded wishes, patients deteriorating and dying slowly (e.g. from dementia) require careful consideration of risks and benefits of clinically assisted hydration and nutrition (in particular the role of subcutaneous fluids). See GMC guidance Treatment and care towards the end of life (2010) www.gmc.org.uk.

See NICE CG31: Care of Dying Adults in the Last Days of Life: www.nice.org.uk
DIABETES MANAGEMENT AT THE END OF LIFE

Discuss changing the approach to diabetes management (i.e. the value and method of glucose testing and the type of glucose treatment – tablets or insulin) with patient and/or family if not already explored. If the patient remains on insulin, ensure your local diabetes specialist team are involved and agree monitoring strategy.

**Type 2 diabetes**
- Diet controlled
  - Stop monitoring blood sugars

**Type 2 diabetes on tablets and/or insulin**
- Stop oral hypoglycaemics
  - Consider stopping insulin depending on dose*

**Type 1 diabetes**
- Continue once daily long acting insulin analogue (e.g. Insulin Glargine Lantus®) with reduction in dose#
  - Check blood sugar once a day at teatime:
    - If below 8 mmols/L reduce insulin
    - If above 20 mmols/L increase insulin to reduce risk of symptoms or ketosis
    - Alter dose by 2 units if daily dose below 50 units
    - Alter dose by 4 units if daily dose 50 units or more

If insulin stopped:
- Urinalysis for glucose daily
- If over 2+ positive check capillary blood glucose
- If glucose over 20mmols/L, give 6 units of short acting insulin (e.g. Insulin Aspart Novorapid®)
- Recheck capillary blood glucose after 2 hours

If insulin to continue:
- Prescribe once daily long acting insulin analogue (e.g. Insulin Glargine, Lantus®) giving dose in morning with 25% reduction in total daily insulin dose
  - Check blood sugar once a day at teatime:
    - If below 8 mmols/L reduce insulin
    - If above 20 mmols/L increase insulin to reduce risk of symptoms or ketosis
    - Alter dose by 2 units if daily dose below 50 units
    - Alter dose by 4 units if daily dose 50 units or more

If require insulin Aspart more than twice, consider daily insulin (e.g. insulin Glargine Lantus®)

- Keep invasive tests to a minimum. It is necessary to perform some tests to ensure unpleasant symptoms do not occur due to low or high blood sugars.
- It is very difficult to identify symptoms due to hypo or hyperglycaemia in a dying patient. If observed symptoms could be due to blood glucose levels, a urine test should be performed if practical, followed by a blood glucose check if necessary.
* Patients on over 48 units of insulin daily are likely to develop symptoms without insulin
# Reduce insulin (e.g. Insulin Glargine Lantus®) dose by 25% as well as discontinuing short acting insulin

Prescribe insulin correctly by brand name; ensure correct dose units and strength

For further information and/or advice, please contact your local specialist diabetes team or [http://www.trend-uk.org/documents/End_of_Life%20clinical%20recommendations.pdf](http://www.trend-uk.org/documents/End_of_Life%20clinical%20recommendations.pdf)
**PAIN AT THE END OF LIFE**

(for acutely ill patients with rapidly deteriorating renal function, or patients with eGFR<30mL/min, consider advice on p23)

Unless specifically indicated, morphine is the injectable first-line opioid of choice. Other opioids are indicated in renal failure and previous morphine intolerance. Seek specialist advice if you consider that an alternative may be indicated.

<table>
<thead>
<tr>
<th>YES</th>
<th>Is patient already on opioid drugs?</th>
<th>NO</th>
</tr>
</thead>
</table>

For patients on morphine or oxycodone, follow guidance below. For patients on other opioids, seek advice

**Patient on morphine or oxycodone**
- Divide 24 hour total dose of regular oral opioid by 2 and prescribe this as morphine or oxycodone SC by syringe driver over 24 hrs
- Prescribe 1/6th opioid syringe driver dose as breakthrough medication to be given SC up to 1-hrly as required
- Start syringe driver 2 hours before next oral opioid dose would have been due (or immediately if a dose has been missed)
- Discontinue oral opioid

Review within 24hrs
If extra medication has been needed for pain:
- increase syringe driver dose by total amount of breakthrough opioid given or by 30-50%, whichever is less
- adjust breakthrough dose to 1/6th of syringe drive opioid dose to be given SC up to 1-hrly as required

If pain is controlled, make no changes
Continue to review regularly

**Scenario 1: “planning ahead”**
Patient not in pain
- Prescribe morphine 2.5mg SC up to 1-hrly as required
- If patient later develops pain, proceed to next box

**Scenario 2: “act now”**
Patient in pain
- Give morphine 2.5mg SC stat
- If effective prescribe and start morphine 10mg/24hour by syringe driver
- Prescribe morphine 2.5mg SC for breakthrough pain to be given up to 1-hrly as required

Is patient already on opioid drugs?

