

**NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®)**

# **Adult Cancer Pain**

Version 2.2016

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# NCCN Guidelines Version 2.2016 Panel Members

## Adult Cancer Pain

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[Discussion](#)

\* Robert A. Swarm, MD/Chair  $\phi$   $\pounds$   
Siteman Cancer Center at Barnes-  
Jewish Hospital and Washington  
University School of Medicine

Doralina L. Anghelescu, MD  $\phi$   $\pounds$   
St. Jude Children's Research Hospital/  
The University of Tennessee  
Health Science Center

Costantino Benedetti, MD  $\phi$   $\pounds$   
The Ohio State University Comprehensive  
Cancer Center - James Cancer Hospital  
and Solove Research Institute

Sorin Buga, MD  $\pounds$   
City of Hope  
Comprehensive Cancer Center

Marcin Chwistek, MD  $\pounds$   
Fox Chase Cancer Center

Charles Cleeland, PhD  $\theta$   $\pounds$   
The University of Texas  
MD Anderson Cancer Center

David Craig, PharmD  $\pounds$   
Moffitt Cancer Center

Mellar Davis, MD  $\dagger$   
Case Comprehensive Cancer Center/  
University Hospitals Seidman Cancer Center  
and Cleveland Clinic Taussig Cancer Institute

Oscar A. deLeon-Casasola, MD  $\phi$   $\pounds$   
Roswell Park Cancer Institute

June G. Eilers, PhD, APRN #  
Fred & Pamela Buffett Cancer Center

Nora A. Janjan, MD, MPSA, MBA  $\S$   
The University of Texas  
MD Anderson Cancer Center

Arif H. Kamal, MD  $\dagger$   $\pounds$   
Duke Cancer Institute

Mihir M. Kamdar, MD  $\rho$   $\pounds$   
Massachusetts General  
Hospital Cancer Center

Maureen Lynch, MS, APRN  $\pounds$  #  
Dana-Farber/Brigham and  
Women's Cancer Center

Sean Mackey, MD, PhD  $\phi$   
Stanford Cancer Institute

M. Rachel McDowell, MSN, ACNP-BC #  
Vanderbilt-Ingram Cancer Center

Natalie Moryl, MD  $\rho$   $\pounds$   
Memorial Sloan Kettering Cancer Center

Lisle M. Nabell, MD  $\ddagger$   $\dagger$   
University of Alabama at Birmingham  
Comprehensive Cancer Center

Suzanne Nesbit, PharmD, BCPS  $\pounds$   $\Sigma$   
The Sidney Kimmel Comprehensive  
Cancer Center at Johns Hopkins

Judith A. Paice, PhD, RN #  $\pounds$   
Robert H. Lurie Comprehensive Cancer  
Center of Northwestern University

Andrew Putnam, MD  $\pounds$   
Yale Cancer Center/Smilow Cancer Hospital

Michael W. Rabow, MD  $\rho$   $\pounds$   
UCSF Helen Diller Family  
Comprehensive Cancer Center

Eric Roeland, MD  $\dagger$   $\pounds$   
UC San Diego Moores Cancer Center

Jill Sindt, MD  $\pounds$   $\phi$   
Huntsman Cancer Institute  
at the University of Utah

Karen L. Syrjala, PhD  $\theta$   $\pounds$   
Fred Hutchinson Cancer Research Center/  
Seattle Cancer Care Alliance

Susan G. Urba, MD  $\dagger$   $\pounds$   
University of Michigan  
Comprehensive Cancer Center

Jeanie M. Youngwerth, MD  $\rho$   $\pounds$   
University of Colorado Cancer Center

### NCCN

Karin G. Hoffmann, RN, CCM  
Jillian Scavone, PhD

$\phi$  Anesthesiology  
 $\pounds$  Supportive care including palliative, pain  
management, pastoral care, and oncology social work  
 $\dagger$  Medical oncology  
 $\rho$  Internal medicine  
 $\theta$  Psychiatry, psychology, including health behavior  
# Nursing  
 $\S$  Radiotherapy/Radiation oncology  
 $\Sigma$  Pharmacology  
 $\Psi$  Neurology/neuro-oncology  
 $\ddagger$  Hematology/Hematology oncology  
\* Discussion section writing committee

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**Clinical Trials:** NCCN believes that the best management for any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.

To find clinical trials online at NCCN Member Institutions, [click here: nccn.org/clinical\\_trials/physician.html](#).

**NCCN Categories of Evidence and Consensus:** All recommendations are category 2A unless otherwise specified.

See [NCCN Categories of Evidence and Consensus](#).

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# NCCN Guidelines Version 2.2016 Updates

## Adult Cancer Pain

Updates in Version 2.2016 of the NCCN Guidelines for Adult Cancer Pain from Version 1.2016 include:

### MS-1

- The Discussion section was updated to reflect the changes in the algorithm.

Updates in Version 1.2016 of the NCCN Guidelines for Adult Cancer Pain from Version 2.2015 include:

### PAIN-1

- Pain Definition was revised: “Pain is defined by the International Association for the Study of Pain (IASP) as an unpleasant, **multidimensional**, sensory, and emotional experience associated with actual or potential tissue damage, or described in relation to such damage.”
- Principles of Cancer Pain Management
  - ▶ General
    - ◇ 3rd bullet was revised: “A multidisciplinary team *is optimal*”
    - ◇ 5th bullet was revised: “Specific educational material must be provided to the patient and family/caregiver *in an understandable language and format.*”
- Management/Intervention
  - ▶ 1st bullet was revised: “Goals of pain management are highlighted by the “4A’s of pain management outcomes:
    - ◇ Optimize analgesia
    - ◇ Optimize activities of daily living
    - ◇ Minimize adverse effects (see [Pain E](#))
    - ◇ Avoid aberrant drug taking (see [Pain F](#))”
  - ▶ Footnote “c” added: “*Passik SD, Kirsh KL, Whitcomb L et al. A new tool to assess and document pain outcomes in chronic pain patients receiving opioid therapy. Clin Ther 2004;26(4):552-61. <http://www.ncbi.nlm.nih.gov/pubmed/15189752>.*”

### PAIN-2

- Universal Screening, “If no pain” statement was revised: “Rescreen at each subsequent **visit contact**”

### PAIN-5

Initial Dose:

- For “Oral (peak effect 60 min)” and “Intravenous bolus (peak effect 15 min or PCA)”, footnote “h” was added: “*Continuation of patient’s previous opioid could be considered or upward titration to accommodate dose requirements could be warranted.*”
- Footnote “i” was added: “*Doses are supplemental to long-acting (chronic) opioid dose.*”

### PAIN-A (1 of 2)

- Pain Intensity Rating
  - ▶ 1st bullet was revised: “Pain intensity rating scales can be used as part of universal screening and comprehensive pain assessment. At minimum, patients should be asked about “current” pain, as well as “worst” pain, “~~usual~~” “average” pain, and “least” pain in the past 24 hours. For each pain intensity rating, use one of the scales below.”

### PAIN-B

- Analgésics
  - ▶ 2nd sub-bullet revised: “If procedure or transportation precludes continuation of IV PCA, give prescribed IV bolus dose **immediately** 10 minutes before procedure/transport and consider administering a subcutaneous dose equivalent to 2-h basal infusion rate.”

### PAIN-C (1 of 3)

- Comprehensive pain assessment, the 2nd bullet was revised: “The goal of the comprehensive pain assessment is to find the cause of the pain and identify optimal therapies. Individualized *pain treatment of the pain* is based on the ~~characteristics, cause of pain, etiology and characteristics of pain~~, the patient’s clinical condition, and patient-centered goals of care.”

**PAIN-C (2 of 3)**• **Psychosocial Support**▶ **Risk factors**

- ◇ 4th sub-bullet was revised: “Risk factors for aberrant use or diversion of pain medication See PAIN-E (3 of 12)”
- ◇ 4th sub-bullet, entry 1 was revised: “Patient, environmental, and social factors as identified by a detailed patient evaluation and/or screening tools at *initiation of care* (eg, SOAPP-R, ORT) and *monitoring of ongoing analgesic use* (eg, COMM). See PAIN-E (2 of 12)”

- ▶ Footnote “4” was added: “Meltzer EC, et al. *Identifying prescription opioid use disorder in primary care: diagnostic characteristics of the current opioid misuse measure (COMM)*. PAIN 2011;152(2):397-402.”

**PAIN-E (1 of 12)**• **General Principles**

- ▶ 1st bullet was revised: “The appropriate *opioid* dose is the dose that relieves the patient’s pain *and maximizes his or her function* throughout the dosing interval without causing unmanageable adverse effects.”
- ▶ 4th bullet was revised: “Calculate dosage increase based upon total opioid dose (around-the-clock/scheduled and as needed) taken in the previous 24 hours and increase both around-the-clock and as-needed dose as required. The rapidity of dose escalation should be related to the severity of the symptoms and expected analgesic onset and duration. ~~Particular attention should be paid to early recognition of ineffective analgesia following rapid escalation of doses.~~ *Consider pain or palliative care consult if pain is poorly controlled despite rapid opioid dose escalation.* See Management of Pain in Opioid-Tolerant Patients (PAIN-5) and (PAIN-6).”

**PAIN-E (1 of 12) continued**• **General Principles**

- ▶ 9th bullet was revised: “Consider opioid rotation if pain is inadequately controlled despite adequate dose titration or there are persistent adverse effects from current therapy. Other indications for switching to a different opioid include: out-of-pocket costs, limitations based upon insurance formularies, or change in a patient’s condition (eg, dysphagia, NPO status, initiation of tube feeding). *Consider referral to palliative medicine or pain specialist.*”
- ▶ New bullet was added: “*Initial patient evaluation should include assessment of risk factors for aberrant use of pain medications by detailed patient evaluation and/or the use of screening tools (eg, SOAPP-R, ORT).*”

**PAIN-E (2 of 12)**• **Opioids And Risk Evaluation And Mitigation Strategy (REMS)**

- ▶ Recommendations of proposed opioid REMS programs
  - ◇ 2nd sub-bullet was revised: “Prescriber should *routinely* evaluate each patient for risk factors associated with opioid misuse or abuse.”
  - ◇ 5th sub-bullet was added: “*Make use of state prescription drug monitoring programs if available. The Alliance of States with Prescription Monitoring Programs, ([www.pmpalliance.org](http://www.pmpalliance.org)) have operational PDMPs that have the capacity to receive and distribute controlled substance prescription information to authorized users.*”

### [PAIN-E \(3 of 12\)](#)

- “Table 1 Glossary of Terms Related to Opioid Use” was extensively revised.

### [PAIN-E \(5 of 12\)](#)

- “*Strategies To Maintain Patient Safety And Minimize The Risk Of Opioid Misuse And Abuse During Chronic Opioid Use*” is a new page to the guideline.

### [PAIN-E \(6 of 12\)](#)

- **Opioid Principles, Prescribing, Titration, Maintenance, and Safety**, Footnote “9” was revised: “Codeine has no analgesic effect unless it is metabolized into morphine by *hepatic enzyme CYP2D6 and then to its active metabolite morphine-6-glucuronide by Phase II metabolic pathways*. Individuals with low CYP2D6 activity may receive no analgesic effect from codeine, but rapid metabolizers may experience toxicity from higher morphine production. Dosage must be monitored for safe limits as it may be available in combination with acetylsalicylic acid (ASA) or acetaminophen. Dose listed refers only to opioid portion.”

### [PAIN-E \(7 of 12\)](#)

- **Mixed-mechanism drugs**, 3rd bullet was added: “*Tramadol and tapentadol should be used with caution or avoided in patients taking other serotonergic or MAOI-like medications (eg, TCAs, SSRIs, MAOIs) due to risk of serotonin syndrome.*”

### [PAIN E \(8 of 12\)](#)

- **Convert Or Rotate From One Opioid To Another Opioid**, statement “7” was added: “*Consider impact of impaired renal function (if present) on clearance of new opioid. See Table 1 on PAIN-E (6 of 12)*”

### [PAIN-E \(9 of 12\)](#)

- **Convert Or Rotate From Another Opioid To Transdermal Fentanyl**
  - ▶ Statement “2”, “For conversion from oral morphine to transdermal fentanyl, consider ratio of ...” was revised:
    - ◇ “2 mg/d oral morphine: 1 mcg/h of transdermal fentanyl patch” was removed and replaced with “200 mg/d oral morphine = 100 mcg/h fentanyl patch.”
    - ◇ “See Table 1 ([PAIN-E 6 of 12](#)) for converting other opioids to morphine equivalent with subsequent conversion to transdermal fentanyl” was moved to last sentence.”
  - ▶ Statement “3” was revised: ~~Conversion ratio is not to be used for converting from fentanyl patch to oral morphine.~~ “Clinical data are unavailable to recommend specific ratio to convert from fentanyl to oral morphine.”
- **Special Notes Regarding Transdermal Fentanyl**
  - ▶ 2nd bullet was revised: “Fever, topical application of heat (~~such as heat from heat lamps, electric blankets, etc.~~), or extreme exertion may accelerate transdermal fentanyl absorption and are contraindications for transdermal fentanyl. Avoid exposing the fentanyl transdermal system application site and surrounding area to direct external heat sources. Temperature-dependent increases in fentanyl release from the system may result in overdose and death.”
  - ▶ 3rd bullet was added: “Transdermal fentanyl patch should not be punctured or cut.”

### [PAIN-E \(10 of 12\)](#)

- **Case example of converting oral morphine to transdermal fentanyl patch**, 2nd statement was revised: “Using the conversion ratio of ~~2 mg/d oral morphine: 1 mcg/h of transdermal fentanyl patch~~ 200 mg/d oral morphine = 100 mcg/h fentanyl patch; 60 mg/d oral morphine is approximately 30 mcg/h transdermal fentanyl patch. Round down to the closest equivalent patch, in this case 25 mcg/h.”

# NCCN Guidelines Version 2.2016 Updates

## Adult Cancer Pain

### PAIN-E (11 of 12)

#### • Special Notes Regarding Oral Methadone

- ▶ 5th bullet was revised: *“Without a consultation with a pain or palliative care specialist, methadone may be titrated up every 5 to 7 days, usually by 5 mg/dose. If more rapid titration is desired, consult with pain or palliative care specialist.”*
- ▶ 7th bullet was revised: ~~Because methadone is associated with QTc prolongation, a baseline and follow-up electrocardiogram (ECG) is recommended for methadone doses >100 mg/d and for patients with cardiac disease, or when methadone is used in patients taking other medications also known to prolong QTc (including tricyclic anti-depressants), if consistent with patient’s goals of care. QTc ≥450 may indicate need to reduce or discontinue methadone dose. “EKG should be considered prior to initiation of methadone and should always be performed prior to initiation of methadone in patients who have risk factors for increased QTc. Also, methadone should not be used with QTc > 500 and alternate opioids are recommended with QTc 450–500. Consider EKG when doses exceed 30–40 mg/d and again with dose of 100mg/d. Obtain follow-up EKGs in patients with risk factors for prolonged QTc after initiation of methadone.”~~
- ▶ Footnote “18” was added: Chou R, Cruciani RA, Fiellin DA, et al. Methadone safety: A clinical practice guideline from the American Pain Society and college on problems of drug dependence, in collaboration with the Heart Rhythm Society. *J Pain* 2014;15(4):321-337 ([http://www.jpain.org/article/S1526-5900\(14\)00522-7/fulltext](http://www.jpain.org/article/S1526-5900(14)00522-7/fulltext))”
- ▶ 8th bullet was revised: *“The conversion ratios in Table 2 (Pain-E 12 of 12) should NOT be used in converting from methadone to other opioids. Methadone conversion can be complex and must be individualized for each patient, and assistance from a practitioner familiar with opioid prescribing is recommended. Consult with a pain specialist or a pain specialist is recommended.”*

### PAIN-E (12 of 12)

- Table 2. Dose Conversion Ratios for Total 24-hour Oral Morphine to Oral Methadone, footnote “12” was added: *“The suggested conversion ratios are general recommendations. Those with clinical expertise in prescribing methadone for management of pain in advanced cancer may use a different conversion.”*

### PAIN-F (1 of 3)

#### • Constipation

##### ▶ Preventive measures

- ◇ 1st sub-bullet was revised: *“Stimulant laxative ± stool softener (eg, senna ± docusate, 2 tablets every morning; maximum 8–12 tablets per day of senna)”*
- ◇ 2nd sub-bullet was revised: *“Polyethylene glycol (4-capsul/8-oz water PO two times a day) 17gm = 1 heaping tablespoon in 8oz water PO twice daily”*
- ◇ 3rd bullet was revised: *“While maintaining adequate dietary fiber intake is recommended, supplemental medicinal fiber such as psyllium (eg, Metamucil) is unlikely to control opioid-induced constipation and is not recommended may worsen constipation”*

##### ▶ If constipation persists

- ◇ 1st bullet was revised: *“Reassess for the cause and severity of constipation, rule out bowel obstruction and hypercalcemia, and evaluate for impact of other medications potentially associated with constipation”*
- ◇ 8th bullet was revised: *“When response to laxative therapy has not been sufficient for opioid-induced constipation in patients with advanced illness, consider methylnaltrexone, 0.15 mg/kg subcutaneously, maximum one dose per day. Other second-line agents include lubiprostone and naloxegol (FDA approved for opioid-induced constipation), and linaclotide (FDA approved for idiopathic constipation).”*

**PAIN-F (2 of 3)**

- **If nausea develops**
  - ▶ 2nd bullet was revised: “Consider prochlorperazine, 10 mg PO every 6 hours as needed; or metoclopramide, 10–15 mg PO 4 times daily as needed; or haloperidol, 0.5–1 mg PO every 6–8 hours as needed. Chronic use of any of these agents may be associated with development of tardive dyskinesia, especially in frail, elderly patients.”
  - ▶ 3rd bullet was moved and revised: “*As an alternative, serotonin antagonists should be considered due to lower risk of CNS adverse effects (eg, ondansetron, 4–8 mg PO 3 times daily oral tablet or orally disintegrating tablet; granisetron, 2 mg PO daily). Use with caution as constipation is an adverse effect.*”
  - ▶ 4th bullet was revised: “Consider orally disintegrating olanzapine, 2.5–5 mg PO daily, for patients with bowel obstruction. *Olanzapine has lower risk of extrapyramidal reactions than typical antipsychotics such as haloperidol.*”
  - ▶ 6th bullet was removed: “Consider adding a serotonin antagonist (eg, ondansetron, 8 mg PO 3 times a day; granisetron, 2 mg PO daily). Use with caution as constipation is an adverse effect.”
- **Pruritus** section was extensively reorganized.
- **Delirium**
  - ▶ 1st bullet was revised: “Assess for other causes of delirium (eg, infection, hypercalcemia, CNS, metastases, other psychoactive medications).”

**PAIN-F (3 of 3)**

- **Sedation**
  - ▶ 1st sub-bullet was revised: “Assess for other causes of sedation (eg, CNS pathology, other sedating medications, hypercalcemia, dehydration, sepsis, infection, hypoxia)”

**PAIN-G (2 of 2)**

- **Antidepressants**
  - ▶ 1st sub-bullet was added: “Check for drug interactions with special regard to serotonergic medications due to risk for serotonin syndrome.”

**PAIN-H**

- **Support**
  - ▶ 5th bullet was revised: “Describe the ~~plan of action~~ *mutually agreed upon plan of care* to be taken and when results can be expected.”
  - ▶ 7th bullet was revised: “Inform patient and family/caregiver that there is ~~ALWAYS~~ *always* something else that can be done to try to adequately manage pain and other noxious symptoms.”
- **Skills training**
  - ▶ 1st sub-bullet was added: “Consider referral to CBT experts in pain management.”

**PAIN-I (1 of 2)**

- **Patient And Family/Caregiver Education ( 1 of 2)**
  - ▶ 2nd bullet was added: “Educational materials should be provided.”
  - ▶ Medication education, 2nd sub-bullet was revised: “Potent analgesics should be taken only as prescribed and by the person for whom the medication is prescribed; advise patients not to self-increase dosage or frequency ~~unless discussed with health care provider~~; and advise patients to contact health care provider if the pain management regimen is not controlling their pain.”

**PAIN-J**

- **Integrative Interventions**
  - ▶ “~~(See PAIN-L)~~” added to first paragraph
  - ▶ 3rd sub-bullet for physical modalities was revised: “~~Physical therapy~~ *Instruction in therapeutic and conditioning exercise*”
  - ▶ 1st sub-bullet for cognitive modalities was added: “*Mindfulness-based stress reduction*”



### [PAIN-K \(1 of 2\)](#)

- **NSAIDs**
  - ▶ 1st bullet was revised: “Use NSAIDs with caution, especially for chronic use, as many oncology patients may be at high risk for renal, GI (ie, upper GI surgery, RT), or cardiac toxicities; thrombocytopenia; or bleeding disorder. <http://www.fda.gov/Drugs/DrugSafety/ucm451800.htm>”
  - ▶ 1st sub-bullet was revised: “Ibuprofen, 400 mg four times a day (daily maximum = 3200 mg); or naproxen 220-500 mg 2-3 times daily maximum (daily maximum of 1500 mg). If needed, consider short-term use of ketorolac, 15–30 mg IV every 6 hours for a maximum of 5 days.”

### [PAIN-K \(2 of 2\)](#)

- **Further NSAID considerations**
  - ▶ 6th sub-bullet was added: “Avoid the use of NSAIDs in the setting of prophylactic or therapeutic anticoagulation.”

### [PAIN-M](#)

- **Interventional consultation**
  - ▶ 1st sub-bullet was revised: “Pain likely to be relieved with nerve block (eg, pancreas/upper abdomen with celiac plexus block, lower abdomen with superior hypogastric plexus block, intercostal nerve, ~~peripheral/plexus nerve~~)”
  - ▶ “Verify that interventional technique will provide sufficient benefit”, sub bullet was added: “If interventional treatment is undertaken and is successful patient may require significant reduction in systemic opioid”
  - ▶ Footnote “1” was added: “Patient prognosis should be communicated to interventional pain colleagues as an important consideration when selecting interventional pain therapies.”



# NCCN Guidelines Version 2.2016

## Adult Cancer Pain

### Pain Definition

Pain is defined by the International Association for the Study of Pain (IASP) as an unpleasant, sensory, and emotional experience associated with actual or potential tissue damage, or described in relation to such damage.<sup>a</sup>

### Principles of Cancer Pain Management

#### General

- There is increasing evidence in oncology that survival is linked to symptom control and that pain management contributes to broad quality-of-life improvement.<sup>b</sup> To maximize patient outcomes, pain management is an essential part of oncologic management.
- Analgesic therapy is done in conjunction with management of multiple symptoms or symptom clusters and the complex pharmacologic therapies that patients with cancer are generally prescribed.
- A multidisciplinary team is optimal.
- Psychosocial support must be available including both emotional and informational support and coping skills training. (See [PAIN-H](#))
- Specific educational material must be provided to the patient and family/caregiver in an understandable language and format. (See [PAIN-I](#))
- Consider the multidimensional impact of “suffering” on patients and their families and address these concerns in a culturally respectful manner.

#### Assessment

- All patients must be screened for pain at each contact. (See [PAIN-2](#))
- Pain intensity must be quantified and quality must be characterized by the patient (whenever possible based on patient communication capacity).
- Comprehensive pain assessment must be performed if new or worsening pain is present and regularly performed for persisting pain. (See [PAIN-C](#))
- Assessment of patient's pain is essential with a rating scale but also includes patient reporting of qualities of the pain, breakthrough pain, treatments used and their impact on pain, patient reporting of adequate comfort, patient reporting of satisfaction with pain relief, provider assessment of adequacy of function, and any special issues for the patient relevant to pain treatment. If necessary, get additional information from family/caregiver regarding pain and impact of function.
- Evaluate patient for risk factors of opioid abuse/misuse.

<sup>a</sup>Merskey H, Bugduk N. Classification of Chronic Pain. Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms. 2nd ed. Seattle, WA: IASP Press; 1994.

<sup>b</sup>Temel JS, Greer JA, Muzikansky A, et al. Early palliative care for patients with metastatic non-small-cell lung cancer. N Engl J Med 2010;363:733-742.

<sup>c</sup>Passik SD, Kirsh KL, Whitcomb L et al. A new tool to assess and document pain outcomes in chronic pain patients receiving opioid therapy. Clin Ther 2004; 26(4):552-61. <http://www.ncbi.nlm.nih.gov/pubmed/15189752>.

**Note:** All recommendations are category 2A unless otherwise indicated.

**Clinical Trials:** NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.

#### Management/Intervention

- Goals of pain management are highlighted by the “4A’s” of pain management outcomes<sup>c</sup>:
    - Optimize Analgesia
    - Optimize Activities of daily living
    - Minimize Adverse effects (see [Pain E](#))
    - Avoid Aberrant drug taking (see [Pain F](#))
  - Comprehensive pain management (addressing the physical and biopsychosocial elements of pain using pharmacologic and non-pharmacologic modalities) is needed as most patients have multiple pathophysiologies and multiple symptoms.
  - Prevention of expected analgesic side effects, especially constipation in the setting of opioid use, is key to effective pain treatment.
  - Optimize patient and family education (See [PAIN-I](#)) and physical and cognitive integrative interventions (See [PAIN-H](#) and [PAIN-J](#)).
  - For acute, severe pain or pain crisis, consider hospital or inpatient hospice admission to achieve patient-specific pain goals.
  - Persistent cancer pain often requires treatment with regularly scheduled analgesics, and supplemental doses of analgesics are often required to manage breakthrough pain.
  - For chronic pain in cancer survivors, See [NCCN Guidelines for Survivorship](#).
- #### Reassessment
- Reassessment of pain intensity must be performed at specified intervals to ensure that the analgesic therapy selected is having the maximum benefit with as few adverse effects as possible.

