



# Workshop in Symptom management

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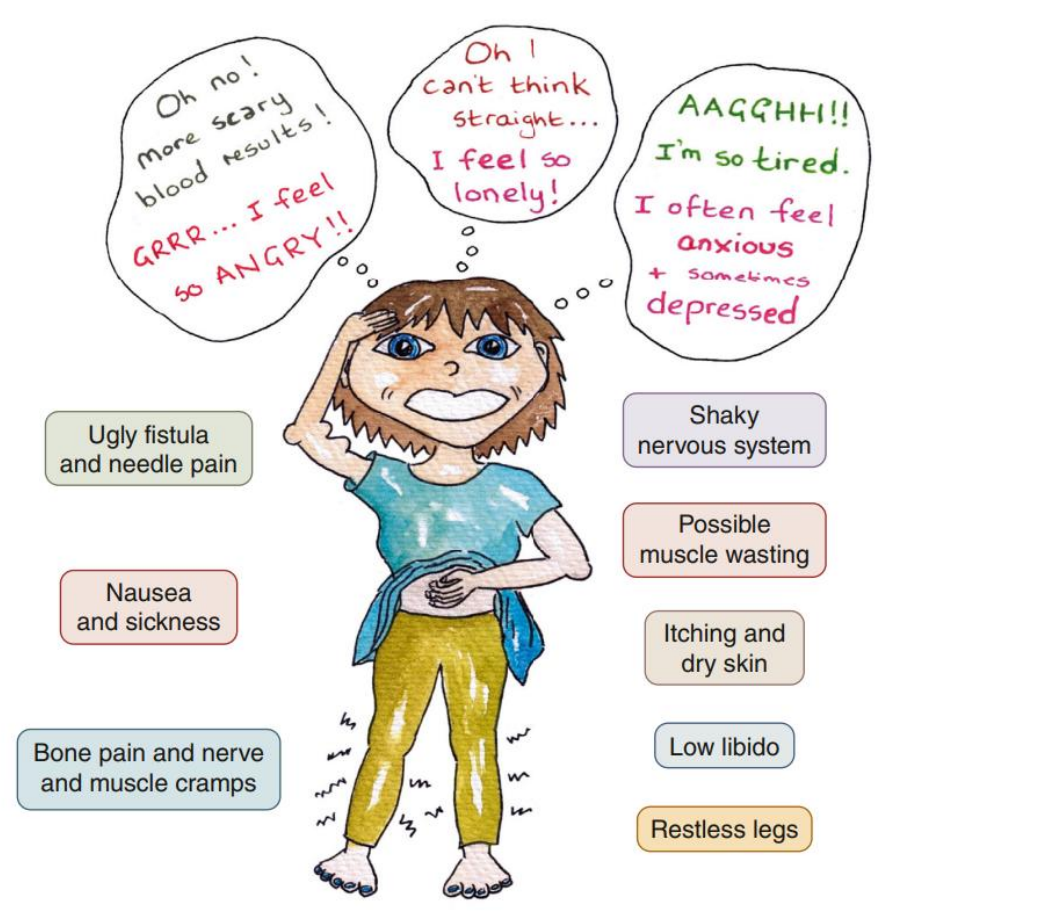
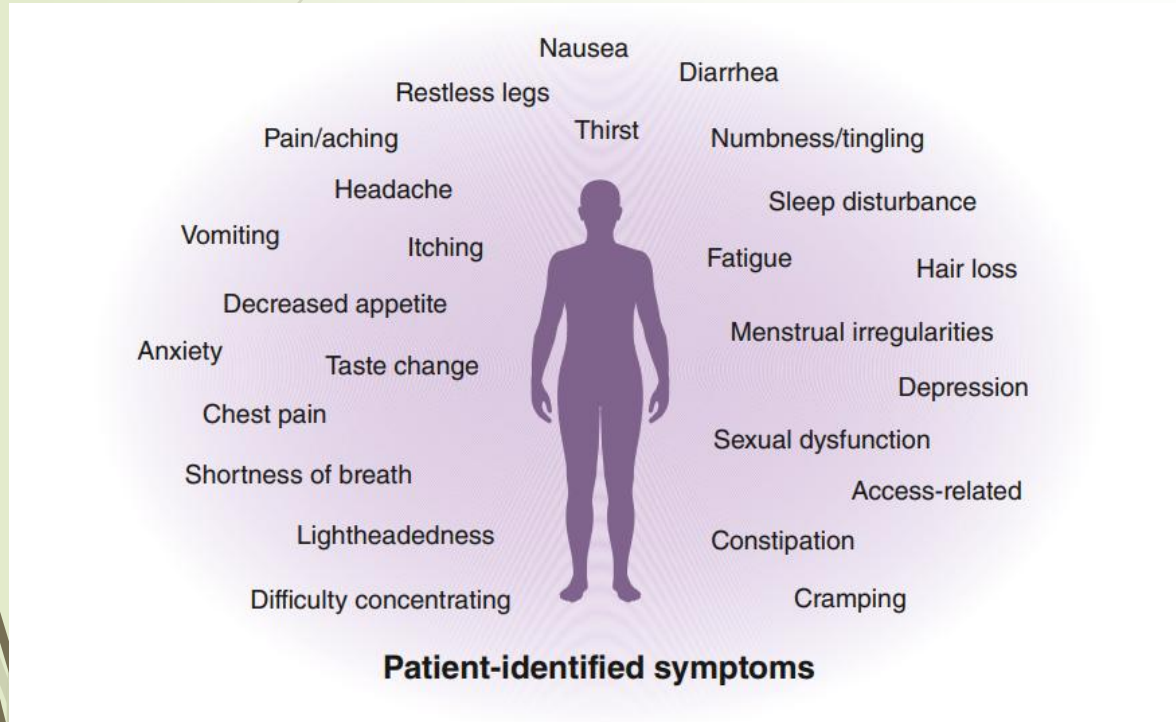
Professor of Nursing, University of Salford

