

PRECEPTORSHIP PROGRAMME

Supportive and Palliative Care

Multidisciplinary management, standards of care,
therapeutic targets and future perspectives

SWITZERLAND
ZURICH

20-21 FEBRUARY 2017

Chair Florian Strasser, CH
Co-Chair Karin Jordan, DE

ESMO PRECEPTORSHIP PROGRAMME SUPPORTIVE AND PALLIATIVE CARE

Multidisciplinary management, standards of care,
therapeutic targets and future perspectives

Zurich, Switzerland
20-21 February 2017

CHAIR:

Florian Strasser, Switzerland

CO-CHAIR:

Karin Jordan, Germany

SPEAKERS:

Matti Aapro, Switzerland

Jann Arends, Germany

Augusto Caraceni, Italy

Thomas Hundsberger, Switzerland

Matthew Maddocks, United Kingdom

Paula Ravasco, Portugal

Florian Scotté, France

Tora Skeidsvoll Solheim, Norway

Luzia Travado, Portugal

LEARNING OBJECTIVES

- Understand *mechanisms* of the *key symptoms* and *syndromes*: pain, fatigue, anorexia, nausea, vomiting, diarrhoea, constipation, mucositis, depression and breathlessness, and their *association* with cancer-disease and anticancer-treatment
- Describe main pharmacological, physical, educational, communicative and coordinating interventions for management of the syndromes cachexia and malnutrition and key symptoms
- Understand integration of screening for and assessment of symptoms and other palliative/supportive care needs, and management in routine oncology care
- Describe required competences of multidisciplinary and interprofessional teams for multimodal management
- Understand bone health in cancer patients, risk and management of venous thromboembolism in cancer patients, cardiotoxicity and its management also in the area of targeted agents and key issues of cancer rehabilitation
- Know the ESMO Clinical Practice *Guidelines* relevant for the topics discussed

ACCREDITATION

The programme of this event has been accredited with **13 ESMO-MORA category 1 points**.
Recertification is necessary for medical oncologists to remain professionally certified by ESMO. Recertification guarantees that a certified medical oncologist has continued to update her/his knowledge and continues to possess the necessary skills and standards for the practice of medical oncology. For further details, please refer to esmo.org.

ACKNOWLEDGEMENTS

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ORGANISATION AND CONTACTS

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Monday, 20 February 2017

08:30-09:50 80'	SESSION 1 - Overview of main issues of supportive and palliative care	Chairs: Karin Jordan, DE Florian Strasser, CH
10'	Introduction, goals of the preceptorship and learning objectives	Florian Strasser, CH
20'	Overview of management of anticancer treatment toxicities and other supportive care interventions	Karin Jordan, DE
20'	Overview of main palliative care interventions delivered by oncologists and specialists in palliative care	Florian Strasser, CH
10'	Participant clinical case discussion	Faculty
10'	Symptom assessment in clinical oncology routine	Augusto Caraceni, IT
10'	Anticancer treatment toxicity assessment in clinical oncology routine	Florian Scotté, FR

The 10 min slot for clinical case discussion includes 5' case presentation and 5' Q&A / panel discussion

09:50-10:20	Coffee Break	
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10:20-12:40 140'	SESSION 2 - Fatigue, Anorexia, Nutrition and Cachexia	Chairs: Jann Arends, DE Paula Ravasco, PT
30'	Differential diagnosis, assessment and management of fatigue: depression, cognitive impairment, malnutrition and anorexia/cachexia	Florian Strasser, CH
20'	Nutritional requirements in advanced cancer patients	Paula Ravasco, PT
30'	Nutritional counselling, management of Secondary-Nutrition Impact Symptoms and oral nutritional supplements	Jann Arends, DE
30'	Indications for-and conduct of enteral nutrition, PEG pros and cons	Paula Ravasco, PT
30'	Indication, practice and ethics of parenteral nutrition, ESMO CPGs	Jann Arends, DE

