

The current burden of breakthrough pain



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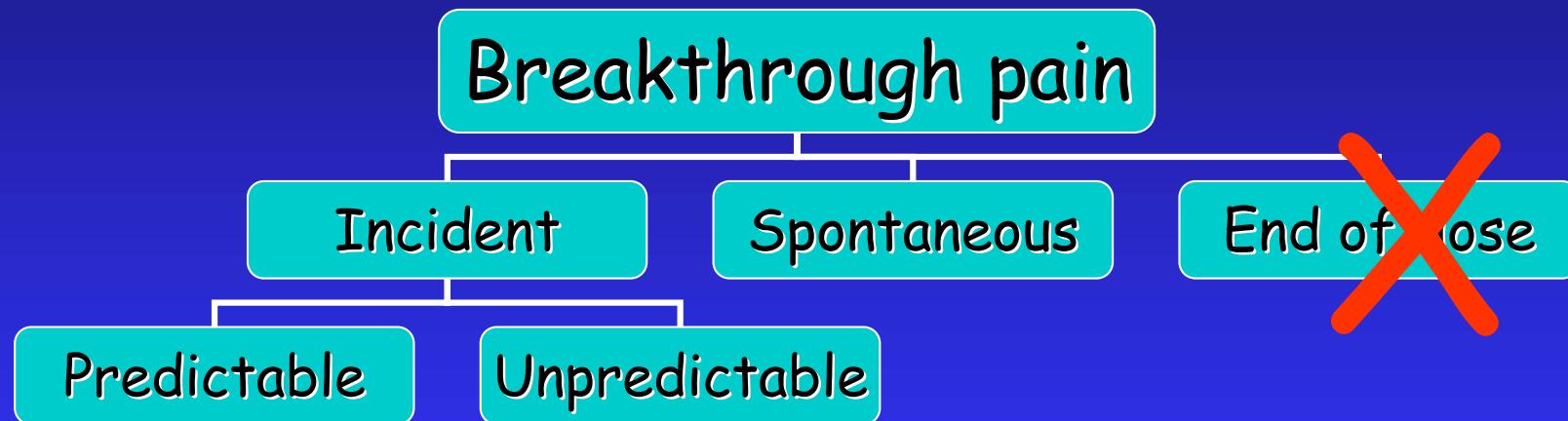
Outline

- Introduction
- Studies
- Impact
- Summary

Terminology

- Episodic pain
- Incident pain
- Transient/transitory pain
- Pain flare
- End-of-dose pain
- Breakthrough pain

