EVALUATION OF MEDICATION FOR THE PALLIATIVE CARE PATIENTS-ADVERSE DRUG MONITORING - A PHARMACOVIGILANCE AWARENESS FOR THE PALLIATIVE CANCER PATIENTS RESIDING AT HOME CARE IN AND AROUND VELLORE DISTRICT HOSPITAL - VELLORE MEDICAL COLLEGE HOSPITAL AND CMC HOSPITAL PATIENTS

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ABSTRACT

Palliative care research and treatment is one of the most essential program me for the cancer patients our object is to study the different types of cancer patients-palliative care patients and the drugs they are consuming both the pain killers and other poly pharmacy they are consumed. The main aim of the study is to evaluation of medication – benefit v/s risk factor of the individual drug or combination of drug therapy- the management of medication for the safety of individual patients in order to prolong the safety and span of life.

Key words: Pharmacovigilance, Palliative cancer patients, Adverse effects, Rectification.
1. INTRODUCTION
Palliative care is a system which provides the specialized medical care to patients with serious illness and their families who are facing the problems and which are associated with life-threatening illness. The term Palliative care is derived from the Latin word ‘palliare. It means "to cloak."

Palliative care
1. This mainly provides relief from pain.
2. This may intended to postpone the death.
3. This system helps the patients to live as actively until death.
4. This will enhance the quality of life.

Cancer is defined as a group of diseases and which is characterized by abnormal growth of cells. If this spread is not controlled, it can results a death of patient. Cancer is caused by both external factors and internal factors. External factors: Tobacco, Chemicals, Radiation, infectious organisms. Internal factors: Inherited mutations, Hormones, Immune conditions, Mutations that occur from metabolism. The above factors will be acted by together or in sequence to initiate carcinogenesis.

1.1. Objective of the study
The main aim of the study directly deals with the development of quality medication of palliative care. It can be improve the quality of patients to prolong the life span to provide quality education for the patients and their relatives about the drug - drug interactions, drug - food interaction and make some awareness and interaction with all the interdisciplinary team in the hospital /home care. To understand the medication and pain history, the role of analgesics plays key role in pain and symptoms management and emphasizes the difference between palliative and hospice. Patients and their relatives free to asses with the physician, pharmacist, nurses, clinical psychiatry and social worker in order to provide satisfactory service to the palliative care patients. Palliative care focuses on the amount of pain and other symptoms and the management of psychological, social, spiritual problems hence palliative care is a critical aspect of quality of life for such patients and their families. The evaluation of medication of palliative care patients can be assessed by drug therapy experts in the health care team, pharmacist/clinical pharmacologist, should be positioned to educate other health care provider and patients should know about medication and make reasonable recommendation regarding drug therapy however as the finding mentioned above can be
demonstrate by clinical pharmacologist/pharmacist /Pharm.D, need more knowledge about pain and addiction to participate fully in providing palliative care.

2. Materials and Methods
Initial guidelines and observation was carried out at Christan Medical College and some of the palliative patients are unable to visiting regularly. So the concern consultant directed to Kidwai Memorial Oncology Institute, Bangalore under the guidance of Dr. Linga Gowda.M.D, HOD Palliative Care Unit, were helped me to get further basic knowledge about the palliative care patients. This helps me to encourage myself to pay house visit to the individual patient in and around Vellore district area.

Study site
1. Sneha Deepam Palliative Care-Vellore area
2. House visiting- some of the patients in and around Vellore area.

Different types of cancer patients were observed and consumption of medication was taken in to consideration of our research study (Adult-18-65 years). Consumption of medication was recorded by analysis of benefit and risk factor and Suggestion of suitable medication or any alternative therapy in order to minimize the side effects.

Inclusion criteria
1. Patient observed Adverse Drug Reactions of either sex (18-65) years.
2. Palliative care patients and their relatives give their concern for the study.

Exclusion criteria
1. Patients less than 18 years and more than 65 years of age.
2. Pregnant woman.
3. Pediatric and geriatric patients.

Study analysis
The data will be analyzed by spontaneous using suitable statistical method s in consultation with bio scientist.Study under the approval of institutional review board and informed concern of the patient.