**Patient on regular weak opioid**
(Codeine, Tramadol, Dihydrocodeine)
- Stop oral weak opioid
- Start morphine 10-20mg/24hrs by syringe driver soon after last oral dose (use 20mg/24hrs if previous weak opioid was at maximum daily dose)
- Prescribe morphine 2.5-5mg SC hrly as required for breakthrough pain

Review regularly and adjust as above

**Patient with patches for pain relief** (Fentanyl, Buprenorphine)
- See p7, 8 and 24 for guidance
PAIN AT THE END OF LIFE IN RENAL IMPAIRMENT

Key points
1. This guidance applies to the acutely ill patient with renal impairment and/or eGFR<30mL/min
2. Whilst alfentanil may be preferable, oxycodone may offer a more practical option
3. These can be complex situations – do not hesitate to seek specialist advice

### YES Is patient already on opioid drugs? NO

#### Patient already on strong opioids
- See conversion chart (p8) to calculate dose of SC alfentanil
- If unfamiliar with alfentanil use, seek specialist advice
- Prescribe 1/10th of alfentanil 24hr syringe driver dose as breakthrough medication to be given SC up to 1-hrly as required
- Start syringe driver 2 hrs before next oral opioid dose would have been due (or immediately if a dose has been missed)
- Discontinue oral opioid

#### Review preferably TWICE DAILY
If extra medication has been needed for pain:
- Increase syringe driver dose by total amount of breakthrough alfentanil given or by 30-50%, whichever is less
- Adjust breakthrough dose in proportion i.e. to 1/10th of syringe driver opioid dose to be given SC up to 1-hrly if needed
If pain is controlled, make no changes
Continue to review regularly

#### Patient on regular weak opioid (e.g. codeine, tramadol, dihydrocodeine)
- Stop oral weak opioid
- Start alfentanil 1mg/24hrs SC by syringe driver soon after last oral dose or seek advice about prescribing oxycodone
- Prescribe 1/10th alfentanil 24hr dose to be given SC up to 1-hrly as required or oxycodone 1mg SC up to 2-hrly as required for breakthrough pain
- Review and titrate further as needed
- Seek advice if uncertain

### Scenario 1: “planning ahead”
Patient not in pain
- Prescribe alfentanil 100micrograms SC 1-hrly as required OR oxycodone 1mg SC 2-hrly as required
- If patient needs pain relief, proceed to next box

### Scenario 2: “act now”
Patient in pain
- Give alfentanil 100micrograms OR oxycodone 1mg SC stat
- If effective, prescribe and start alfentanil 1mg/24hrs or seek advice about prescribing oxycodone
- Also prescribe alfentanil 100micrograms up to 1-hrly OR oxycodone 1mg SC up to 2-hrly for breakthrough pain to be given as required

#### Review preferably TWICE DAILY
If extra medication has been needed for pain:
- Increase syringe driver dose by total amount of alfentanil given or by 30-50%, whichever is less
- Adjust breakthrough dose to 1/10th of syringe driver alfentanil dose to be given SC up to 1-hrly as required
- If using oxycodone, seek specialist advice

### Review within 24hrs
If extra medication required for pain:
- Increase syringe driver dose by total amount of breakthrough alfentanil given or by 50%, whichever is less
- Adjust breakthrough dose to 1/10th of syringe driver alfentanil dose to be given SC up to 1-hrly as required
If pain is controlled, make no changes
Continue to review regularly
Fentanyl patches for a patient in the last days of life

It is recommended to continue fentanyl patches in these patients. Remember to carry on changing the patch(es) every 72 hours – this is sometimes forgotten. If pain occurs, give breakthrough doses of morphine or whichever injectable opioid has been recommended by the Specialist Palliative Care Team.