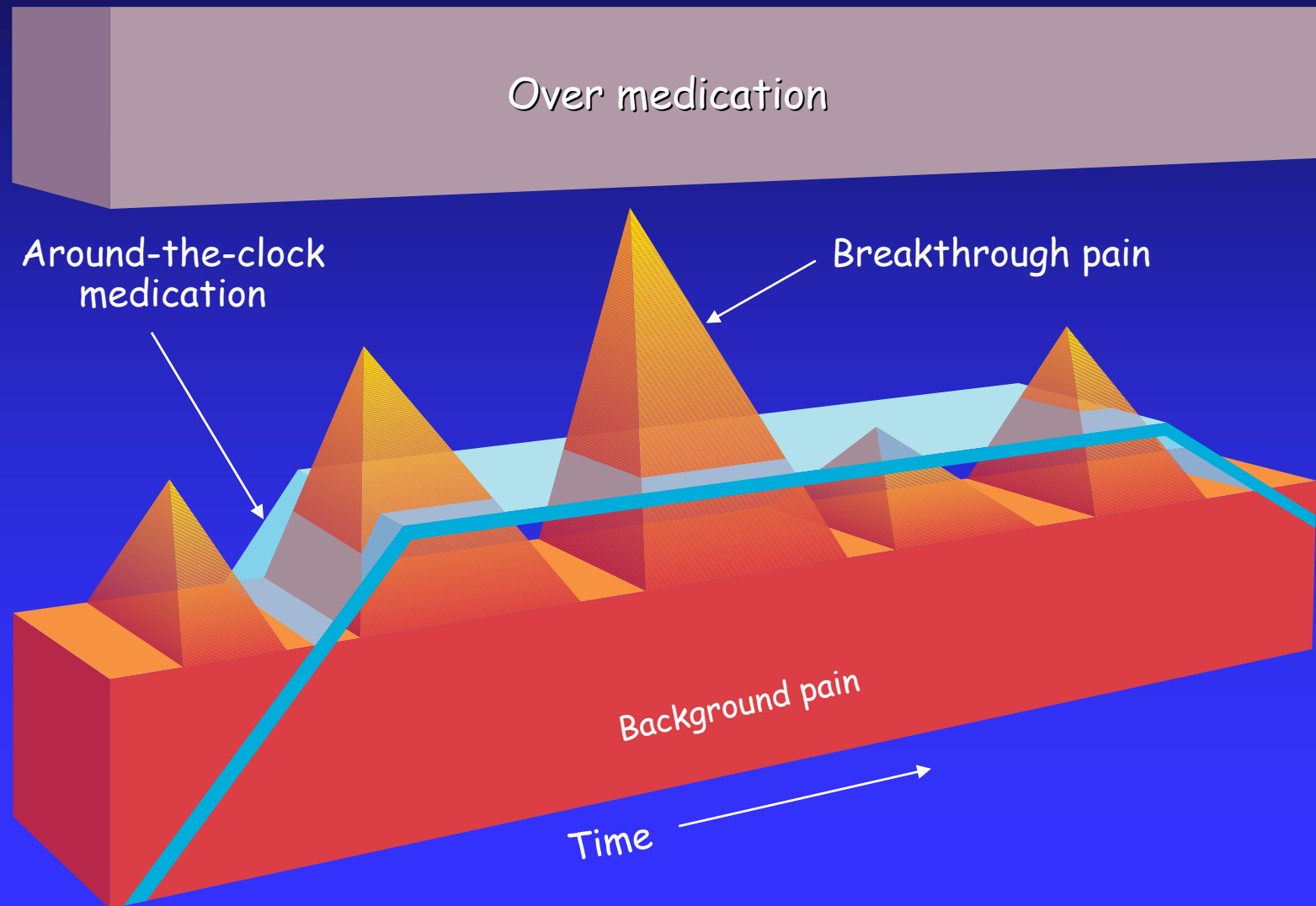
Burden of breakthrough pain



Definition of breakthrough pain

Transient exacerbations of pain that occurs spontaneously or in relation to a specific predictable or unpredictable trigger, usually despite ongoing analgesic therapy

Breakthrough pain



Prevalence of breakthrough pain

Author	Prevalence (%)	Author	Prevalence (%)
Portenoy, 1990	65	Caraceni, 1999	65
Banning, 1991	93	Portenoy, 1999	51
Bruera, 1992	20	Zeppetella, 2000	89
Mercadante, 1992	31	Swanwick, 2001	93
Ashby, 1992	95	Nabal, 2001	60
Grond, 1996	59	Fortner, 2002	64
Fine, 1998	86	Gomez-Batiste, 2002	41
Petzke, 1999	40	Hwang, 2003	70

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Prevalence of breakthrough pain

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Original Article

Prevalence and Characteristics of Breakthrough Pain in Cancer Patients Admitted to a Hospice

Giovambattista Zeppetella, BSc (Hons), MRCP,

Catherine A. O'Doherty, PhD, MRCP (UK), and Silke Collins, MD

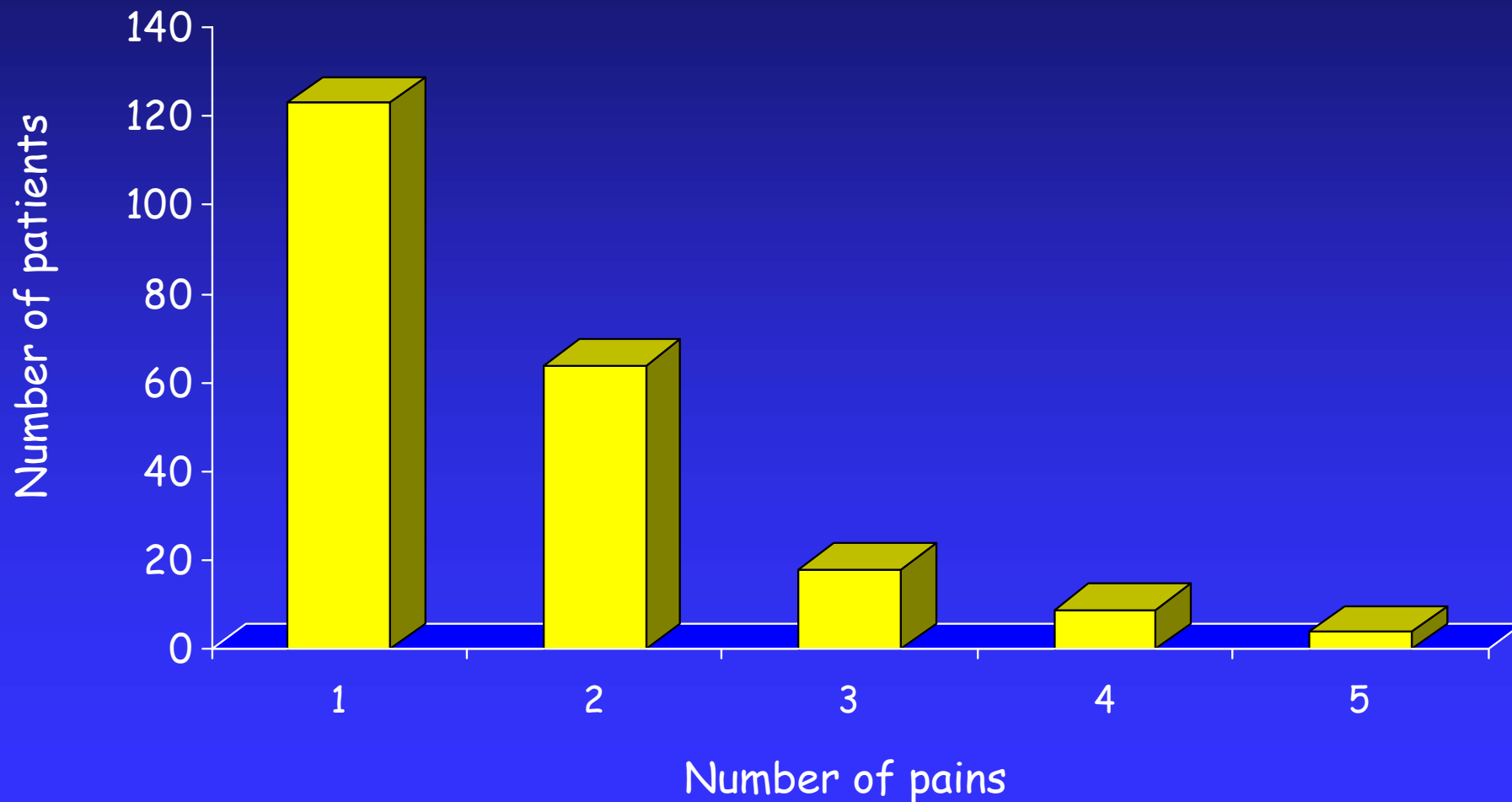
Palliative Medicine Service (G.Z., C.A.D., S.C.), St Joseph's Hospice; and Royal Hospitals NHS Trust (G.Z.), London, United Kingdom