2.1. Rx. Patient’s profile
Patient No: 1
Name of Patient: Mrs. Siva Gami
Age: 38 [Female]

**Diagnosis:** Uterus Cancer.

**Drug consumed:** Injection- 5-Flouro Uracil [once in 21 days]

Two times radiation given - once in two month

**Adverse drug reactions**

1. Vomiting sensation - During radiation period
2. Loose motion. - During radiation period
3. Hiccups, GIT disturbances, nausea
4. Head ach
5. Fever
6. Alopecia
7. Tiredness
8. Loss of appetite
9. Lack of sleep
10. Sometime skin irritation
11. Sometime getting constipation - due morphine consumption

**Rectification and advice to the patients**

1. Black grape fruit juice can be given - two times morning and evening - To rectify tiredness.
2. Pappy fruit is given to patients - when suffering constipation - Having good relief.
3. Alternative therapy given to relive pain by both Acupressure and Acupuncture.
4. We advice for patients to do yoga and prayers according to their religion –they claims really they feel better after doing prayers.
5. Any slight modification of dosage form and treatment schedule also make the patients feel better this is purely consultation with their consultant doctors.
6. Reflexology provides gentle pressure to the feet or hands to restore a state of balance and relaxation
7. Complementary therapies may help a person ‘just feel better,’ help relieve stress and tension and may aid in relaxation. They may help to reduce pain, anxiety, nausea, and depression and may improve sleep.
8. Apart from this I also advice to take the patients by drinking vegetable soups, which contain carrot, beetroot, beans.
9. Advice to take the patients plenty of water contain with fennel boiled and cooled - as much they can consume.

10. Consumption of lime with tea, or lemon grass tea may improve the patient’s wellbeing and relive tiredness.

Patient No.2
Name of the patients: Mr. Raman.
Age: 55 years [Male]
Diagnosis: Prostrate Cancer.
Drug consumed:
Tablets: Finasteride-5mg.od/for 3 months - Review after 3 months.

Adverse effects observed
1. Decreased libido,
2. Impotence,
3. Skin rashes,
4. Swelling of lips.

Less serious side effects may include
1. Impotence, loss of interest in sex, or trouble having an orgasm,
2. Abnormal ejaculation,
3. Swelling in your hands or feet,
4. Swelling or tenderness in your breasts,
5. Dizziness, weakness,
6. Feeling like you might pass out,
7. Headache,
8. Runny nose,
9. Skin rash.

Rectification and advice to the patients
1. Mild anti histamine tablet – non sedative can be given, Levo-citricine.
2. Vegetable soup and increase the consumption of fruits may relief of weakness.
3. Advice to take the patients plenty of water contains with fennel boiled and cooled, as much they can consume.
4. Black grape fruit juice can be given.-two times morning and evening. To rectify tiredness.
5. Consumption of lime with tea, or lemon grass tea may improve the patient’s wellbeing and relive tiredness.

Patient No.3
Name of Patient: Mrs. Malar
Age: 35 [Female]
Diagnosis: Colon Cancer

Drug Consumed
Injection: 5-Fluoro Uracil - Once in 15 days.
Tablets: Morphine, 10mg - at night time.

Adverse drug reactions
1. Change in frequency of bowel movements
2. Constipation
3. Blood in stools
4. Rectal bleeding,
5. Abdominal pain (bloating, gas or cramps)
6. Indigestion, vomiting sensation,
7. Insomnia,
8. Changes in consistency of stool (it may be loose or watery stools)
9. Hair fall - mild,
10. Hiccups,
11. Lack of appetite.

Rectification and advice to the patients
1. Give papaya and banana fruit to relive constipation.
2. Give some appetizer – amla with zinger and lime- fruit juice.
3. Advice to take the patients plenty of water contain with fennel boiled and cooled.- as much they can consume.
4. Give plain rice water along with nicely boiled rice with buttermilk.
5. Capsule: Spasmoproxivan - Can be given to relive abdominal pain-consultation with doctors.
7. Black grape juice can be given - two times morning and evening - To rectify tiredness.
8. Removal of colon and radiation therapy suggested to the patient in consultation with doctor.