Consult the chart on p8 to calculate the correct breakthrough dose.

If morphine is not appropriate, seek advice about an alternative injectable opioid.

Adding a syringe driver to a patch

If 2 or more breakthrough doses are needed in 24 hours, start a syringe driver with morphine (or other opioid) and continue the patch(es).

The morphine (or other opioid) dose in the syringe driver should equal the total breakthrough doses given in previous 24 hours up to a maximum of 50% of the existing regular (patch) opioid dose.

Continue to review. Do not increase dose by more than 50% (of patch and driver combined) each day.

Remember to combine the dose of the patch and the dose in the syringe driver to work out the new breakthrough dose (1/6th – 1/10th of the opioid total daily dose) each time a change is made.

IF YOU ARE IN ANY DOUBT ABOUT THESE CALCULATIONS, ASK FOR SPECIALIST ADVICE.

Breakthrough dose calculation for patients in last days of life requiring subcutaneous medication

Patients on morphine, oxycodone or hydromorphone via syringe driver:
A common starting point is to prescribe a breakthrough dose of 1/6th of the total 24 hour dose (using a practical dose, rounding down rather than up to be given 1-hrly as required, and adjusted according to benefit and tolerability).

Patients on alfentanil via syringe driver:
Calculate the breakthrough dose as 1/10th of the opioid total daily dose. These may need to be given more frequently than hourly. Single breakthrough doses of alfentanil are very short-lasting so there may be situations when an alternative such as oxycodone may be appropriate; seek specialist advice.

Patients with a fentanyl patch:
Decide on injectable opioid to be used for breakthrough pain, using the opioid dose conversion chart on p8 to calculate the appropriate dose. Keep the fentanyl patch in place and renew every 72hrs as usual.

Breakthrough doses may be given hourly up to the maximum defined by the prescriber. A defined maximum number of doses will prompt early review if pain is uncontrolled.

Patients on other opioids: please seek specialist advice.

When managing a patient with renal failure and alfentanil is unavailable, please seek specialist advice; oxycodone or hydromorphone may be alternative options.
NAUSEA AND/OR VOMITING AT THE END OF LIFE

This guideline for the management of nausea/vomiting in the last days of life should be read in conjunction with the general guideline on nausea/vomiting on p9.

IN RENAL IMPAIRMENT (eGFR<10ml/min): AVOID CYCLIZINE. USE REDUCED DOSE HALOPERIDOL or LEVOMEPROMAZINE

**Nausea/vomiting already controlled**

Patients already taking an oral anti-emetic who reach the last days of life should have the anti-emetic continued to ensure on-going symptom control; however this current anti-emetic should be switched to the subcutaneous route via syringe driver over 24 hours. This may require a change of drug if SC preparation not available (ie domperidone should be replaced by SC metoclopramide; prochlorperazine should be replaced by SC cyclizine).

Also prescribe ‘as required’ dose of the same drug, or Levomepromazine* 6.25mg (some areas prefer 2.5-5mg) SC as required up to 4 doses/24hours.

**Planning ahead - in case nausea/vomiting develop**

Prescribe cyclizine 50mg SC as required up to TDS, or haloperidol 1.5mg SC as required up to BD.

OR prescribe levomepromazine* 6.25mg (some areas prefer 2.5-5mg) SC as required up to QDS

**New nausea/vomiting in a patient not currently treated with an anti-emetic**

**ASK:** Is a chemical cause likely?

If **YES** prescribe haloperidol 1.5-3mg daily SC stat or over 24hrs via syringe driver

Also prescribe cyclizine 50mg SC as required, maximum 150mg/24hrs

If **NO** prescribe cyclizine 150mg/24hrs SC via syringe driver

Also prescribe haloperidol 1.5mg SC, maximum 3 doses in 24hrs

If anxiolytic/sedative effects likely to be helpful, or to avoid using two drugs, consider levomepromazine* prescribed as below. Some areas use levomepromazine as first line anti-emetic at dose of 6.25mg (some areas prefer 2.5-5mg) SC as required (up to 4 doses in 24hrs).

**REVIEW AFTER 24 hours:**

If symptoms are controlled, continue as before.

If either nausea or vomiting persists, change anti-emetic to levomepromazine as below and/or contact the Specialist Palliative Care Team.