Prevalence of breakthrough pain

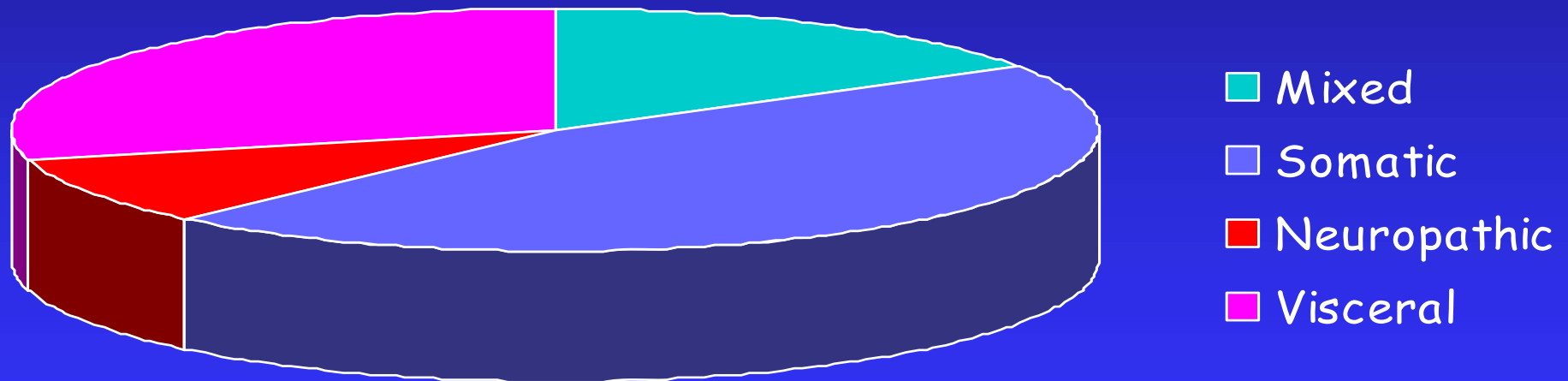
Zeppetella et al., 2000

- Prospective survey of 414 consecutive admissions
- Pain characterisation and satisfaction with treatment
- 229 males; age range 33-100 years
- 33 (25) patients confused
- 136 (64) pain free
- 218 (89%) had breakthrough pain

