

# Contents

|                                                                                                                    |            |
|--------------------------------------------------------------------------------------------------------------------|------------|
| Preface                                                                                                            | xv         |
| Editors                                                                                                            | xvii       |
| Contributors                                                                                                       | xix        |
| List of abbreviations                                                                                              | xxxix      |
| Reference annotation and evidence scores                                                                           | xxxv       |
| <b>Part 1 The development of palliative medicine</b>                                                               | <b>1</b>   |
| 1 Development of palliative medicine in the United Kingdom and Ireland<br><i>Bill Noble, Michelle Winslow</i>      | 3          |
| 2 Development of palliative care in Europe<br><i>Carl Johan Fürst, Lukas Radbruch</i>                              | 11         |
| 3 Development of palliative care in Canada<br><i>John F. Scott, Jose Pereira, Peter Lawlor</i>                     | 23         |
| 4 Development of palliative medicine in the United States<br><i>Charles F. von Gunten</i>                          | 35         |
| 5 Development of palliative medicine in Latin America<br><i>Roberto Wenk</i>                                       | 43         |
| 6 Development of palliative medicine in Africa<br><i>Liz Gwyther, Sue Boucher, Richard Harding</i>                 | 49         |
| 7 Development of palliative care in Australia and New Zealand<br><i>Jane Phillips, Jane M. Ingham, Rod MacLeod</i> | 59         |
| 8 Development of palliative medicine in Asia<br><i>Satoru Tsuneto</i>                                              | 71         |
| 9 Palliative care as a public health issue<br><i>E. Iris Groeneveld, Irene J. Higginson</i>                        | 77         |
| 10 Palliative care as a primary care issue<br><i>Scott A. Murray</i>                                               | 83         |
| 11 Future of palliative medicine<br><i>Charles F. von Gunten, Irene J. Higginson</i>                               | 91         |
| 12 Palliative care and supportive care<br><i>Eduardo Bruera, David Hui</i>                                         | 97         |
| <b>Part 2 Bioethics</b>                                                                                            | <b>103</b> |
| 13 Bioethical principles in palliative care<br><i>Paulina Taboada</i>                                              | 105        |

|               |                                                                                                                                                   |            |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 14            | Ethics in the practice of palliative care<br><i>James A. Tulsky</i>                                                                               | 119        |
| 15            | Dignity in palliative care<br><i>Susan E. McClement, Harvey Max Chochinov, Maia Kredentser</i>                                                    | 127        |
| <b>Part 3</b> | <b>Problems and challenges of global research</b>                                                                                                 | <b>135</b> |
| 16            | Transcultural palliative care<br><i>Carl Johan Fürst, Solvig Ekblad</i>                                                                           | 137        |
| 17            | Palliative care: Global situation and initiatives<br><i>Liliana De Lima</i>                                                                       | 145        |
| <b>Part 4</b> | <b>Education</b>                                                                                                                                  | <b>151</b> |
| 18            | Undergraduate education in palliative medicine<br><i>Doreen Oneschuk</i>                                                                          | 153        |
| 19            | Graduate education for nonspecialists<br><i>Ilora G. Finlay, Simon I.R. Noble</i>                                                                 | 159        |
| 20            | Changing the norms of palliative care practice by changing the norms of education and quality improvement: A case example<br><i>Linda Emanuel</i> | 167        |
| <b>Part 5</b> | <b>Research and audit</b>                                                                                                                         | <b>175</b> |
| 21            | Challenges of research in palliative and supportive medicine<br><i>Irene J. Higginson</i>                                                         | 177        |
| 22            | The population: Who are the subjects in palliative medicine research?<br><i>Claudia Bausewein, Fliss E.M. Murtagh</i>                             | 187        |
| 23            | Study designs in palliative medicine<br><i>Massimo Costantini</i>                                                                                 | 193        |
| 24            | Outcome measurement in palliative care<br><i>Joan M. Teno</i>                                                                                     | 201        |