Uncontrolled nausea/vomiting in a patient already on an anti-emetic

Review the possible causes but do not delay changing the anti-emetic regime or arrange burdensome investigations in an end of life care situation.

If a combination of cyclizine and haloperidol fails to control nausea/vomiting, replace them with levomepromazine 12.5mg/24hrs SC via syringe driver.

Also prescribe levomepromazine* 6.25mg (some areas prefer 2.5-5mg) SC as required up to 4 doses/24hrs.

**Notes on levomepromazine**

Levomepromazine has a broad spectrum of action.

The effects of this drug may last up to 24hrs. Once daily SC dosing is an alternative to SC infusion.

The maximum anti-emetic effect may be achieved at doses of 25-50mg/24hrs. Doses above 25mg/24hrs (or lower in patients who are sensitive) have a sedative effect. The sedative effect may be clinically useful - this drug is also used in the management of terminal agitation and restlessness (see p26). Where even slight sedation is an unacceptable side-effect, start at a dose of 2.5mg SC.
RESTLESSNESS, AGITATION AND/OR DELIRIUM AT THE END OF LIFE

Consider and treat common causes of restlessness: eg urinary retention, faecal impaction and pain. Support a calm environment, familiar voices and faces, gentle and usual routine.

Patients on regular or long term benzodiazepines should continue to receive a benzodiazepine. Give midazolam by SC infusion to prevent rebound agitation/withdrawal.

The doses given here are a guide. In complex situations seek specialist advice.

If patient is distressed or agitated, use midazolam. Where there is delirium or to avoid excess sedation, use haloperidol. Levomepromazine is an alternative for delirium, though more sedating.

Renal failure: Midazolam is a good first choice, as toxin accumulation increases seizure risk.

### Anticipatory (Just in case) prescribing
Planning ahead is important even if a patient is not currently symptomatic: it is a risk in the dying phase
Prescribe either midazolam 2.5mg SC 1-hrly as required (up to QDS), or Haloperidol 1.5mg SC 1-hrly as required (up to BD)
Doses should be titrated or regular treatment prescribed as below if symptoms develop.

### RESTLESSNESS or AGITATION PRESENT

**Give medication SC stat:**
Midazolam 2.5mg - 5mg

**Start syringe driver:**
Midazolam 10-20mg/24hr SC

**Prescribe breakthrough dose:**
Midazolam 2.5mg - 5mg SC up to 1-hrly as required

(use lower dose in the range if frail/elderly)

**Review within 24 hrs**
If breakthrough doses needed, increase midazolam syringe driver dose by the equivalent of the extra doses given.
If midazolam dose > 30mg/24hrs - consider adding haloperidol 1.5 – 5mg/24 hrs SC or levomepromazine 25mg/24 hrs SC
Continue breakthrough doses of midazolam 5mg SC 1-hrly as required
Common dose range midazolam 10-60mg/24hrs (above this dose, seek advice)

### PSYCHOSIS or DELIRIUM PRESENT

**Prescribe**
Haloperidol 1.5mg SC once or twice daily
Or
Levomepromazine up to 12.5mg SC 12-hrly (may be more sedating)

**Review within 24 hrs**
If symptoms are controlled, continue SC either as stat doses 12-24hrly (both drugs are long acting) or via syringe driver
If symptoms are not controlled, increase haloperidol to 5mg/24hrs SC, or increase levomepromazine by equivalent of extra doses given

Levomepromazine is an effective sedative. It may be prescribed with midazolam (if midazolam partially effective) or used to replace haloperidol or midazolam.
Start syringe driver at 25mg/24hrs
Use breakthrough dose 12.5mg SC 1-hrly as required.
Although hourly doses can be given, seek specialist advice if repeated doses are needed.

### Unresolved or severe symptoms
A few patients become extremely agitated when they are dying. This can be a very difficult situation and may require very high doses of medicines. Specialist advice should be sought. It is vital that patients are not left in distress.
RESPIRATORY TRACT SECRETIONS AT THE END OF LIFE

Secretions which have already accumulated will not be removed by medication. Early treatment improves the prospect of achieving symptom control.