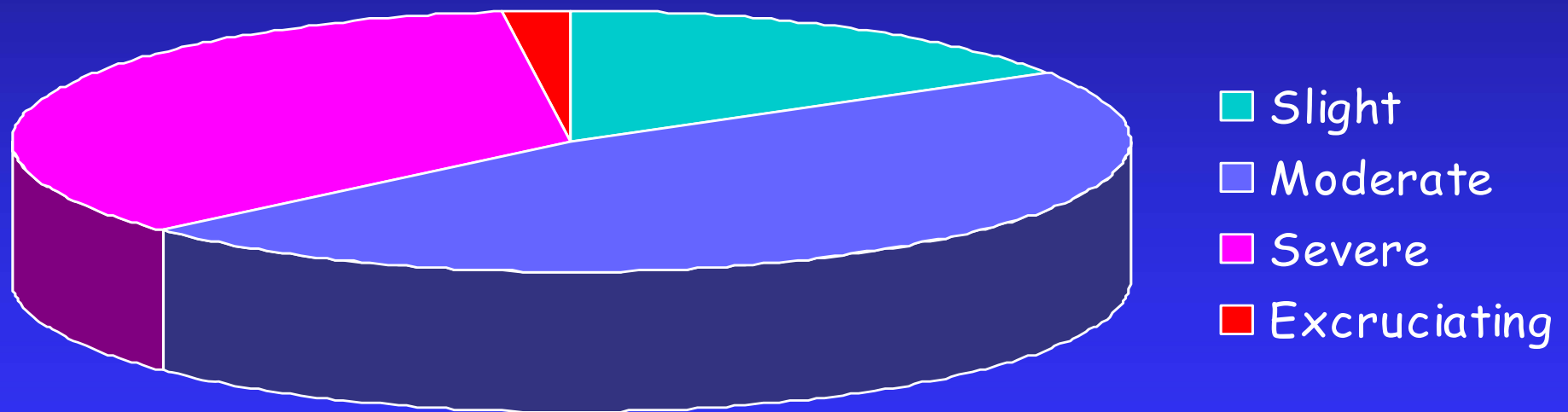
Number of breakthrough pains



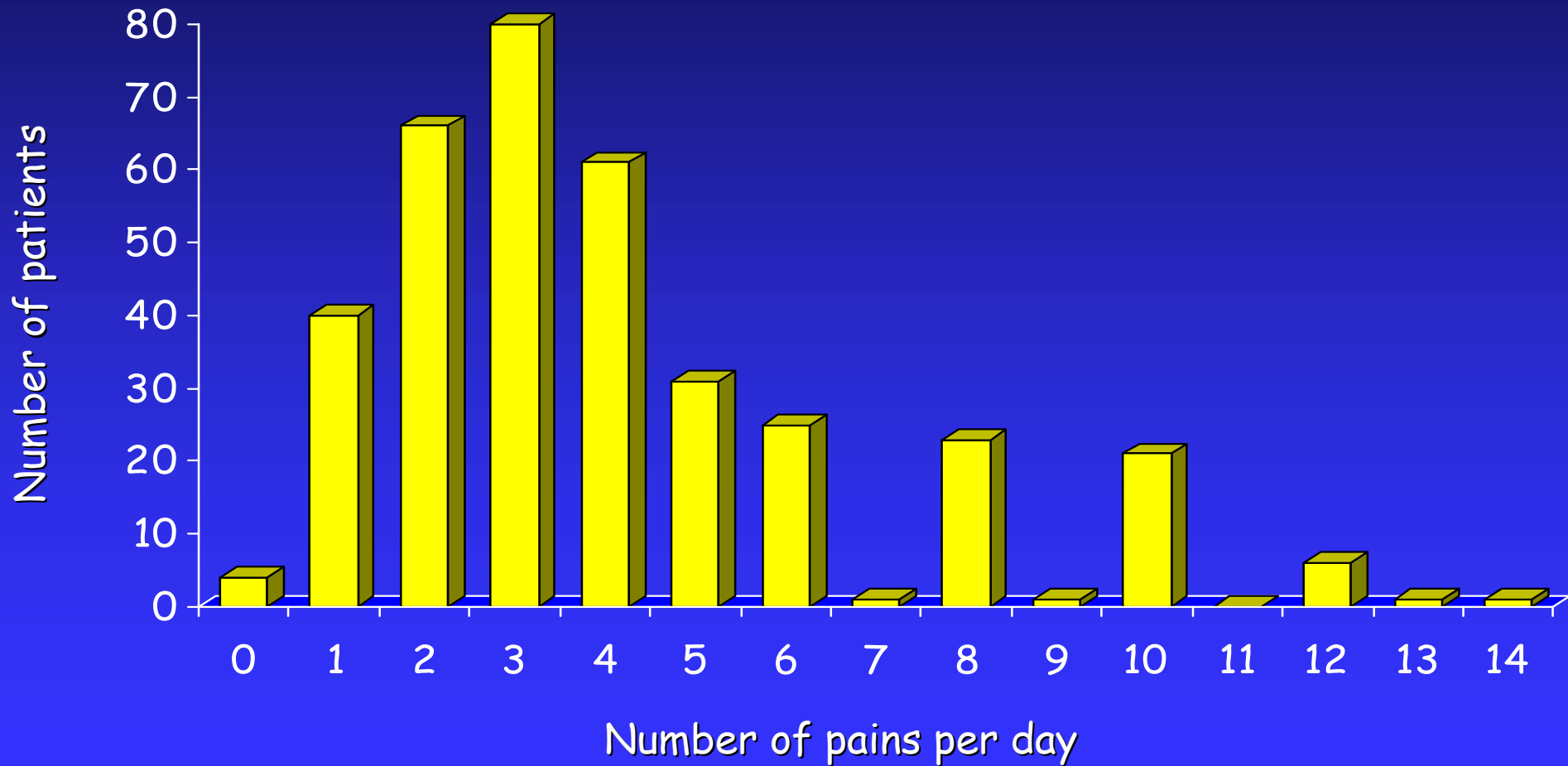
Aetiology of breakthrough pain



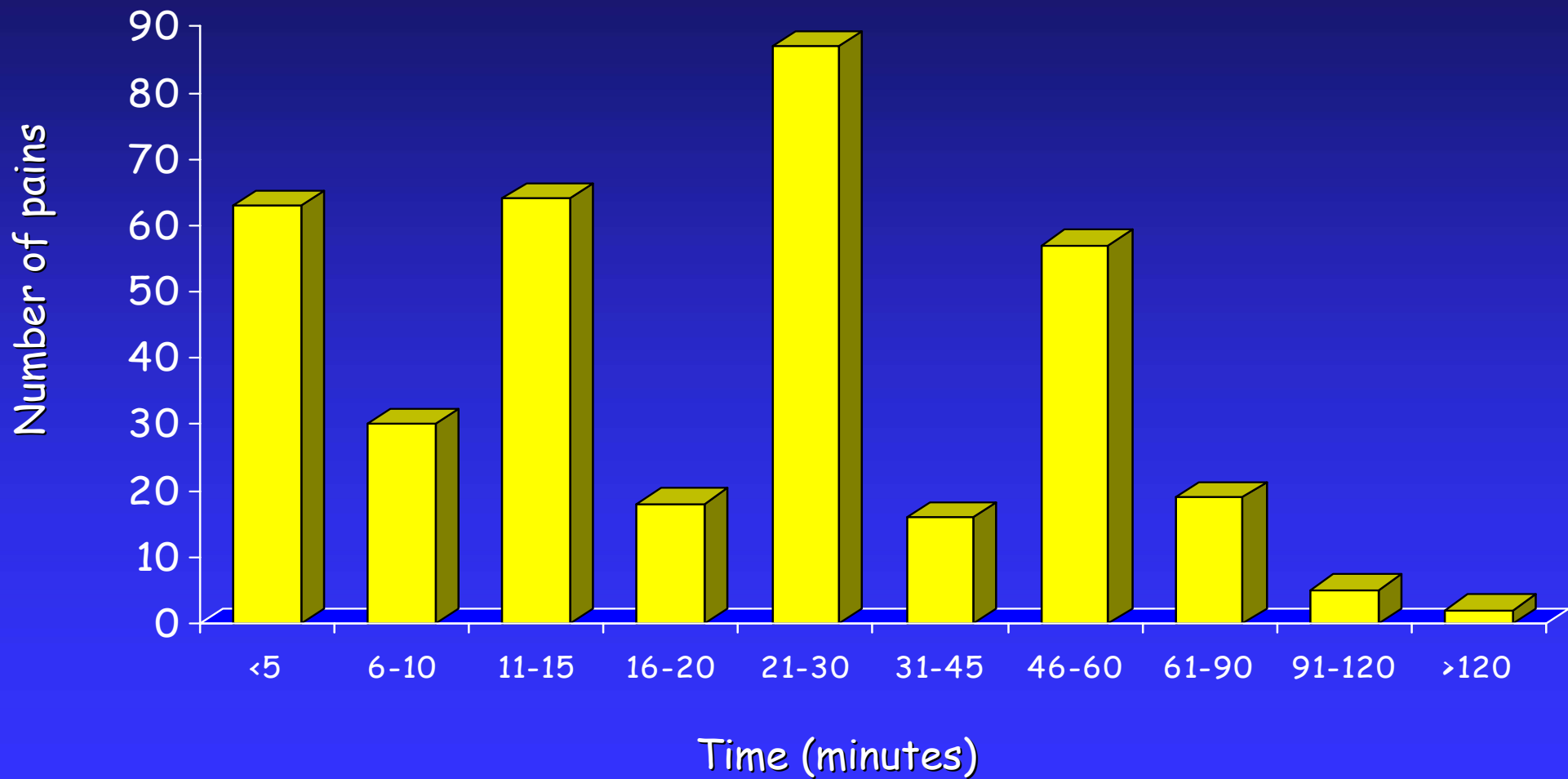
Severity of breakthrough pain



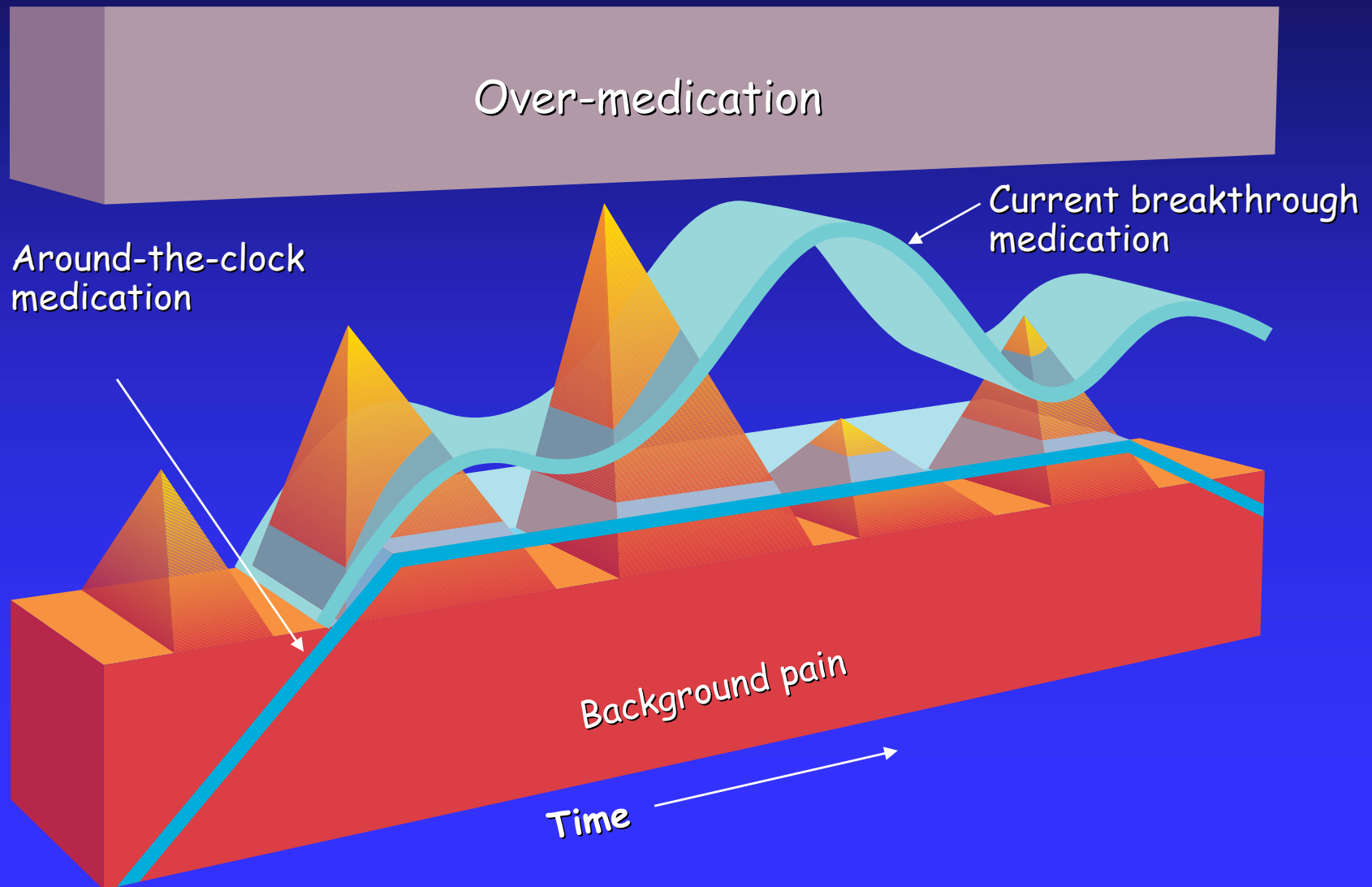
Frequency of breakthrough pains



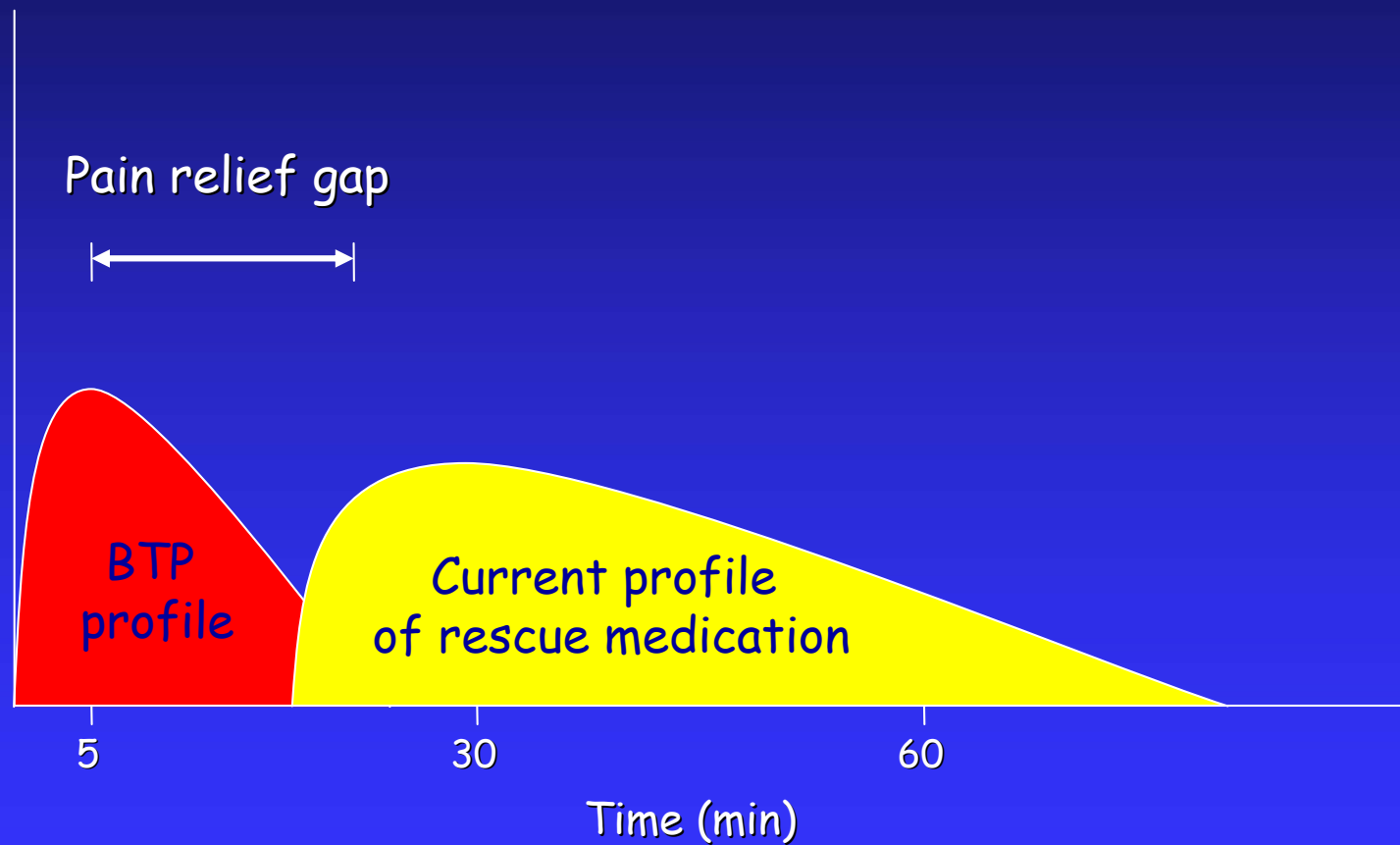