[See Universal Screening \(PAIN-2\)](#)



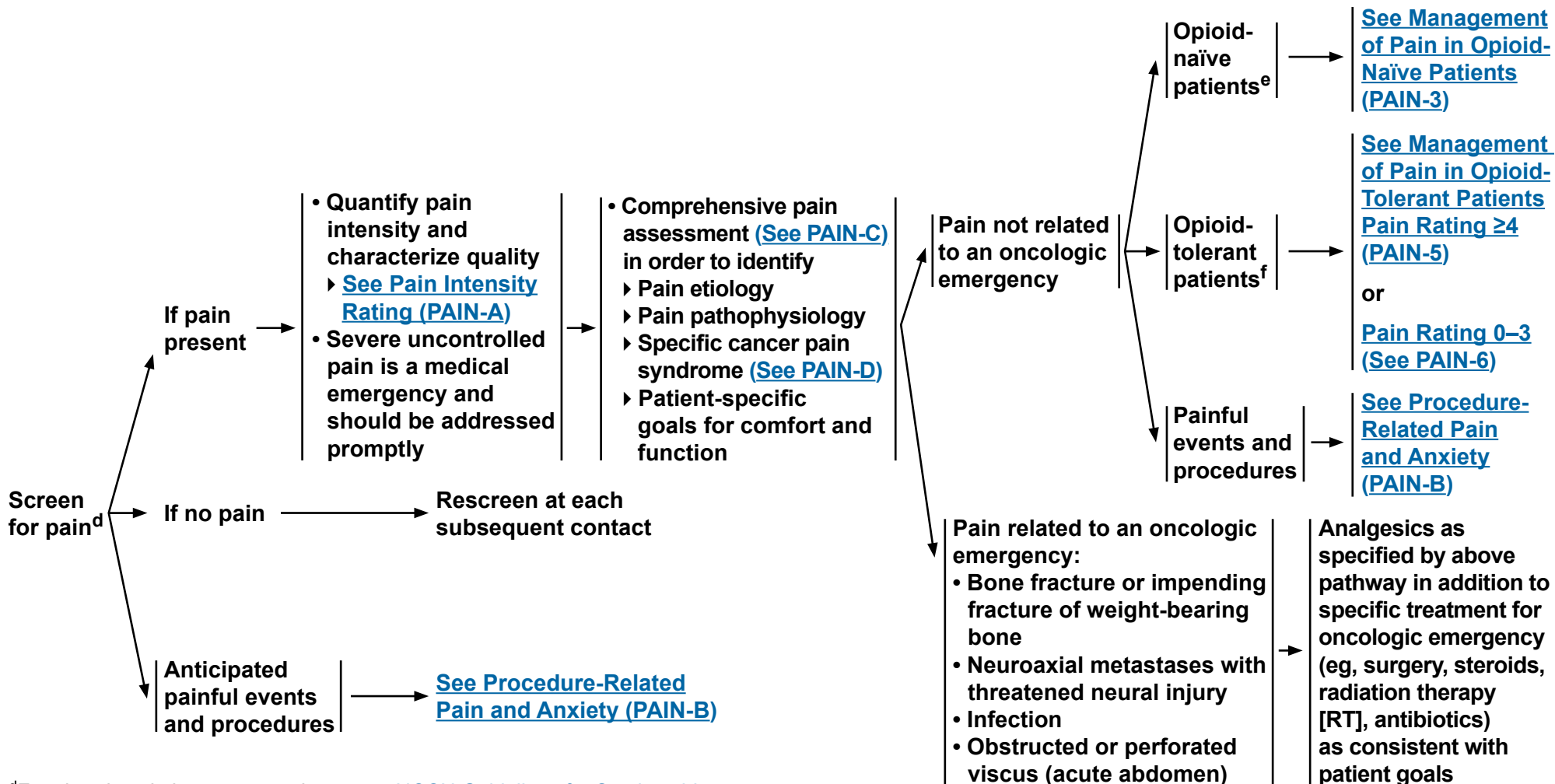
# NCCN Guidelines Version 2.2016

## Adult Cancer Pain

### UNIVERSAL SCREENING

### ASSESSMENT

### MANAGEMENT OF PAIN



<sup>d</sup>For chronic pain in cancer survivors, see [NCCN Guidelines for Survivorship](#).

<sup>e</sup>Opioid naïve includes patients who are not chronically receiving opioid analgesic on a daily basis and therefore have not developed significant tolerance. The FDA identifies tolerance as receiving at least 60 mg of morphine daily, at least 30 mg of oral oxycodone daily, or at least 8 mg of oral hydromorphone daily or an equianalgesic dose of another opioid for a week or longer.

<sup>f</sup>Opioid tolerant includes patients who are chronically receiving opioid analgesic on a daily basis. The FDA identifies tolerance as receiving at least 60 mg of morphine daily, at least 30 mg of oral oxycodone daily, or at least 8 mg of oral hydromorphone daily or an equianalgesic dose of another opioid for a week or longer.

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# NCCN Guidelines Version 2.2016

## Adult Cancer Pain

### PAIN INTENSITY

[See Pain Intensity Rating \(PAIN-A\)](#)

For ALL levels of pain

### MANAGEMENT OF PAIN IN OPIOID-NAÏVE PATIENTS<sup>e</sup>

- For opioid principles, prescribing, titration, and maintenance, ([see PAIN-E](#))
- Anticipate and treat analgesic adverse effects ([See PAIN-F](#))
- Consider adding adjuvant analgesics ([see PAIN-G](#)) for specific pain syndromes ([See PAIN-D](#))
- Provide psychosocial support ([See PAIN-H](#))
- Provide patient and family/caregiver education ([See PAIN-I](#))
- Optimize integrative interventions ([See PAIN-J](#))
- Consider nonsteroidal anti-inflammatory drugs (NSAIDs) or acetaminophen ([See PAIN-K](#))
- For acute, severe pain or pain crisis, consider hospital or inpatient hospice admission to achieve patient-specific goals for comfort and function

Reevaluate pain at each contact and as needed to meet patient-specific goals for comfort, function, and safety

[See Ongoing Care \(PAIN-7\)](#)

Severe Pain 7–10

- See management for *all* levels of pain above AND
- Rapidly titrate short-acting opioid, ([see PAIN-4](#)) for initiating short-acting opioids
  - ▶ Begin bowel regimen ([See PAIN-F](#))

Moderate Pain 4–6

- See management for *all* levels of pain above AND
- Titrate short-acting opioid, ([see PAIN-4](#)) for initiating short-acting opioids
  - ▶ Begin bowel regimen ([See PAIN-F](#))

Mild Pain 1–3

- See management for *all* levels of pain above AND
- Consider titrating short-acting opioid ([See PAIN-E](#))
  - ▶ Begin bowel regimen ([See PAIN-F](#))

Reevaluate pain at each contact and as needed to meet patient-specific goals for comfort, function, and safety

[See Ongoing Care \(PAIN-7\)](#)

<sup>e</sup>Opioid naïve includes patients who are not chronically receiving opioid analgesic on a daily basis and therefore have not developed significant tolerance. The FDA identifies tolerance as receiving at least 60 mg of morphine daily, at least 30 mg of oral oxycodone daily, or at least 8 mg of oral hydromorphone daily or an equianalgesic dose of another opioid for a week or longer.

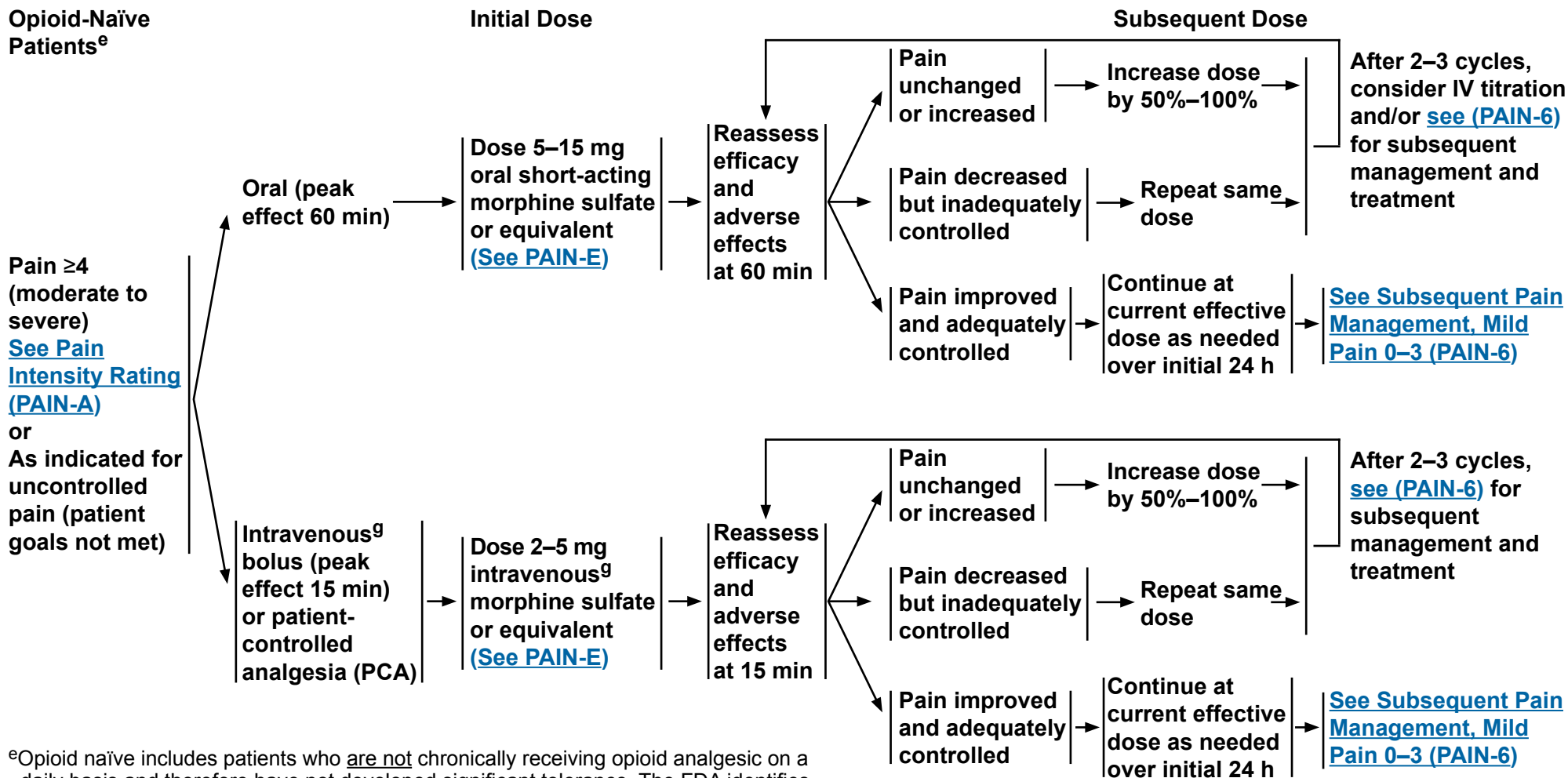
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### INITIATING SHORT-ACTING OPIOIDS IN OPIOID-NAÏVE PATIENTS<sup>e</sup>

Monitor for acute and chronic adverse effects. [See Management of Opioid Adverse Effects \(PAIN-F\)](#)



<sup>e</sup>Opioid naïve includes patients who are not chronically receiving opioid analgesic on a daily basis and therefore have not developed significant tolerance. The FDA identifies tolerance as receiving at least 60 mg of morphine daily, at least 30 mg of oral oxycodone daily, or at least 8 mg of oral hydromorphone daily or an equianalgesic dose of another opioid for a week or longer.

<sup>g</sup>Subcutaneous can be substituted for intravenous; however, peak effect subcutaneously is usually 30 min.

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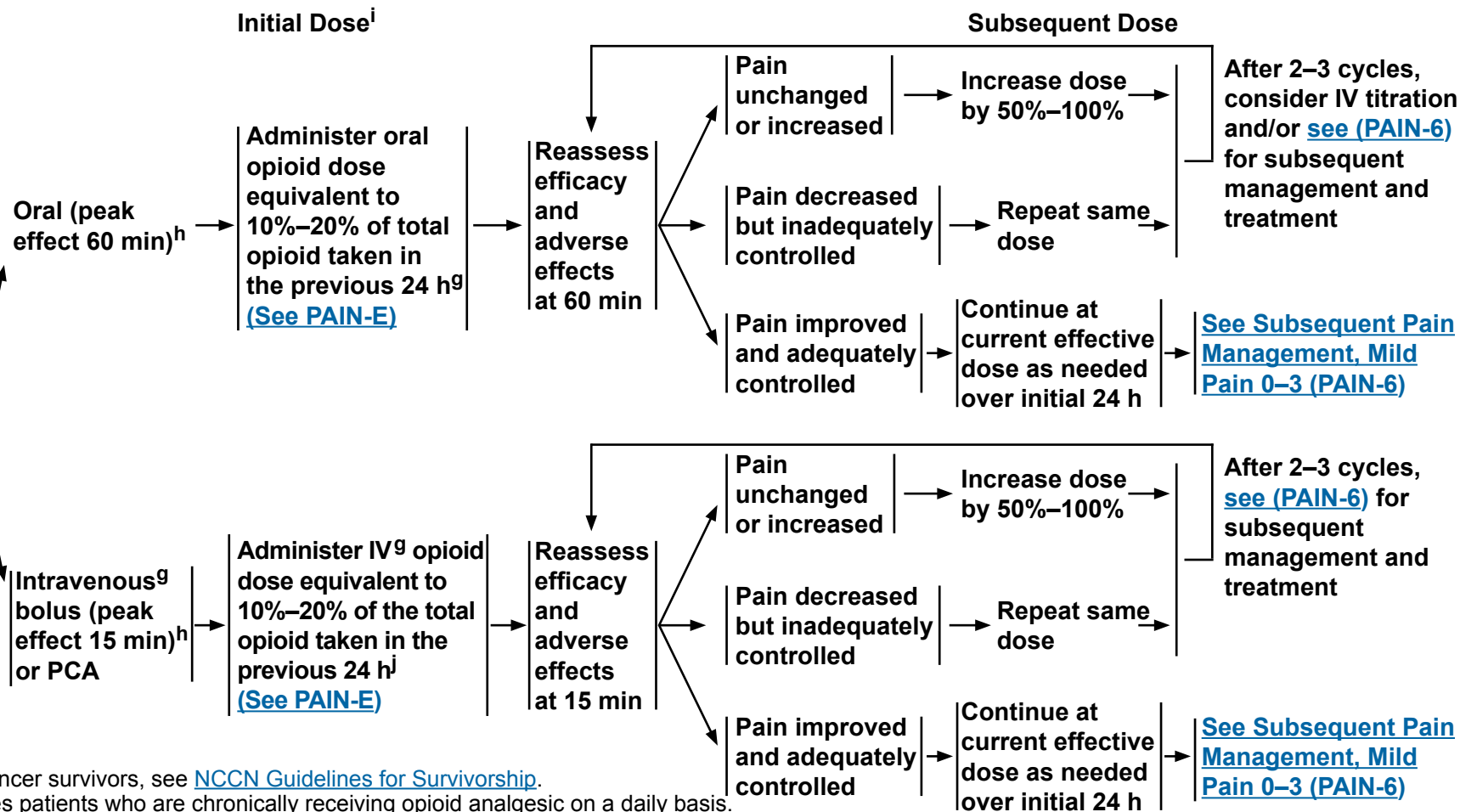


### MANAGEMENT OF PAIN IN OPIOID-TOLERANT PATIENTS<sup>f</sup>

Monitor for acute and chronic adverse effects. [See Management of Opioid Adverse Effects \(PAIN-F\)](#)

Opioid-Tolerant  
Patients<sup>d,f</sup>

Pain  $\geq 4$   
(moderate to  
severe)  
[See Pain  
Intensity Rating  
\(PAIN-A\)](#)  
or  
As indicated for  
uncontrolled  
pain (patient  
goals not met)



<sup>d</sup>For chronic pain in cancer survivors, see [NCCN Guidelines for Survivorship](#).

<sup>f</sup>Opioid tolerant includes patients who are chronically receiving opioid analgesic on a daily basis.

The FDA identifies tolerance as receiving at least 60 mg of morphine daily, at least 30 mg of oral oxycodone daily, or at least 8 mg of oral hydromorphone daily or an equianalgesic dose of another opioid for a week or longer.

<sup>g</sup>Subcutaneous can be substituted for intravenous; however, peak effect subcutaneously is usually 30 min.

<sup>h</sup>Continuation of patient's previous opioid could be considered or upward titration to accommodate dose requirements could be warranted.

<sup>i</sup>Doses are supplemental to long-acting (chronic) opioid dose.

<sup>j</sup>Not including transmucosal fentanyl dose.

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# NCCN Guidelines Version 2.2016

## Adult Cancer Pain

### PAIN INTENSITY

### SUBSEQUENT PAIN MANAGEMENT<sup>f</sup>

### GOALS OF TREATMENT

[See Pain Intensity Rating \(PAIN-A\)](#)

For ALL pain levels →

- For persistent pain, initiate regular schedule of opioid with rescue dose as needed
- Continue management of constipation ([See PAIN-F](#))
- Provide psychosocial support ([See PAIN-H](#))
- Provide patient and family/caregiver education ([See PAIN-I](#))
- Optimize integrative interventions ([See PAIN-J](#))
- Consider adding/adjusting adjuvant analgesics ([See PAIN-G](#))

Severe Pain 7–10 →

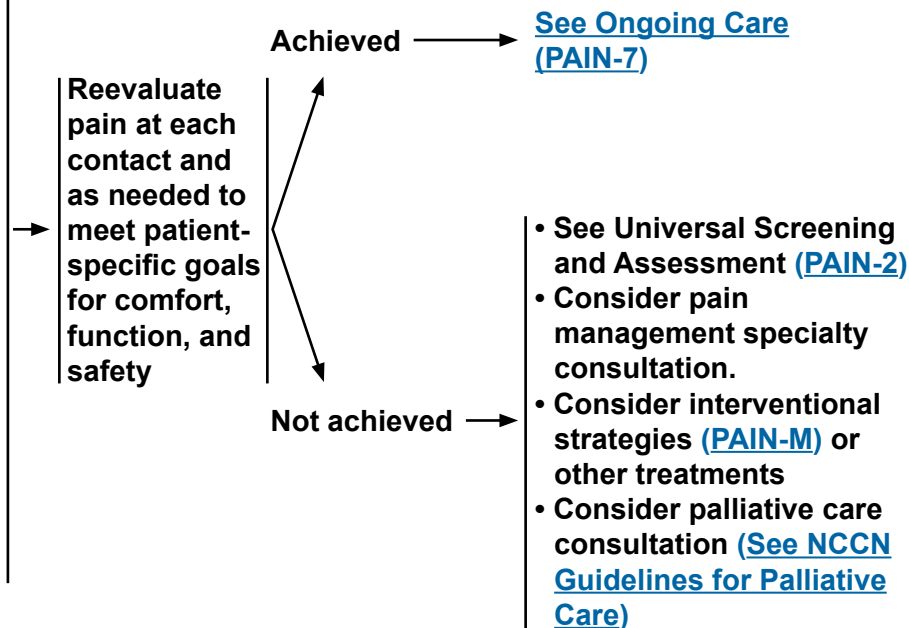
- See management for *all* pain levels above AND
- Reevaluate opioid titration ([See PAIN-E](#))
- Reevaluate working diagnosis with a comprehensive pain assessment ([See PAIN-C](#))
- Consider specific pain syndrome problems ([See PAIN-D](#))
- Consider pain specialty consultation ([See PAIN-L](#))
- Consider opioid rotation

Moderate Pain 4–6 →

- See management for *all* pain levels above AND
- Continue opioid titration ([See PAIN-E](#))
- Consider specific pain syndrome problems ([See PAIN-D](#))
- Consider pain specialty consultation ([See PAIN-L](#))
- Consider opioid rotation

Mild Pain 0–3 →

- See management for *all* pain levels above AND
- Reassess and modify regimen to minimize adverse effects ([See PAIN-E](#) and [See PAIN-F](#))



<sup>f</sup>Opioid tolerant includes patients who are chronically receiving opioid analgesic on a daily basis. The FDA identifies tolerance as receiving at least 60 mg of morphine daily, at least 30 mg of oral oxycodone daily, or at least 8 mg of oral hydromorphone daily or an equianalgesic dose of another opioid for a week or longer.

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### ONGOING CARE

- Convert from parenteral to oral/transdermal medications (if feasible) including extended-release or long-acting agent with rescue doses (Conversion details, [See PAIN-E](#))
  - ▶ Simplify analgesic regimen for improved patient compliance, if feasible.
- Routine follow-up
  - ▶ Assess pain during each outpatient contact or at least each day for inpatients or more frequently based on:
    - ◇ Patient's condition
    - ◇ Institutional standards
    - ◇ Regulatory requirements
- Monitor for the use of analgesics as prescribed, especially in patients with risk factors for or history of abuse
- Provide written follow-up pain plan, including prescribed medications ([See PAIN-I](#))
- Collaborate with patient's pharmacist
- Ensure adequate access to prescribed medications, especially during transition between sites of care
  - ▶ Clarify which clinician will be prescribing patient's ongoing analgesics
- Address system barriers
  - ▶ Analgesic cost/pharmacy benefit coverage
  - ▶ Availability of analgesics
  - ▶ Local laws/regulations
  - ▶ Obtain assistance from social services
- Instruct the patient on the importance of: ([See PAIN-I](#))
  - ▶ Following documented pain plan
  - ▶ Scheduling and keeping outpatient appointments
  - ▶ Contacting clinician if pain worsens or adverse effects are inadequately controlled, including availability of after-hours assistance to facilitate titration of analgesic
  - ▶ Safely handling and disposing of analgesics
- Reevaluate patient-centered goals of care in the context of current disease and available therapies
- Maintain communication and coordinate care with pain specialist and relevant providers, especially during transition between sites of care

### GOALS OF TREATMENT

Reevaluate pain at each contact and as needed to meet patient-specific goals for comfort, function, and safety

Achieved → Continue routine follow-up

- Not achieved →
- See Universal Screening and Assessment ([PAIN-2](#))
  - Consider pain management specialty consultation
  - Consider interventional strategies ([PAIN-M](#)) or other treatments
  - Consider palliative care consultation ([See NCCN Guidelines for Palliative Care](#))

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# NCCN Guidelines Version 2.2016

## Adult Cancer Pain

### PAIN INTENSITY RATING (1 of 2)

- Pain intensity rating scales can be used as part of universal screening and comprehensive pain assessment. At minimum, patients should be asked about “current” pain, as well as “worst” pain, “average” pain, and “least” pain in the past 24 hours. For each pain intensity rating, use one of the scales below.
- For comprehensive assessment, also include “worst pain in past week,” “pain at rest,” and “pain with movement.” [See Comprehensive Pain Assessment \(PAIN-C\)](#) for more details.

**Table 1: Numerical Rating Scale**

Numerical rating scale:

- Verbal: “What number describes your pain from 0 (no pain) to 10 (worst pain you can imagine)?”
- Written: “Circle the number that describes your pain.”

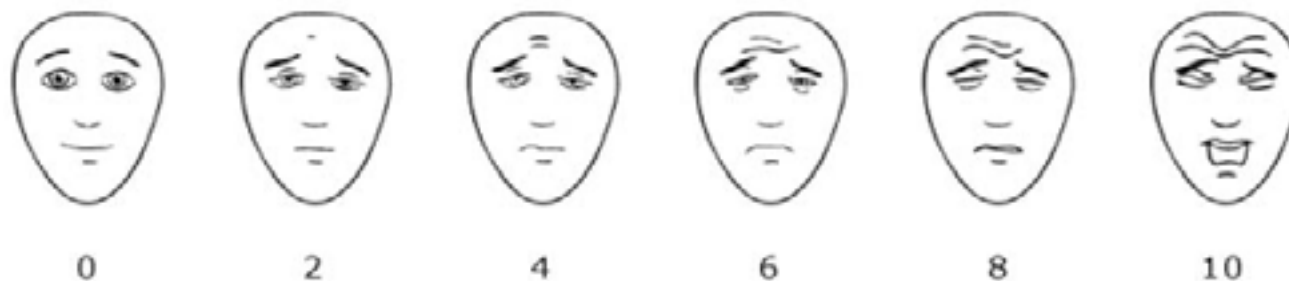
0   1   2   3   4   5   6   7   8   9   10

No pain Worst pain you can imagine

Categorical scale:

“What word best describes your pain?”  
None (0), Mild (1–3), Moderate (4–6), or Severe (7–10)

**Table 2: The Faces Pain Rating Scale - Revised<sup>1,2</sup>**



**Instructions:** “These faces show how much something can hurt. This face (point to the left-most face) shows no pain. Each face shows more and more pain (point to each face from left to right) up to this one (point to the right-most face)--it shows very much pain. Point to the face that shows how much you hurt (right now).”

<sup>1</sup>Hicks CL, von Baeyer CL, Spafford P, et al. The Faces Pain Scale - Revised: Toward a common metric in pediatric pain measurement. *Pain* 2001;93:173-183.

<sup>2</sup>Ware LJ, Epps CD, Herr K, Packard A. Evaluation of the Revised Faces Pain Scale, Verbal Descriptor Scale, Numeric Rating Scale, and Iowa Pain Thermometer in older minority adults. *Pain Manag Nurs* 2006;7:117-125.