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Honorary Senior Lecturer, University of Manchester

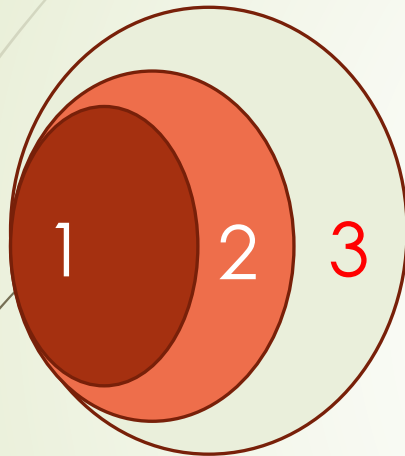
Co-Chair UK Kidney Association Symptom management guideline

# Symptoms in kidney patients – why does it matter?

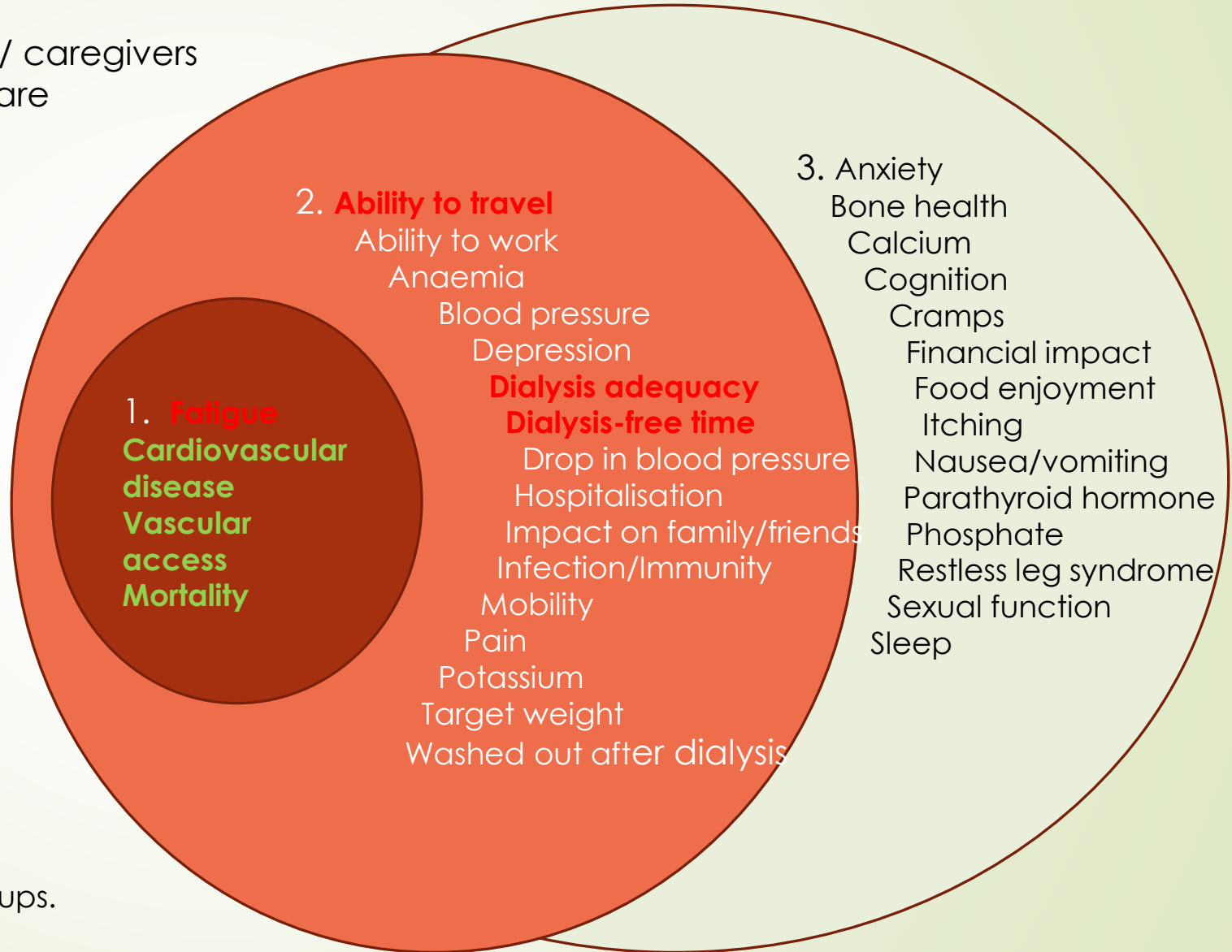


# What matters to patients?

- Top 3 outcomes rated by patients/ caregivers
- Top 3 outcomes rated by healthcare professionals