| 25            | Ethics in palliative care research<br><i>Jonathan Koffman, Katie Stone, Fliss E.M. Murtagh</i>                                                    | 211        |
| 26            | Practical tips for successful research in palliative care<br><i>Eduardo Bruera, Sriram Yennurajalingam</i>                                        | 221        |
| 27            | Audit and quality improvement in palliative care research<br><i>Hsien-Yeang Seow, Deanna Bryant, Sarah Myers, Joanne Lynn</i>                     | 227        |
| <b>Part 6</b> | <b>Organization and governance</b>                                                                                                                | <b>235</b> |
| 28            | Adoption of palliative care: The engineering of organizational change<br><i>Winford E. (Dutch) Holland</i>                                        | 237        |
| 29            | Principles of measuring the financial outcomes of specialist palliative care programs<br><i>J. Brian Cassel, Thomas J. Smith</i>                  | 245        |
| 30            | Organization and support of the interdisciplinary team<br><i>Karen Macmillan, Louise Kashuba, Bette Emery</i>                                     | 251        |
| 31            | Population-based needs assessment for patient and family care<br><i>Irene J. Higginson, Charles F. von Gunten</i>                                 | 257        |
| 32            | Palliative care consult team<br><i>Rachel M. Adams, Alexie Cintron, Diane E. Meier</i>                                                            | 265        |

|    |                                                                                                              |     |
|----|--------------------------------------------------------------------------------------------------------------|-----|
| 33 | <b>Models of palliative care delivery</b><br><i>Badi El Osta, Eduardo Bruera</i>                             | 275 |
| 34 | <b>Palliative home care</b><br><i>Roberto Wenk</i>                                                           | 287 |
| 35 | <b>Palliative day-care centers and day hospitals</b><br><i>Bruno Gagnon</i>                                  | 293 |
| 36 | <b>Inpatient hospices</b><br><i>Jeremy Keen</i>                                                              | 305 |
| 37 | <b>Palliative care unit</b><br><i>Karen Macmillan, Kelley Fournier, Beth Tupala</i>                          | 315 |
| 38 | <b>Overview of assessment</b>                                                                                | 321 |
| 39 | <b>Multidimensional patient assessment</b><br><i>Marvin Omar Delgado-Guay, Eduardo Bruera</i>                | 323 |
| 40 | <b>Tools for pain and symptom assessment</b><br><i>Victor T. Chang</i>                                       | 341 |
| 41 | <b>Quality of life assessment in palliative care</b><br><i>S. Robin Cohen, Richard Sawatzky</i>              | 361 |
| 42 | <b>Pain</b>                                                                                                  | 371 |
| 43 | <b>Pathophysiology of chronic pain</b><br><i>Sebastiano Mercadante</i>                                       | 373 |
| 44 | <b>Causes and mechanisms of pain in palliative care patients</b><br><i>Marieberta Vidal, Suresh K. Reddy</i> | 381 |
| 45 | <b>Opioid analgesics</b><br><i>Geana Paula Kurita, Stein Kaasa, Per Sjøgren</i>                              | 395 |
| 46 | <b>Assessment and management of opioid side effects</b><br><i>Shalini Dalal</i>                              | 409 |
| 47 | <b>Adjuvant analgesic drugs</b><br><i>Russell K. Portenoy, Evgenia Krotova, David Lussier</i>                | 423 |
| 48 | <b>Alternative routes for systemic opioid delivery</b><br><i>Carla Ida Ripamonti, Monica Bosco</i>           | 431 |
| 49 | <b>Spinal analgesia and neurolysis</b><br><i>Seiji Hattori</i>                                               | 449 |
| 50 | <b>Anesthesiological procedures in palliative care</b><br><i>Sarah Gebauer</i>                               | 461 |
| 51 | <b>Pain management in pediatrics</b><br><i>Regina Okhuysen-Cawley</i>                                        | 469 |
| 52 | <b>Pain in the older adult</b><br><i>Linh My Thi Nguyen, Jen-Yu Wei</i>                                      | 475 |
| 53 | <b>Neuropathic pain</b><br><i>Paolo Marchettini, Fabio Formaglio, Marco Lacerenza</i>                        | 481 |
| 54 | <b>Bone cancer pain and skeletal complications</b><br><i>Yoko Tarumi</i>                                     | 493 |
| 55 | <b>Breakthrough (episodic) pain in cancer patients</b><br><i>Shirley H. Bush</i>                             | 505 |



|                |                                                                                                                               |            |
|----------------|-------------------------------------------------------------------------------------------------------------------------------|------------|
| 54             | Symptom burden, pain, and the problems with "somatization" diagnosis<br><i>Carrie J. Aigner, Diane M. Novy</i>                | 515        |
| 55             | Pain in patients with alcohol and drug dependence<br><i>Julie R. Price, Steven D. Passik, Kenneth L. Kirsh</i>                | 519        |
| <b>Part 9</b>  | <b>Gastrointestinal systems</b>                                                                                               | <b>527</b> |
| 56             | Pathophysiology of cachexia-anorexia syndrome<br><i>Egidio Del Fabbro</i>                                                     | 529        |
| 57             | Overview of the management of the anorexia/weight loss syndrome<br><i>Cara Bondly, Aminah Jatoi</i>                           | 539        |