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[Continued on next page](#)  
[PAIN-A 2 of 2](#)

**PAIN INTENSITY RATING (2 of 2)****Pain assessment in the nonverbal patient<sup>3</sup>**

- **The inability of patients to verbally communicate pain intensity because of cognitive or physiologic issues is a major barrier relating to pain assessment and management. Therefore, the American Society for Pain Management Nursing ([www.aspmn.org](http://www.aspmn.org)) has developed a position statement and clinical practice recommendations clinicians may find useful in caring for such patients.**
- **In the absence of self-report, observation of behavior is a valid approach to pain assessment with the understanding that behaviors may also indicate other sources of distress, such as emotional stress or delirium, which may complicate assessment ([See NCCN Guidelines for Distress Management](#)). Potential causes and the context of the behavior must be considered when making pain treatment decisions.**
- **A multi-faceted approach is recommended that combines direct observation, family/caregiver input, and evaluation of response to pain medicines or nonpharmacologic interventions.**
- **For patients with advanced dementia, a comprehensive review of currently published tools, including those available at [http://prc.coh.org/pain\\_assessment.asp](http://prc.coh.org/pain_assessment.asp), is recommended. These tools are in varying stages of development and validation and include, but are not limited to:**
  - ▶ **The Assessment of Discomfort in Dementia (ADD) protocol<sup>4</sup>**
  - ▶ **Checklist of Nonverbal Pain Indicators (CNPI)<sup>5</sup>**
  - ▶ **The Pain Assessment in Advanced Dementia (PAINAD) scale<sup>6</sup>**
- **For patients who are intubated and/or are unconscious, pain assessment tools have been tested in specific situations and include, but are not limited to:**
  - ▶ **Behavioral Pain Scale (BPS);<sup>7</sup> tested in adults and intensive care**
  - ▶ **Critical-Care Pain Observation Tool (CPOT);<sup>8</sup> tested in adults and intensive care**
- **Clinicians are encouraged to monitor current research regarding new developments in strategies and tools for assessing pain in patients who have difficulty with self-reporting.**

**Cultural and linguistic assessment<sup>9,10</sup>**

- **Health care providers should be aware of impact of cultural and linguistic diversity during universal screening and comprehensive pain assessment and respond with trained interpreters and culturally and linguistically appropriate educational materials.**

<sup>3</sup>Herr K, Coyne P, Key T, et al. Pain assessment in the nonverbal patient: Position statement with clinical practice recommendations. *Pain Manag Nurs* 2006;7:44-52.

<sup>4</sup>Kovach CR, Noonan PE, Griffie J, Muchka S, Weissman DE. The assessment of discomfort in dementia protocol. *Pain Manag Nurs* 2002;3:16-27.

<sup>5</sup>Feldt KS. Checklist of nonverbal pain indicators. *Pain Manag Nurs* 2000;1:13-21.

<sup>6</sup>Lane P, Kuntupis M, MacDonald S, et al. A pain assessment tool for people with advanced Alzheimer's and other progressive dementias. *Home Healthc Nurse* 2003;21:32-37.

<sup>7</sup>Payen JF, Bru O, Bosson JL, et al. Assessing pain in critically ill sedated patients by using a behavioral pain scale. *Crit Care Med* 2001;29:2258-2263.

<sup>8</sup>Gélinas C, Johnston C, et al. Pain assessment in the critically ill ventilated adult: validation of the Critical-Care Pain Observation Tool and physiologic indicators. *Clin J Pain* 2007;23:497-505.

<sup>9</sup>Al-Atiyat HNM. Cultural diversity and cancer pain. *Journal of Hospice & Palliative Nursing* 2009;11:154-164.

<sup>10</sup>Ezenwa MO, Ameringer S, Ward SE, Serlin RC. Racial and ethnic disparities in pain management in the United States. *J Nurs Scholarsh* 2006;38:225-233.

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### PROCEDURE-RELATED PAIN AND ANXIETY

- **Anticipate and offer analgesic (topical, local, and/or systemic) and anxiolytic therapy for procedures that are frequently accompanied by pain and/or anxiety.**
- **Events that are expected to cause discomfort to the patient such as diagnostic and therapeutic procedures (eg, wound care, IV, arterial line, central line, injection, manipulation, bone marrow aspiration, lumbar puncture, skin biopsy, bone marrow biopsy, radiation procedure), as well as transportation/change in position for patients with incident pain, merit pretreatment with an analgesic intervention.**
- **Providing information regarding all of the analgesic techniques described below prior to the procedure is ideal as it allows the patient and family/caregiver the time they may need to assimilate all of the information, ask questions, and master the techniques while reducing anticipatory anxiety.**
- **Intervention may be multimodal and potentially include one or more of the following as appropriate.**
  - ▶ **Analgesics**
    - ◊ **Supplemental doses of analgesics should be given in anticipation of procedure-related pain.**
    - ◊ **If procedure or transportation precludes continuation of IV PCA, give the prescribed IV bolus dose 10 minutes before procedure/transport and consider administering a subcutaneous dose equivalent to 2-h basal infusion rate.**
    - ◊ **Additional analgesics and/or local anesthetics should be available for further titration as needed.**
  - ▶ **Anxiolytics**
    - ◊ **Anxiolytics should be given preemptively when feasible.**
  - ▶ **Local anesthetics such as:**
    - ◊ **Topical local anesthetics creams (containing lidocaine, prilocaine, or tetracaine) applied to intact skin with sufficient time for effectiveness as per package insert.**
    - ◊ **Subcutaneous administration of lidocaine with a 27-gauge needle.**
  - ▶ **Administration of sedatives/analgesics/general anesthesia by trained personnel.**
  - ▶ **Integrative interventions for relief of pain and/or anxiety ([See PAIN-J](#)).**

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**COMPREHENSIVE PAIN ASSESSMENT**

- Patient's self report of pain is the standard of care. If the patient is unable to verbally report pain, an alternative method to obtain pain rating and response should be utilized. ([See PAIN-A 2 of 2](#)).
- The goal of comprehensive pain assessment is to find the cause of the pain and identify optimal therapies. Individualized pain treatment is based on the etiology and characteristics of pain, the patient's clinical condition, and patient-centered goals of care.
- The etiology and pathophysiology of the pain should be investigated, including medical history (including psychosocial factors), physical exam, laboratory tests, and imaging studies.
  - ▶ Etiology factors may include direct involvement of cancer itself, cancer therapy (chemotherapy, RT, surgery) or procedures, and coincidental or noncancer pain (eg, arthritis).
  - ▶ Pathophysiology factors may include nociceptive, neuropathic, visceral, effective, behavioral, and cognitive components.
- Pain experience
  - ▶ Location, referral pattern, radiation of pain(s)
  - ▶ Intensity [See Pain Intensity Rating \(PAIN-A\)](#)
    - ◇ Last 24 hours and current pain
    - ◇ At rest and with movement
  - ▶ Interference with activities  
[See Impact of Pain Measurement \(PAIN-C 3 of 3\)](#)
    - ◇ General activity, mood, walking ability, work ability, relationship with others, sleep, appetite, and enjoyment of life
  - ▶ Timing: onset, duration, course, persistent, or intermittent
  - ▶ Description or quality
    - ◇ Aching, stabbing, throbbing, or pressure often associated with somatic pain in skin, muscle, and bone
    - ◇ Gnawing, cramping, aching, or sharp pain often associated with visceral pain in organs or viscera
    - ◇ Burning, tingling, shooting, or electric/shocking pain often associated with neuropathic pain caused by nerve damage
  - ▶ Aggravating and alleviating factors
  - ▶ Other current symptoms; symptom clusters
  - ▶ Current pain management plan, both pharmacologic and non-pharmacologic. If medications are used, determine:
    - ◇ What medication(s), prescription and/or over the counter?
    - ◇ Dose, route of administration, frequency?
    - ◇ Current prescriber?

**Pain experience continued**

- ▶ Response to current therapy
  - ◇ Pain relief
  - ◇ Patient adherence to medication plan
  - ◇ Medication adverse effects such as constipation, sedation, cognitive slowing, nausea, and others
- ▶ Breakthrough pain is episodic pain not controlled with existing pain regimen; see breakthrough pain on [see \(PAIN-E 4 of 12\)](#).
- ▶ Prior pain therapies
  - ◇ Reason for use, length of use, response, reasons for discontinuing, and adverse effects encountered
- ▶ Special issues relating to pain
  - ◇ Meaning and consequences of pain for patient and family/caregiver
  - ◇ Patient and family/caregiver knowledge and beliefs surrounding pain and pain medications
  - ◇ Cultural beliefs toward pain, pain expression, and treatment
  - ◇ Spiritual, religious considerations, and existential suffering
  - ◇ Patient goals and expectations regarding pain management
  - ◇ Assess for use of alternative or complementary therapies and screen for potential adverse interactions or effects
  - ◇ Assess risk of opioid abuse/misuse

List of potential risk factors for misuse/abuse [see \(PAIN-E 2 of 12\)](#)

[Continued on \(PAIN-C 2 of 3\)](#)

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[Return to Universal Screening \(PAIN-2\)](#)

**PAIN-C**  
**1 OF 3**



### COMPREHENSIVE PAIN ASSESSMENT

- **Psychosocial Support** ([See PAIN-H](#))
  - ▶ **Patient distress** ([See NCCN Guidelines for Distress Management](#))
  - ▶ **Family and other support; assess impact and burden on caregiver and recommend resources as appropriate**
  - ▶ **Psychiatric history including current or prior patient, family/caregiver, or household history of substance abuse**
  - ▶ **Risk factors for aberrant use or diversion of pain medication** [See PAIN-E \(3 of 12\)](#)
    - ◇ **Patient, environmental, and social factors as identified by a detailed patient evaluation<sup>1</sup> and/or screening tools at initiation of care (eg, SOAPP-R<sup>2</sup>, ORT<sup>3</sup>) and monitoring of ongoing analgesic use (eg, COMM)<sup>4</sup>.** [See PAIN-E \(2 of 12\)](#)
  - ▶ **Risk factors for undertreatment of pain**
    - ◇ **Being a pediatric, geriatric, minority, or female patient; communication barriers; history of substance abuse; neuropathic pain; and cultural factors**
- **Medical history**
  - ▶ **Oncologic treatment including current and prior chemotherapy, RT, and surgery**
  - ▶ **Other significant illnesses, conditions**
  - ▶ **Pre-existing chronic pain**
- **Physical examination**
- **Laboratory and imaging studies to evaluate for disease progression**

<sup>1</sup>Moore, TM, Jones T, Browder JH, Daffron S, Passik SD. A comparison of common screening methods for predicting aberrant drug-related behavior among patients receiving opioids for chronic pain management. *Pain Medicine* 2009;10:1426-1433.

<sup>2</sup>Butler SF, Fernandez K, Benoit C et al. Validation of the revised Screener and Opioid Assessment for Patients with Pain (SOAPP-R). *J Pain* 2008;9:360-372.

<sup>3</sup>Webster LR and Webster RM. Predicting aberrant behaviors in opioid-treated patients: Preliminary validation of the opioid risk tool. *Pain Med* 2005;6:432-442.

<sup>4</sup>Meltzer EC, et al. Identifying prescription opioid use disorder in primary care: diagnostic characteristics of the current opioid misuse measure (COMM). *PAIN* 2011; 152(2):397-402.

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[Return to Universal Screening \(PAIN-2\)](#)

**PAIN-C**  
**2 OF 3**



# NCCN Guidelines Version 2.2016

## Adult Cancer Pain

### IMPACT OF PAIN MEASUREMENT<sup>5,6</sup>

Mark the number that describes how much, in the past [week/24 hours], pain has interfered with your:

<p><b>1. General Activity</b></p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>Does not Interfere Completely Interferes</p>
<p><b>2. Mood</b></p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>Does not Interfere Completely Interferes</p>
<p><b>3. Walking Ability</b></p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>Does not Interfere Completely Interferes</p>
<p><b>4. Normal Work (includes both work outside the home and housework)</b></p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>Does not Interfere Completely Interferes</p>
<p><b>5. Relations with other people</b></p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>Does not Interfere Completely Interferes</p>
<p><b>6. Sleep</b></p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>Does not Interfere Completely Interferes</p>
<p><b>7. Enjoyment of life</b></p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>Does not Interfere Completely Interferes</p>

<sup>5</sup>Used with permission from Cleeland CS, Nakamura Y, Mendoza et al. Dimensions of the impact of cancer pain in a four country sample: New information from multidimensional scaling. Pain 1996;67:267-273.

<sup>6</sup>For the complete Brief Pain Inventory assessment tool, [see mdanderson.org/bpi](http://see.mdanderson.org/bpi).

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**INTERVENTIONS FOR CANCER PAIN SYNDROMES**

In general, cancer pain is treated with opioids as indicated on [\(PAIN-3\)](#); these interventions are meant to complement management.

- Pain associated with inflammation:
  - ▶ Trial of NSAIDs or corticosteroids
- Bone pain without oncologic emergency:
  - ▶ NSAIDs and titrate analgesic to effect  
[See Non-Opioid Analgesic \(Nonsteroidal Anti-Inflammatory Drugs \[NSAIDs\] and Acetaminophen\) Prescribing \(PAIN-K\)](#)
  - ▶ Consider trial of bone-modifying agents (eg, bisphosphonates, denosumab)
  - ▶ Diffuse bone pain: Consider hormonal therapy or chemotherapy, corticosteroids, and/or systemic administration of radioisotopes
  - ▶ Local bone pain: Consider local RT, nerve block (eg, rib pain), vertebroplasty, or radiofrequency ablation
  - ▶ Consider physical medicine evaluation  
[See Specialty Consultations for Improved Pain Management \(PAIN-L\)](#)
  - ▶ Consider orthopedic consultation for stabilization, if feasible
  - ▶ Consider referral to a pain specialist for interventional consultation. [See Interventional Strategies \(PAIN-M\)](#)
- Bowel obstruction
  - ▶ Evaluate etiology of bowel obstruction. If resulting from cancer, consider palliative surgery, radiation, and/or chemotherapy for symptomatic bowel obstruction.
  - ▶ Palliative management of bowel obstruction could include bowel rest, nasogastric suction (or percutaneous gastrostomy drainage), corticosteroids, H2 blockers<sup>1</sup>, anticholinergics (ie, scopolamine, hyoscyamine, glycopyrrolate), and/or octreotide.
- Nerve pain
  - ▶ Nerve compression or inflammation:
    - ◇ Trial of corticosteroids
  - ▶ Neuropathic pain:
    - ◇ Trial of antidepressant, [see \(PAIN-G\)](#) and/or
    - ◇ Trial of anticonvulsant, [see \(PAIN-G\)](#) and/or
    - ◇ Consider trial of topical agent, [see \(PAIN-G\)](#)
    - ◇ For refractory pain, consider referral to a pain specialist and/or the use of interventional strategies.  
[See Interventional Strategies \(PAIN-M\)](#)
- Painful lesions that are likely to respond to antineoplastic therapies:
  - ▶ Consider trial of radiation, hormones, or chemotherapy
- For severe refractory pain in the imminently dying, [\(see NCCN Guidelines for Palliative Care\)](#).

<sup>1</sup>Clark K, Lam L, Currow D. Reducing gastric secretions--a role for histamine 2 antagonists or proton pump inhibitors in malignant bowel obstruction? Support Care Cancer. 2009;17:1463-1468.

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**OPIOID PRINCIPLES, PRESCRIBING, TITRATION, MAINTENANCE, AND SAFETY (1 of 12)****GENERAL PRINCIPLES**

- The appropriate opioid dose is the dose that relieves the patient's pain and maximizes his or her function throughout the dosing interval without causing unmanageable adverse effects.
- Titrate with caution in patients with risk factors such as decreased renal/hepatic function, chronic lung disease, upper airway compromise, sleep apnea, and poor performance status.
- Generally, oral route is most common; however, other routes (ie, IV, subcutaneous, rectal, transdermal, transmucosal) can be considered as indicated to maximize patient comfort. For intrathecal route administration, [see \(PAIN-M\)](#).
- Calculate dosage increase based upon total opioid dose (around the clock/scheduled and as needed) taken in the previous 24 hours and increase both around-the-clock and as-needed dose as required. The rapidity of dose escalation should be related to the severity of the symptoms and expected analgesic onset and duration. Consider pain or palliative care consult if pain is poorly controlled despite rapid opioid dose escalation. [See Management of Pain in Opioid-Tolerant Patients \(PAIN-5\) and \(PAIN-6\)](#).
- According to FDA guidelines, when higher doses of analgesic are needed, switch from preparations of opioid combined with other medications [such as aspirin or acetaminophen] to a pure opioid preparation to provide adequate analgesic to relieve pain while avoiding the toxicities of the non-opioid component of the combination. [See \(PAIN-K\)](#).
- Steady state drug levels will be achieved when a stable drug dose has been routinely administered for a period equal to 5 times the drug elimination half life.
- If opioid dose reduction is desired or indicated, consider opioid dose reduction by 10% to 25% with subsequent reevaluation and further dose adjustment.
- If patient is experiencing unmanageable adverse effects and pain is  $\leq 3$  (mild), consider downward dose titration by approximately 10% to 25% and reevaluate. Close follow-up is required to make sure that the pain does not escalate, and that the patient does not develop symptoms of withdrawal.
- Consider opioid rotation if pain is inadequately controlled despite adequate dose titration or there are persistent adverse effects from current therapy. Other indications for switching to a different opioid include: out-of-pocket costs, limitations based upon insurance formularies, or change in a patient's condition (eg, dysphagia, NPO status, initiation of tube feeding). Consider referral to palliative medicine or pain specialist.
- For breakthrough pain, [see \(PAIN-E 4 of 12\)](#).
- Initial patient evaluation should include assessment of risk factors for aberrant use of pain medications by detailed patient evaluation and/or the use of screening tools (eg, SOAPP-R, ORT).
- Monitor for aberrant drug-taking behaviors. May include patient survey tool (eg, COMM). [See PAIN E \(3 of 12\)](#).

[Continued on next page](#)**Note:** All recommendations are category 2A unless otherwise indicated.**Clinical Trials:** NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.



**OPIOID PRINCIPLES, PRESCRIBING, TITRATION, MAINTENANCE, AND SAFETY (2 of 12)****OPIOIDS AND RISK EVALUATION AND MITIGATION STRATEGY (REMS)**

- Opioids are the principal analgesics for moderate to severe pain, yet opioids pose risks to patients and society. In the United States, poisoning is now the leading cause of death from injuries and 89% of poisonings are related to drugs. In 2008, of the 36,500 drug poisoning deaths, 14,800 (40%) involved opioid analgesics, compared to 5,100 cocaine-related deaths and 3,000 heroin-related deaths.

[See National Center for Health Statistics Data Brief, Drug Poisoning Deaths in the United States, 1980–2008.](#)

- ▶ Responding to the “public health crisis of addiction, misuse, abuse, overdose, and death,” the FDA is in the process of establishing REMS programs for all potent opioid products. [See Opioid Drugs and Risk Evaluation and Mitigation Strategies \(REMS\)](#). Provider and patient education are the principal recommendations of proposed opioid REMS programs. Highlights include:

- ◊ Patient’s therapeutic response to opioid therapy should be regularly evaluated as to patient treatment goals of therapy.
- ◊ Prescriber should routinely evaluate each patient for risk factors associated with opioid misuse or abuse.
- ◊ Prescriber should educate each patient on safe use, storage, and disposal of opioid. ([See PAIN-I](#))
- ◊ Prescriber should routinely monitor patients for opioid misuse or abuse. Different screening tools have been described for this purpose but have yet to be evaluated in cancer-related pain.<sup>2</sup> If signs of aberrant opioid use are observed, consider limiting or restricting use accordingly to avoid risk of diversion.
- ◊ Make use of state prescription drug monitoring programs if available. The Alliance of States with Prescription Monitoring Programs ([www.pmpalliance.org](http://www.pmpalliance.org)) have operational PDMPs that have the capacity to receive and distribute controlled substance prescription information to authorized users.

- REMS programs are currently in place for:

- ▶ All transmucosal fentanyl products (registration is required in order to prescribe these agents). (<http://www.fda.gov/downloads/Drugs/DrugSafety/PostmarketDrugSafetyInformationforPatientsandProviders/UCM289730.pdf>) and
- ▶ Long-acting, extended-release formulations of opioids (eg, hydrocodone ER, hydromorphone ER, morphine ER, oxycodone ER, oxymorphone ER, tapentadol ER) (<http://www.fda.gov/downloads/Drugs/DrugSafety/PostmarketDrugSafetyInformationforPatientsandProviders/UCM289730.pdf>)
- ▶ Methadone tablets and solutions that are indicated for use as analgesics
- ▶ Fentanyl or buprenorphine-containing transdermal delivery systems
- ▶ It is important for doctors to be aware of the range of opioid use patterns to detect any potential aberrant behaviors. ([See Pain E 3 of 12](#))

- Potential risk factors for misuse/abuse include:

- ▶ Patients with a history of prescription, illicit drug, or alcohol dependence/substance abuse
- ▶ Patients who have a history of binge drinking or peers who binge drink
- ▶ Patients who have a family history of substance abuse
- ▶ Patients who have anxiety, depression, or ADHD
- ▶ Patients who have a history of sexual abuse victimization may be at increased risk for prescribed medication misuse/abuse

<sup>2</sup>Angelescu DL, Ehrentraut JH, Faughnan LG, et al. Opioid misuse and abuse: risk assessment and management in patients with cancer pain. *J Natl Compr Canc Netw* 2013;11:1023-1031.

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**PAIN-E**  
**2 OF 12**



### OPIOID PRINCIPLES, PRESCRIBING, TITRATION, MAINTENANCE, AND SAFETY (3 of 12)

**Table 1 Glossary of Terms Related to Opioid Use<sup>2</sup>**

<b>Tolerance</b>	<b>Diminution of one or more drug effects (either favorable or adverse effects) caused by exposure to the drug; may be pharmacologic or associative (related to learning)</b>
<b>Physical dependence</b>	<b>Pharmacologic property of some drugs, defined solely by the occurrence of an abstinence syndrome after abrupt dose reduction, discontinuation of dosing, or administration of an antagonist drug</b>
<b>Pseudoaddiction</b>	<b>Distress and drug-seeking behaviors that occur in the context of unrelieved pain. These behaviors subside when analgesia is achieved</b>
<b>Misuse</b>	<b>The inappropriate use of a prescription drug, whether intentional or unintentional, and regardless of motivation</b>
<b>Abuse</b>	<b>A maladaptive pattern of a prescription opioid use leading to clinically significant impairment and/or distress</b>
<b>Addiction</b>	<b>The aberrant use of a substance characterized by</b> <ul style="list-style-type: none"><li>• <b>loss of control, craving</b></li><li>• <b>compulsive use and preoccupation</b></li><li>• <b>continued use despite harm</b></li></ul>

<sup>2</sup>Angelescu DL, Ehrentraut JH, Faughnan LG, et al. Opioid misuse and abuse: risk assessment and management in patients with cancer pain. J Natl Compr Canc Netw 2013;11:1023-1031.

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### OPIOID PRINCIPLES, PRESCRIBING, TITRATION, MAINTENANCE, AND SAFETY (4 of 12)

#### PRINCIPLES OF MAINTENANCE OPIOID THERAPY

- For continuous pain, it is appropriate to give pain medication on a regular schedule with supplemental doses for breakthrough pain.
- Add extended-release or long-acting formulation to provide background analgesia for control of chronic persistent pain controlled on stable doses of short-acting opioids.
  - ▶ Initial range for converting to long-acting opioid would be 50% to 100% of the daily requirement, depending on expected pain natural history.
- When possible, use the same opioid for short-acting and extended-release forms. When using methadone as a long-acting opioid, consider supplementing with doses of short-acting opioid.
- Breakthrough pain (pain that fails to be controlled or “breaks through” a regimen of regularly scheduled opioid) may require additional doses of opioid for pain not relieved by regular schedule of long-acting (eg, extended-release) opioid. Breakthrough pain may be further evaluated into the following categories, which have direct impact on treatment:
  - ▶ Incident pain: pain associated with or incident to specific activities or events, potentially managed with short-acting opioid given in anticipation of those events
  - ▶ End-of-dose failure pain: pain recurring towards the end of dosing interval for regularly scheduled opioid, potentially managed by increasing the dose or frequency of regularly scheduled opioid
  - ▶ Uncontrolled persistent pain: pain routinely uncontrolled by existing regularly scheduled opioid, potentially managed by adjusting dose of regularly scheduled opioid
- Increase dose of extended-release opioid if patient persistently needs doses of as-needed opioids or when dose of around-the-clock opioid fails to relieve pain at peak effect or at end of dose.
- Allow rescue doses of short-acting opioids of 10% to 20% of the 24-hour total of long-acting or regularly scheduled oral opioid dose up to every 1 hour as needed. Ongoing need for repeated rescue doses may indicate a need for adjustment of regularly scheduled opioid dose.
- Consider rapidly acting transmucosal fentanyl (various formulations and delivery systems are available) in opioid-tolerant patients for brief episodes of incident pain not attributed to inadequate dosing of around-the-clock opioid.
  - ▶ Data do not support a specific transmucosal fentanyl dose equianalgesic to other opioids or between different transmucosal formulations. Always initiate transmucosal fentanyl with lowest dose in chosen formulation and titrate to effect. (See specific transmucosal prescribing information for appropriate dosing intervals.)
- Continue to monitor patients/family for abnormal patterns of opioid use that may suggest misuse or abuse. ([See Pain E 3 of 12](#))

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### **STRATEGIES TO MAINTAIN PATIENT SAFETY AND MINIMIZE THE RISK OF OPIOID MISUSE AND ABUSE DURING CHRONIC OPIOID USE (5 of 12)**

- **Risk assessment** prior to treatment is recommended, using assessment tools with adequate predictive validity and reliability
  - ▶ The Screener and Opioid Assessment for Patients with Pain-Revised (SOAPP-R)
  - ▶ The Opioid Risk Tool (ORT)
  - ▶ Current Opioid Misuse Measure (COMM)
- **Education** regarding the potential risks and benefits of opioid therapy
  - ▶ Discuss the purpose of the assessment and reassure that responses will not prevent receiving appropriate treatment.
  - ▶ Provide guidance and education about the potential for diversion and misuse of opioids and the addictive potential associated with prescription opioids.
- **Support for high-risk patients** - Patients who endorse one or more opioid misuse and abuse risk factors may benefit from additional education and support services. Behavioral and cognitive-behavioral interventions may increase a patient's ability to implement problem-solving strategies and reduce the impact of modifiable risk factors.
- **In high-risk situations, consider the following steps to facilitate close monitoring:**
  - ▶ Pain medication diaries are recommended for patients to document the dose and/or number of tablets and the date and time taken.
  - ▶ Pill counts may be used at outpatient visits to verify the information documented in the pain medication diary.
  - ▶ Urine drug testing at baseline and during treatment should be considered to increase opioid medication adherence and detect illegal drug use.
  - ▶ Increase frequency of outpatient visits weekly, if possible and/or reduce quantity of drug prescribed per prescription.
- **Educate regarding safe manipulation, storage, and disposal of controlled substances.** These interventions contribute to maintaining a safe community and minimize opioid misuse and abuse in the community.
  - ▶ Encourage use of community take-back programs for disposal of unneeded controlled substances where available; otherwise, FDA regulations recommend flushing unneeded opioids down toilet: [http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm#Flush\\_List](http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm#Flush_List)
  - ▶ Educate regarding not sharing opioids with family members or friends.