Duration of breakthrough pains



Burden of breakthrough pain

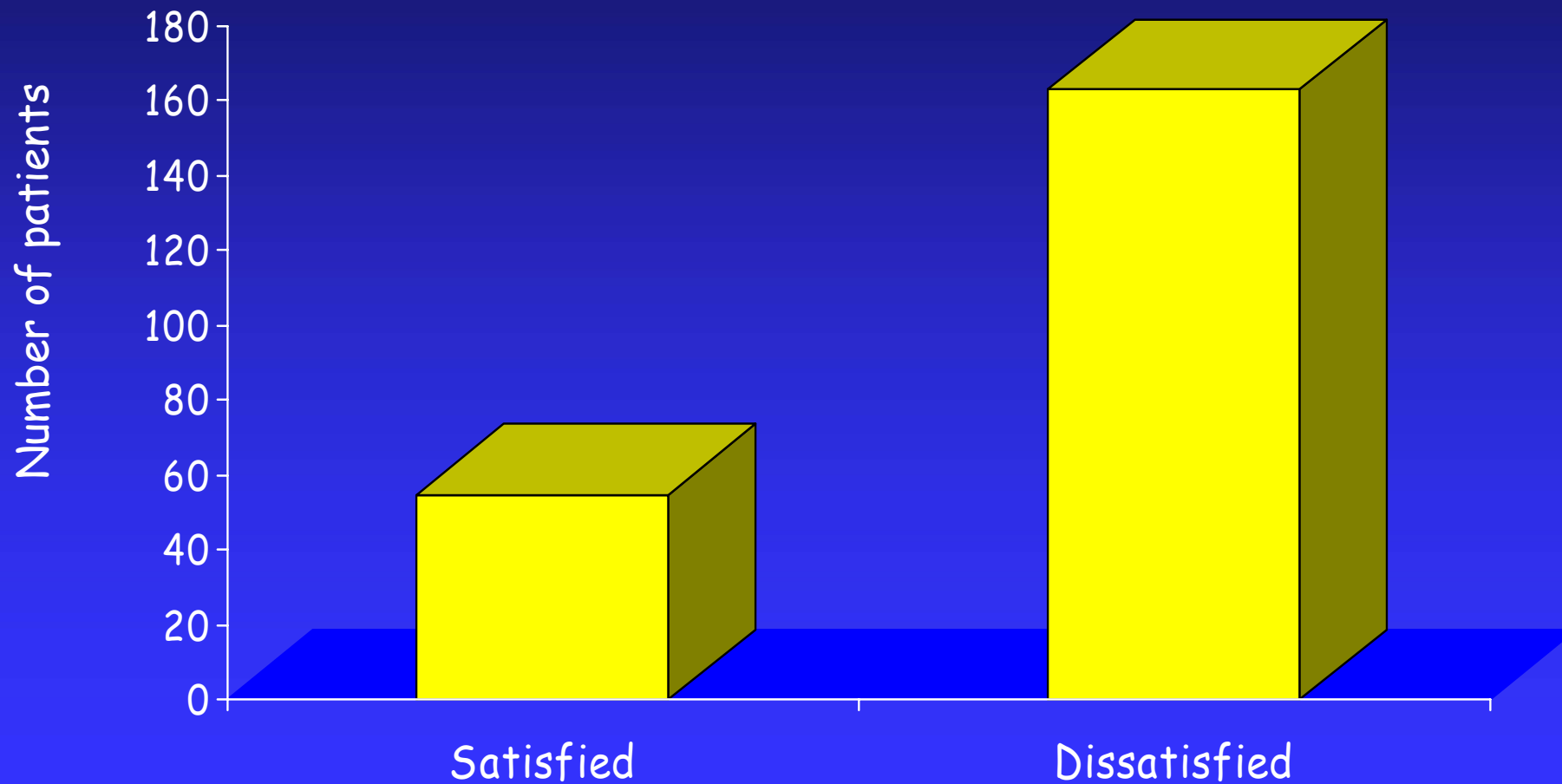


Burden of breakthrough pain



BTP: breakthrough pain

Satisfaction with therapy



Impact of breakthrough pain



Pain 81 (1999) 129–134

PAIN

Breakthrough pain: characteristics and impact in patients with cancer pain

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^b*Department of Psychiatry, Memorial Sloan-Kettering Cancer Center, 1275 York Avenue, New York, NY, 10021, USA*

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Received 9 July 1998; received in revised form 2 December 1998; accepted 24 December 1998

Impact of breakthrough pain

Portenoy et al. 1999

- Cross sectional survey of 178 cancer patients
- 164 assessed. Mean age 51 years; 52% male
- 72% had metastatic disease
- 65% had tumour related pain
- 51% had BTP during the previous day
- Daily average of 6 episodes
- Memorial Pain Assessment Card, Brief Pain Inventory, Beck Depression Inventory, Beck Anxiety Inventory