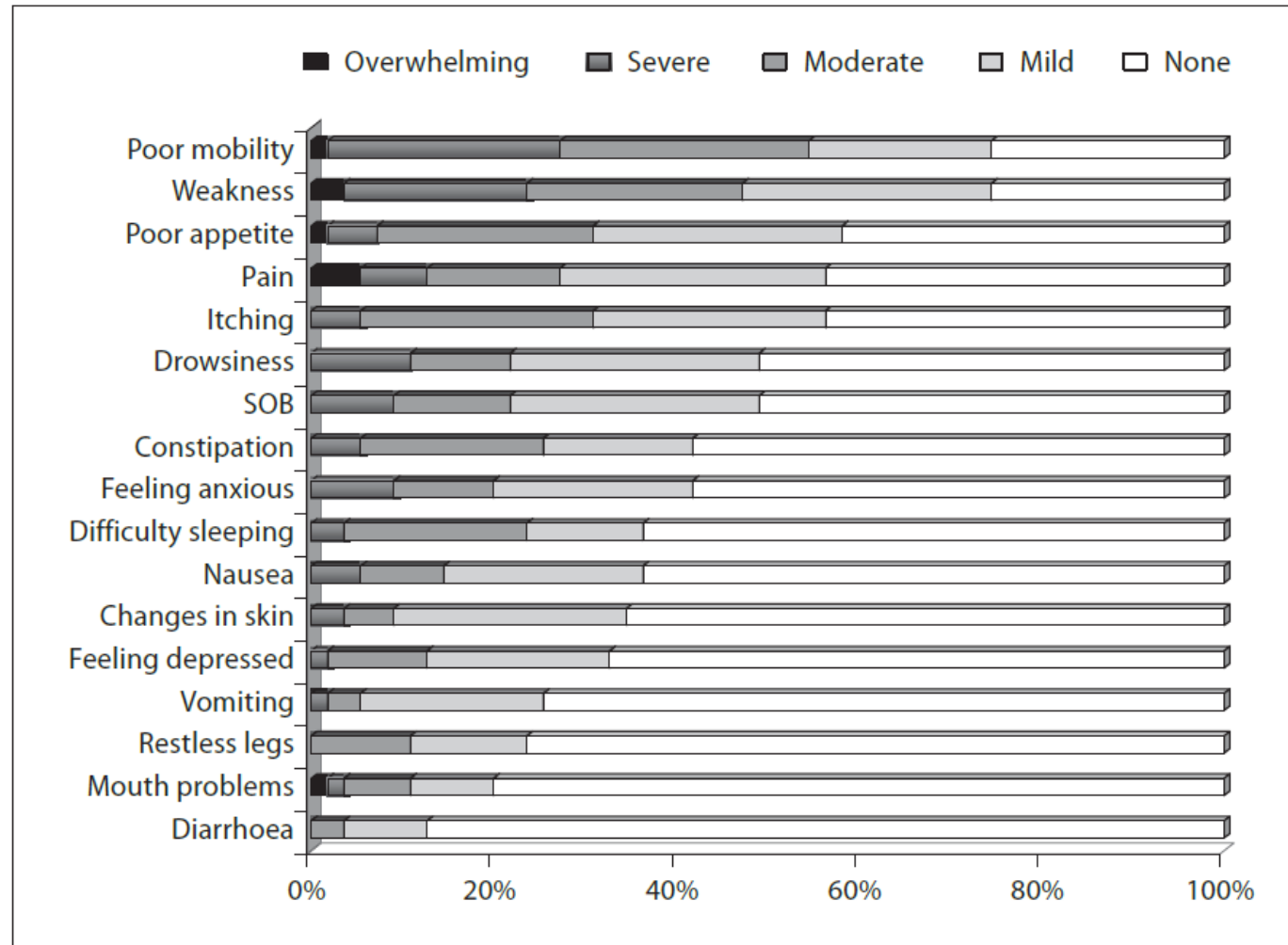


1. Core Outcomes  
Critically important to all stakeholder groups. Report in all trials
2. Middle Tier  
Critically important to some stakeholder groups. Report in some trials
3. Outer Tier  