| 58             | Nausea/vomiting<br><i>Sebastiano Mercadante</i>                                                                               | 547        |
| 59             | Constipation and diarrhea<br><i>Jay R. Thomas</i>                                                                             | 557        |
| 60             | Malignant ascites<br><i>Jeremy Keen</i>                                                                                       | 569        |
| 61             | Jaundice<br><i>Nathan I. Cherny, Batsheva Werman</i>                                                                          | 579        |
| 62             | Malignant bowel obstruction<br><i>Carla Ida Ripamonti, Alexandra M. Easson, Hans Gerdes</i>                                   | 587        |
| 63             | Endoscopic treatment of gastrointestinal symptoms<br><i>Pasquale Spinelli</i>                                                 | 603        |
| <b>Part 10</b> | <b>Fatigue</b>                                                                                                                | <b>611</b> |
| 64             | Pathophysiology of fatigue<br><i>Claudia Gamondi, Hans Neuenschwander</i>                                                     | 613        |
| 65             | Physical activity in palliative and supportive care<br><i>Sonya S. Lowe, Kerry S. Courneya</i>                                | 623        |
| 66             | Assessment and management of fatigue<br><i>Sriram Yennurajalingam, Eduardo Bruera</i>                                         | 645        |
| <b>Part 11</b> | <b>Respiratory systems</b>                                                                                                    | <b>661</b> |
| 67             | Dyspnea<br><i>Jay R. Thomas</i>                                                                                               | 663        |
| 68             | Other respiratory symptoms (cough, hiccup, and secretions)<br><i>Sarah Mollart, Tabitha Thomas, Rosemary Wade, Sara Booth</i> | 673        |
| <b>Part 12</b> | <b>Neuropsychiatrics</b>                                                                                                      | <b>689</b> |
| 69             | Depression/anxiety<br><i>Tatsuo Akechi, Yosuke Uchitomi</i>                                                                   | 691        |
| 70             | Delirium<br><i>Yesne Alici, William Breitbart</i>                                                                             | 703        |
| 71             | Sleep disturbances in advanced cancer patients<br><i>Sandra L. Pedraza, Dave Balachandran, Sriram Yennurajalingam</i>         | 721        |
| 72             | Counseling in palliative care<br><i>Kimberley Miller, David W. Kissane</i>                                                    | 731        |
| 73             | Hope in end-of-life care<br><i>Cheryl L. Nekolaichuk</i>                                                                      | 743        |

|                                                                                                                         |            |
|-------------------------------------------------------------------------------------------------------------------------|------------|
| <b>Part 13 Assessment and management of other problems</b>                                                              | <b>751</b> |
| 74 Dehydration and rehydration<br><i>Robin L. Fainsinger</i>                                                            | 753        |
| 75 Fever, sweats, and hot flashes<br><i>Ahsan Azhar, Shalini Dalal</i>                                                  | 763        |
| 76 Pruritus<br><i>Katie Taylor, Andrew Thorns</i>                                                                       | 777        |
| 77 Infections in palliative care<br><i>Rudolph M. Navari, Christopher Green, Michelle L. Haney, Nathan L. Roach</i>     | 789        |
| 78 Pressure ulcers/wounds<br><i>Kathryn G. Froiland</i>                                                                 | 795        |
| 79 Mouth care<br><i>Flavio Fusco</i>                                                                                    | 801        |
| 80 Fistulas<br><i>Fabio Fulfaro, Carla Ida Ripamonti</i>                                                                | 809        |
| 81 Assessment and management of lymphedema<br><i>Ying Guo, Benedict Konzen</i>                                          | 817        |
| <b>Part 14 Emergencies in palliative medicine</b>                                                                       | <b>827</b> |
| 82 Hypercalcemia<br><i>Kimberson C. Tanco, Paul W. Walker</i>                                                           | 829        |
| 83 Hemorrhage<br><i>Jen-Yu Wei, Sriram Yennurajalingam</i>                                                              | 835        |
| 84 Spinal cord compression<br><i>Nora A. Janjan, Stephen Lutz, Edward Chow</i>                                          | 845        |
| 85 Clinical features and management of superior vena cava syndrome<br><i>Álvaro Sanz, Carlos Centeno</i>                | 863        |
| 86 Acute pain and management<br><i>Mellar P. Davis, Pam Gamier</i>                                                      | 869        |
| 87 Suicide<br><i>Yesne Alici, Reena Jaiswal, Hayley Pessin, William Breitbart</i>                                       | 887        |
| <b>Part 15 Specific conditions and situations</b>                                                                       | <b>897</b> |
| 88 Cancer: Radiotherapy<br><i>Luluel Khan, Edward Chow, Elizabeth A. Barnes</i>                                         | 899        |