Considerations when choosing an anti-secretory drug:
Hyoscine butylbromide and hyoscine hydrobromide are broadly similar in effectiveness, controlling secretions in up to 2/3rds of patients. Glycopyrronium is more potent and may work when a hyoscine salt has not. Hyoscine hydrobromide crosses the blood-brain barrier and may cause sedation; this may be a disadvantage and therefore a factor to influence the choice of drug.

In renal failure, use hyoscine butylbromide or half the stated glycopyrronium dose. In cardiac disease, glycopyrronium may be preferred.

SECRETIONS PRESENT

General measures
- Give explanation and reassurance to relatives
- Alter position to shift secretions
- Consider stopping parenteral fluids
- Give hourly mouth care

Anti-secretory prescribing
Starting dose
Hyoscine butylbromide 20mg SC or Glycopyrronium 200 micrograms SC or Hyoscine hydrobromide 400 micrograms SC

Regular treatment via syringe driver
Hyoscine butylbromide 60mg/24hrs or Glycopyrronium 600 micrograms/24hrs or Hyoscine hydrobromide 1.2mg/24hrs

Extra doses (SC up to 1-hrly as required, maximum 6 doses in 24hrs)
Hyoscine butylbromide 20mg SC or Glycopyrronium 200 micrograms SC or Hyoscine hydrobromide 400 micrograms SC

Review after 24hours or sooner
If extra doses needed, increase 24hr dose to:
Hyoscine butylbromide 120mg/24hrs or Glycopyrronium 1200 micrograms/24hrs or Hyoscine hydrobromide 2.4mg/24hrs
Consider additional/alternative antisecretory medication SC up to 1-hrly as required, with a maximum daily dose to prompt review.

SECRETIONS ABSENT

Anticipatory prescribing is crucial to allow early and better control of this symptom
When caring for a patient in the last days of life always prescribe anti-secretory medication.

Options:
Hyoscine butylbromide 20mg SC 1-hrly as required or Glycopyrronium 200 micrograms SC 1-hrly as required or Hyoscine hydrobromide 400 micrograms SC 1-hrly as required
Specify maximum 6 doses/24hrs – frequent need should prompt review

Review after no longer than 24hrs
If 2 or more doses required, manage as for ‘secretions present’

Difficult cases
In heart failure, pulmonary oedema may cause respiratory distress/rattle. Furosemide may be given by SC infusion.
If symptoms not controlled, seek specialist advice.
# BREATHLESSNESS AT THE END OF LIFE

## BREATHLESSNESS PRESENT

### General measures
- Calm environment
- Reassurance and support
- Gentle air flow with fan
- Cool room
- Give hourly mouth care
- Oxygen if helpful (only if low sats)

### Patient not already on opioid for pain (for patients with renal impairment, see advice on right and on page 4)
- Give morphine 2.5mg SC stat
- Also prescribe morphine 2.5mg SC 1-hrly as required
- Start morphine 10mg/24hrs SC by syringe driver

### Patient already on opioid
- Give midazolam 2.5mg SC stat
- Also prescribe midazolam 2.5mg SC 1-hrly as required
- Start midazolam 10mg/24hrs SC by syringe driver

(Midazolam is a useful option in patients with renal impairment if there is doubt about opioid choice)

### Review within 24hrs
If 1-2 breakthrough doses of morphine or midazolam needed in 24hrs, increase syringe driver dose by 30-50%.

If 3 or more breakthrough doses needed in 24hrs, consider doubling syringe driver dose of drug in use and increase breakthrough dose to 5mg. Continue to allow breakthrough doses hourly as required.

Ongoing review is essential. If symptoms are not improving, seek specialist palliative care advice.

## RISK OF BREATHLESSNESS

### Planning ahead
- **Patient not on opioid**: Prescribe morphine 2.5mg SC 1-hrly as required
- **Patient on opioid analgesics**: Prescribe midazolam 2.5mg SC 1-hrly as required

### Review within 24hrs
If 2 or more doses needed, manage as for breathless patient

### Specific situations
- **Heart failure**: also consider diuretic by suitable route.
- **Renal impairment**: consider replacing morphine with alternative opioid if renal impairment severe; e.g. alfentanil 100micrograms SC 1-hrly as required; 1mg/24hrs SC by syringe driver
  OR oxycodone 1mg SC 2-hrly as required.
  (Diuretics will not help if patient anuric)

## SEVERE FRIGHTENING BREATHLESSNESS

Severe frightening breathlessness is an emergency and may be a terminal situation.