Impact of breakthrough pain

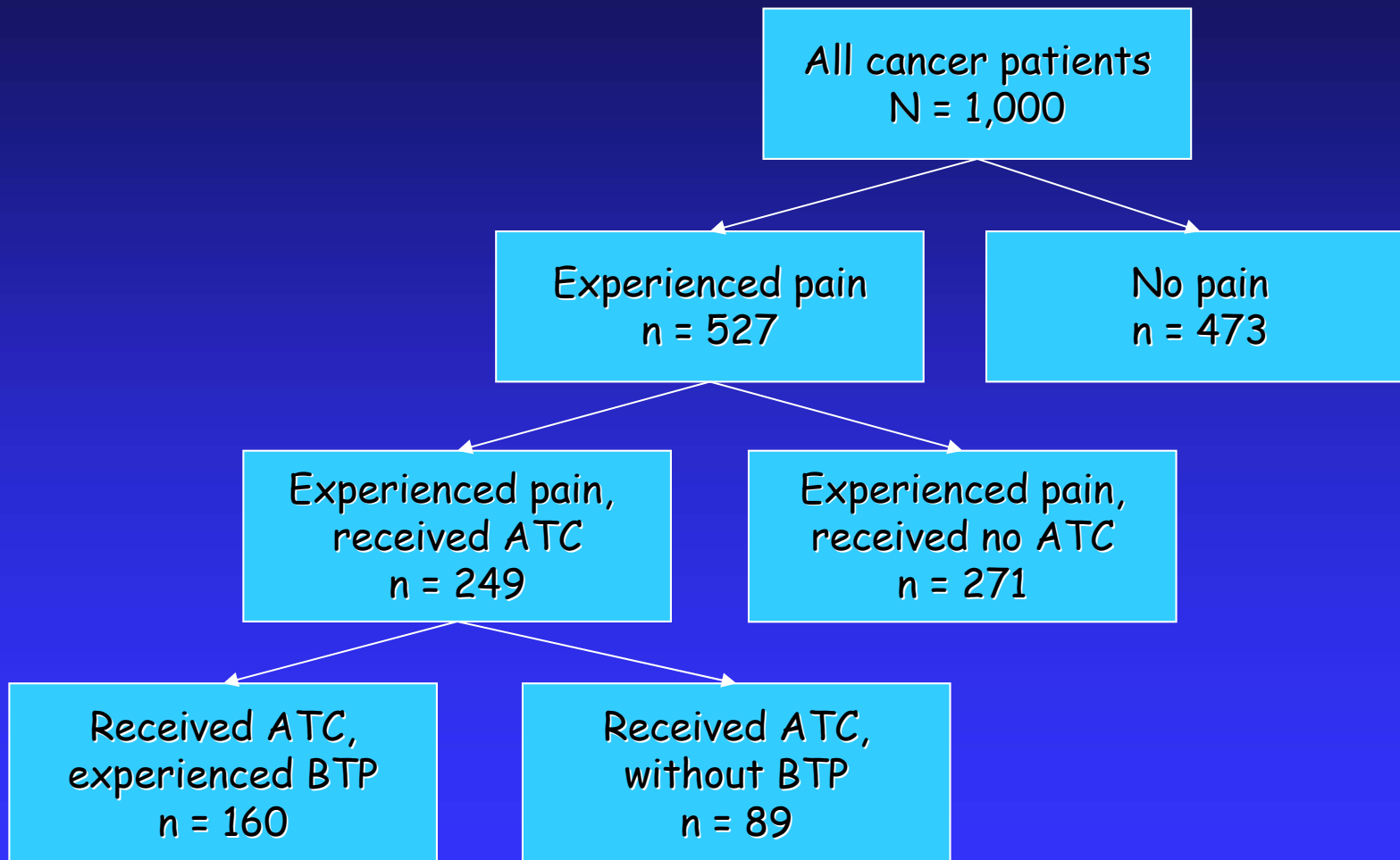
- Comparison of patients with and without breakthrough pain using the interference scale of the BPI
- Patients with breakthrough pain have significantly higher interference scores for: activity; mood; walking; work; social relations; sleep; and enjoyment of life
- Patients with breakthrough pain have higher depression and anxiety scores

Impact of breakthrough pain

A Survey of Pain-Related Hospitalizations, Emergency Department Visits, and Physician Office Visits Reported by Cancer Patients With and Without History of Breakthrough Pain

Barry V. Fortner,^{*} Theodore A. Okon,[†] and Russell K. Portenoy[‡]

Impact of breakthrough pain



Impact of breakthrough pain

- Telephone survey of 1,000 cancer patients
- Those with breakthrough pain used five times more resources than those without
 - ◆ More emergency department and physician office visits
 - ◆ More hospital admissions and longer stays
 - ◆ US \$12,000/year for patients with BTP
 - ◆ US \$2,400/year for patients without BTP

Summary

- Moderate to severe intensity
- Rapid onset and relatively short duration
- Frequency: 1-4 episodes per day
- Usually related to background pain
- Associated with dissatisfaction
- Has psychological and economic impact
- Breakthrough pain remains under-diagnosed, under-managed and under-treated