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# NCCN Guidelines Version 2.2016

## Adult Cancer Pain

### OPIOID PRINCIPLES, PRESCRIBING, TITRATION, MAINTENANCE, AND SAFETY (6 of 12)

**Table 1. Oral and Parenteral Opioid Equivalences and Relative Potency of Drugs as Compared with Morphine Based on Single-Dose Studies**

<u>Opioid Agonists</u>	<u>Parenteral Dose</u>	<u>Oral Dose</u>	<u>Factor (IV to PO)</u>	<u>Duration of Action<sup>10</sup></u>
Morphine <sup>3,4</sup>	10 mg	30 mg	3	3–4 h
Hydromorphone <sup>3</sup>	1.5 mg	7.5 mg	5	2–3 h
Fentanyl <sup>5</sup>	–	–	–	–
Methadone <sup>6,7</sup>	–	–	–	–
Oxycodone	–	15–20 mg	–	3–5 h
Hydrocodone <sup>8</sup>	–	30–45 mg	–	3–5 h
Oxymorphone	1 mg	10 mg	10	3–6 h
Codeine <sup>3,9</sup>	–	200 mg	–	3–4 h

**NOT RECOMMENDED**Meperidine<sup>11</sup>Mixed agonist-antagonists<sup>12</sup>  
(pentazocine, nalbuphine,  
butorphanol)[See Miscellaneous Analgesics \(PAIN-E 7 of 12\)](#)

<sup>3</sup>Codeine, morphine, hydromorphone, hydrocodone, and oxymorphone should be used with caution in patients with fluctuating renal function due to potential accumulation of renally cleared metabolites - monitor for neurologic adverse effects.

<sup>4</sup>Conversion factor listed for chronic dosing.

<sup>5</sup>In single-dose administration, 10 mg IV morphine is equivalent to approximately 100 mcg IV fentanyl but with chronic fentanyl administration, the ratio of 10 mg IV morphine is equivalent to approximately 250 mcg IV fentanyl. For transdermal fentanyl conversions, ([see PAIN-E 9 of 12](#)).

<sup>6</sup>Long half-life, observe for drug accumulation and adverse effects, especially over first 4–5 days. In some individuals, steady state may not be reached for several days to 2 weeks. Methadone is typically dosed every 8–12 h.

<sup>7</sup>The oral conversion ratio of methadone varies. PRACTITIONERS ARE ADVISED TO CONSULT WITH A PAIN OR PALLIATIVE CARE SPECIALIST IF THEY ARE UNFAMILIAR WITH METHADONE PRESCRIBING. ([See Special Notes Regarding Oral Methadone, PAIN-E 11 of 12](#)).

<sup>8</sup>Equivalence data not substantiated. Clinical experience suggests use as a mild, initial use opioid but effective dose may vary. Immediate-release hydrocodone is only available commercially combined with acetaminophen (325 mg/tablet) or ibuprofen (200 mg/tablet). The FDA has limited the amount of acetaminophen in all prescription

drug products to no more than 325 mg per dosage unit. Dosage must be monitored for safe limits of ASA or acetaminophen.

<sup>9</sup>Codeine has no analgesic effect unless it is metabolized into morphine by hepatic enzyme CYP2D6 and then to its active metabolite morphine-6-glucuronide by Phase II metabolic pathways. Individuals with low CYP2D6 activity may receive no analgesic effect from codeine, but rapid metabolizers may experience toxicity from higher morphine production. Dosage must be monitored for safe limits as it may be available in combination with acetylsalicylic acid (ASA) or acetaminophen. Dose listed refers only to opioid portion.

<sup>10</sup>Shorter time generally refers to parenterally administered opioids (except for controlled-release products, which have some variability); longer time generally applies to oral dosing.

<sup>11</sup>Not recommended for cancer pain management because of CNS toxic metabolite - normeperidine.

<sup>12</sup>Mixed agonists-antagonists have limited usefulness in cancer pain; however, they can be used to treat opioid-induced pruritis. They should NOT be used in combination with opioid agonist drugs. Converting from an agonist to an agonist-antagonist could precipitate a withdrawal crisis in the opioid-dependent patient.

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**OPIOID PRINCIPLES, PRESCRIBING, TITRATION, MAINTENANCE, AND SAFETY (7 of 12)****MISCELLANEOUS ANALGESICS****Mixed-mechanism drugs:**

- Tramadol is a weak mu-opioid agonist with some norepinephrine and serotonin reuptake inhibition used for mild to moderate pain. A maximum daily dose of 400 mg (100 mg four times daily) is recommended for adults with normal hepatic and renal function, and lower daily doses are recommended for older adults (≥75 y) and those with hepatic and/or renal dysfunction, to reduce the risk of seizures. Even at a maximum dose of 100 mg four times a day, tramadol is less potent than other opioid analgesics such as morphine.
- Tapentadol<sup>13</sup> is a mu-opioid analgesic with norepinephrine reuptake inhibition for treatment of moderate to severe pain. Typical doses would start at 50 to 100 mg PO every 4 hours PRN, with a maximal daily dose of 500 mg per day (if using the extended release) or 600 mg per day (if using the immediate release only) due to lack of published data regarding higher doses. Some comparative data suggest tapentadol may have a lower incidence of GI adverse effects than oxycodone.
- Tramadol and tapentadol should be used with caution or avoided in patients taking other serotonergic or MAOI-like medications (eg, TCAs, SSRIs, MAOIs) due to risk of serotonin syndrome.

**Partial agonists:**

- Transdermal buprenorphine,<sup>14</sup> a partial mu-agonist, has been approved for chronic pain. Although experience with this drug in the management of cancer pain is limited, anecdotal reports, a few small prospective uncontrolled studies, and at least one randomized trial support its use in cancer-related pain. Because buprenorphine is a partial mu-receptor agonist, it exhibits a ceiling to analgesic efficacy and may precipitate withdrawal symptoms if administered to individuals currently taking a high-dose opioid. FDA guidelines recommend limiting dose to 20 mcg per hour due to concern for QT prolongation. Conversion to buprenorphine from other opioids may be complex; consider a pain specialty consultation.

**Non-opioid analgesic:**

- Ketamine<sup>15</sup> is a noncompetitive NMDA receptor antagonist that blocks glutamate. Low (subanesthetic) doses produce analgesia and modulate central sensitization, hyperalgesia, and opioid tolerance. There are only limited data regarding the use of ketamine as an adjuvant to opioids for management of cancer pain.

[Continued on next page](#)<sup>13</sup>Hartrick CT, Rodriguez Hernandez JR: Tapentadol for pain: a treatment evaluation. *Expert Opin Pharmacother* 2012;13:283-286.<sup>14</sup>Pergolizzi JV Jr, Mercadante S, Echaburu AV, et al. Euromed Communications meeting. The role of transdermal buprenorphine in the treatment of cancer pain: an expert panel consensus. *Curr Med Res Opin* 2009;25:1517-1528.<sup>15</sup>Bell RF, Eccleston C, Kalso EA. Ketamine as an adjuvant to opioids for cancer pain. *Cochrane Database of Systematic Reviews* 2012, Issue 11. Art. No.: CD003351. DOI: 10.1002/14651858.CD003351.pub2.**Note: All recommendations are category 2A unless otherwise indicated.****Clinical Trials: NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.**



### OPIOID PRINCIPLES, PRESCRIBING, TITRATION, MAINTENANCE, AND SAFETY (8 of 12)

#### CONVERT OR ROTATE FROM ONE OPIOID TO ANOTHER OPIOID

1. Determine the amount of current opioid(s) taken in a 24-hour period that effectively control pain.
2. Calculate the equianalgesic dose of the new opioid. [See Table 1 PAIN-E \(6 of 12\)](#).
3. If pain was effectively controlled, reduce the dose by 25%–50% to allow for incomplete cross-tolerance between different opioids. During the first 24 hours, titrate liberally and rapidly to analgesic effect.
4. If previous dose was ineffective, may begin with 100% or 125% of equianalgesic dose.
5. Lastly, for oral opioids divide the total daily dose of new opioid needed by the number of doses per day to determine the individual dose (eg, 6 doses for regular PO morphine every 4 hours; 2 doses for extended-release morphine every 12 hours).
6. Data do not support a specific transmucosal fentanyl dose equianalgesic to other opioids or between different transmucosal formulations. Always initiate transmucosal fentanyl with lowest dose in chosen formulation and titrate to effect. (See specific transmucosal prescribing information for appropriate dosing intervals.)
7. Consider impact of impaired renal function (if present) on clearance of new opioid. [See Table 1 on PAIN-E \(6 of 12\)](#)

#### Case example of converting IV morphine to IV hydromorphone

A patient is taking IV morphine at 8 mg/h and needs to be converted to IV hydromorphone.

1. Determine the total amount of current IV morphine in a 24-hour period for this patient  
(8 mg/h x 24 hours = 192 mg/d)  
(Total amount of IV morphine this patient is taking is 192 mg/d)
2. From Table 1 on [PAIN-E \(6 of 12\)](#), calculate the equianalgesic dose of IV hydromorphone  
(10 mg IV morphine = 1.5 mg IV hydromorphone; therefore,  
192 mg/d IV morphine = 28.8 mg/d IV hydromorphone = 1.2 mg/h IV hydromorphone)
3. If patient was effectively controlled with IV morphine (192 mg/d), reduce the dose of hydromorphone by 25%–50%.  
(28.8 mg/d reduced by 25% = 21.6 mg/d IV hydromorphone = 0.9 mg/h IV hydromorphone)  
(28.8 mg/d reduced by 50% = 14.4 mg/d IV hydromorphone = 0.6 mg/h IV hydromorphone)  
If dose of IV morphine was ineffective in controlling pain, may begin with 100% of equianalgesic hydromorphone dose  
(28.8 mg/d IV hydromorphone = 1.2 mg/h IV hydromorphone) or increase that by 25% (36 mg/d IV hydromorphone = 1.5 mg/h IV hydromorphone)

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### OPIOID PRINCIPLES, PRESCRIBING, TITRATION, MAINTENANCE, AND SAFETY (9 of 12)

#### CONVERT OR ROTATE FROM ANOTHER OPIOID TO TRANSDERMAL FENTANYL

1. Determine the 24-h analgesic requirement of morphine.
2. For conversion from oral morphine to transdermal fentanyl, consider ratio of 200 mg/d oral morphine = 100 mcg/h fentanyl patch.  
[See Table 1 PAIN-E \(6 of 12\)](#) for converting other opioids to morphine equivalent with subsequent conversion to transdermal fentanyl.<sup>16</sup>
3. Clinical data are unavailable to recommend specific ratio to convert from fentanyl to oral morphine.

**NOTE:** Due to patient variability the doses suggested by this conversion are approximate and clinical judgment must be used to titrate to the desired response.

[See next page for case examples](#)

#### Special Notes Regarding Transdermal Fentanyl:

- Pain should be relatively well-controlled on a short-acting opioid prior to initiating the fentanyl patch. Patches are NOT recommended for unstable pain requiring frequent dose changes. Use fentanyl patch only in patients tolerant to opioid therapy.
- Fever, topical application of heat or extreme exertion may accelerate transdermal fentanyl absorption and are contraindications for transdermal fentanyl. Avoid exposing the fentanyl transdermal system application site and surrounding area to direct external heat sources. Temperature-dependent increases in fentanyl release from the system may result in overdose and death.
- Transdermal fentanyl patch should not be punctured or cut.
- An as-needed (PRN) dose of morphine or other short-acting opioid should be prescribed and will be needed, particularly during the first 8 to 24 hours.
- Once the levels have reached a steady state after at least 2 to 3 days, increase the patch dosage based on the average amount of stable daily opioid required. Continue breakthrough medication once the patch dose is stabilized.
- When converting from continuous parenteral infusion fentanyl to transdermal fentanyl, a straight 1:1 ratio<sup>17</sup> is appropriate, (ie, the number of mcg of parenteral fentanyl per hour should be approximately equal to the number of mcg of transdermal fentanyl per hour). In some patients, additional dose titration of the fentanyl patch may be necessary.
- The fentanyl patch analgesic duration is usually 72 hours, but some patients require fentanyl patch replacement every 48 hours.

<sup>16</sup>Breitbart W, Chandler S, Egel B, et al. An alternative algorithm for dosing transdermal fentanyl for cancer-related pain. *Oncology* 2000;14:695-702.

<sup>17</sup>Kornick CA, Santiago-Palma J, Khojainova N, et al. A safe and effective method for converting patients from intravenous to transdermal fentanyl. *Cancer* 2001;92:3056-3061.

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### OPIOID PRINCIPLES, PRESCRIBING, TITRATION, MAINTENANCE, AND SAFETY (10 of 12)

#### CONVERT OR ROTATE FROM ANOTHER OPIOID TO TRANSDERMAL FENTANYL (continued)

##### Case example of converting oral morphine to transdermal fentanyl patch

A patient is taking 30 mg of sustained-release oral morphine every 12 hours and needs to be converted to transdermal fentanyl patch.

1. Calculate the total amount of current oral morphine in a 24-hour period.  
(oral morphine 30 mg x 2 = 60 mg/d oral morphine)
2. Using the conversion ratio of 200 mg/d oral morphine = 100 mcg/h fentanyl patch; 60 mg/d oral morphine is approximately 30 mcg/h transdermal fentanyl patch. Round down to the closest equivalent patch, in this case 25 mcg/h. Fentanyl patch is available in 12, 25, 50, 75, and 100 mcg/h; therefore, begin with 25 mcg/h patch.

##### Case example of converting oral oxymorphone to transdermal fentanyl patch

A patient is taking 10 mg of sustained-release oral oxymorphone every 12 hours and needs to be converted to transdermal fentanyl patch.

1. Calculate the total amount of current oral oxymorphone in a 24-hour period  
(oral oxymorphone 10 mg x 2 = 20 mg/d oral oxymorphone)
2. From Table 1 on [PAIN-E \(6 of 12\)](#), convert to the equianalgesic dose of oral morphine  
(Based on Table 1, 10 mg oral oxymorphone = 30 mg oral morphine; therefore,  
20 mg/d oral oxymorphone x 3 = total daily dose oral morphine of 60 mg/d)
3. Using the conversion of 2 mg/d oral morphine: 1 mcg/h transdermal fentanyl:  
60 mg/d oral morphine is approximately 30 mcg/h transdermal fentanyl patch.  
Fentanyl patch is available in 12, 25, 50, 75, and 100 mcg/h; therefore, begin with 25 mcg/h patch.

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**OPIOID PRINCIPLES, PRESCRIBING, TITRATION, MAINTENANCE, AND SAFETY (11 of 12)****Special Notes Regarding Oral Methadone:**

- Due to the unique nature of methadone with a long and variable half-life (and variability within a patient over time and variability between patients), caution should be used and frequent and careful evaluation should be performed.
- The conversion ratio varies with the amount of morphine (or other opioid) a patient has been using chronically. The higher the dose of morphine, the more potent methadone is. **PRACTITIONERS ARE ADVISED TO CONSULT WITH A PAIN OR PALLIATIVE CARE SPECIALIST IF THEY ARE UNFAMILIAR WITH METHADONE PRESCRIBING** or if individual patient considerations necessitate very rapid switching to or from methadone.
- To a significantly greater extent than with other opioids, methadone has been associated with many drug-drug interactions. The potential for such interactions must be investigated in each patient before initiating methadone.
- Methadone is commercially available in 5 mg and 10 mg tablets and 1 mg/mL, 2 mg/mL, and 10 mg/mL oral solution.
- Without a consultation with a pain or palliative care specialist, methadone may be titrated up every 5 to 7 days, usually by 5 mg/dose. If more rapid titration is desired, consult with pain or palliative care specialist.
- Methadone is typically given at a regular schedule with additional doses of a short-acting opioid given as needed.
- EKG should be considered prior to initiation of methadone and should always be performed prior to initiation of methadone in patients who have risk factors for increased QTc. Also, methadone should not be used with QTc > 500 and alternate opioids are recommended with QTc 450–500. Consider EKG when doses exceed 30–40mg/d and again with dose of 100 mg/d. Obtain follow-up EKGs in patients with risk factors for prolonged QTc after initiation of methadone.<sup>18</sup>  
[\(\[http://www.jpain.org/article/S1526-5900\\(14\\)00522-7/fulltext\]\(http://www.jpain.org/article/S1526-5900\(14\)00522-7/fulltext\)\)](http://www.jpain.org/article/S1526-5900(14)00522-7/fulltext)
- The conversion ratios in Table 2 ([Pain-E 12 of 12](#)) should NOT be used in converting from methadone to other opioids. Methadone conversion can be complex and must be individualized for each patient, and assistance from a practitioner familiar with opioid prescribing or a pain specialist is recommended.
- American Pain Society (APS) Guidelines for methadone safety recommend a methadone starting dose that is 75% to 90% less than the calculated equianalgesic dose, no more than 30 to 45 mg/d. See APS guidelines: ([http://www.jpain.org/article/S1526-5900\(14\)00522-7/fulltext](http://www.jpain.org/article/S1526-5900(14)00522-7/fulltext))
- It may be necessary to educate patients and families about analgesic utility of methadone. Some may only be familiar with methadone use for maintenance of addiction and be unaware of its utility as a potent opioid analgesic.

<sup>18</sup>Chou R, Cruciani RA, Fiellin DA, et al. Methadone safety: A clinical practice guideline from the American Pain Society and college on problems of drug dependence, in collaboration with the Heart Rhythm Society. J Pain. 2014;15(4):321-337.

[See Convert from Oral Morphine to Oral Methadone \(PAIN-E 12 of 12\)](#)

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# NCCN Guidelines Version 2.2016

## Adult Cancer Pain

### OPIOID PRINCIPLES, PRESCRIBING, TITRATION, MAINTENANCE, AND SAFETY (12 of 12)

#### CONVERT FROM ORAL MORPHINE TO ORAL METHADONE<sup>19</sup>

[See Special Notes Regarding Oral Methadone \(PAIN-E 11 of 12\)](#)

1. Calculate the total daily oral morphine dose (or morphine-equivalent dose) the patient is using.
2. Based on the oral morphine dose, use Table 2 below to determine the appropriate dose conversion ratio and calculate the oral methadone dose.
3. Reduce the calculated equianalgesic dose of oral methadone by at least 50% to account for incomplete cross-tolerance, dosing ratio variability, and patient variability.
4. Divide the total daily oral methadone dose into 3 or 4 daily doses.

**Table 2. Dose Conversion Ratios for Total 24-hour Oral Morphine to Oral Methadone<sup>20, 21</sup>**

<u>ORAL MORPHINE</u>	<u>DOSE CONVERSION RATIO (total 24-hour oral morphine:oral methadone)</u>
30–90 mg	4:1
91–300 mg	8:1
300–600 mg	10:1
600–800 mg	12:1
800–1000 mg	15:1
>1000	20:1

**Note:** If the total daily dose equivalent of morphine is greater than 800 mg, a higher dose ratio is necessary and dose titration is recommended. A pain or palliative care specialist should be consulted.

#### Case example of converting oral morphine to oral methadone

A patient is taking oral morphine at 30 mg every 4 h and needs to be converted to oral methadone

1. Calculate the total amount of current oral morphine in a 24-hour period for this patient  
(30 mg x 6 = 180 mg/d)  
(Total amount of oral morphine this patient is taking is 180 mg/d)
2. From Table 2 above, calculate equianalgesic dose of oral methadone  
(For 180 mg/d of oral morphine: oral methadone, the dose conversion ratio is 8:1; therefore, 180 mg/d morphine = 22.5 mg/d methadone)
3. Reduce the calculated equianalgesic dose of oral methadone by at least 50% to account for incomplete cross-tolerance, dosing ratio variability, and patient variability (for example, 22.5 mg/d oral methadone reduced by 50% = 11.25 mg/d oral methadone, which is equal to approximately 15 mg/d oral methadone)
4. Divide the total daily oral methadone dose into 3 daily doses:  
(for example, reduced dose of 15 mg/d oral methadone divided by 3 daily doses = 5 mg oral methadone every 8 hours)

<sup>19</sup>Manfredi PL, Houde RW. Prescribing methadone, a unique analgesic. J Support Oncol 2003;1:216-220.

<sup>20</sup>Ayonrinde OT, Bridge DT. The rediscovery of methadone for cancer pain management. Med J Aust 2000; 173(10):536-540. ©Copyright 2000 The Medical Journal of Australia- adapted with permission. The *Medical Journal of Australia* does not accept responsibility for any errors in adaptation.

<sup>21</sup>The suggested conversion ratios are general recommendations. Those with clinical expertise in prescribing methadone for management of pain in advanced cancer may use a different conversion.

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**MANAGEMENT OF OPIOID ADVERSE EFFECTS (1 of 3)****Principles of Management of Opioid Adverse Effects**

- Adverse effects to opioids are common, should be anticipated, and should be managed aggressively.
- Patient and family/caregiver education is essential for successful anticipation and management of pain and opioid adverse effects.
- Recognize that pain is rarely treated in isolation in cancer and adverse effects also may be from other treatments or cancer itself.
- Opioid adverse effects generally improve over time, except with constipation. Maximize non-opioid and nonpharmacologic interventions to limit opioid dose and treat adverse effects. If adverse effects persist, consider opioid rotation.
- Multisystem assessment is necessary.
- Information from patient and family/caregiver about adverse effects is essential for appropriate opioid dose adjustment and treatment of adverse effects.
- Chronic opioid therapy may depress HPA axis and cause hypogonadism in males<sup>1</sup> and females.

**Constipation**

## • Preventive measures

## ▶ Prophylactic medications

- ◊ Stimulant laxative ± stool softener (eg, senna ± docusate, 2 tablets every morning; maximum 8 tablets per day of senna)
- ◊ Polyethylene glycol 17gm = 1 heaping tablespoon in 8oz water PO twice daily
- ◊ Increase dose of laxative when increasing dose of opioids

## ▶ Maintain adequate fluid intake

## ▶ While maintaining adequate dietary fiber intake is recommended, supplemental medicinal fiber such as psyllium (eg, Metamucil) is unlikely to control opioid-induced constipation and may worsen constipation

## ▶ Stool softener (docusate) alone may not provide benefit in well-hydrated patients

## ▶ Exercise, if feasible

## • If constipation develops

## ▶ Assess for cause and severity of constipation

## ▶ Rule out obstruction

## ▶ Titrate stool softener/laxatives as needed with goal of one non-forced bowel movement every 1 to 2 days

## ▶ Consider adjuvant analgesic to allow reduction of the opioid dose

## • If constipation persists

- ▶ Reassess for the cause and severity of constipation, rule out bowel obstruction and hypercalcemia, and evaluate for impact of other medications potentially associated with constipation

## ▶ Check for impaction

- ▶ Consider adding another agent, such as magnesium hydroxide, 30–60 mL daily; bisacodyl, 2–3 tablets PO daily; 1 rectal suppository daily; lactulose, 30–60 mL daily; sorbitol, 30 mL every 2 hours x 3, then as needed; magnesium citrate, 8 oz PO daily; or polyethylene glycol (1 capful/8 oz water PO two times a day)

## ▶ Oral sodium phosphate should only be used with extreme caution in patients with acute renal insufficiency

## ▶ Fleet, saline, or tap water enema should be limited to 2 over 24 hours

## ▶ The use of rectal suppositories and/or enemas are contraindicated in neutropenic or thrombocytopenic patients

## ▶ Consider use of a prokinetic agent (eg, metoclopramide, 10–15 mg PO 4 times a day; consider limiting chronic use to a maximum of 3 months, due to concern for neurologic complications [tardive dyskinesia], especially in frail, elderly patients)

## ▶ When response to laxative therapy has not been sufficient for opioid-induced constipation in patients with advanced illness, consider methylnaltrexone, 0.15 mg/kg subcutaneously, maximum one dose per day. Other second-line agents include lubiprostone and naloxegol (FDA approved for opioid-induced constipation), and linaclotide (FDA approved for idiopathic constipation)

## ▶ For intractable chronic constipation, consider opioid rotation to fentanyl or methadone

## ▶ Consider neuraxial analgesics, neuroablative techniques, or other interventions to decrease pain, alleviate constipation, and/or reduce opioid dose

<sup>1</sup>Rajagopal A, Vassilopoulou-Sellin R, Palmer JL, et al. Symptomatic hypogonadism in male survivors of cancer with chronic exposure to opioids. *Cancer* 2004; 15:100(4):851-858.

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**MANAGEMENT OF OPIOID ADVERSE EFFECTS (2 of 3)****Nausea**

- Preventive measures
  - ▶ Ensure that patient is having bowel movements consistently.
  - ▶ For patients with a prior history of opioid-induced nausea, prophylactic treatment with antiemetic agents (see below) is highly recommended.
- If nausea develops
  - ▶ Assess for other causes of nausea (eg, central nervous system [CNS] pathology, chemotherapy, RT, hypercalcemia).
  - ▶ Consider prochlorperazine, 10 mg PO every 6 hours as needed; or metoclopramide, 10–15 mg PO 4 times daily as needed; or haloperidol, 0.5–1 mg PO every 6–8 hours as needed. Chronic use of any of these agents may be associated with development of tardive dyskinesia, especially in frail, elderly patients.
  - ▶ As an alternative, serotonin antagonists should be considered due to lower risk of CNS adverse effects (eg, ondansetron, 4–8 mg PO 3 times daily oral tablet or orally disintegrating tablet; granisetron, 2 mg PO daily). Use with caution as constipation is an adverse effect.
  - ▶ Consider orally disintegrating olanzapine, 2.5–5 mg PO daily, for patients with bowel obstruction. Olanzapine has lower risk of extrapyramidal reactions than typical antipsychotics such as haloperidol.
  - ▶ If nausea persists despite as-needed regimen, administer antiemetics around the clock for 1 week, then change as needed.
  - ▶ Dexamethasone can be considered.
- Opioid-induced nausea may resolve with continued exposure; if nausea persists for more than 1 week.
  - ▶ Reassess cause and severity of nausea.
  - ▶ Consider opioid rotation.
- If nausea persists after a trial of several opioids and above measures
  - ▶ Reassess cause and severity of nausea.
  - ▶ Consider neuraxial analgesics, neuroablative techniques, and other interventions to potentially reduce opioid dose.