Therapeutic sedation is the appropriate treatment in this emergency situation.

Explain that only sufficient sedation to relieve the frightening sensation will be given.

Administer MIDAZOLAM 5mg subcutaneously.

Repeat up to twice at 30 minute intervals until the patient is calm (for some this will mean being asleep).

**When the patient is calm set up a syringe driver with MIDAZOLAM**

Start at 20mg/24hrs and prescribe 5mg SC doses every 15-30 mins for frightening symptoms.

Review every few hours and titrate further as necessary to maintain good symptom control.

In some patients doses of midazolam up to 100mg/24hrs may be required.

**Treatment with an opioid** may also be appropriate to reduce sensation of breathlessness.
SYRINGE DRIVERS AND DRUG COMPATIBILITY CHART

**To use this table**
- Find the first medicine you want to mix in the left hand column.
- Look along the row for the other medicine you want to mix.
- If the medicine is in the YES compatible box then go ahead and mix the two medicines with water as the diluent.
- If the medicine is in the NOT compatible or QUERY compatible box then follow the instructions in this box and check the strengths and concentrations to see if the two medicines can be mixed or not.

<table>
<thead>
<tr>
<th>MEDICINE/INDICATION</th>
<th>Diluent: water for injection</th>
<th>DOSE</th>
<th>PRN (Doses normally ≥ 1 hour apart, seek specialist advice if symptoms not controlled)</th>
<th>YES COMPATIBLE (assuming only 2 drugs mixed)</th>
<th>NOT COMPATIBLE or QUERY COMPATIBLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>MORPHINE Pain / Dyspnoea</td>
<td></td>
<td>5mg</td>
<td>No upper limit (increase dose by 30-50% at a time)</td>
<td>Cyclizine, Hyoscine butylbromide, Hyoscine hydrobromide, Glycopyrronium, Levomepromazine, Metoclopramide</td>
<td>Haloperidol incompatible at high concentrations. Haloperidol &gt;1mg/mL. Midazolam: generally regarded as compatible, microscopic precipitation may occur</td>
</tr>
<tr>
<td>OXYCODONE Pain / Dyspnoea</td>
<td></td>
<td>5mg</td>
<td>No upper limit (increase dose by 30-50% at a time)</td>
<td>Haloperidol, Hyoscine butylbromide, Hyoscine hydrobromide, Glycopyrronium, Levomepromazine, Metoclopramide, Midazolam</td>
<td>Cyclizine incompatible at high concentrations. Cyclizine is 150mg/23mL, max Oxycodone ≤60mg. Oxycodone + Cyclizine is a problematic combination, always dilute to maximum &amp; monitor.</td>
</tr>
<tr>
<td>ALFENTANIL Pain / Dyspnoea</td>
<td></td>
<td>500micrograms</td>
<td>Minimum 100micrograms OR 1/10th of total daily dose of alfentanil</td>
<td>Haloperidol, Hyoscine butylbromide, Hyoscine hydrobromide, Glycopyrronium, Levomepromazine, Metoclopramide, Midazolam</td>
<td>Cyclizine incompatible at high concentrations. Cyclizine is 150mg/23mL, max Alfentanil 5.5mg. Cyclizine is 150mg/17mL, max Alfentanil 4mg. Hyoscine hydrobromide not known, no data available</td>
</tr>
<tr>
<td>MIDAZOLAM Agitation</td>
<td></td>
<td>10mg</td>
<td>No upper limit (Increase by 30-50% at a time)</td>
<td>Alfentanil, Haloperidol, Hyoscine butylbromide, Hyoscine hydrobromide, Glycopyrronium, Levomepromazine, Metoclopramide, Midazolam</td>
<td>Cyclizine incompatible at some concentrations. Cyclizine is 200mg/23mL, max Midazolam 20mg. Cyclizine is 150mg/17mL, max Midazolam 15mg. Diamorphine, Morphine (see MORPHINE section)</td>
</tr>
<tr>
<td>MIDAZOLAM Seizures</td>
<td></td>
<td>&gt; 30mg</td>
<td>(Start at lower dose 10-20mg to avoid sedation)</td>
<td>5 - 10mg</td>
<td>Cyclizine incompatible at some concentrations. Cyclizine is 200mg/23mL, max Midazolam 20mg. Cyclizine is 150mg/17mL, max Midazolam 15mg. Diamorphine, Morphine (see MORPHINE section)</td>
</tr>
<tr>
<td>CYCLIZINE Nausea and vomiting</td>
<td></td>
<td>150mg</td>
<td>(Always dilute as much as possible with water eg: up to 23mL for McKinley T34)</td>
<td>Haloperidol, Hyoscine hydrobromide, Morphine</td>
<td>Alfentanil (see ALFENTANIL section). Diamorphine, Glycopyrronium not known, no data available. Hyoscine butylbromide incompatible. Levomepromazine not recommended. Midazolam (see MIDAZOLAM section). Metoclopramide not recommended. Oxycodone (see OXYCODONE section)</td>
</tr>
<tr>
<td>METOCLOPRAMIDE Nausea and vomiting</td>
<td></td>
<td>30 - 120mg</td>
<td>(Note EMA/MHRA guidance on dose)</td>
<td>10mg</td>
<td>Cyclizine not recommended. Hyoscine butylbromide not recommended. Hyoscine hydrobromide not recommended.</td>
</tr>
</tbody>
</table>