| 89 Chemotherapy, hormonal therapy, and targeted agents<br><i>David Hui</i>                                              | 907        |
| 90 Physical medicine and rehabilitation<br><i>Benedict Konzen, Ki Y. Shin</i>                                           | 917        |
| 91 Integrative and palliative medicine<br><i>Gabriel Lopez, Richard Lee, Lorenzo Cohen</i>                              | 925        |
| 92 Human immunodeficiency virus and palliative care<br><i>Richard Harding, Robert E. Hirschtick, Jamie H. Von Roenn</i> | 931        |
| 93 Neurological diseases<br><i>Tobias Walbert</i>                                                                       | 941        |
| 94 End-stage congestive heart failure<br><i>Kristian M. Bailey, Mark T. Kearney</i>                                     | 949        |

|                                                                               |                                                                                                                                              |             |
|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| 95                                                                            | Palliative care for children<br><i>Finella Craig, Julie Bayliss</i>                                                                          | 955         |
| 96                                                                            | Geriatric palliative care<br><i>Kimberson C. Tanco, Maxine de la Cruz</i>                                                                    | 961         |
| 97                                                                            | Advanced chronic obstructive pulmonary disease<br><i>Graeme M. Rucker, Joanne Young, J. Randall Curtis</i>                                   | 969         |
| 98                                                                            | Other infectious diseases: Malaria, rabies, tuberculosis<br><i>Sue Marsden</i>                                                               | 979         |
| 99                                                                            | Practical aspects of palliative care delivery in the developing world<br><i>Liliana De Lima, Roberto Wenk</i>                                | 989         |
| 100                                                                           | Prognostic indicators of survival<br><i>Caterina Modonesi, Augusto T. Caraceni, Marco Maltoni</i>                                            | 997         |
| 101                                                                           | Palliative sedation<br><i>Nathan I. Cherny</i>                                                                                               | 1009        |
| <b>Part 16 Interdisciplinary issues</b>                                       |                                                                                                                                              | <b>1021</b> |
| 102                                                                           | Physical and occupational therapies in palliative care<br><i>Hitoshi Okamura, Yoshiyuki Masuda, Hisako Tajiri</i>                            | 1023        |
| 103                                                                           | Staff stress and burnout in palliative care<br><i>Mary L.S. Vachon, Lise Fillion</i>                                                         | 1033        |
| 104                                                                           | Communication in palliative care<br><i>Josephine M. Clayton, Martin H.N. Tattersall</i>                                                      | 1047        |
| 105                                                                           | Spiritual care<br><i>Marvin Omar Delgado-Guay</i>                                                                                            | 1055        |
| 106                                                                           | Family caregivers<br><i>Rony Dev, Mary Dev</i>                                                                                               | 1063        |
| 107                                                                           | Bereavement<br><i>Victoria H. Raveis</i>                                                                                                     | 1075        |
| 108                                                                           | Children of palliative care patients<br><i>Estela Beale</i>                                                                                  | 1081        |
| <b>Part 17 The assessment and management of effects of medical treatments</b> |                                                                                                                                              | <b>1089</b> |
| 109                                                                           | Chemotherapy- and radiotherapy-induced emesis<br><i>Joseph Arthur</i>                                                                        | 1091        |
| 110                                                                           | Neutropenic fever<br><i>Hiroshi Ishiguro, Harumi Gomi</i>                                                                                    | 1097        |
| 111                                                                           | Anemia-related fatigue<br><i>Toshiyuki Kitano, Akifumi Takaori-Kondo</i>                                                                     | 1103        |