Important to some or all stakeholder groups. Consider for trials



# Symptoms-What matters to patients

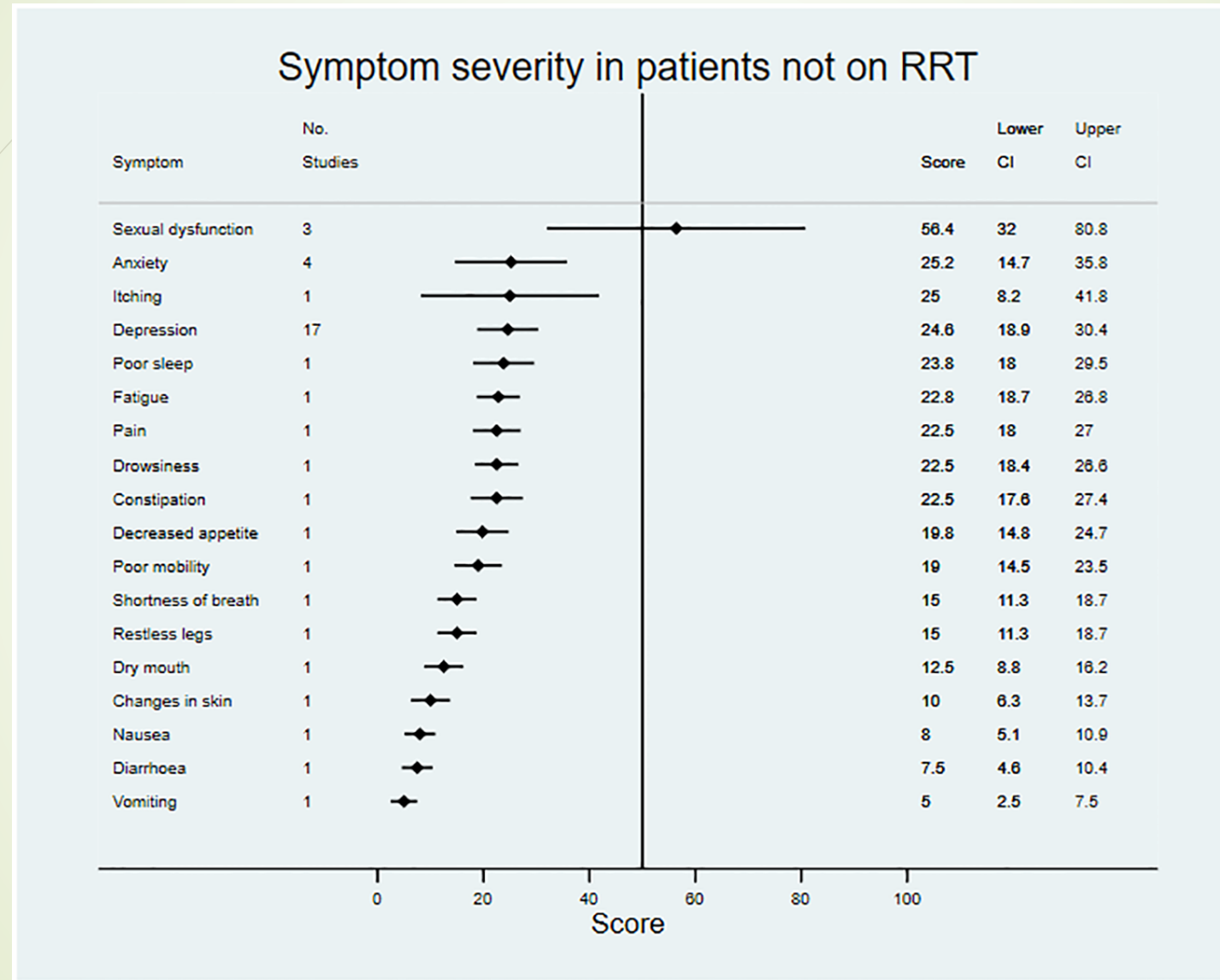
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CKD stage 4 and 5 (non-dialysis)