Patients No: 4

Name of Patients: Mrs. Chandra
Age: 40 [Female]
Diagnosis: Ovarian Cancer

Drug Consumed
Injection: Cisplatin - Slow i.v. infusion.every 3-4 weeks.

[Or]
Paclitaxel is given once per every 7 days or 21 days
Intra peritoneal route has got good effect. In many studies, Intraperitoneal administration has been shown to significantly increased survival.

Adverse drug reactions
1. Irregular menses with loss of bleeding,
2. Difficulty in passing urine,
3. Dermatitis,
4. Stomach pain,
5. Irritation in vagina while passing urine.
6. Constipation and block stool.
7. Lack of appetite.
8. Hiccups
9. When she want to consume water-vomiting sensation.

Rectification and advice to the patients
1. Direct to the patient to-gynecologic oncologist. Epithelial cancer mostly treated by surgery or chemotherapy.
2. Natural supplement foods like green leafs and vegetables given in order to increase RBC Count.
3. Removal of Ovary is advisable in consultation with doctors.
4. Mild pain killer can be given and Metoclopromide can be given in order to stop the vomiting sensation and also ask the patients to smell the lime fruit, vomiting can be reduce for some extend.
5. Black grape fruit juice can be given.-two times morning and evening, to rectify tiredness.
6. Give mixed papaya and banana fruit to relive constipation.
7. Zinger soda can be given in order to increase the appetite of the patients.
8. Any anti-histamic cream can be applied on the skin to reduce irritation, with consultation with doctors.
9. Tablet: Mepanamic acid 500 mg to relieve pain.

**Patient No: 5**

**Name of Patient:** Mr. John  
**Age:** 55 [Male]  
**Diagnosis:** Liver Cancer.

**Symptoms of liver cancer**
1. Upper abdominal pain.
2. weight loss,
3. loss of Appetite,
4. Weakness,
5. Jaundice
6. Usually Diagnosis made by a liver biopsy but there are other presumptive diagnostics.

**Drugs consumed**
Doxorubicin injection  
[Or]  
Tamoxifen Injection.  
This medication must be given slowly into a vein only.

**Adverse drug reactions:**
Doxorubicin may cause heart problems.
1. Diarrhea
2. Nausea and vomiting
3. Hair loss
4. Cough/hoarseness
5. Itching,
6. Joint pain
7. Pain in the lower back/side
8. Stomach/abdomen
9. Painful/difficult urination
10. Stopped/missed menstrual periods
11. Black/tarry stools
12. Bloody mucus or discharge in stools
13. Fast irregular heartbeat, shortness of breath

Rectification and advice to the patients:
1. Adjust the dose in consultation with doctors.
2. Pomegranate fruits can be given to reduce the diarrhea.
3. Sugarcane juice along with ginger and lime can be added advantage.
4. Give some appetizer- amla with zinger and lime- fruit juice.
5. Alternative therapy given to relive pain by Acupressure.
6. Yoga and counseling and prayers make some differences.

3. RESULTS
Feedback from different types of cancer patients during the personal home visit at the frequency of 2 times a week makes them happy and we observe that most of the patients increase their level of comfort in all possible ways physical, mental and psychological. Most of the patients and their relatives requested us to continue the alternative drug therapy in order to reduce the over consumption and misperception on pain medication. This will enable us to improve the span of life of palliative care patients.

4. DISCUSSION
Palliative care has always been interdisciplinary and team oriented and many of the patients being cared for the awareness of adverse drug reaction though there is lots of side effects and adverse drug reaction observed from different kind of cancer patients, this can be minimized by giving the alternative therapy and natural food value-herbal therapy. When the chemotherapy drugs produce lots of side effects sometimes the dosage schedule can be modified with consultation with oncologist. This will provide the sound recommendation about the safety medication.

5. CONCLUSION
The evaluation of medication study may improve the life style of palliative care patients. The role of chemotherapy and pain management and symptoms management with the application of alternative drug therapy can be further studied for research and development and exact
mechanism of action can be further studied. We believe this is an important fact integral part of palliative care education. We urge other medical/pharmacy college to implement similar program.

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