**Pruritus**

- If pruritus develops
  - ▶ Consider changing to another opioid if symptomatic management has failed.
  - ▶ Assess for other causes (eg, other medications)
  - ▶ If pruritus is associated with rash or hives, consider true allergy and reconsider selection of opioid therapy.
- If pruritus persists
  - ▶ Consider adding to analgesic regimen: small doses of mixed agonist-antagonist, nalbuphine, 0.5–1 mg IV every 6 h as needed.
  - ▶ Consider continuous infusion of naloxone, 0.25 mcg/kg/h and titrate up to 1 mcg/kg/h for relief of pruritus without decreasing effectiveness of the analgesic.
  - ▶ Consider ondansetron at doses comparable for use in antinausea
  - ▶ Consider antihistamines such as diphenhydramine, 25–50 mg IV or PO every 6 hours; or promethazine, 12.5–25 mg PO every 6 hours; or hydroxyzine to be administered only by PO or IM.

**Delirium**

- Assess for other causes of delirium (eg, infection, hypercalcemia, CNS, metastases, other psychoactive medications).
- If other possible causes of delirium are excluded, consider lowering the dose of the current opioid or consider changing the opioid.
- Consider nonopioid analgesic to allow reduction of the opioid dose.
- Consider initial titration with haloperidol, 0.5–2 mg PO or IV every 4–6 hours; or olanzapine, 2.5–5 mg PO or sublingual every 6–8 hours; or risperidone, 0.25–0.5 mg 1–2 times per day. With prolonged administration of these agents, it may be necessary to decrease dose due to long elimination half-life.
- For further information about delirium,  
[See NCCN Guidelines for Palliative Care.](#)

[Continued on next page](#)**Note:** All recommendations are category 2A unless otherwise indicated.**Clinical Trials:** NCCN believes that the best management of any cancer patient is in a clinical trial. Participation in clinical trials is especially encouraged.

**MANAGEMENT OF OPIOID ADVERSE EFFECTS (3 of 3)****Motor and Cognitive Impairment**

- Studies have shown that stable doses of opioids (>2 week) are not likely to interfere with psychomotor and cognitive function, but these functions should be monitored during analgesic administration and titration.

**Respiratory Depression**

- Patients with limited cardiopulmonary reserve are more susceptible.
- Hypercarbia occurs before hypoxia.
- If respiratory problems or opioid-induced sedation occur, consider naloxone administration but use reversing agents cautiously.
  - ▶ Dilute one ampule of naloxone (0.4 mg/1 mL) into 9 mL of normal saline for a total volume of 10 mL. Give 1–2 mL (0.04–0.08 mg) every 30–60 seconds until improvement in symptoms is noted.
  - ▶ Be prepared to repeat this process (the half-life of opioids is generally longer than that of the naloxone [plasma half-life is 30–80 minutes]).
  - ▶ If the patient is not responsive within 10 minutes and total naloxone dose of 1 mg, consider another reason for the change in neurologic status.
- If reversing an opioid with a long half-life such as methadone or for persistent opioid-induced sedation, consider naloxone infusion.
- Closely monitor for the recurrence of pain as opioid is metabolized during reversal, which may require a cautious administration of an additional opioid.

**Sedation**

- If significant or unexpected sedation develops and persists for more than 2–3 days after initiating or a significant upward titration of an opioid
  - ▶ Assess for other causes of sedation (eg, CNS pathology, other sedating medications, hypercalcemia, dehydration, infection, hypoxia)
  - ▶ Consider a lower dose of opioid given more frequently to decrease peak concentrations
  - ▶ Decrease the dose of opioid if pain control can be maintained at a lower dose
  - ▶ Consider opioid rotation
  - ▶ Consider nonopioid analgesic to allow reduction of the opioid dose
  - ▶ Consider the addition of caffeine, 100–200 mg PO every 6 h; or methylphenidate, 5–10 mg 1–3 times per day; or dextroamphetamine, 5–10 mg PO 1–3 times per day; or modafinil, 100–200 mg per day.
    - ◊ When using CNS stimulants for sedation, limit dosing to morning and early afternoon to avoid insomnia at night.
- If sedation persists despite several changes of opioids and the above measures
  - ▶ Reassess cause and severity of sedation
  - ▶ Consider neuraxial analgesics, neuroablative techniques, and other interventions to potentially reduce opioid dose
- If the patient has had marked sleep deprivation related to poor pain control, adjustments of analgesics to improve pain control may result in “catch up” sleep lasting 2–3 days. Therefore, extreme fatigue can result in somnolence that may be difficult to differentiate from opioid-induced sedation. If related to fatigue, patients generally can be fully aroused, although this may require some effort.

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### ADJUVANT ANALGESICS FOR NEUROPATHIC PAIN (1 of 2) (ANTIDEPRESSANTS, ANTICONVULSANTS, AND TOPICAL AGENTS)

#### Principles of Adjuvant Analgesic Use

- Antidepressants and anticonvulsants are first-line adjuvant analgesics for the treatment of cancer-related neuropathic pain.
- These drugs can be helpful for patients whose pain is only partially responsive to opioids.
- The use of adjuvant analgesics in the cancer population is often based on guidelines or experience derived from data for the treatment of pain not caused by cancer (non-malignant pain).
- Effective use is predicated on an assessment that clarifies the nature of the pain as most adjuvant analgesics are more likely to be effective in management of neuropathic pain.
- As with opioids, response to adjuvant analgesics may vary according to the type/cause of neuropathic pain and the individual patient.
- Drug selection may be influenced by other symptoms and comorbidities. For example, a sedating drug may be useful in a patient in whom insomnia is a problem.
- Patient education should emphasize the trial and error nature of the treatment so patients do not get discouraged.
- Doses should be increased until the analgesic effect is achieved, adverse effects become unmanageable, or the conventional maximal dose is reached.

[See Examples of Adjuvant Analgesics Use for Neuropathic Pain \(PAIN-G 2 of 2\)](#)

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**ADJUVANT ANALGESICS FOR NEUROPATHIC PAIN (2 of 2)**  
**(ANTIDEPRESSANTS, ANTICONVULSANTS, TOPICAL AGENTS, AND CORTICOSTEROIDS)****Examples of Adjuvant Analgesics Use**

- Extrapolated from non-cancer neuropathic pain management
- Both antidepressants and anticonvulsants are frequently used as an adjuvant analgesic in combination with an opioid to treat neuropathic components of pain.
- **Antidepressants**: Analgesic effectiveness is not dependent on its antidepressant activity. Effective analgesic dose 1) may be lower than that required to treat depression; and 2) the onset of analgesic relief may occur earlier than anti-depressive effects.
- Frequently used as an adjuvant analgesic in combination with an opioid for the neuropathic component of the pain.
  - ▶ Check for drug interactions with special regard to serotonergic medications due to risk for serotonin syndrome.
  - ▶ Tricyclic antidepressants (eg, amitriptyline, imipramine, nortriptyline, desipramine)
    - ◊ Start with low dose and increase every 3–5 days if tolerated (eg, nortriptyline and desipramine starting dose 10–25 mg nightly increase to 50–150 mg nightly). The tertiary amines (ie, amitriptyline, imipramine) may be more efficacious but secondary amines (ie, nortriptyline, desipramine) are better tolerated. Anticholinergic adverse effects such as sedation, dryness of mouth, and urinary hesitancy are more likely to occur with amitriptyline and imipramine.
  - ▶ Other examples:
    - ◊ Duloxetine- Starting dose 20–30 mg daily, increase to 60–120 mg daily
    - ◊ Venlafaxine- Starting dose 37.5 mg daily, increase to 75–225 mg daily
- **Anticonvulsants**: Frequently used as an adjuvant analgesic in combination with an opioid for the neuropathic component of the pain.
  - ▶ Anticonvulsants examples:
    - ◊ Gabapentin- Starting dose 100–300 mg nightly, increase to 900–3600 mg daily in divided doses 2 to 3 times a day. Dose increments of 50%–100% every 3 days. Slower titration for the elderly or medically frail. Dose adjustment required for those with renal insufficiency.
    - ◊ Pregabalin- Starting dose 50 mg three times a day, increase to 100 mg 3 times a day. Slower titration for the elderly or medically frail. Dose adjustment required for those with renal insufficiency. Pregabalin is more efficiently absorbed through the GI tract than gabapentin. May increase further to a maximum dose of 600 mg in divided doses 2–3 times a day.
    - ◊ Consider other anticonvulsant agents, many of which have been shown to have efficacy in non-cancer neuropathic pain.
- **Topical agents**: Act locally and may be used as an adjuvant analgesic in combination with an opioid, antidepressant, and/or an anticonvulsant.
  - ▶ Topical agent examples:
    - ◊ Lidocaine patch- 5% - Apply daily to the painful site. Minimal systemic absorption.
- **Corticosteroids**: Typically dexamethasone (due to less mineralocorticoid effect). Long half-life of these drugs allows for once-daily dosing, preferably in the morning due to their stimulating effect and to prevent nighttime insomnia. Useful in the acute management of a pain crisis when neural structures or bones are involved. Long-term adverse effects are significant.

**Note:** Some SSRI, SNRI antidepressants may inhibit the conversion of tamoxifen to its active metabolite, thereby decreasing the effectiveness of tamoxifen - [see Discussion](#).

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### PSYCHOSOCIAL SUPPORT

- Due to the complexity of cancer-related pain and associated symptoms, health care providers should anticipate patients' and families' need for support and education in management strategies.
- Assessing each patient's need for psychosocial support is an essential component of a comprehensive pain assessment. ([See PAIN-C](#)).

#### Support

- Inform patient and family/caregiver that emotional reactions to pain are normal and are evaluated and treated as part of pain treatment.
- Provide emotional support to patient and family/caregiver that acknowledges that the pain is a problem to be addressed.
- Assist in accessing treatment as needed.
- State that you will work together with the patient and family/caregiver as part of the team to address the pain problem.
- Describe the mutually agreed upon plan of care to be taken and when results can be expected.
- Express your commitment to being available to help with pain management.
- Inform patient and family/caregiver that there is always something else that can be done to try to adequately manage pain and other noxious symptoms.
- Assess impact upon family and significant others; provide education and support as indicated.
- Verbally repeat your concern and the plan of action to be taken.

#### Skills training

- Teach coping skills (to be used in conjunction with and not in lieu of appropriate analgesia) to provide pain relief, enhance a sense of personal control, and refocus energy on optimizing quality of life.
  - ▶ Consider referral to cognitive behavioral therapy (CBT) experts in pain management.
  - ▶ Coping skills for acute pain include Lamaze-type breathing exercises, distraction techniques
  - ▶ Coping skills for chronic pain (not pain emergency) include all of the above plus relaxation techniques, guided imagery, graded task assignments, and hypnosis to maximize function
  - ▶ Training to encourage assertiveness to maximize comfort
- Educate patient and family/caregiver that in pain management a team effort is necessary to comprehensively assess and treat the impact of pain. Members of the team may include: oncologist, nurse, pain specialist, palliative care clinician, physiatrist, neurologist, psychologist, social worker, psychiatrist, physical therapist, and spiritual counselor.

[See Patient and Family/Caregiver Education \(PAIN-I\)](#)

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**PATIENT AND FAMILY/CAREGIVER EDUCATION (1 of 2)**

- To assess for patient and family/caregiver educational needs regarding pain treatment, the health care team should:
  - ▶ Assess for meaning and consequences of pain for patient and family/caregiver.
  - ▶ Assess for literacy to ensure understanding of education.
  - ▶ Assess existing knowledge of pain and pain treatment to aid in developing appropriate patient and family/caregiver education plan.<sup>1,2</sup>
- Educational materials should be provided.
- Messages to be conveyed to patient and family/caregiver regarding management of pain
  - ▶ Relief of pain is medically important and there is no medical benefit to suffering with pain.
  - ▶ Pain can usually be well-controlled with pain medications. For persistent pain, taking an analgesic on a regular schedule will improve pain control.
  - ▶ Patients with pain often have other symptoms (eg, constipation, nausea, fatigue, insomnia, depression) that need to be controlled; management of these other symptoms may facilitate control of pain.
- Messages to be conveyed to patient and family/caregiver regarding opioid analgesics
  - ▶ Morphine and morphine-like medications are principal medications used to relieve severe pain.
    - ◊ If you take these medications now, they will still work later.
    - ◊ If these medications do not work, many other options are available.
    - ◊ Opioid analgesics should only be used to treat pain and not to assist with sleep, anxiety, or other mood issues.
  - ▶ When working closely with health care providers these medications can be used to safely and adequately provide cancer pain relief and avoid untoward side effects.
    - ◊ For potential risk factors for misuse/abuse, [see \(PAIN-E 3 of 12\)](#).
    - ◊ Patients with a history of prescription, illicit drug, or alcohol dependence/substance abuse may be at increased risk for prescribed medication misuse/abuse ([see PAIN-L](#)).
    - ◊ Patients with history of opioid use/abuse may also have increased tolerance, which may require higher doses for optimal pain control ([see PAIN-L](#)).
  - ▶ These medications are controlled substances and must be used with caution:
    - ◊ These medications should not be mixed with alcohol or illicit substances.
    - ◊ Potent analgesics should be taken only as prescribed and by the person for whom the medication is prescribed; advise patients not to self increase dosage or frequency; and advise patients to contact health care provider if the pain management regimen is not controlling their pain.
    - ◊ Analgesics must be in a secured location, preferably in a locked box and not in a medicine cabinet.
    - ◊ Unused or unneeded medications (especially opioid analgesics) must be properly disposed of:
      - [Per the FDA](#), unless a take-back drug program is immediately available, the recommendation is to flush excess opioids down sink or toilet.
      - Read the product-specific disposal information included with the extended-release/long-acting opioid product.
    - ◊ Provide information pertaining to local regulations regarding the operation of machinery or motor vehicles while taking potentially sedating medication and advise patient and family/caregiver accordingly and provide appropriate medical counseling.

<sup>1</sup>Stewart M, Brown JB, Donner A, McWhinney I, et al. The impact of patient centered care on outcomes. J Fam Pract 2000;49:797-804.

<sup>2</sup>Syrjala KL, Abrams JR, Polissar NL, et al. Patient training in cancer pain management using integrated print and video materials: a multisite randomized controlled trial. Pain 2008;135:175-186.

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### PATIENT AND FAMILY/CAREGIVER EDUCATION (2 of 2)

- **Communication with the health care provider is critical for the patient and family/caregiver to assist in meeting goals of care.**
  - ▶ **Be certain that patient/family know how to contact physician/hospital.**
  - ▶ **Explain that health care providers cannot discern the patient's pain level, and that describing pain is not viewed as "complaining," but rather is an essential source of information to enable the health care provider to adjust treatment.**
  - ▶ **Explain that health care providers want to know about any problems the patient believes the pain medications may be causing, as there are probably ways to alleviate these issues.**
  - ▶ **Tell the patient to let the health care providers know about difficulty obtaining medication or concerns about taking medication. Explain that providers have dealt with such issues before and that they can help.**
  - ▶ **Expect optimal management for pain and adverse effects. Inform the patient of the right to expect pain management as part of overall care.**
- **The following must be reviewed with each patient and family/caregiver and provided in written form, which is dated:**
  - ▶ **A list of each medication prescribed, a description of what each medication is for, and instructions on how and when to take each one**
    - ◊ **Plan for obtaining refilled prescriptions, especially potent opioids, because schedule II narcotics cannot be ordered by telephone**
  - ▶ **A list of potential adverse effects of these medications and what to do if they occur**
    - ◊ **List may be provided by clinician and/or pharmacy**
  - ▶ **A list of all medications to be discontinued**
  - ▶ **A list of telephone numbers to reach an appropriate health care provider and specific instructions to call regarding:**
    - ◊ **Any problems in getting the prescriptions or taking the medication**
    - ◊ **New pain, change in pain, or pain not relieved with medication**
    - ◊ **Nausea and vomiting that prevents eating for 1 day**
    - ◊ **Problems with bowel movements, including no bowel movements for 3 days**
    - ◊ **Difficulty arousing the patient from sleep easily during the daytime**
    - ◊ **Confusion**
  - ▶ **A plan for follow-up visits and/or phone calls, including availability of after-hours assistance**
  - ▶ **A plan for proper storage and disposal ([see PAIN-I 1 of 2](#))**

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### INTEGRATIVE INTERVENTIONS

Consider integrative interventions in conjunction with pharmacologic interventions as needed. Integrative interventions may be especially important in vulnerable populations (eg, frail, elderly, pediatric) in whom standard pharmacologic interventions may be less tolerated or based on patient preference. The utility of integrative interventions underscores the necessity for pain management to be carried out with a team approach that contains a wide range of treatment options. [See PAIN-L](#).

Pain likely to be relieved or function improved with physical, cognitive, or interventional modalities:

- **Physical modalities**
  - ▶ Bed, bath, and walking supports
  - ▶ Positioning instruction
  - ▶ Instruction in therapeutic and conditioning exercise
  - ▶ Energy conservation, pacing of activities
  - ▶ Massage
  - ▶ Heat and/or ice
  - ▶ Transcutaneous electrical nerve stimulation (TENS)
  - ▶ Acupuncture or acupressure
  - ▶ Ultrasonic stimulation
- **Cognitive modalities**
  - ▶ Mindfulness-based stress reduction
  - ▶ Imagery/hypnosis
  - ▶ Distraction training
  - ▶ Relaxation training
  - ▶ Active coping training
  - ▶ Graded task assignments, setting goals, pacing, and prioritizing
  - ▶ Cognitive behavioral training
- **Spiritual care** ([See NCCN Guidelines for Distress Management](#))
- [See Interventional Strategies \(PAIN-M\)](#)

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### **NON-OPIOID ANALGESIC (NONSTEROIDAL ANTI-INFLAMMATORY DRUGS [NSAIDS] AND ACETAMINOPHEN) PRESCRIBING (1 of 2)**

#### **Acetaminophen**

- Acetaminophen, 650 mg every 4 hours or 1 g every 6 hours (daily maximum 4 g/d) in adult patients with normal liver function. For chronic administration, consider limiting the maximum daily dose to 3 g/d or less due to concerns for hepatic toxicity.
- Due to concerns with liver toxicity, acetaminophen should be used with caution or not used at all with combination opioid- acetaminophen products to prevent excess acetaminophen dosing.
- See the FDA website ([www.fda.gov](http://www.fda.gov)) for the latest information on acetaminophen adverse effects and dosing.

#### **NSAIDs**

- Use NSAIDs with caution, especially for chronic use, as many oncology patients may be at high risk for renal, GI (ie, upper GI surgery, RT), or cardiac toxicities; thrombocytopenia; or bleeding disorder. <http://www.fda.gov/Drugs/DrugSafety/ucm451800.htm>
- Note that the potential adverse effects of chemotherapy (especially angiogenesis inhibitors), such as hematologic (ie, thrombocytopenia, coagulopathy), renal, hepatic, and cardiovascular toxicities, can be increased by the concomitant prescription of NSAIDs.
- For some patients opioid analgesics may be a safe and effective alternative analgesic to NSAIDs.
- Use any NSAID that the patient has found to be effective and well tolerated in the past; otherwise, consider ibuprofen to the maximal dose.
  - ▶ Ibuprofen, 400 mg four times a day (daily maximum = 3200 mg); or naproxen 220-500 mg 2-3 times daily (daily maximum of 1500 mg). If needed, consider short-term use of ketorolac, 15–30 mg IV every 6 hours for a maximum of 5 days.
  - ▶ Compounds that do not inhibit platelet aggregation:
    - ◇ Nonacetylated salicylate
    - ◇ Choline + magnesium salicylate combinations, 1.5–4.5 g/d in three divided doses
    - ◇ Salsalate, 2–3 g/d in two or three divided doses
    - ◇ Selective COX-2 inhibitor
- Consider topical NSAID - diclofenac gel 1% 4 times/d; or diclofenac patch 180 mg, 1–2 patches/d

[See NSAIDs and toxicities on next page](#)

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**NON-OPIOID ANALGESIC (NONSTEROIDAL ANTI-INFLAMMATORY DRUGS [NSAIDS] AND ACETAMINOPHEN) PRESCRIBING (2 of 2)****NSAIDs and toxicities****• Renal toxicities**

- ▶ Patients at high risk: age >60 years, compromised fluid status, multiple myeloma, diabetes, interstitial nephritis, papillary necrosis, and concomitant administration of other nephrotoxic drugs (including cyclosporine, cisplatin) and renally excreted chemotherapy
- ▶ Treatment: reevaluate NSAID use if renal function deteriorates or if hypertension develops or worsens

**• GI toxicities**

- ▶ Patients at high risk: age >60 years, history of peptic ulcer disease or significant alcohol use (3 or more alcoholic beverages/d), major organ dysfunction including hepatic dysfunction, high-dose NSAIDs given for long periods, and concomitant steroid use
- ▶ Treatment:
  - ◊ If patient develops gastric upset or nausea, consider discontinuing NSAID or changing to selective COX-2 inhibitor. COX-2 inhibitors are associated with lower incidence of GI adverse effects and do not inhibit platelet aggregation; however, they have not been demonstrated to have reduced renal adverse effects.
  - ◊ As prophylaxis for NSAID peptic ulceration, consider adding misoprostol or proton pump inhibitors. If patient develops GI peptic ulcer or GI hemorrhage, discontinue NSAID.
  - ◊ Discontinue NSAID if liver function studies increase 1.5 times the upper limit of normal.

**• Cardiac toxicities**

- ▶ Patients at high risk: history of cardiovascular disease or at risk for cardiovascular disease or complications.<sup>1</sup> NSAIDs taken with prescribed anticoagulants, such as warfarin or heparin, may significantly increase the risk of bleeding complications.
- ▶ Treatment: discontinue NSAID if congestive heart failure or hypertension develops or worsens. Naproxen and ibuprofen are preferred NSAIDs for individuals at high risk for cardiac toxicities.

**• Monitoring for NSAID toxicities**

- ▶ Baseline blood pressure, BUN, creatinine, liver function studies [alkaline phosphatase, LDH, SGOT, SGPT], CBC, and fecal occult blood
- ▶ Repeat every 3 mo to ensure lack of toxicity

**• Further NSAID considerations**

- ▶ If two NSAIDs are tried in succession without efficacy, use another approach to analgesia.
- ▶ If NSAIDs are effective but treatment is limited by toxicities that are not deemed serious, consider trial of another NSAID.
- ▶ When systemic administration is not feasible, consider topical NSAID preparations in place of oral NSAIDs.
- ▶ Toxicity of anti-cancer treatment may increase the risk profile of anti-inflammatory treatment.
- ▶ The use of concomitant NSAID with prophylactic aspirin may reduce the effectiveness of aspirin. Therefore, it is recommended to either avoid use or take separately to avoid this possibility.
- ▶ Avoid the use of NSAIDs in the setting of prophylactic or therapeutic anticoagulation.

<sup>1</sup>Antman EM, Bennett JS, Daugherty A, et al. Use of nonsteroidal antiinflammatory drugs: an update for clinicians. A scientific statement from the American Heart Association. *Circulation* 2007;115:1634-1642.

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### SPECIALTY CONSULTATIONS FOR IMPROVED PAIN MANAGEMENT

- **Major indication for referral is:**
  - ▶ Pain likely to be relieved or function improved through consultation delivered by a specialty service provider as suggested below.  
Note that the specific provider of these services may vary in different treatment settings.
- **Pain and palliative care specialty consultation**  
[See NCCN Guidelines for Palliative Care](#)
  - ▶ Consider interventional strategies ([See PAIN-M](#))
  - ▶ Management of symptoms refractory to initial treatment
  - ▶ Management of sleep disturbances
  - ▶ Diagnosis and treatment of underlying condition
  - ▶ Consider oral or IV ketamine for pain resistant to other analgesics
  - ▶ Consider palliative sedation for intractable pain
  - ▶ Adjustment of drugs and doses beyond the expertise of the primary team/oncologist
  - ▶ Management of complicated psychosocial issues, including aberrant drug behavior
  - ▶ Clarity of goals of care, especially regarding pain and medication side effects
- **Psychiatric consultation**
  - ▶ Pharmacologic management and psychotherapy
- **Depression/distress consultation**  
[See NCCN Guidelines for Distress Management](#)
- **Psychology consultation**
  - ▶ Cognitive modalities
    - ◇ Imagery/hypnosis
    - ◇ Distraction training
    - ◇ Relaxation training
    - ◇ Active coping training
    - ◇ Graded task assignments, setting goals, pacing, and prioritizing
    - ◇ Cognitive behavioral training
- **Social work consultation**
  - ▶ Caregiver burden and support needs
  - ▶ Recommend use of community care resources
- **Substance abuse consultation if questions/concerns about medication misuse or diversion**
  - ▶ Evaluate for substance use disorder
  - ▶ Assist with establishing treatment agreements, limit setting, single provider/pharmacy as needed
  - ▶ Communicate regarding need to accomplish pain relief, but avoid misuse/diversion
- **Spiritual care consultation**
  - ▶ Determine importance to patient and family/caregiver and current availability of support
  - ▶ Manage spiritual, existential concerns
- **Physical/occupational therapy, rehabilitation/mobility specialty consultation**
  - ▶ Physical modalities
    - ◇ Bed, bath, and walking supports
    - ◇ Positioning instruction
    - ◇ Energy conservation, pacing of activities
    - ◇ Massage
    - ◇ Heat and/or ice
    - ◇ TENS
    - ◇ Acupuncture or acupressure
    - ◇ Ultrasonic stimulation
- **Lymphedema management**

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### INTERVENTIONAL STRATEGIES

#### Interventional consultation<sup>1</sup>

• **Major indications for referral:**

- ▶ Pain likely to be relieved with nerve block (eg, pancreas/upper abdomen with celiac plexus block, lower abdomen with superior hypogastric plexus block, intercostal nerve)
- ▶ Failure to achieve adequate analgesia and/or the presence of intolerable adverse effects (may be handled with intraspinal agents, blocks, spinal cord stimulation, or destructive neurosurgical procedures)

• **Commonly used interventional procedures:**

▶ **Regional infusions (requires infusion pump)**

- ◊ **Epidural:** easy to place, requires the use of an externalized catheter/pump; for infusions of opioids, local anesthetics, and clonidine; useful for acute postoperative pain; use beyond several days to a few weeks is limited by concerns for catheter displacement and infection
- ◊ **Intrathecal:** easy to internalize to implanted pump; for infusions of opioids, local anesthetics, clonidine, and ziconotide; implanted infusion pumps may be costly, refills require technical expertise
- ◊ **Regional plexus:** for infusions of local anesthetics, to anesthetize single extremity; use beyond several days to a few weeks is limited by concerns for catheter displacement and infection

▶ **Percutaneous vertebroplasty/kyphoplasty**

▶ **Neurodestructive procedures for well-localized pain syndromes (spinal analgesics are used more frequently)**

- ◊ **Head and neck:** peripheral neurolysis generally associated with sensory and/or motor deficit
- ◊ **Upper extremity:** brachial plexus neurolysis
- ◊ **Thoracic wall:** epidural or intrathecal, intercostal, or dorsal root ganglion neurolysis
- ◊ **Upper abdominal pain (visceral):** celiac plexus block, thoracic splanchnicectomy
- ◊ **Midline pelvic pain:** superior hypogastric plexus block
- ◊ **Rectal pain:** intrathecal neurolysis, midline myelotomy, superior hypogastric plexus block, or ganglion impar block
- ◊ **Unilateral pain syndromes:** cordotomy
- ◊ **Consider intrathecal L/S phenol block**

▶ **Neurostimulation procedures for cancer-related symptoms**

(ie, peripheral neuropathy, neuralgias, complex regional pain syndrome)

▶ **Radiofrequency ablation for bone lesions**

- **If interventional approaches are appropriate**
  - ▶ Evaluate which pain site can be relieved
  - ▶ Verify that interventional technique will provide sufficient benefit
    - ◊ If interventional treatment is undertaken and is successful, patient may require significant reduction in systemic opioid

- **If interventional approaches are not appropriate<sup>2</sup>**
  - ▶ Reassess therapeutic plan

<sup>1</sup>Patient prognosis should be communicated to interventional pain colleagues as an important consideration when selecting interventional pain therapies.