| 112                                                                           | Platelets and bleeding: Thrombosis risks<br><i>Yukiko Mori</i>                                                                               | 1109        |
| 113                                                                           | Integrative medicine in palliative care<br><i>Robert Alan Bonakdar, Erminia Guarneri, David C. Leopold</i>                                   | 1117        |
| 114                                                                           | Alternative medicine: The approach to the patient wanting to go to Tijuana<br><i>Richard Lee, Gabriel Lopez, Daniel Epner, Michael Fisch</i> | 1133        |
| 115                                                                           | Side effects of radiation therapy<br><i>Alysa Fairchild, Elizabeth A. Barnes</i>                                                             | 1139        |



|         |                                                                                                                                                                                                                         |      |
|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 116     | Cardiac and pulmonary toxicities of treatments<br><i>Mariberta Vidal</i>                                                                                                                                                | 1147 |
| 117     | Oral complications of cancer therapies<br><i>Siri Beier Jensen, Deborah P. Saunders</i>                                                                                                                                 | 1153 |
| 118     | Dermatologic side effects<br><i>Jen-Yu Wei</i>                                                                                                                                                                          | 1161 |
| 119     | Peripheral neuropathy and neurotoxicity<br><i>Ivo W. Tremont-Lukats, Pedro Garciaarena</i>                                                                                                                              | 1167 |
| 120     | Sex and sexuality<br><i>Mary K. Hughes</i>                                                                                                                                                                              | 1173 |
| 121     | Managing communication challenges with patients and families<br><i>Anthony L. Back</i>                                                                                                                                  | 1179 |
| 122     | Supportive and palliative care for patients with HIV infection<br><i>Elizabeth J. Chuang, Peter A. Selwyn</i>                                                                                                           | 1185 |
| 123     | Implantable cardiac devices<br><i>Laura J. Morrison</i>                                                                                                                                                                 | 1195 |
| 124     | Supportive care for patients with advanced chronic kidney disease<br><i>Sara N. Davison</i>                                                                                                                             | 1217 |
| 125     | Palliative care in the emergency department<br><i>Travis DeVader, Tammie Quest</i>                                                                                                                                      | 1229 |
| 126     | Symptom control in stem-cell transplantation: A multidisciplinary palliative care team approach<br><i>Eric Roeland, William Mitchell, Carolyn Mulroney, Kathryn Thornberry, Rabia Atayee, Joseph Ma, Heather Herman</i> | 1235 |
| Part 18 | Rehabilitation and survivorship                                                                                                                                                                                         | 1251 |
| 127     | End of therapy: Building the psychosocial and spiritual bridges to survivorship<br><i>Marvin Omar Delgado-Guay, Silvia Tanzi</i>                                                                                        | 1253 |
| 128     | Rehabilitation in the acute and chronic care setting<br><i>Benedict Konzen, Ying Guo, Ki Y. Shin</i>                                                                                                                    | 1265 |
| 129     | Long-term cognitive function<br><i>Asao Ogawa</i>                                                                                                                                                                       | 1269 |
| 130     | Gonadal functions and reproductive health<br><i>Koji Kawai, Hiroyuki Nishiyama</i>                                                                                                                                      | 1277 |
| 131     | Genetic counseling in the palliative care setting<br><i>Lisa Madlensky, Eric Roeland, Kim Bower</i>                                                                                                                     | 1283 |
| 132     | Pulmonary rehabilitation<br><i>Ryo Kozu</i>                                                                                                                                                                             | 1289 |
| Index   |                                                                                                                                                                                                                         | 1295 |