# Symptoms – What matters to patients

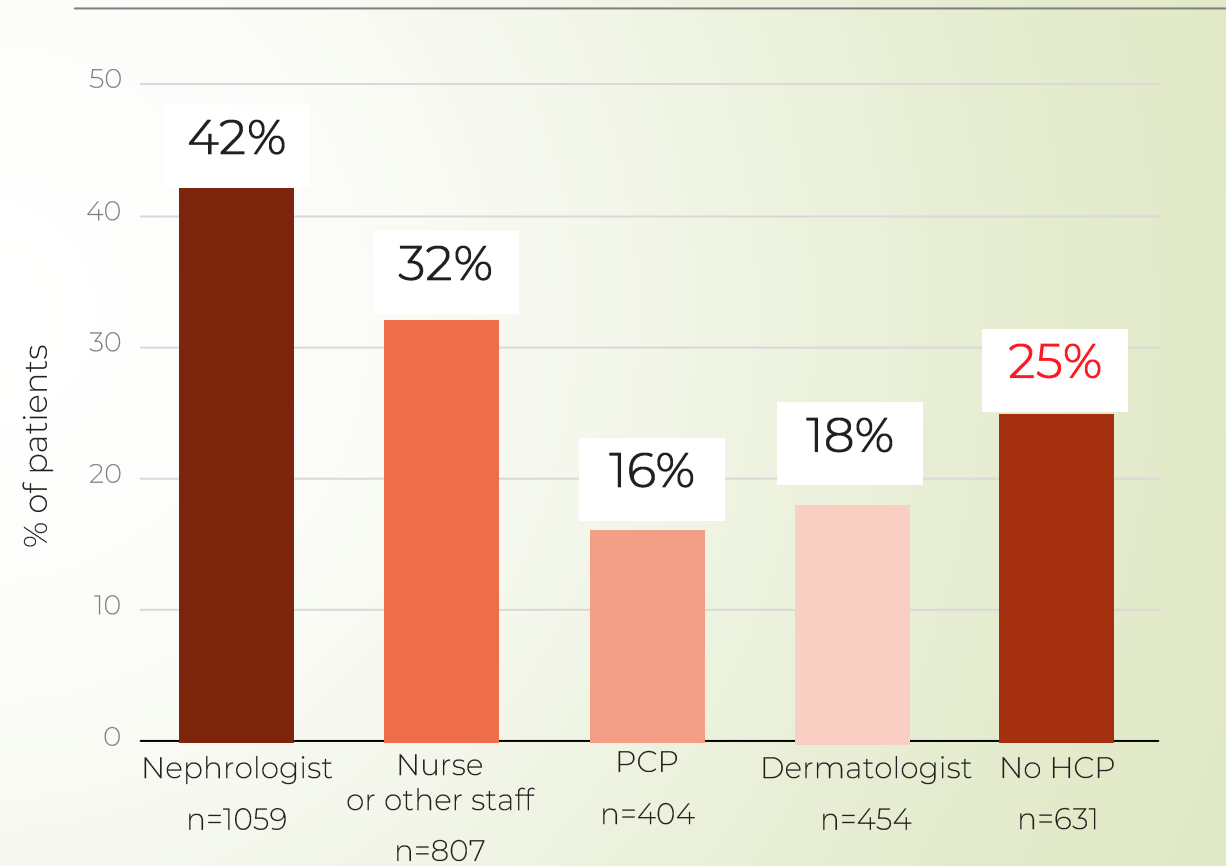
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Fletcher BR, Damery S, Aiyegbusi OL, Anderson N, Calvert M, Cockwell P, et al. (2022). PLoS Med 19(4): e1003954.

# Symptoms are under-reported

To whom patients (n=2522) speak about their itchy skin



Adapted from Rayner et al.<sup>1</sup>

1. Rayner HC et al. *Clin J Am Soc Nephrol.* 2017;12(12):2000–2007 (supplementary)
2. Aresi G et al. *J Pain Symptom Manage.* 2019;58:578–586
3. Rayner HC et al. *Clin J Am Soc Nephrol.* 2017;12(12):2000–2007

# Impact of fatigue...

"Some days you aren't going to feel on top of the world. But my wife just said, I'm sorry, I don't accept that. That was her way of dealing with it. I think that may have contributed to what happened [divorce]."

"I've got no energy whatsoever and it's a bit like having a big, heavy weight on you... I feel like I've got a big, heavy load on me and I'm just so tired."

'My greatest interest was travelling, and that's just over now ... I sit here and long to go somewhere'

"You get off the machines ... The rest of the day is trying to recover, get that energy back that you lose to this machine."