<sup>2</sup>Infection, coagulopathy, very short or lengthy life expectancy, distorted anatomy, patient unwillingness, medications that increase risk for bleeding (eg, anti-angiogenesis agents such as bevacizumab), or technical expertise is not available.

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## Discussion

### NCCN Categories of Evidence and Consensus

**Category 1:** Based upon high-level evidence, there is uniform NCCN consensus that the intervention is appropriate.

**Category 2A:** Based upon lower-level evidence, there is uniform NCCN consensus that the intervention is appropriate.

**Category 2B:** Based upon lower-level evidence, there is NCCN consensus that the intervention is appropriate.

**Category 3:** Based upon any level of evidence, there is major NCCN disagreement that the intervention is appropriate.

**All recommendations are category 2A unless otherwise noted.**

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## Overview

Pain is one of the most common symptoms associated with cancer. Pain is defined by the International Association for the Study of Pain as an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in relation to such damage.<sup>1</sup> Cancer pain or cancer-related pain distinguishes pain experienced by patients with cancer from that experienced by patients without malignancies. A meta-analysis revealed that pain was reported in 59% of patients undergoing cancer treatment, in 64% of patients with advanced disease, and in 33% of patients after curative treatment.<sup>2</sup> In addition, this is one of the symptoms patients fear most. Unrelieved pain denies patients comfort and greatly affects their activities, motivation, interactions with family and friends, and overall quality of life.<sup>3</sup> There is mounting evidence in oncology that survival is linked to effective pain management.<sup>4</sup> Although improvements have been observed, undertreatment of pain remains an issue in a significant subset of patients with cancer.<sup>5</sup>

The importance of relieving pain and the availability of effective therapies make it imperative that health care providers be adept at cancer pain assessment and treatment.<sup>6-8</sup> This requires familiarity with the pathogenesis of cancer pain, pain assessment techniques, and common barriers to the delivery of appropriate analgesia. Providers should be familiar with pertinent pharmacologic, anesthetic, neurosurgical, and behavioral interventions for treating cancer pain, as well as complimentary approaches such as physical/occupational therapy.

The most widely accepted algorithm for the treatment of cancer pain was developed by the WHO.<sup>9,10</sup> It suggests that patients with pain be started on acetaminophen or a nonsteroidal anti-inflammatory drug

(NSAID). If this is not sufficient, the patient should be escalated to a “weak opioid,” such as codeine, and subsequently to a “strong opioid,” such as morphine. Although this algorithm has served as an excellent teaching tool, the management of cancer pain is considerably more complex than this three-tiered “cancer pain ladder” suggests.

This NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) for Adult Cancer Pain are unique in several important ways. The NCCN Guidelines® identify central principles for assessing and managing cancer pain in adults. First, they list general principles of pain management, followed by guiding principles for assessment, management/intervention, and reassessment:

## Literature Search Criteria and Guidelines Update Methodology

Prior to the update of this version of the NCCN Guidelines for Adult Cancer Pain, an electronic search of the PubMed database was performed to obtain key literature in adult cancer pain, published between October 2014 and September 2015, using the following search terms: “cancer pain” (Title/Abstract) OR “oncologic pain” (Title/Abstract) OR “cancer-related pain”. The PubMed database was chosen as it remains the most widely used resource for medical literature and indexes only peer-reviewed biomedical literature.

The search results were narrowed by selecting studies in humans published in English. Results were confined to the following article types: Clinical Trial; Guideline; Randomized Controlled Trial; Meta-Analysis; Systematic Reviews; and Validation Studies.

The PubMed search resulted in 75 citations and their potential relevance was examined. The data from key PubMed articles selected by the panel for review during the Guidelines update meeting as well as

articles from additional sources deemed as relevant to these Guidelines and discussed by the panel have been included in this version of the Discussion section (eg, e-publications ahead of print, meeting abstracts). Recommendations for which high-level evidence is lacking are based on the panel's review of lower-level evidence and expert opinion.

The complete details of the Development and Update of the NCCN Guidelines are available on the NCCN [webpage](#).

### **General**

- There is increasing evidence in oncology that survival is linked to symptom control and that pain management contributes to broad quality-of-life improvement. To maximize patient outcomes, pain management is an essential part of oncologic management.
- Analgesic therapy is done in conjunction with management of multiple symptoms or symptom clusters and the complex pharmacologic therapies that patients with cancer are generally prescribed.
- A multidisciplinary team is optimal.
- Psychosocial support must be available including emotional and informational support and coping skills training.
- Specific educational material must be provided to the patient and family/caregiver in an understandable language and format.
- Consider the multidimensional impact of “suffering” on patients and their families and address these concerns in a culturally respectful manner.

### **Assessment**

- All patients must be screened for pain at each contact.
- Pain intensity must be quantified and quality must be characterized by the patient (whenever possible based on patient communication capacity).

- Comprehensive pain assessment must be performed if new or worsening pain is present and regularly performed for persisting pain.
- Pain assessment is essential with a rating scale but also includes patient reporting of qualities of the pain, breakthrough pain, treatments used and their impact on pain, patient reporting of adequate comfort, satisfaction with pain relief, provider assessment of adequacy of function, and any special issues for the patient relevant to pain treatment. If necessary, get additional information from the family/caregiver regarding pain and impact on function.
- Evaluate the patient for risk factors of opioid misuse.

### **Management/Intervention**

- Goals of pain management are to optimize pain treatment outcomes in 4 dimensions, frequently referred to as the “4 A's” of pain management: analgesia (pain relief); activities of daily living (psychosocial functioning); adverse events; and aberrant drug taking (addiction-related outcomes).<sup>11</sup>
- Comprehensive pain management (addressing the physical and biopsychosocial elements of pain using pharmacologic and non-pharmacologic modalities) is needed, as most patients have multiple pathophysiologies and multiple symptoms.
- Prevention of expected analgesic side effects, especially constipation in the setting of opioid use, is key for effective pain treatment.
- Optimize patient and family education and physical and cognitive integrative interventions.
- For acute, severe pain or pain crisis, consider hospital or inpatient hospice admission to achieve patient-specific pain goals.
- Persistent cancer pain often requires treatment with regularly scheduled analgesics, and supplemental doses of analgesics are often required to manage breakthrough pain.
- For chronic pain in cancer survivors, see the NCCN Guidelines for Survivorship.

### **Reassessment**

- Reassessment of pain intensity must be performed at specified intervals to ensure that the analgesic therapy selected is having the maximum benefit with as few adverse effects as possible.

The NCCN Guidelines acknowledge the range of complex decisions faced in the management of these patients. As a result, they provide dosing guidelines for opioids, non-opioid analgesics, and adjuvant analgesics. They also provide specific suggestions for titration and rotation of opioids, escalation of opioid dosage, management of opioid adverse effects, and when and how to proceed to other techniques/interventions for the management of cancer pain.

### **Pathophysiologic Classification of Cancer Pain Syndromes**

Different types of pain occur in patients with cancer. A number of attempts have been made to classify pain according to different criteria. Pain classification includes differentiating between pain associated with tumor, pain associated with treatment, and pain unrelated to either. Acute and chronic pain should also be distinguished from each other when deciding which therapy to use. Therapeutic strategy depends on the pain pathophysiology, which is determined by patient examination and evaluation. There are two predominant mechanisms of pain pathophysiology: nociceptive and neuropathic.<sup>12,13</sup>

Nociceptive pain is the result of injury to somatic and visceral structures and the resulting activation of nociceptors. Nociceptors are present in skin, viscera, muscle, and connective tissue. Nociceptive pain can further be divided into somatic pain and visceral pain.<sup>14</sup> Pain described as sharp, well localized, throbbing, and pressure-like is likely to be somatic nociceptive pain. It occurs often after surgical procedures or from bone metastasis. Visceral nociceptive pain is often described as

more diffuse, aching, and cramping. It is secondary to compression, infiltration, or distension of abdominal or thoracic viscera.

Neuropathic pain results from injury to the peripheral or central nervous system (CNS). This type of pain might be described as burning, sharp, or shooting. Examples of neuropathic pain include pain due to spinal stenosis or diabetic neuropathy, or as an adverse effect of chemotherapy (eg, vincristine), radiation therapy, or following surgical injury to the nerves.

### **Comprehensive Pain Assessment**

A comprehensive evaluation is essential to ensure proper pain management. Failure to adequately assess pain frequently leads to poor pain management. It is therefore important to find the cause of the pain and identify optimal therapies. This algorithm begins with the premise that all patients with cancer should be screened for pain during the initial evaluation, at each subsequent contact, and whenever new therapy is initiated. If pain is present on a screening evaluation, the pain intensity must be quantified by the patient (whenever possible). Since pain is inherently subjective, patients' self-reporting of pain is the current standard of care for assessment.

### **Selecting Tools for Assessing Pain**

Various methods and tools exist to assess pain severity. Intensity of pain should be quantified using a numerical rating scale (ie, 0–10), visual analog scale, categorical scale, or pictorial scale (eg, The Faces Pain Rating Scale).<sup>15-18</sup> Although pain is commonly assessed using numerical or categorical ratings, some patients may experience difficulty with these scales. The Faces Pain Rating Scale may be successful with patients who have difficulty with other scales, for example, children, the elderly, and patients with language or cultural



differences or other communication barriers. If the patient is unable to verbally report pain, an alternative method to obtain pain rating and pain assessment must be utilized. In addition to pain intensity, the patient should be asked to describe the characteristics of his/her pain (ie, aching, burning).

The Brief Pain Inventory (BPI) assesses pain severity in patients with cancer in two important dimensions: intensity of pain and interference of pain with a patient's life.<sup>16,19,20</sup> Studies suggest that pain may interfere with daily functions to a different extent in patients with cancer versus those with chronic noncancer pain.<sup>21</sup> As such, pain interference (ie, a measure of the impact of pain on daily functions) is of particular importance when assessing pain in patients with cancer. The BPI quantifies these measures using a 0 to 10 numerical scale. Based on these numerical ratings, cut-points have been established to categorize pain severity as mild, moderate, or severe for the purpose of treatment planning.<sup>16,19,20</sup> Assessment of both pain intensity and impact of pain on daily functions should be considered when establishing patient-specific goals for comfort and function.

An additional assessment tool that has undergone psychometric evaluation is the PROMIS pain interference (PROMIS-PI) bank; early validation studies suggest the potential utility of this approach to pain assessment as an alternative to standard-of-care assessment methods based on the BPI.<sup>22</sup> Additional studies are needed to assess the application of the PROMIS-PI for assessing cancer pain severity.

### Assessing Pain

If the patient has no pain, re-screening should be performed at each subsequent visit or as requested. Identifying the presence of pain through repeated screening is essential to allow implementation of effective pain management.

If the Pain Rating Scale score is above 0, a comprehensive pain assessment is initiated. The comprehensive pain assessment should focus on the type and quality of pain; pain history (eg, onset, duration, course); pain intensity (ie, pain experienced at rest; with movement); location; referral pattern; radiation of pain; impact of pain (ie, interference with activities such as work, sleep, and interpersonal interactions); the associated factors that exacerbate or relieve the pain; current pain management plan; patient's response to current therapy; prior pain therapies; breakthrough or episodic pain inadequately managed with existing pain regimen; important psychosocial factors (eg, patient distress, family/caregiver and other support, psychiatric history, risk factors for undertreatment of pain); and other special issues relating to pain (eg, meaning of pain for patient and family/caregiver; cultural beliefs toward pain, pain expression, and treatment; spiritual or religious considerations and existential suffering).<sup>23,24</sup> Finally, the patient's goals and expectations of pain management should be discussed, including level of comfort and function, with family/caregivers included.

In addition, a thorough physical examination and review of appropriate laboratory and imaging studies are essential for a comprehensive pain assessment. This evaluation should enable caregivers to determine if the pain is related to an underlying cause that requires specific therapy. For example, it is inappropriate to provide only opioids to a patient suffering pain from impending spinal cord compression. Without glucocorticoids and local radiation therapy, the pain is unlikely to be well-managed, and the patient will remain at high risk for spinal cord injury.

The NCCN Panel recommends monitoring risk factors for aberrant use or diversion of pain medication, which might be identified at initiation of care using tools such as SOAPP-R (Screener and Opioid Assessment



for Patients with Pain-Revised) or ORT (Opioid Risk Tool). The SOAPP was developed to predict which patients, being considered for long-term opioid therapy, may exhibit aberrant medications behaviors in the future.<sup>25</sup> SOAPP-R is a revised version of the SOAPP.<sup>26</sup> Similar to the SOAPP-R, the ORT assesses the risk of aberrant behaviors when patients are prescribed opioid medication for chronic pain with a high degree of sensitivity and specificity for determining which individuals are at risk for opioid abuse.<sup>27</sup> SOAPP-R and ORT discriminate between high-risk and low-risk patients.<sup>28</sup> High-risk score on the SOAPP-R or ORT correlate with an increased likelihood of drug abuse.<sup>29</sup> Randomly administered urine drug screens and prescription monitoring programs can also be used to monitor for aberrant use or diversion of pain medications.

The endpoint of comprehensive pain assessment is to diagnose the etiology and pathophysiology (somatic, visceral, or neuropathic) of the pain. Treatment must be individualized based on clinical circumstances and patient wishes, with the goal of maximizing function and quality of life.

## Management of Adult Cancer Pain

For management of cancer-related pain in adults, the algorithm distinguishes three levels of pain intensity based on a 0 to 10 numerical value obtained using a numerical or pictorial rating scale (with 0 being no pain to 10 being the worst pain). The three levels of pain intensity referred to in the algorithm are mild pain (1–3); moderate pain (4–6); and severe pain (7–10).

The NCCN Panel recommends that providers consider all pain management interventions in the context of patient-specific goals for comfort and function, as well as safety. Individualized pain treatment should also take into account the etiology and characteristics of pain

and the patient's clinical condition. Patients presenting with an acute, severe pain or pain crisis may be candidates for hospital admission to achieve patient-specific goals for comfort and function. It is important to separate pain related to an oncologic emergency from pain not related to an oncologic emergency.

In addition, the algorithm distinguishes pain not related to oncologic emergencies in patients not chronically taking opioids (opioid naïve) from patients who have previously or are chronically taking opioids for cancer pain (opioid tolerant). It also distinguishes anticipated procedure-related pain and anxiety.

According to the U.S. Food and Drug Administration (FDA), “patients considered opioid tolerant are those who are taking at least: 60 mg oral morphine/day, 25 mcg transdermal fentanyl/hour, 30 mg oral oxycodone/day, 8 mg oral hydromorphone/day, 25 mg oral oxymorphone/day, or an equianalgesic dose of another opioid for one week or longer.”<sup>30,31</sup> Therefore, patients who do not meet the above definition of opioid tolerant, and who have not had opioid doses at least as much as those listed above for a week or more, are considered to be opioid naïve.

## Management of Pain Related to Oncologic Emergency

An oncologic emergency is defined as a life-threatening event directly or indirectly related to a patient's cancer or its treatment. Pain related to an oncologic emergency includes pain due to bone fracture or impending fracture of weight-bearing bone; epidural or leptomeningeal metastases seen in patients with advanced cancers; pain related to infection; or obstructed or perforated viscus. Pain associated with oncologic emergency should be treated directly while proceeding with the treatment of the underlying condition.

**Management of Pain Not Related to Oncologic Emergency in Opioid-Naïve Patients**

For all patients experiencing pain, care providers should provide psychosocial support and begin educational activities. Psychosocial support is needed to ensure that patients encountering common barriers to appropriate pain management (eg, fear of addiction or side effects, inability to obtain opioids) or needing assistance in managing additional problems (eg, depression, rapidly declining functional status) receive appropriate aid. The patient and the family/caregiver must be educated regarding pain management and related issues.<sup>32,33</sup> Patients should be reevaluated at each contact and as needed to meet their goals for comfort and function.

Although pharmacologic analgesics, including non-opioids (such as NSAIDs or acetaminophen), opioids, and adjuvant analgesics (such as antidepressants, anticonvulsants, topical agents, and corticosteroids) are the cornerstone of cancer pain management, they are not always adequate and are associated with many adverse effects. Optimal use of nonpharmacologic integrative interventions (physical, cognitive modalities, and spiritual) may serve as valuable additions to pharmacologic interventions.

Opioid-naïve patients (those who are not chronically receiving opioids on a daily basis) experiencing severe pain (ie, pain intensity rating 7–10) should receive rapid titration of short-acting opioids (see section below on *Opioid Prescription, Titration, and Maintenance*). Short-acting formulations have the advantage of rapid onset of analgesic effect. The route of administration of opioid is decided (oral vs. intravenous) based on what is best suited to the patient's ongoing analgesic needs. Addition of adjuvant analgesic for specific pain syndromes should be considered for all groups of patients. Adjuvant analgesics are drugs used to enhance the effects of opioids or NSAIDs.<sup>34</sup>

The use of opioid analgesics is potentially associated with a number of adverse effects. The management of common opioid-induced adverse effects should be started simultaneously with initiation of opioid therapy. Opioid-induced bowel dysfunction should be anticipated and treated prophylactically with a stimulating laxative to increase bowel motility, with or without stool softeners as indicated.<sup>35</sup> For opioid-naïve patients, whose pain intensity is moderate with a rating between 4 and 6 at presentation, the pathways are quite similar to those with a pain intensity of 7 to 10 (above). The main differences include treatment beginning with slower titration of short-acting opioids.

Opioid-naïve patients experiencing mild pain intensity (rating of 1–3) should receive treatment with nonopioid analgesics such as NSAIDs or acetaminophen or treatment with consideration of slower titration of short-acting opioids.

Patients with chronic persistent pain managed by stable doses of short-acting opioids should be provided with round-the-clock extended-release (ER) or long-acting (LA) formulation opioids with provision of a “rescue dose” to manage breakthrough or transient exacerbations of pain. The rescue dose is usually equivalent to 10% to 20% of the total daily dose given every hour as needed. Opioids with a rapid onset and short duration are preferred as rescue doses. The repeated need for rescue doses per day may indicate the necessity to adjust the baseline treatment.

**Management of Pain Not Related to Oncologic Emergency in Opioid-Tolerant Patients**

Opioid-tolerant patients are those chronically taking opioids for pain relief. According to the FDA, opioid-tolerant patients “are those who are taking at least: 60 mg oral morphine/day, 25 mcg transdermal fentanyl/hour, 30 mg oral oxycodone/day, 8 mg oral



hydromorphone/day, 25 mg oral oxymorphone/day, or an equianalgesic dose of another opioid for one week or longer.”<sup>30,31</sup>

In opioid-tolerant patients who are experiencing breakthrough pain of intensity greater than or equal to 4 (or a pain intensity less than 4 but whose goals of pain management and function are not met), in order to achieve adequate analgesia, a rescue dose should be determined and administered. This dose is supplemental to the patient’s long-acting (chronic) opioid dose. Continuation of patient’s previous opioid could be considered or upward titration to accommodate dose requirements could be warranted. The rescue dose should be 10% to 20% of the total opioid taken in the previous 24 hours. During this opioid titration, continuation of patient’s previous opioid should be considered and dose increase may be required.<sup>36,37</sup>

Efficacy and adverse effects should be assessed every 60 minutes for orally administered opioids and every 15 minutes for intravenous opioids to determine a subsequent dose. Upon assessment, if the pain score remains unchanged or is increased, further increase in opioid rescue dose by 50% to 100% is recommended. If the pain is reduced but still inadequately controlled, the same opioid dose is repeated and reassessment is performed at 60 minutes for orally administered opioids and every 15 minutes for intravenously administered opioids. If pain score remains unchanged upon reassessment after 2 to 3 cycles of the opioid, in patients with moderate to severe pain, changing the route of administration from oral to intravenous or alternate management strategies should be considered. If the pain score decreases to 0 to 3, the current effective dose of either oral or intravenous opioid is administered “as needed” over an initial 24 hours before proceeding to subsequent management strategies.

### **Management of Procedure-Related Pain and Anxiety**

Procedure-related pain represents an acute short-lived experience that may be accompanied by a great deal of anxiety. Procedures reported as painful include bone marrow aspirations; wound care; lumbar puncture; skin and bone marrow biopsies; and intravenous line, arterial line, and central line injections and manipulations. Much of the data available on procedure-related pain come from studies on pediatric patients with cancer, which are then extrapolated to adults.

Interventions to manage procedure-related pain should take into account the type of procedure, the anticipated level of pain, and other individual characteristics of the patient, such as age and physical condition. The interventions may be multimodal and may include pharmacologic and/or nonpharmacologic approaches. Supplemental doses of analgesics should be given in anticipation of procedure-related pain; topical, local, and/or systemic formulations can be considered. Anxiolytics are drugs used for the treatment of anxiety and its related psychological and physical symptoms. Anxiolytics should be given preemptively to manage procedure-related anxiety when feasible.

Local anesthetics can be used to manage procedure-related pain with sufficient time for effectiveness as per package inserts. Examples of local anesthetics include lidocaine, prilocaine, and bupivacaine. Physical approaches such as cutaneous warming, laser or jet injection, and ultrasound (US) may accelerate the onset of cutaneous anesthesia. Sedatives may also be used. However, deep sedation and general anesthesia must be carried out only by trained professionals. In addition, use of nonpharmacologic interventions may be valuable in managing procedure-related pain and anxiety. The major goal of nonpharmacologic interventions that include physical and cognitive modalities is to promote a sense of control increasing hope and





reducing helplessness that many patients with pain from cancer experience.

Patients usually tolerate procedures better when they know what to expect. Therefore, patients and family members/caregivers should receive written instructions for managing pain. Pre-procedure patient education that includes procedure details and pain management strategies is essential. Patients and family members/caregivers should receive written information regarding pain management options.

### **Subsequent Management of Cancer Pain**

The subsequent treatment is based upon the patient's continued pain rating score. Approaches for all pain intensity levels must include psychosocial support and education for patients and their families/caregivers. For all levels of pain requiring ongoing use of opioid, opioid doses should be administered on a routine schedule with rescue doses as needed. Constipation routinely evaluated and managed.

If the pain at this time is severe, unchanged, or increased, the working diagnosis must be re-evaluated and comprehensive pain assessment must be carried out. For patients unable to tolerate dose escalation of their current opioid due to adverse effects, an alternate opioid must be considered. Addition of adjuvant analgesics should be re-evaluated to either enhance the analgesic effect of the opioids or in some cases to counter the adverse effects associated with the opioids.<sup>35</sup> Optimal use of nonpharmacologic integrative interventions (physical, cognitive modalities, and spiritual) may serve as valuable additions to pharmacologic interventions. Given the multifaceted nature of cancer pain, additional interventions for specific cancer pain syndromes and specialty consultation must be considered to provide adequate analgesia. If the patient is experiencing pain of moderate intensity of 4

to 6 and if he or she has inadequate pain relief on his or her current opioid, the current titration of the opioid may be continued or increased. In addition, as with patients experiencing severe pain, addition of adjuvant analgesics; additional interventions for specific cancer pain syndromes; and specialty consultation must be considered.

For patients experiencing mild pain, if they have adequate analgesia but intolerable or unmanageable adverse effects, the analgesic dose may be reduced by 10% to 25% of the current opioid dose. Addition of adjuvant analgesics may be considered.

### **Ongoing Care**

Although pain intensity ratings may be obtained frequently during analgesic titration, formal pain reevaluation is required at each contact to insure that pain management therapies are successfully meeting patient-specific goals for comfort, function, and safety.

If an acceptable level of comfort and function has been achieved for the patient, and 24-hour opioid requirement is stable, the NCCN Panel recommends converting to an ER oral medication (if feasible) or other ER formulation (ie, transdermal fentanyl). The subsequent treatment is based upon the patient's continued pain rating score. Rescue doses of the short-acting formulation of the same LA drug may be provided during maintenance therapy for the management of pain in patients with cancer not relieved by ER opioids.

Routine follow-up should be done during each outpatient contact or at least each day for inpatients depending on patient conditions and institutional standards.