12:40-13:40	Lunch	
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13:40-14:40 60'	SESSION 3 - Management of psychological issues	Chairs: Matti Aapro, CH Tora Skeidsvoll Solheim, NO
30'	Screening, assessment and management of depression and anxiety	Luzia Travado, PT
30'	Managing cognitive impairment in clinical practice: delirium, dementia	Augusto Caraceni, IT

14:40-17:20 160'	SESSION 4 - Management of cancer disease and cancer-treatment related symptoms	Chairs: Florian Scotté, FR Florian Strasser, CH
30'	Nutritional approach and medications for bone health: ESMO CPGs	Matti Aapro, CH
40'	- Cancer pain: mechanism, classification, Mgmt ESMO CPGs - Breathlessness in advanced cancer patients: ESMO CPGs	Augusto Caraceni, IT
35'	- Prevention, assessment and management of oral and gastrointestinal mucosal injury: ESMO CPGs - Cancer and anticancer treatment related diarrhoea and constipation	Florian Scotté, FR
25'	Prevention and management of cancer disease and of chemo and radiotherapy-induced nausea and vomiting, MASCC/ESMO CPGs: identify and manage patients at risk for nausea and vomiting in different settings	Karin Jordan, DE
30'	Prevention and management of venous thromboembolism	Matti Aapro, CH

17:20-17:40	Coffee Break	
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17:40-19:10 90'	SESSION 5 - Principles of cancer rehabilitation and the heart	Chairs: Thomas Suter, CH Luzia Travado, PT
30'	Principles of individualized cancer rehabilitation, ESMO Handbook	Tora Skeidsvoll Solheim, NO
30'	Physical activity as treatment modality in curative and palliative intent: - Mechanisms of resistance training and aerobic exercise - Typical physical activity protocols varying in intensity and preferences	Matthew Maddocks, UK
30'	Cardiovascular toxicity induced by chemotherapy, targeted agents and radiotherapy and its management, considering also cachexia	Matti Apro, CH
20:00	Dinner	

Tuesday, 21 February 2017

08:30-10:10 100'	SESSION 6 - Multimodal management of cancer cachexia and malnutrition	Chairs: Augusto Caraceni, IT Matthew Maddocks, UK
30'	Impact of cachexia and malnutrition on cancer treatment decisions: - Adapt dosing of anticancer treatment - Anticancer treatment to improve cachexia	Florian Strasser, CH
40'	Drugs to treat and relieve patients with cancer cachexia: - Old drugs used for the cachectic cancer patients - New cachexia mechanism-based compounds	Tora Skeidsvoll Solheim, NO
10'	Refractory cachexia: eating and weight loss related distress and end-of-life	Florian Strasser, CH
20'	The refractory cachectic cancer patient and its family: - Refractory symptoms close to end-of-life: ESMO CPGs - Family members as carers and suffering people	Augusto Caraceni, IT

10:10-10:40	Coffee Break	
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10:40-12:40 120'	SESSION 7 - Multi-disciplinary, -professional management	Chairs: Karin Jordan, DE Tora Skeidsvoll Solheim, NO
30'	Communication on illness understanding and prognosis, end-of-life talks and advanced directives by oncologists and psychologists	Luzia Travado, PT
20'	Preventing and managing skin toxicity by oncologists and dermatologists	Karin Jordan, DE
25'	The elderly, multi-morbid cancer patient: when to use geriatricians	Matti Apro, CH
20'	Education interventions and motivation for cachectic patients and families: lessons for the oncologist from the physiotherapist	Matthew Maddocks, UK
25'	Preventing and managing neurotoxicity by oncologists and neurologists	Thomas Hundsberger, CH

12:40-13:10 30'	SESSION 8 - Audience cases	Chairs: Karin Jordan, DE Florian Strasser, CH
3x10'	3 x Participant clinical case discussion	Faculty

Each 10 min slot for clinical case discussion includes 5' case presentation and 5' Q&A / panel discussion

13:10-13:20 10'	Conclusion, outlook and farewell	Chairs: Karin Jordan, DE Florian Strasser, CH
13:20-14:20	Lunch	