*= examples given of doses, assuming use of a McKinley T34 machine using either 17mL or 23mL (specified) as max total volume after dilution.
**Principles of medicines compatibility in a syringe driver**

**General points**
- Only mix two medicines per syringe.
- If considering using 3 or more medicines, seek specialist advice.
- After initial mixing check for cloudiness or separation (precipitation).
- If present, wait.
- If fully resolves, continue and monitor closely.
- If doesn’t resolve, discard solution and contact prescriber for alternative combination.
- Be aware that an “alarming” syringe driver could be due to incompatibility of the medicines.

**Choosing a diluent**
- Water for injection is recommended as the diluent of choice as there is less likelihood of incompatibility.
- The purpose of the diluent is to reduce the risk of site irritation.
- If there is inflammation at the injection site:
  - Increase the diluent to the maximum volume (this should always be done in advance for drugs which are known to be irritant e.g. cyclizine).
  - Consider switch to using 0.9% sodium chloride as diluent but seek specialist advice on compatibilities.

**Legal considerations**
- Changes in the law state that the instruction / direction to mix medicines must be in writing; therefore the prescriber must indicate which medicines to mix in the syringe driver.

**Evidence**
- The information for the chart is taken from the Palliative Care Formulary 5th Edition and is based on clinical observations in palliative care services.

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<table>
<thead>
<tr>
<th>MEDICINE/INDICATION</th>
<th>DOSE</th>
<th>COMPATIBILITY - 2 MEDICINES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diluent:</strong> water for injection</td>
<td>Per 24hrs</td>
<td>PRN (Doses normally 1 hour apart, seek specialist advice if symptoms not controlled)</td>
</tr>
<tr>
<td><strong>HALOPERIDOL</strong></td>
<td>Nausea and vomiting</td>
<td>0.5 - 5mg</td>
</tr>
<tr>
<td><strong>HALOPERIDOL</strong></td>
<td>Agitation</td>
<td>3 - 10mg</td>
</tr>
<tr>
<td><strong>LEVOMEPRAMINE</strong></td>
<td>Nausea and vomiting</td>
<td>6.25 - 12.5mg</td>
</tr>
<tr>
<td><strong>LEVOMEPRAMINE</strong></td>
<td>Agitation</td>
<td>12.5 - 200mg (Dilute high doses as much as possible)</td>
</tr>
<tr>
<td><strong>HYOSCINE BUTYLBROMIDE</strong></td>
<td>Chest secretions / Colic pain</td>
<td>60 - 120mg</td>
</tr>
<tr>
<td><strong>HYOSCINE HYDROBROMIDE</strong></td>
<td>Chest secretions</td>
<td>1.2 - 2.4mg</td>
</tr>
<tr>
<td><strong>GLYCOPYRRONIUM</strong></td>
<td>Chest secretions</td>
<td>600 micrograms – 1.2mg</td>
</tr>
</tbody>
</table>

*= examples given of doses, assuming use of a McKinley T34 machine using either 17mL or 23mL (specified) as max total volume after dilution.*