System-related barriers exist that include cost of analgesics and a lack of access to/availability of analgesics, particularly in low-income

neighborhoods or for those who are economically disadvantaged. Studies have documented the inequalities that persist since those with financial burdens or minorities have less access to pain treatment.<sup>24,38</sup> The NCCN Panel recommends addressing such system barriers.<sup>39-42</sup>

The patients must be provided with a written follow-up pain plan, including prescribed medications. It is important to ensure that the patient has adequate access to prescribed medications and maintains communication and coordination of care with relevant providers, especially during transitions between sites of care. It should be clarified with the patient regarding which clinician will be prescribing his/her ongoing pain care and confirmed that patient/caregiver(s) know how to contact the providers and hospital. Equally important is monitoring for the use of analgesics as prescribed, especially in patients with risk factors for or history of abuse. Particular attention should be paid to early recognition of ineffective analgesia despite rapid escalation of opioid analgesics, which may indicate opioid misuse or abuse. Patients and the family/caregiver should be informed that opioids should only be used to treat pain and are not intended for the treatment of sleep, anxiety, or other mood issues. However, working closely with health care providers, opioid medications can be used to safely and effectively relieve cancer-related pain.

If an acceptable level of comfort and function has not been achieved for the patients, universal screening and assessment must be carried out and additional strategies for pain relief must be considered.

### Pain in Cancer Survivors

Chronic pain in cancer survivors may have a unique etiology and symptomatology compared with pain experienced by patients with cancer. Up to a third of post-treatment cancer survivors experience chronic pain, which can cause psychological distress and impact quality

of life.<sup>43,44</sup> For more information on pain in cancer survivors as well as other survivor-related issues, please see the [NCCN Guidelines for Survivorship](#).

## Pharmacologic Interventions

### Opioids and Miscellaneous Analgesics

#### *Selecting an Appropriate Opioid*

While starting therapy, attempts should be made to determine the underlying pain mechanism and diagnose the pain syndrome. Optimal analgesic selection will depend on the patient's pain intensity, any current analgesic therapy, and concomitant medical illness(es). An individual approach should be used to determine opioid starting dose, frequency, and titration in order to achieve a balance between pain relief and medication adverse effects.

Pure agonists (such as morphine, oxycodone, oxymorphone, and fentanyl) are the most commonly used medications in the management of cancer pain. The short half-life opioid agonists (morphine, hydromorphone, fentanyl, and oxycodone) are preferred, because they can be more easily titrated than the long half-life analgesics (methadone and levorphanol).<sup>45</sup> A recent randomized trial compared the efficacy of low-dose morphine, a “strong” opioid agonist, to “weak opioids” (ie, codeine, codeine plus paracetamol, or tramadol) for treating moderate-intensity cancer pain. Among the 240 patients with cancer enrolled in the trial, low-dose morphine had a significantly higher response rate and earlier onset of response compared with weak opioids. Opioid-related adverse effects were comparable across the two treatment groups, and overall wellbeing/symptom burden was rated as significantly better in the low-dose morphine arm.<sup>46</sup>



Morphine is a mu-opioid receptor agonist and weak kappa receptor agonist. Morphine is available in a wide range of formulations and routes, including oral, parenteral, and rectal delivery.<sup>47</sup> In a patient who has not been exposed to opioids in the past, morphine is generally considered the standard starting drug of choice.<sup>48,49</sup> Oral administration is the preferred route. An initial oral dose of 5 to 15 mg of oral short-acting morphine sulfate or equivalent is recommended for opioid-naïve patients. Patients presenting with severe pain needing urgent relief should be treated with parenteral opioids, usually administered by the intravenous (IV) route or the subcutaneous (SC) route. If given parenterally, the equivalent dose is one-third of the oral dose.<sup>50</sup> An initial dose of 2 to 5 mg of IV morphine sulfate or equivalent is recommended for opioid-naïve patients. Morphine-6-glucuronide, an active metabolite of morphine, contributes to analgesia and may worsen adverse effects as it accumulates in patients with renal insufficiency.<sup>51,52</sup>

Fentanyl is a highly lipid-soluble mu-opioid receptor agonist that can be administered by the parenteral, spinal, transdermal, transmucosal, buccal, and intranasal routes.<sup>53,54</sup> Transdermal fentanyl is not indicated for rapid opioid titration and only should be recommended after pain is adequately managed by other opioids in opioid-tolerant patients.<sup>55</sup> It is usually the treatment of choice for patients who are unable to swallow, patients with poor tolerance to morphine, and patients with poor compliance. Findings from a recent Cochrane Database review support the efficacy of transdermal fentanyl for relieving moderate to severe cancer pain and suggest a reduction in opioid-related constipation compared with oral morphine regimens.<sup>56</sup> Conversion from intravenous fentanyl to transdermal fentanyl can be accomplished effectively using a 1:1 conversion ratio.<sup>57</sup> Transmucosal fentanyl may be considered in opioid-tolerant patients for brief episodes of incident pain not attributed

to inadequate dosing of an around-the-clock opioid. Data do not support a specific transmucosal fentanyl dose equianalgesic to other opioids or between different transmucosal formulations. There are data showing that buccal fentanyl is effective in treatment of breakthrough pain in patients with cancer.<sup>58-60</sup>

Hydrocodone is a mu- and delta-opioid receptor agonist that may be approximately equipotent with oral morphine; however, its equivalence data are not substantiated.<sup>53</sup> Clinical experience suggests use as a mild, initial use opioid, but effective dose may vary. Hydrocodone is only available in immediate-release formulations mixed with acetaminophen or ibuprofen. Hydrocodone extended release preparations (without added non-opioid analgesics) are available.

Codeine is a weak mu- and delta-opioid receptor agonist with little direct analgesic effect; it is a prodrug that is hepatically metabolized to codeine-6-glucuronide, norcodeine, morphine, morphine-3-glucuronide, morphine-6-glucuronide, and normorphine.<sup>53,61</sup> This process is largely through the action of the cytochrome P450 enzyme, CYP2D6. It is important to note that CYP2D6 exhibits polymorphism between various ethnic groups and between individuals. A significant portion of individuals who are poor metabolizers would obtain reduced or no analgesic effects from codeine administration.<sup>62</sup> Conversely, rapid metabolizers may experience toxicity after codeine administration from more rapid morphine production.<sup>62</sup>

Hydromorphone is primarily a mu-opioid receptor agonist and weak delta-opioid receptor agonist that has properties similar to morphine and is available in oral tablets, liquids, suppositories, and parenteral formulations.<sup>53,63</sup> There is some evidence suggesting that the metabolite of hydromorphone may lead to opioid neurotoxicity, including myoclonus, hyperalgesia, and seizures.<sup>64</sup> This metabolite may be more



neurotoxic than the morphine metabolite.<sup>65</sup> In a prospective, open label trial of 879 patients with cancer, hydromorphone effectively reduced pain that was inadequately controlled by other analgesics.<sup>66</sup>

Additionally, a recent randomized controlled trial (RCT) demonstrated the clinical noninferiority of once-daily hydromorphone compared with twice-daily oxycodone for relieving moderate to severe cancer pain.<sup>67</sup>

Morphine, hydromorphone, hydrocodone, oxymorphone, and codeine should be used with caution in patients with fluctuating renal function due to potential accumulation of renally cleared metabolites that may cause neurologic toxicity.<sup>68,69</sup>

Oxycodone is an opioid with agonist activity at the mu-, delta-, and kappa-opioid receptors and is available in immediate- and ER formulations.<sup>70-72</sup> Oxycodone is also available in combination with acetaminophen; therefore, the acetaminophen dose must be monitored for safe limits to avoid potential hepatic toxicity. A recent Cochrane review found overall evidence that oxycodone provided similar analgesic and adverse effects to morphine, concluding that these agents could be interchangeable in the front-line treatment setting for cancer-related pain.<sup>73</sup> Recent studies of oxycodone/naloxone formulations showed effective analgesia with reduced opioid-induced constipation for long-term use in cancer-related pain.<sup>74,75</sup>

Oxymorphone is an opioid agonist that acts primarily at the mu-opioid receptor. It is available in immediate-release and ER formulations.<sup>53,72,76</sup>

Methadone is a mu-opioid receptor agonist that also acts as an antagonist at NMDA receptors; it is commercially available in multiple strength oral tablets or oral solution.<sup>53</sup> Individual variations in methadone pharmacokinetics (long half-life ranging from 8 to more than 120 hours) make its usage very difficult in patients with cancer.<sup>77</sup> Due to

its long half-life, high potency, and inter-individual variations in pharmacokinetics, methadone should be started at doses reduced by at least 50% from the calculated equianalgesic dose and slowly titrated upwards with provision of adequate, short-acting, breakthrough pain medications during the titration period. The NCCN Guidelines recommend monitoring for drug accumulation and adverse effects, particularly over the first 4 to 5 days, and caution that steady state may not be reached for several days to 2 weeks. Conversion from morphine to methadone should be carried out cautiously as outlined in the NCCN Guidelines; however, the safety and efficacy of using a reciprocal technique for converting methadone dose to morphine, or conversion from another opioid to methadone, has not been documented.<sup>78,79</sup>

Generally, RCT data have demonstrated that appropriately titrated methadone has similar efficacy and tolerability to morphine for treating cancer pain.<sup>80</sup> Studies show that outpatient initiation and rotation to methadone can be successfully done in patients with cancer without serious adverse effects.<sup>81</sup> A recent retrospective, observational study suggested that very-low-dose methadone (ie, ≤15 mg/d), in conjunction with adjuvant haloperidol, provided pain management without opioid-induced hyperalgesia or required opioid dose escalation.<sup>82</sup> Currently, no prospective randomized trials have investigated this approach.

The NCCN Panel cautions and advises practitioners to consult a pain management specialist if they are unfamiliar with methadone prescribing or if individual patient considerations necessitate very rapid switching to or from methadone.

There is evidence suggesting that high doses of methadone (120 mg and above) may lead to QTc prolongation and torsades de pointes, which if uncorrected may lead to sudden cardiac death.<sup>83-85</sup> Oral methadone is commonly used for the treatment of cancer pain, and the



average dosing appears to be much lower than is used to treat opioid dependency and chronic nonmalignant pain. A recent study conducted in patients with cancer suggests that QT interval changes exist commonly at baseline and are not changed with the addition of methadone.<sup>86</sup> However, physicians initiating methadone should be aware of the drug interactions. The NCCN Panel supports the use of baseline and follow-up echocardiogram for patients treated with methadone doses >30-40 mg/day (and again at 100 mg/day) and for patients with cardiac disease, or when methadone is used in patients taking other medications also known to prolong QTc (including tricyclic anti-depressants).<sup>87</sup> Alternate opioids are needed for patients with QTc greater than 500, and are recommended for those with QTc of 450-500.<sup>87</sup>

Methadone use should be initiated by physicians with experience and expertise in its use. Patients and their families may need to be educated about analgesic utility of methadone. Some may only be familiar with methadone use for maintenance of addiction and be unaware of its utility as a potent opioid analgesic.

Levorphanol is a mu-, delta-, and kappa-opioid receptor agonist. Like methadone, levorphanol also acts as an antagonist at NMDA receptors, but it has a shorter half-life and more predictable metabolism.<sup>88</sup> Similar to methadone, levorphanol varies in its dosing equivalence with morphine. In a case series of 20 patients receiving palliative or hospice care, the morphine to levorphanol conversion factors were listed as 12:1 for morphine doses of less than 100 mg, 15:1 for morphine doses between 100 mg and 299 mg, 20:1 for morphine doses between 300 mg and 599 mg, and 25:1 for morphine doses over 600 mg.<sup>88</sup> For certain populations (eg, the elderly), levorphanol may offer similar benefits to methadone but with lessened prescribing complexities and

adverse effects.<sup>89</sup> One study also demonstrated potential efficacy of levorphanol for treating neuropathic pain.<sup>90</sup>

### **Selecting Miscellaneous Analgesics**

Tramadol and tapentadol are atypical opioids with a dual mechanism of action on opioid receptors and neurotransmitter reuptake (eg, norepinephrine, serotonin).

Tramadol is a weak mu-opioid receptor agonist with some norepinephrine and serotonin reuptake inhibition that is indicated for treating moderate to moderately severe pain.<sup>91</sup> Tramadol is available as immediate-release and ER formulations. Tramadol should be avoided in patients receiving selective serotonin reuptake inhibitors (SSRIs), serotonin norepinephrine reuptake inhibitors (SNRIs), or tricyclic antidepressants. The NCCN Panel recommends a maximum daily dose of 400 mg (100 mg four times a day) for adults with normal hepatic and renal function. Lower doses are recommended for older adults (75 years and older) and those with hepatic and/or renal dysfunction, to reduce the risk of seizures. Tramadol is less potent than other opioids and is considered to be approximately one tenth as potent as morphine.<sup>91</sup> One nonrandomized, observational study in patients with cancer found comparable analgesic efficacy of high-dose tramadol (ie, ≥300 mg/d) and low-dose morphine (ie, ≤60 mg/d), but observed higher rates of constipation, neuropsychological symptoms, and pruritus in patients receiving low-dose morphine.<sup>92</sup> However, in a double-blind study of patients with cancer, tramadol produced more adverse effects, including vomiting, dizziness, and weakness, than hydrocodone and codeine.<sup>93</sup>

Tapentadol is an opioid that binds to the μ opioid receptor and inhibits norepinephrine reuptake.<sup>94,95</sup> It is available as ER and immediate-release formulations and is used for treatment of moderate to severe

pain. Typical doses would start at 50 to 100 mg orally (PO) every 4 hours as needed, with a maximal daily dose of 500 mg per day (if using the ER) or 600 mg per day (if using the immediate release only) due to lack of published data regarding higher doses. In comparative phase II-III studies the efficacy and safety of tapentadol have been demonstrated compared with placebo and oxycodone for non-cancer pain.<sup>96-98</sup> Data on tapentadol for treating non-cancer pain have also suggested that it may have a lower incidence of gastrointestinal adverse effects than oxycodone.<sup>96</sup> Limited data suggest that there may be a role for tapentadol in the management of cancer pain,<sup>99,100</sup> but further clinical trials are needed.

Tramadol and tapentadol should be used with caution or avoided in patients taking other serotonergic or MAOI-like medications (eg, TCA's, SSRI's, and MAOI's) due to risk of serotonin syndrome.<sup>101</sup>

Transdermal buprenorphine, a partial  $\mu$ -agonist, has been approved for chronic pain. Although RCT data on buprenorphine for treating cancer pain are somewhat limited, several case series, prospective uncontrolled studies, and a few randomized trials support its use in cancer-related pain.<sup>102-106</sup> <sup>105</sup> However, studies of buprenorphine suggest that it exhibits a ceiling to analgesic efficacy thereby limiting its use in palliative care.<sup>107</sup> A recent Cochrane systematic review of buprenorphine's efficacy and tolerability characterized this agent as a potential 4<sup>th</sup>-line option behind morphine, oxycodone, and fentanyl.<sup>108</sup> Buprenorphine may be suitable for treating cancer pain in select patients, including those with renal impairment.<sup>105</sup> It may precipitate withdrawal symptoms if administered to individuals currently taking a high-dose opioid. FDA guidelines recommend limiting dose to a maximum of 20  $\mu$ g per hour due to concern for QT prolongation. Because the dose conversion from other opioids to buprenorphine can

be complex, the NCCN Panel suggests that providers consider a pain specialty consultation for complex cases.

Ketamine is a non-competitive N-methyl D-aspartate receptor antagonist that blocks glutamate.<sup>109</sup> Low (sub-anesthetic) doses produce analgesia and may limit central sensitization, hyperalgesia, and opioid tolerance. There are only limited data regarding the use of ketamine as an adjuvant to opioids for management of cancer pain. A double-blind, randomized, placebo-controlled trial found no significant difference between the outcomes of patients treated for cancer pain with ketamine versus placebo.<sup>110</sup> However, a recent systematic review of the evidence on ketamine for treating cancer-related pain concluded that the data, although limited, did suggest modest analgesic potential for ketamine.<sup>111</sup>

The following agents are not recommended for patients with cancer: 1) mixed agonist-antagonists (eg, butorphanol, pentazocine); 2) meperidine; and 3) placebos. Mixed agonist-antagonists should not be used in combination with opioid agonist drugs for cancer pain management. Converting from an agonist to an agonist-antagonist could precipitate the abstinence syndrome (a withdrawal crisis) if given to a patient who is physically dependent on a pure opioid agonist. Meperidine is contraindicated for chronic pain, especially in patients with impaired renal function or dehydration, because accumulation of metabolites that are cleared renally may result in neurotoxicity (seizures) or cardiac arrhythmias.<sup>112</sup> Use of placebo in the treatment of pain is unethical.

### **Selecting a Route of Administration**

The least invasive, easiest, and safest route of opioid administration should be provided to ensure adequate analgesia.



Oral is the preferred route of administration for chronic opioid therapy.<sup>36,112,113</sup> The oral route should be considered first in patients who can take oral medications unless a rapid onset of analgesia is required or the patient experiences adverse effects associated with the oral administration. Continuous parenteral infusion, IV or SC, is recommended for patients who cannot swallow or absorb opioids enterally. Opioids, given parenterally, may produce fast and effective plasma concentrations in comparison with oral or transdermal opioids. Intravenous route is considered for faster analgesia because of the short lag-time between injection and effect (peak 15 minutes) in comparison with oral dosing (peak 60 minutes).<sup>114</sup> The SC route has a slower onset and lower peak (30 minutes) effect when compared with IV route.

#### ***Opioid Prescription, Titration, and Maintenance***

The appropriate dose of opioid is based on the patient's pain intensity and his/her goals without causing undesirable and unmanageable adverse drug effects.

The physicians should be aware of potential drug-drug and drug-disease interactions while determining the treatment plan. For a summary of common drug-drug interactions between chemotherapeutics, analgesics, and other commonly prescribed medications, see Table 1. The patient's goals and quality of life should also be considered when modifying the treatment plan.

The following methods of ongoing analgesic administration are widely used in clinical practice: "around the clock," "as needed," and "patient-controlled analgesia." For most patients, dosing should be used for continuous pain relief. Additional doses of opioid may be required for pain not relieved by a regular schedule of LA (eg, ER) opioid.

The NCCN Panel recommends considering opioid rotation if pain is inadequately managed despite adequate dose titration, or if persistent adverse effects from current therapy occur. Other indications for switching to a different opioid include a change in the patient's condition (dysphagia, NPO [*nil per os*] status, or initiation of tube feeding), and out-of-pocket costs and limitations based on insurance formularies.

For patients who have intermittent pain with pain-free intervals, immediate-release opioids can be administered on an "as needed" basis with the exception of methadone due to its long duration of effect. The "as needed" method is also used when rapid dose titration is required. The patient-controlled analgesia technique allows a patient to control a device that delivers a bolus of analgesic "on demand" (according to, and limited by, parameters set by a physician). However, if the patient persistently requires doses of "as-needed" opioids, or if the "around-the-clock" opioid regimen fails to relieve pain at peak effect or at end of dose, increased dose of ER opioid should be considered.

Breakthrough pain is defined as pain that fails to be adequately managed or "breaks through" a regimen of regularly scheduled opioid and may be further categorized as: incident pain that is associated with specific activities or events, potentially managed with "rescue doses" of short-acting opioid given in anticipation of those events; end-of-dose failure pain that recurs toward the end of dosing interval for regularly scheduled opioid, potentially managed by increasing the dose or frequency of regularly scheduled opioid; and persistent pain that is routinely inadequately managed by existing regularly scheduled opioid, potentially managed by adjusting dose of regularly scheduled opioid. Breakthrough pain is commonly reported among patients with cancer. In a survey of 1000 oncology patients, 44% reported incident pain, 41.5% reported spontaneous pain, and 14.5% reported both incident-



related and spontaneous breakthrough pain.<sup>115</sup> Although the literature on useful therapies for breakthrough cancer pain is relatively small, multiple RCTs suggest that buccal, sublingual, or oral/nasal transmucosal formulations of fentanyl are effective options for managing episodic breakthrough pain.<sup>116-119</sup>

### *Preventing Opioid Misuse and Abuse*

The NCCN Panel also recommends monitoring for aberrant medication drug-related behaviors over the course of treatment using tools such as COMM (Current Opioid Misuse Measure). The COMM tool helps clinicians identify whether a patient, currently on long-term opioid therapy, is exhibiting aberrant behaviors associated with misuse of opioid medications.<sup>120,121</sup> It examines concurrent misuse; in contrast, SOAPP-R or ORT is helpful in predicting which patients being considered for long-term opioid therapy may exhibit aberrant medications behaviors in the future. Potential risk factors for opioid abuse/misuse include the following patient characteristics:<sup>122</sup>

- History of prescription, illicit drug, or alcohol dependence or abuse
- History of binge drinking or peers who binge drink
- Family history of substance abuse
- Anxiety, depression, or attention-deficit hyperactivity disorder
- History of sexual abuse victimization

If signs of aberrant opioid use are present, providers should consider limiting or restricting use to avoid risk of diversion. See additional recommendations on the algorithm page titled *Strategies to Maintain Patient Safety and Minimize the Risk of Opioid Misuse and Abuse during Chronic Opioid Use*.

### *Initiating Short-Acting Opioids in Opioid-Naïve Patients*

The route of administration of an opioid (oral or intravenous) must be selected based on the patient's needs. The NCCN Guidelines for Adult

Cancer Pain management provide guidance for initiating short-acting opioids in opioid-naïve and opioid-tolerant patients.

For opioid-naïve patients experiencing pain intensity greater than or equal to 4 or less than 4 but whose goals of pain management and function are not met, an initial dose of 5 to 15 mg of oral morphine sulfate or 2 to 5 mg of intravenous morphine sulfate or equivalent is recommended. Assessment of efficacy and adverse effects should be performed every 60 minutes for orally administered opioids and every 15 minutes for intravenous opioids to determine a subsequent dose. Upon assessment, if the pain score remains unchanged or is increased, to achieve adequate analgesia, it is recommended that the dose be increased by 50% to 100% of the previous opioid dose. If the pain score decreases to 4 to 6, the same opioid dose is repeated and reassessment is performed at 60 minutes for orally administered opioids and every 15 minutes for intravenously administered opioids. If inadequate response is seen in patients with moderate to severe pain, upon reassessment after 2 to 3 cycles of the opioid, changing the route of administration from oral to intravenous or subsequent management strategies can be considered. If the pain score decreases to 0 to 3, the current effective dose of opioid is administered “as needed” over an initial 24 hours before proceeding to subsequent management strategies.

### ***Opioid Adverse Effects***

A number of adverse effects are associated with the use of opioid analgesics. Constipation, nausea and vomiting, pruritus, delirium, respiratory depression, motor and cognitive impairment, and sedation are fairly common, especially when multiple agents are used.<sup>123-128</sup> Chronic opioid therapy may depress the hypothalamic-pituitary axis and cause hypogonadism.<sup>129</sup> Each adverse effect requires a careful





assessment and treatment strategy. Management of opioid-induced adverse effects is integral to opioid pain management.<sup>123,130-138</sup>

Constipation can almost always be anticipated with opioid treatment and patients do not develop tolerance to constipation; therefore, administration of a prophylactic bowel regimen is recommended. However, there is not much evidence on which to base the selection of the most appropriate prophylactic bowel regimen. There is one study showing that addition of a stool softener, such as docusate to the laxative, sennosides, was less effective than administering laxative, sennosides alone.<sup>139</sup> Therefore for prophylaxis, the NCCN Guidelines for Adult Cancer Pain Panel Members recommend a stimulant laxative with or without a stool softener or a heaping tablespoon (17 g) of polyethylene glycol (PEG) with 8 oz of water two times daily along with maintaining adequate fluid intake. While maintaining adequate dietary fiber intake is recommended, supplemental medicinal fiber, such as psyllium, is ineffective and may worsen constipation.

Once constipation develops, the cause and severity of constipation must be assessed to rule out obstruction. Stool softeners or laxatives may be titrated as needed with the goal of achieving one non-forced bowel movement every 1 to 2 days. Adjuvant analgesic may be considered to allow reduction of the opioid dose.

If constipation persists, the cause and severity of constipation must be assessed again to rule out bowel obstruction and hypercalcemia. Providers should assess other medications with the potential to cause constipation. Adding stimulant laxatives, such as magnesium-based products, bisacodyl (available in tablets or suppositories), or osmotic laxatives (such as sorbitol, lactulose, and PEG) may be helpful. Opioid rotation to fentanyl or methadone may be considered. Prokinetic agents such as metoclopramide enhance gastric antral contractility and may be

useful in managing persistent constipation. However, chronic use of metoclopramide may be limited due to concern for neurologic complications, including tardive dyskinesia. Enema with fleet, saline, or tap water may be helpful as it dilates the bowel, stimulates peristalsis, and lubricates the stool to encourage a bowel movement. However, the use of rectal suppositories or enemas should be avoided in patients with neutropenia or thrombocytopenia. Additionally oral laxatives or enemas that contain sodium phosphate should be limited to a maximum dose of once daily in patients at risk for renal dysfunction; optimally, alternative agents can be employed.

When response to laxative therapy has not been sufficient in patients with advanced illness, methylnaltrexone, an opioid antagonist that works on receptors in the gastrointestinal system and is given subcutaneously, can be used as a rescue when constipation is clearly related to opioid therapy.<sup>140-144</sup> Other second-line agents include lubiprostone<sup>145,146</sup> and naloxegol<sup>147</sup> (FDA approved for opioid-induced constipation), and linaclotide<sup>148</sup> (FDA approved for idiopathic constipation). Neuraxial analgesics, neuroablative techniques, or other interventions to decrease pain and/or reduce systemic opioid dose may also be considered to reduce opioid-related adverse effects.

For patients with a prior history of opioid-induced nausea, prophylactic treatment with antiemetic agents is highly recommended. If nausea develops, other causes of nausea (eg, constipation, CNS pathology, chemotherapy, radiation therapy, hypercalcemia) must be assessed. Effective agents that may be considered include benzodiazepines such as prochlorperazine or thiethylperazine or dopamine receptor antagonists such as metoclopramide or haloperidol. If nausea persists despite an as-needed regimen, administer antiemetics around the clock for 1 week and then change dosing as needed. When managing opioid-induced persistent nausea, instead of replacing one antiemetic with



another, adding therapies that target different mechanisms of action resulting in a synergistic effect may be helpful. Adding serotonin receptor antagonists such as granisetron or ondansetron may be helpful and have a lower rate of CNS effects. Olanzapine can be considered for patients with bowel obstruction.<sup>149</sup> Corticosteroids can also be quite beneficial for reducing opioid-induced nausea and vomiting, and in particular have been found to be effective in combination with metoclopramide and ondansetron.<sup>150</sup> If nausea persists for longer than a week, the cause of nausea needs to be reassessed and opioid rotation must be considered.