# How do we assess symptoms?

- Lots of scores out there – what do people use?
- Examples....

Kidney Disease Quality of Life-36 (KDQOL-36)

Physical Symptom Distress Scale

CKD Symptom Burden Index

The KSB-Q focuses on nine key symptom areas:

- Fatigue
- Pain
- Memory/concentration issues
- Poor sleep
- Skin problems
- Gastrointestinal issues
- Dizziness
- Restless legs
- Shortness of breath

Q2. Below is a list of symptoms, which you may or may not have experienced. For each symptom, please tick the box that best describes how it has affected you over the past week?

	Not at all	Slightly	Moderately	Severely	Overwhelmingly
Pain	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Shortness of breath	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Weakness or lack of energy	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Nausea (feeling like you are going to be sick)	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Vomiting (being sick)	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Poor appetite	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Constipation	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Sore or dry mouth	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Drowsiness	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Poor mobility	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Itching	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Difficulty Sleeping	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Restless legs or difficulty keeping legs still	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Changes in skin	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Diarrhoea	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

Please list any other symptoms not mentioned above, and tick the box to show how they have affected you over the past week?

1. Taste Changes (Describe)	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
2. _____	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
3. _____	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

# Case Study

- ▶ Samantha – 56 years old
- ▶ CKD secondary to diabetic nephropathy
- ▶ Hypertension
- ▶ Diabetic retinopathy and neuropathy
- ▶ Ischaemic heart disease
- ▶ Raised BMI
- ▶ eGFR 12ml/min/1.73m<sup>2</sup>
- ▶ Lives with husband John who works
- ▶ Coping at moment without carers

**How might you start addressing these symptoms?**

▶ Severe or overwhelming symptoms:

- ▶ Pain
- ▶ Itching
- ▶ Restless legs
- ▶ Constipation
- ▶ Nausea
- ▶ Weak, lack of energy limiting her activity
- ▶ Poor sleep

Current medicines:

Codeine 60mg three times daily

Paracetamol 1g four times daily

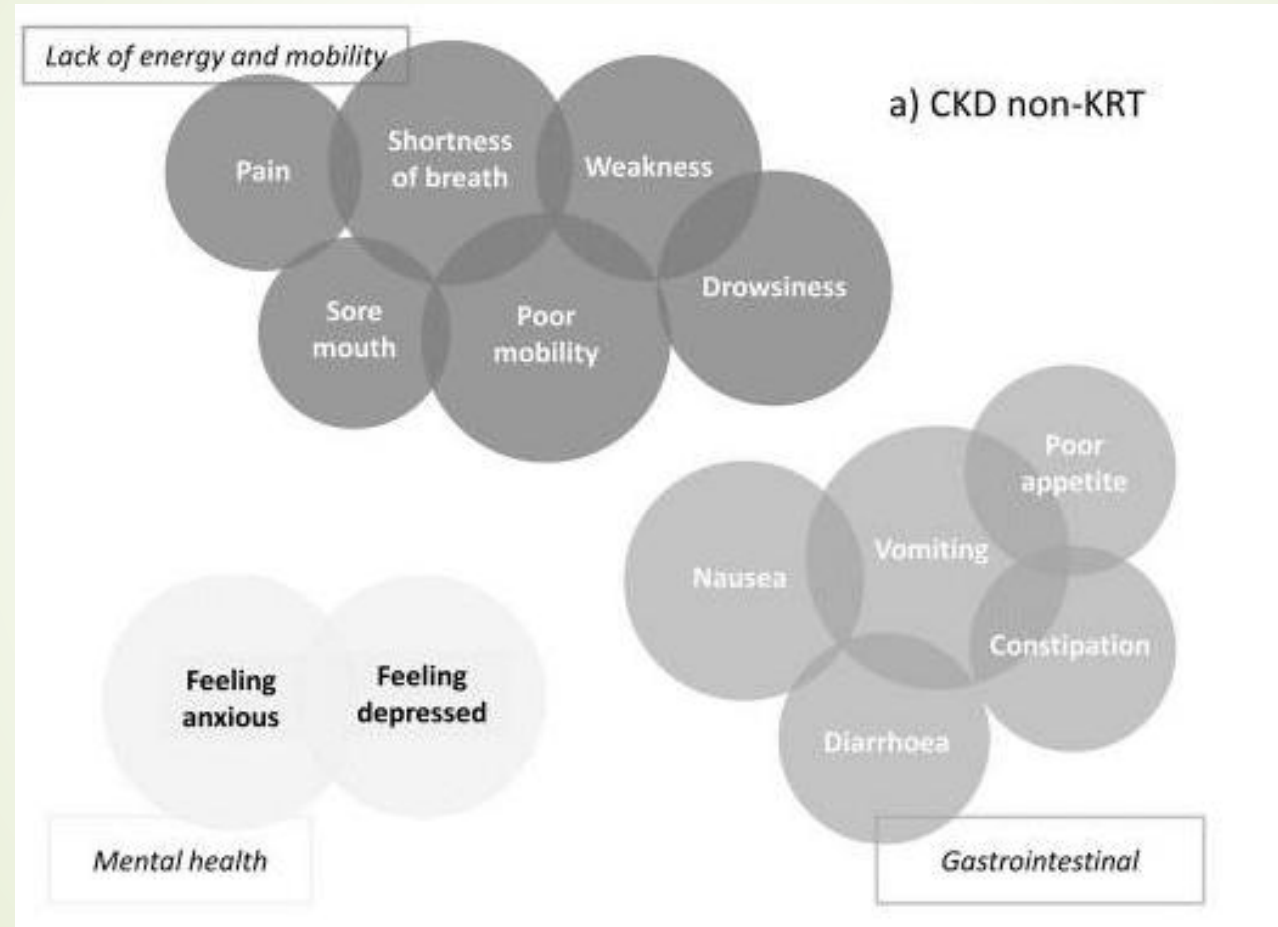
Senna two tablets night

Zopiclone 7.5mg night

Cyclizine 50mg three times daily when required

Plus: Aspirin, atorvastatin, linagliptin, glargine insulin, bisoprolol, ramipril, furosemide, darbepoetin every 2 weeks

# Symptom clusters



# Pain

- What type of pain? (Diabetic with neuropathy)
- Severity
- What choices do we have?
- Side effects/counselling

Analgesic Step		Options & Doses						
<b>1st line</b>	<i>Non-opioid analgesia</i>	<b>Paracetamol 1 g QDS</b> Consider <b>500 mg QDS</b> in the very elderly, frail, weight <50 kg, or with liver impairment						
<b>2nd line</b>	<i>Weak opioids+ paracetamol (choice as per local formulary / preference)</i>	<table border="1"> <tr> <td>Codeine</td> <td>15mg up to QDS</td> </tr> <tr> <td>Dihydrocodeine</td> <td>30mg up to QDS</td> </tr> <tr> <td>Tramadol</td> <td>50mg up to TDS</td> </tr> </table> <b>If pain is chronic and responding:</b> <b>Buprenorphine patch</b> 5 micrograms/hr weekly (≈ 60 mg codeine/day)	Codeine	15mg up to QDS	Dihydrocodeine	30mg up to QDS	Tramadol	50mg up to TDS
Codeine	15mg up to QDS							
Dihydrocodeine	30mg up to QDS							
Tramadol	50mg up to TDS							
<b>3rd line:</b>	<i>Strong opioids + paracetamol</i>	<b>Oxycodone</b> – 1mg–2mg up to <b>QDS</b>  <b>If pain is chronic and responding to a strong opioid:</b> <b>Fentanyl patch</b> 12 micrograms/hr (≈ 60 mg oral oxycodone/day)						

## Neuropathic pain

Gabapentin 100mg at night or alternate night. Can titrate as tolerate to 300mg night

Pregabalin 25mg alt night or at night. Titrate gradually. Usual max 75mg night

Duloxetine 30mg night. Maximum 60mg night

Amitriptyline 10mg night. Titrate.



# Itch

- ▶ Other information about the itch?
- ▶ Causes?
- ▶ What might you use?
  
- ▶ Emollients – any
- ▶ CKD-MBD management
- ▶ Opioids review
- ▶ ?RRT need
- ▶ Mirtazepine/SSRIs
- ▶ ?antihistamines (sedating if not sleeping)
- ▶ Montelukast
- ▶ IV Iron



# Restless legs

- ▶ Causes?
- ▶ How might you treat?
- ▶ Counselling points?
  
- ▶ Uremia, thyroid disease, iron deficiency, folate, medications (e.g. antidepressants SSRIs/SNRIs, antihistamines, metoclopramide)
- ▶ Increase exercise, reduce caffeine/nicotine
- ▶ Pharmacological treatment:
- ▶ Small doses of pramipexole 88microg night or ropinirole 0.5mg night
- ▶ Clonazepam 0.5mg night
- ▶ Gabapentin 100mg night or alt night, Pregabalin 25mg night or alt night



# Constipation/Nausea

- ▶ Causes?
- ▶ Treatment?
  
