

Palliative Pharmacy Care

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Dedication

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This book is dedicated to my husband, Swane, for the encouragement and support he always provides; and to my residency director, Jacqueline LaPerriere, for showing me the value of pharmacists in improving the lives of patients with pain and palliative care needs.



In palliative medicine, when the focus is on quality of life and comfort, many medical interventions, such as surgery, may not be appropriate. Medications become the cornerstone of management of various symptoms, including pain, dyspnea, and nausea. Palliative care patients are encountered in every setting, including a hospital, a clinic, and an outpatient pharmacy. With significant reliance on medication management, palliative care demands pharmacist involvement in each setting.

Pharmacists are vital members of any palliative care team or service, yet resources specifically designed to educate pharmacists in palliative care are lacking. Although other educational resources are available, the role that pharmacists play in palliative care is rarely discussed or reviewed. Resources describing the critical elements necessary for pharmacists' practice in palliative care and the unique challenges they may face are missing. This book begins to fill this void and merges the practice of pharmacy with the practice of palliative care.

At the beginning of the text, the scope of hospice and palliative medicine, including various practice settings and disease states, are reviewed to provide the reader with a firm foundation of the overall concepts and paradigm of care. Because pharmacists are frequently critical team members in the management of pain and other physical and emotional symptoms, in-depth reviews of pain and other symptoms are included. Each chapter reviews assessment, pathophysiology, non-pharmacological treatment, and, of course, pharmacological treatment. In each chapter, the authors have emphasized the role of the pharmacist and the unique concerns that palliative care pharmacists will encounter. Additionally, clinical pearls

and key points are provided throughout the text. Some chapters have been organized to provide the reader with an opportunity to apply what he or she has learned, particularly in relation to pain and symptom management, through patient cases at the end of the chapter. Following the pain and symptom management chapters, advanced care planning and ethical issues in palliative care are discussed, specifically with the focus on the role of the pharmacist. Chapters regarding education of pharmacists in palliative care and pharmacist involvement in palliative care research will likely be "must read" chapters for anyone interested in specializing in palliative care. The book is intended to be a practical approach to palliative care and the unique role of pharmacists. Although primary evidence is reviewed and discussed in each chapter, it is not intended to be a comprehensive analysis of the published literature. Instead, the book is a blending of published literature, unpublished data, and expertise.

This text has been a collective work by many authors. From inception, the authors contributed with enthusiasm and excitement. They are palliative care experts and have extensive experience working in the field of pain and palliative care and have not only contributed a review of published evidence, but also have provided insight into the role of pharmacists in palliative care and key clinical pearls based on their experience. Due to their differences in experience and practice settings, the authors have some variability in their approach, which adds to the richness of the text.

Sincere appreciation goes to the contributors and reviewers, who graciously gave their expertise, time, and energy in making this text the best it can be. Special thanks

goes to James Ray, who helped give wings to the original concept; Angela Huskey, for her effort and time spent reviewing my chapters; and Mary Jenko, for her inspiration as a palliative care practitioner. Heartfelt thanks also go to Dana Battaglia, Johnna Hershey, and Hal Pollard at the American Society of Health-System Pharmacists for their guidance, encouragement, recommendations,

and support. Their guidance was critical to completion of this book.

This book is dedicated to all pharmacists who currently work in palliative care or who have a passion for caring for these patients in the future. Your work and dedication is invaluable and changes lives. This book is for you.

Jennifer Strickland
November 2008

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