Pruritus or itchiness is a particularly common and distressing complaint. Pruritus occurs in 10% to 50% of patients receiving opioids. Even in the presence of attentive skin care, opioids can produce recalcitrant pruritus. If pruritus develops, other causes of pruritus such as use of any other medication must first be assessed. Pruritus is more likely to occur early in the course of treatment. If it is persistent despite attempted symptom management, consider changing to another opioid. Careful titration of mixed opioid agonist-antagonists (eg, nalbuphine) or  $\mu$ -opioid receptor antagonists (eg, naloxone) may help reduce opioid-induced adverse effects while maintaining analgesic efficacy. The  $\mu$ -receptor antagonists (eg, naloxone) are also used to reverse the effects of opioid-induced adverse effects,<sup>151</sup> and careful dose titration can produce relief without reversing analgesic efficacy. A serotonin antagonist such as ondansetron may also be considered. Antihistamines such as diphenhydramine or promethazine may be beneficial. Hydroxyzine, administered by mouth or intramuscular injection only, may also be useful.

Sedation may hinder the achievement of dose titration of opioids to levels that provide adequate analgesia.<sup>35</sup> If opioid-induced sedation develops and persists for over a week, it may be managed by

administration of psychostimulants such as methylphenidate, dextroamphetamine, or modafinil or by adding caffeine. When using CNS stimulants for sedation, the dosing should be limited to morning and early afternoon to avoid insomnia at night.

Delirium is a pathophysiologic condition characterized by altered consciousness and inattention, cognitive dysfunction, and disturbed psychomotor behavior. Delirium may be treated with various interventions, for example adding a neuroleptic drug such as haloperidol, olanzapine, or risperidone or switching to another opioid.<sup>152</sup>

Studies have shown that stable doses of opioids (>2 weeks) are not likely to interfere with psychomotor and cognitive function, but these functions should be monitored during analgesic administration and titration.<sup>153</sup>

Respiratory depression is another adverse effect that is feared both by physicians and patients. The physicians should be aware that patients with limited cardiopulmonary reserve are more susceptible and hypercarbia occurs before hypoxia. Naloxone remains a useful antidote for the reversal of opioid-induced respiratory and CNS depression, but should be administered cautiously so as not to precipitate acute opioid withdrawal syndrome in the opioid-tolerant patient.

The details of prophylactic regimens and other measures to prevent opioid-induced adverse effects are provided in the algorithm on the page titled *Management of Opioid Adverse Effects*.

### **Opioid Rotation**

No single opioid is optimal for all patients.<sup>154</sup> If opioid adverse effects are significant, an improved balance between analgesia and adverse effects might be achieved by changing to an equivalent dose of an

alternative opioid. This approach is known as opioid rotation.<sup>123,155</sup> Establishing equianalgesic dosing can be challenging; recent studies have sought to establish safe conversion ratios and methods.<sup>156-160</sup> It is important to consider relative effectiveness when switching between oral and parenteral routes to avoid subsequent overdosing or under-dosing. Known equianalgesic dose ratios, opioid titration and maintenance, and clinical examples of converting from one opioid to another are listed in the algorithm on the page titled *Opioid Principles, Prescribing, Titration, Maintenance, and Safety*.

### **Opioids and Risk Evaluation and Mitigation Strategy**

While opioids are the principal analgesics for management of moderate to severe pain, they pose risks to patients and society. The abuse of opioids is also an increasing concern. In the United States, poisoning is now the leading cause of death from injuries and 89% of poisonings are related to drugs. According to the Centers for Disease Control and Prevention (CDC), 75% (16,651 of 22,134) of all pharmaceutical-related overdose deaths occurring in 2010 involved opioid analgesics.<sup>161</sup> While it is important to ensure that opioids continue to be prescribed for patients for whom they are appropriate, it is also essential to ensure that these drugs are prescribed carefully. To reduce addiction, misuse, abuse, overdose, and death the FDA is establishing Risk Evaluation and Mitigation Strategy (REMS) programs for select opioid products.<sup>162</sup> The principal recommendations of opioid REMS programs are educating the provider, patient, and family/caregiver.

The highlights of provider responsibilities included in the REMS are:

- Establishing patient-specific goals of opioid analgesic therapy and regularly evaluating therapeutic opioid response to guide further therapy.
- Evaluating each patient for risk factors associated with opioid misuse or abuse.
- Educating each patient on safe use, storage, and disposal of opioid.

- Routinely monitoring patients for opioid misuse or abuse.

The REMS programs are currently in place for all transmucosal fentanyl, ER or LA opioid analgesics, sublingual buprenorphine, and tapentadol.<sup>163,164</sup> The FDA has approved shared system REMS for all transmucosal immediate-release fentanyl (TIRF) products and for all ER and LA opioid analgesics. The TIRF REMS was originally approved in December 2011 and was most recently updated in November 2013.<sup>30</sup> The ER and LA Opioid Analgesics REMS was originally approved in July 2012 and was most recently updated in April 2013.<sup>31</sup> The REMS for fentanyl products requires a patient-prescriber agreement that requires patient education, and the ER and LA Opioid Analgesics REMS includes a patient counseling document. The complete list of currently approved REMS is available on the FDA website.<sup>164</sup> It is expected that drug manufacturers of all ER and LA opioids will meet the REMS requirement by providing educational grants for accredited entities and providing continuing education programs to prescribers.

All prescribers are encouraged to discuss the risks and benefits of opioid products with their patients. A patient counseling document approved with the REMS will be made available by the manufacturers to assist the prescribers in having these discussions. Providers should also routinely screen for signs of opioid misuse or abuse. Various screening tools have been described for this purpose, but have not yet been evaluated in patients with cancer.<sup>122</sup> The panel recommends that clinicians utilize state prescription drug monitoring programs when available; the Alliance of States with Prescription Monitoring Programs ([www.pmpalliance.org](http://www.pmpalliance.org)) have programs with the capacity to receive and distribute controlled substance prescription information to authorized users.

***Additional Pharmacologic Therapies for Cancer Pain Syndromes***

Opioids alone may not provide the optimal therapy, but when used in conjunction with nonopioid analgesics (such as an NSAID) or adjuvant analgesics (antidepressants, anticonvulsants, topical agents, and corticosteroids) along with psychologic and physical approaches, they can help to improve patient outcomes.<sup>35</sup>

***Adjuvant Analgesics for Neuropathic Pain***

The term adjuvant refers to medications that are coadministered to manage an adverse effect of an opioid or to adjuvant analgesics that are added to enhance analgesia. These drugs can be helpful for patients whose pain is only partially responsive to opioids.

Clinically, adjuvant analgesics consist of a diverse range of drug classes, including anticonvulsants<sup>165</sup> (eg, gabapentin, pregabalin), antidepressants (eg, SSRIs, SNRIs, tricyclic antidepressants), corticosteroids, and local anesthetics/topical agents (eg, topical lidocaine patch).

Adjuvant analgesics are commonly used to help manage bone pain, neuropathic pain, and visceral pain and, if desired or indicated, to reduce systemic opioid requirement. They are particularly important in treating neuropathic pain.<sup>166,167</sup> Extrapolating from studies conducted in neuropathic pain, in non-cancer conditions, tricyclic antidepressants are believed to provide relief from neuropathic pain.<sup>168-170</sup>

Physicians should check for drug interactions when prescribing antidepressants, paying particular attention to serotonergic medications due to risk of serotonin syndrome. Several antidepressants are known inhibitors of hepatic drug metabolism via inhibition of cytochrome P450 enzymes, especially CYP2D6. Tamoxifen is an estrogen receptor blocker commonly used in patients with hormone receptor-positive

breast cancer. Tamoxifen undergoes extensive hepatic metabolism, and inhibition of CYP2D6 decreases production of tamoxifen active metabolites, potentially limiting tamoxifen efficacy. Clinical studies indicate increased risk of breast cancer recurrence in tamoxifen-treated patients with breast cancer also treated with SSRI antidepressants versus those receiving tamoxifen alone.<sup>171,172</sup> If concomitant use of an SSRI is required in a patient receiving tamoxifen, use of a mild CYP2D6 inhibitor (sertraline, citalopram, venlafaxine, escitalopram) may be preferred over a moderate-to-potent inhibitor (paroxetine, fluoxetine, fluvoxamine, bupropion, duloxetine).<sup>173</sup>

The most commonly employed anticonvulsant drugs for the treatment of cancer pain are gabapentin and pregabalin.<sup>174</sup> They have been studied primarily in noncancer neuropathy syndromes.<sup>175</sup> Gabapentin has been reported to reduce mucositis pain in patients receiving concomitant radiotherapy and chemotherapy.<sup>176</sup> When compared in a prospective, randomized, open-label trial, pregabalin relieved neuropathic cancer-related pain more effectively than transdermal fentanyl.<sup>177</sup>

A review of cancer trials found that adjuvant analgesics (antidepressants and antiepileptics) added to opioids provide additional neuropathic pain relief.<sup>178</sup>

Topical local anesthetic agents are useful in preventing procedural pain and in relieving neuropathic pain. They act locally and are also thought to have some central inhibitory effect on pain. They may be used as an analgesic in combination with an opioid, antidepressant, and/or an anticonvulsant. Topical agents include lidocaine or diclofenac patch. Both the gel and patch forms of lidocaine have been shown to reduce the pain of postherpetic neuropathy and cancer-related pain.<sup>179-181</sup>



Corticosteroids have long been used to relieve neuropathic pain syndromes. Corticosteroids have also been effective for treating bone pain due to their anti-inflammatory effects as well as relieving malignant intestinal obstruction.<sup>34,182</sup> A recent Cochrane review summarized the existing data for corticosteroid use in cancer pain.<sup>183</sup>

### **Non-Opioid Analgesics**

The non-opioid analgesics include NSAIDs and acetaminophen.

Acetaminophen is analgesic and antipyretic but not anti-inflammatory.<sup>184</sup> Recent attention has been drawn towards the relative limited efficacy and significant adverse effects of acetaminophen, particularly hepatic and renal toxicity.<sup>185,186</sup> This concern is compounded by the inclusion of acetaminophen in a variety of prescription opioid preparations (eg, hydrocodone or codeine) as well as in a wide selection of over-the-counter products. Due to concerns about liver toxicity, the NCCN Panel Members advise that acetaminophen should be used with caution or not used at all with combination opioid-acetaminophen products to prevent excess acetaminophen dosing.

The FDA recommends that patients be advised to limit daily acetaminophen intake to a maximum of 4 grams, and imposed a limit of 325 mg of acetaminophen per tablet, capsule, or other dosage unit in prescription products to reduce the risk of severe liver injury from acetaminophen overdosing, an adverse event that can lead to liver failure, liver transplant, and death.<sup>187</sup> The FDA also requires a new boxed warning to communicate the risk of severe liver injury associated with acetaminophen to health care professionals. In addition, the companies are required to add a new warning about the risk of allergic reactions, including anaphylaxis, to the label of all prescription acetaminophen-containing products. In January 2014, the FDA recommended that health care professionals “discontinue prescribing

and dispensing prescription combination drug products that contain more than 325 milligrams (mg) of acetaminophen per tablet, capsule, or other dosage unit.”<sup>188</sup> Due to concerns of hepatic toxicity, the NCCN Panel suggests that providers consider limiting chronic administration of acetaminophen to 3 grams or less per day.

NSAIDs produce analgesia by blocking the biosynthesis of prostaglandins, inflammatory mediators that initiate, cause, intensify, or maintain pain. History of peptic ulcer disease, advanced age (>60 years old), male gender, and concurrent corticosteroid therapy should be considered before NSAID administration to prevent upper gastrointestinal tract bleeding and perforation. As prophylaxis for NSAID peptic ulceration, consider adding misoprostol or proton pump inhibitors. Well-tolerated proton pump inhibitors are recommended to reduce gastrointestinal adverse effects induced by NSAIDs. The FDA cautions that the concomitant use of an NSAID with aspirin may reduce the cardioprotective efficacy of aspirin<sup>189</sup>, and concomitant use of an NSAID and low-dose (or cardioprotective) aspirin may increase the risk of gastrointestinal bleeding.<sup>190,191</sup> The NCCN Panel recommends avoiding concurrent use or administering these agents separately.

NSAIDs should be prescribed with caution in patients older than 60 years of age or in those having compromised fluid status, renal insufficiency, concomitant administration of other nephrotoxic drugs, and renally excreted chemotherapy in order to prevent renal toxicities. The addition of NSAIDs to opioids has the potential benefit of reducing the opioid dose when sedation, cognitive function, or other CNS effects of opioid analgesic therapy become burdensome.

In patients at high risk for cardiac toxicities such as those with a history of cardiovascular disease or at risk for cardiovascular disease or complications. NSAIDs should be discontinued if congestive heart



failure or hypertension develops or worsens. Naproxen and ibuprofen are preferred NSAIDs for individuals at high risk for cardiac toxicities. NSAIDs taken with prescribed anticoagulants, such as warfarin or heparin, may significantly increase the risk of bleeding complications. NSAIDs should be avoided in the setting of prophylactic or therapeutic anticoagulation.

The NSAID and acetaminophen prescribing guidelines are listed in the algorithm under *Non-Opioid Analgesic (NSAIDs and Acetaminophen) Prescribing*.

#### **Management of Bone Pain Without an Oncologic Emergency**

The clinical complications of bone metastases include debilitating bone pain, which tends to be most prominent with movement, pathologic fractures, spinal cord compression, neurologic complications, and hypercalcemia of malignancy. The term skeletal related events (SREs) refers to a constellation of skeletal complications including fracture, need for surgery to bone, need for radiation to bone, and spinal cord compression, and, in some situations, hypercalcemia of malignancy is also included as an SRE. Although bone-modifying agents such as bisphosphonates and RANKL (receptor activator of nuclear factor-kappaB ligand) inhibitors are primarily used for the reduction of overall SREs, clinical trials have established that these agents can have an analgesic effect on patients with metastatic bone pain from a variety of tumors. Clinical trials have demonstrated the palliative effects of bisphosphonates (eg, zoledronic acid, ibandronate)<sup>192-196</sup> and denosumab (a RANKL inhibitor)<sup>194,197</sup> on pain related to bone metastases. Recent randomized trials suggest that, compared with zoledronic acid, denosumab provides comparable palliation of existing bone pain and may be superior for preventing worsening of bone pain.<sup>194,197,198</sup> Due to differences in patient populations and the methods

for assessing bone pain, direct comparison of bisphosphonates to determine their relative effects on bone pain across studies is difficult.

Surgical and radiation treatment for bone metastases is performed to relieve local bone pain, provide stabilization, and prevent impending fracture or spinal cord compression.<sup>199</sup> In some situations, interventions such as vertebroplasty/kyphoplasty provide a greater likelihood of return to ambulatory status than radiation alone. Identification of patients who have impending fractures and are referred to an orthopedic specialist for stabilization prior to fracture is important for optimal surgical pain management. Consultation with a pain specialist for interventional consultation is recommended to determine optimal management strategy for vertebral augmentation.

Ablative strategies such as radiofrequency (RF) ablation or US ablation may also be performed to reduce pain and prevent SREs. RF ablation of bone lesions has proven successful in pain management, especially for those failing to achieve adequate analgesia without intolerable effects.<sup>200-203</sup> Several small studies have also demonstrated the palliative effects of high-intensity focused US (HIFU) treatment of bone lesions.<sup>204-206</sup>

Physical and occupational therapy may also be beneficial in the prevention of complications associated with SREs.<sup>207-209</sup>

#### **Management of Pain Due to Bowel Obstruction**

Malignant bowel obstruction is a common complication in patients with abdominal or pelvic cancers. The initial management of patients presenting with bowel obstruction includes evaluation of the etiology of the obstruction. While surgery, radiation, and chemotherapy is the primary palliative treatment for malignant bowel obstruction, patients with advanced disease or poor general condition who are unfit for

undergoing these therapies may require other palliative measures to relieve distressing symptoms such as bowel rest, nasogastric suction, corticosteroids, H-2 blockers<sup>210</sup>, anticholinergic agents (scopolamine, hyoscyamine, glycopyrrolate), and/or octreotide (see the [NCCN Guidelines for Palliative Care](#)).

### Specialty Consultations

Continued pain assessments should be obtained and documented in the medical record to ensure that the patient's pain remains well-managed and goals of treatment are achieved. Specialty consultations can be helpful in providing interventions to assist with difficult cancer pain problems. The major indication for referral to a specialty service provider is if the pain is likely to be relieved or will help patients become functional in their daily activities. These modalities are delivered by a specialty service provider, and pain management is accomplished by establishing individualized goals and then providing specific treatment and education for patients. The specialties include physical/occupational therapy; psychosocial supportive services; psychiatric consultation; pain and palliative care services; substance abuse consultation if there are questions/concerns about medication misuse or diversion; depression/distress consultation; spiritual care consultation; or social work services.

### Non-Pharmacologic Interventions for Cancer Pain Management

#### Integrative Interventions

Since pain encompasses physical, psychosocial, and spiritual dimensions, the treatment of cancer pain inherently requires integration of therapies inclusive of cognitive-behavioral interventions.

Use of nonpharmacologic integrative interventions (physical, cognitive, and spiritual) may serve as valuable additions to pharmacologic interventions. Physical measures include therapeutic or conditioning exercise, massage, use of heat or cold, acupuncture, acupressure, etc. Cognitive interventions are aimed at enhancing a sense of control over the pain or underlying disease. Mindfulness-based stress reduction, breathing exercises, relaxation, imagery/hypnosis, and other behavioral therapies can be very useful.<sup>211-217</sup> Attention should also be focused on psychosocial support and providing education to patients and families.<sup>218,219</sup> All of these can greatly enhance patients' sense of control as well as greatly reduce the family/caregivers' feeling of helplessness.<sup>216</sup> A meta-analysis of the effect of psychosocial interventions on cancer pain highlights the importance of a multimodal approach to the management of cancer pain.<sup>220</sup> The integration of physical, psychosocial, and spiritual modalities should also be based on assessment of cultural considerations. In cancer care, there is growing interest in attention to spiritual needs and the existential concerns often associated with pain. Many patients hold cultural beliefs about such treatments, and home remedies, rituals, prayer, and other spiritual practices may be most helpful in relieving or coping with pain. Involvement of chaplains and other spiritual care providers is essential.<sup>221</sup> Spiritual needs should be routinely assessed and spiritual care should be incorporated as a component of comprehensive pain management.

Patient-based educational interventions have a significant impact in providing pain relief.<sup>222</sup> Skills training helps modify the patient's experience of pain and helps patients acquire techniques of pain management such as deep muscle relaxation. Education provides patients and family/caregivers with the knowledge to use analgesics correctly and to address side effects or unrelieved pain.



### Interventional Strategies

Some patients experience inadequate pain management despite pharmacologic therapy or may not tolerate an opioid titration program because of side effects. Some patients may prefer interventional therapies instead of a chronic medication regimen. Interventional techniques have been demonstrated in some cases, to eliminate or significantly reduce the level of pain, and/or may allow a significant decrease in systemic analgesics. Interventional therapies that can be useful in the relief of cancer pain include nerve blocks, vertebroplasty, kyphoplasty, regional infusion of analgesics, RF ablation, and other techniques.<sup>35,202,203,223-227</sup>

The major indications for referral for interventional therapies include a patient suffering from pain that is likely to be relieved with nerve block (eg, pancreas/upper abdomen with celiac plexus block, lower abdomen with superior hypogastric plexus block, intercostal nerve, peripheral/plexus nerve) and/or patients unable to achieve adequate analgesia and/or the presence of intolerable side effects. For example, a patient with pancreatic cancer who was not tolerating opioids or not receiving adequate analgesia could be offered a neurolytic celiac plexus block. Neurolytic celiac plexus block may offer some improvement in pain management over systemic analgesics, but is generally associated with a reduction in adverse effects.<sup>228,229</sup>

Regional infusion of analgesics (epidural, intrathecal, and regional plexus) minimizes the distribution of drugs to receptors in the brain, potentially avoiding adverse effects of systemic administration. The intrathecal route of opioid administration should be considered in patients with intolerable sedation, confusion, and/or inadequate pain management with systemic opioid administration. This approach is a valuable tool to improve analgesia for patients who have pain from a

variety of anatomical locations (eg, head and neck, upper and lower extremities, trunk).<sup>230-233</sup> However, due to the risk of catheter migration and infection risk, consider limiting the duration of use to several days.

Percutaneous kyphoplasty and vertebroplasty might be useful for the treatment of lytic osteoclastic spinal metastases or in cases of vertebral compression fractures or spinal instability for which surgery is not feasible or indicated. Vertebroplasty/kyphoplasty helps restore mechanical stability while reducing pain and neurologic symptoms.<sup>234-239</sup> Ablation techniques may also be helpful for pain management in patients who receive inadequate relief from pharmacologic therapy. Additionally, these approaches could be considered for patients who do not prefer or are not indicated for receiving additional pharmacologic interventions or radiation therapy. Neurodestructive procedures may be used for well-localized pain syndromes (eg, back pain due to facet or sacroiliac joint arthropathy; visceral pain due to abdominal or pelvic malignancy). Ablation therapy (eg, RF ablation, US ablation) for bone lesions can also be helpful in reducing pain.<sup>200-206</sup> See section on *Management of Bone Pain Without an Oncologic Emergency* for more information.

Neurostimulation procedures have been suggested to be useful for painful chemotherapy-induced peripheral neuropathies, neuralgias, complex regional pain syndrome, etc.<sup>240</sup>

Interventional strategies listed above are not appropriate if patients are unwilling or in patients with infections, coagulopathy, or with very short life expectancies. Also, the experts performing the interventions must be made aware of any medications that the patient is taking that might increase bleeding risk (ie, anticoagulants [warfarin, heparin], antiplatelet agents [clopidogrel, dipyridamole], anti-angiogenesis agents [bevacizumab]). If this occurs, the patient may have to be off the





medication for an appropriate amount of time prior to the pain intervention and may need to continue to stay off the medication for a specified amount of time after the procedure. Interventions are not appropriate if technical expertise is not available. Additionally, if interventional treatment is undertaken and successfully improves pain control, significant opioid dose reduction may be required.

Weinstein SM, Portenoy R, Harrington S: "UNIPAC 3: Assessment and Treatment of Physical Pain Associated with Life-Limiting Illness," 4th Edition. American Academy of Hospice and Palliative Medicine, Glenview, Illinois, 2012.

## Summary

In most patients, cancer pain can be successfully managed with appropriate techniques and safe drugs. The overall approach to pain management encompassed in these guidelines is multimodal and comprehensive. It is based on routine pain assessments, utilizes both pharmacologic and nonpharmacologic interventions, and requires ongoing reevaluation of the patient. The NCCN Adult Cancer Pain Guidelines Panel advises that cancer pain can be well managed in the vast majority of patients if the algorithms presented are systematically applied, carefully monitored, and tailored to the needs of the individual patient.

## Recommended Readings:

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**Table 1: Potential Drug-Drug Interactions: Chemotherapeutics, Analgesics, and Other Commonly Prescribed Medications<sup>\*,β</sup>**

Drug	Buprenorphine, Fentanyl, Methadone, & Oxycodone	Methadone & Buprenorphine	Dexamethasone <sup>‡,ε</sup>		Cytochrome P450 2D6 Inhibitors <sup>φ,γ</sup>
Interaction	Potential to <u>Increase</u> Plasma Levels of the Above Opioids	Potential for QTc Prolongation	Potential to <u>Decrease</u> Plasma Levels of the Below Drugs		Potential to <u>Decrease</u> Tamoxifen Levels <sup>*</sup>
Interacting Drugs	Cytochrome P450 3A4 inhibitors, including: Clarithromycin Erythromycin Fluconazole Imatinib Itraconazole Ketoconazole (systemic) Nilotinib Posaconazole Ritonavir Telithromycin Voriconazole	Examples include: Abarelix Citalopram Bortezomib Bevacizumab Dasatinib Degarelix Dolasetron Doxorubicin Epirubicin Fluoroquinolones Granisetron Lapatinib Metoclopramide Nilotinib Ondansetron Pazopanib Ruxolitinib Sorafenib Sunitinib Toremifene Voriconazole Ziprasidone	Aprepitant Buprenorphine Bortezomib Erlotinib Everolimus Fentanyl Gefitinib Ibrutinib Idelalisib Imatinib	Lapatinib Methadone Oxycodone Pazopanib Ruxolitinib Sirolimus Sorafenib Sunitinib Tacrolimus Temsirolimus	Potent Cytochrome P450 2D6 Inhibitors: <ul style="list-style-type: none"> <li>▪ Fluoxetine</li> <li>▪ Paroxetine</li> <li>▪ Quinidine</li> </ul> Moderate Cytochrome P450 2D6 Inhibitors: <ul style="list-style-type: none"> <li>▪ Abiraterone</li> <li>▪ Bupropion</li> <li>▪ Duloxetine</li> <li>▪ Sertraline</li> </ul>

\*Data within this table were obtained from <http://www.clinicalpharmacology-ip.com><sup>241</sup> and Lexicomp Online (Hudson, Ohio: Lexi-Comp, Inc.), available published literature, or prescribing information for drug products. Information accessed on December 17, 2014.

β This list is not comprehensive and may not represent new data or other agents recently introduced into practice. Clinicians are advised to refer to the individual drug labeling or seek expert consultation.

‡ Many chemotherapeutic agents produce immunosuppression that can be exacerbated by concomitant dexamethasone use; physicians should consider goals of care, rationale for dexamethasone use, duration of use, and other factors when considering use with other immunosuppressive agents.

ε Dexamethasone is an inducer of Cytochrome P450 3A4.

φ Studies have produced conflicting results.<sup>242-244</sup>

γ Alternate agents that have little or no Cytochrome P450 2D6 activity include citalopram, escitalopram, mirtazapine, trazodone, venlafaxine, or desvenlafaxine. Conversely, an aromatase inhibitor might be selected.

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