- ▶ Stop codeine?
- ▶ Uraemia ? Need RRT
- ▶ ?gastroparesis/bacterial overgrowth – diabetic



# Sleep

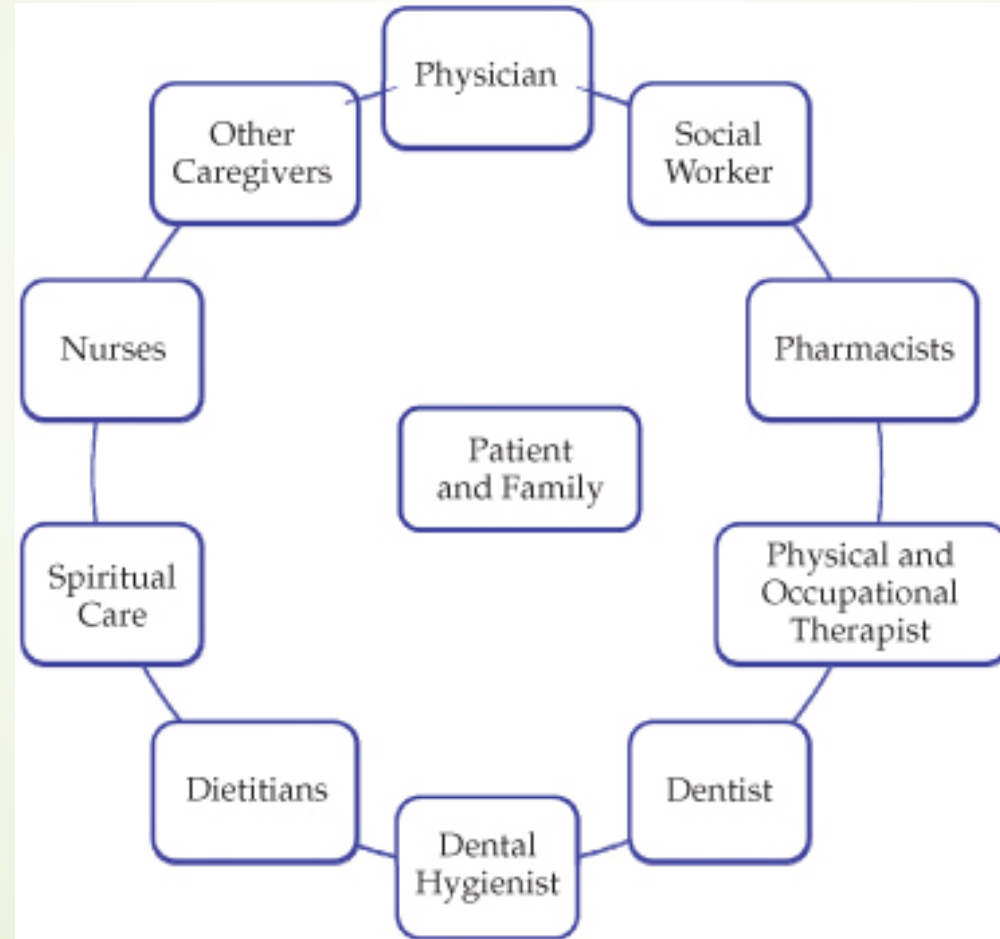
- ▶ How would you treat?
- ▶ Sleep hygiene (?daytime naps)
- ▶ Could be combination of pain/itch/GI symptoms
- ▶ Manage other symptoms first (e.g. mirtazapine for itch may help sleep, caution with RLS)



# Fatigue

- ▶ Contributing factors in this case?
- ▶ Complex symptom
  
- ▶ Exercise – PT
- ▶ OT support
- ▶ Psychology?
- ▶ Social worker support
- ▶ Medicines (opioids, bisoprolol)
- ▶ Anaemia management
- ▶ Vitamin D

# Requires multidisciplinary input





Takeaways from today?





# Tea break



## Second interactive workshop 14.45– 15.35

<p><b>How people make choices/ shared decision-making</b> Room: Connect (floor 4) Dr Anna Winterbottom Dr Jyoti Baharani</p>	<p><b>Smooth transition onto home dialysis</b> Room: Develop (floor 3) Dr Mark Lambie Julie Oliver &amp; Elaine Gibson</p>	<p><b>Transplant workup pathways - new BTS guideline for cardiac assessment</b> Room: Innovate (Main Room, floor 3) Prof Adnan Sharif Dr Shivanand Chavan</p>
<p><b>Psychosocial care in AKC</b> Room: Achieve (floor 3) Dr Janette Moran</p>	<p><b>Improving quality of life with symptom management</b> Room: Room: Escape (floor 4) Dr Kathrine Parker Prof. Helen Hurst</p>	

Grab a coffee and check out the industry room – Room BOND 4<sup>th</sup> Floor

# Third interactive workshop 15.35– 16.25

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