Background Shaheen Palliative care project team aim to develop a training and service oriented programme. The team help provide compassionate palliative care for patients living with a life-limiting illness and their families, through physical, emotional, spiritual, psychological and social support. There are no current palliative care services in hospitals or communities for the people of Pakistan. The aim of the team is to equip and train Pakistani healthcare workers with the essential knowledge and skills to able to provide the best quality palliative care as well as public awareness of palliative medicine.

Methods A service evaluation about palliative care services in Pakistan. Two surveys were sent, one to all grades of doctors at two hospital sites in Peshawar, Pakistan and the second to members of the general public. The data was then analysed using Excel.

Results There were 60 respondents, in total, to both the surveys. 95% were involved in care of the terminally ill with only 20% of them being confident in managing patients with a life limiting disease. 85% said they did not have access to necessary drugs for pain control in terminally ill patients. 70% thought hospice was synonymous with palliative care. 100% of respondents thought there is a need for palliative care services in Pakistan.

Conclusions This evaluation was undertaken to help develop a training and service-oriented palliative care programme for people of Pakistan working towards specialist palliative care services. The Shaheen Palliative care team have set up the first Palliative Care Postgraduate certificate at Khyber University, October 2019 and the National University of Medical Sciences, Rawalpindi, shall also be starting Post Graduate Palliative Care Certificate from end of 2020. The multi-professional international team are leading the way in developing new services and palliative medicine education in Pakistan for both the healthcare professional and the public.

Posters 85 – 86 | pain

85 MORE THAN A GUT FEELING: A LITERATURE REVIEW OF MANAGING PAIN ASSOCIATED WITH OESOPHAGEAL STENTING
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Background Oesophageal cancer has a 5-year survival rate of 17%. Adequate symptom management is hence important at all stages of disease. Dysphagia, commonly experienced by these patients, can have a detrimental impact on quality of life. This can be managed by endoscopic insertion of an oesophageal stent aimed at improving symptoms. This procedure, however, is frequently associated with side effects, most notably chest pain.

Methods A literature review of the natural history of chest pain following insertion of oesophageal stent and management options was undertaken. Databases, including Medline and Embase, were searched using ‘oesophageal stent’ and ‘stent/ chest pain’ as well as associated terms. Some 160 articles were found. Non-relevant, non-English, and duplicate papers were discarded. Sixteen articles were retained and examined in detail, particularly regarding the incidence and management of stent-associated pain.

Results Chest pain following stent insertion is common, with reported incidence ranging from 9–60%. Often worse within the first 48 hours, this pain typically improves over time. Pain still requiring analgesia, however, has been reported over four weeks post-procedure. The most common treatment described is opioids. One study found that 40% of patients required an opiate to manage pain (mean daily dose of 43 mg). Overall the studies lacked detail about effective dosing regimens and long term follow up. The evidence for other treatment modalities was weak and often based on single case studies. These included radiotherapy, sublingual glyceryl trinitrate and, phrenic nerve block. Stent removal may be warranted, but is associated with risks of endoscopy and failure.

Conclusions Chest pain following oesophageal stenting is common and may persist despite treatment. Pain has a major impact on these patients’ quality of life; effective management regimes are essential. Further studies are needed to evaluate long term consequences for patients and better explore appropriate therapeutic options for this symptom.

86 CASE REPORT: RESPIRATORY DEPRESSION FOLLOWING A SWITCH IN OXYCODONE PREPARATIONS TREATED WITH SUBCUTANEOUS NALOXONE
Mairead Doherty, Maeve O’Reilly, Marie Twomey. St Luke’s Hospital, Rathgar

Background Oxycodone/naloxone has a reported equivalent analgesic effect to oxycodone due to insufficient naloxone reaching systemic circulation to affect analgesia. Naloxone plasma concentrations can increase in some, e.g. patients with hepatic or renal impairment.

Case presentation A 75 year-old male with prostate and lung carcinoma was admitted for palliative radiotherapy. Admission analgesia included oxycodone/naloxone 70/35 mg bd, pregabalin 100 mg bd and oxynorm 20 mg prn.

Management Day 3: Multiple breakthroughs required for severe pain. Oxycodone/naloxone changed to oxycodone 90 mg bd (maximum licensed dose of oxycodone/naloxone exceeded). Pregabalin increased to 150 mg bd.

Day 4: Respiratory infection diagnosed and treated with intravenous antibiotics. Mild myoclonus but no other signs of toxicity. Pain ongoing.

Day 5: Sudden deterioration with respiratory depression (respiratory rate - 6, oxygen saturations - 60%). Rapid response to naloxone 40 micrograms intravenously. Opioids and pregabalin discontinued. Multiple further naloxone doses required for recurrent respiratory depression. Continuous subcutaneous infusion (CSCI) of 1.5 mg naloxone commenced.

Day 6: Naloxone infusion discontinued when pain recurred. CSCI of oxycodone 30mg/24hours commenced and subsequently rotated to hydromorphone 4mg/24hours due to mild opioid toxicity.
Radiotherapy completed and patient discharged home on hydromorphone and gabapentin.

Discussion Given the timing, and despite normal renal and liver function, we believe the oxycodone/naloxone to oxycodone switch contributed to the severity of opioid toxicity in this case. Other possible factors include infection and titration of pregabalin.

When repeated naloxone doses are required for toxicity, a continuous intravenous infusion often necessitates transfer to an acute hospital and may be avoided by administering a CSCl of naloxone. To the best of the authors’ knowledge, this is the first case report of naloxone administered via CSCl for opioid toxicity.

Conclusion When switching preparations of oxycodone, specific patient factors and intra- and inter-patient variability should be considered and patients monitored carefully. CSCls of naloxone for opioid toxicity should be considered if intravenous administration is not feasible.

Posters 87 – 89 | psychosocial

87 HOPE, COMFORT AND QUALITY OF LIFE OF PALLIATIVE PATIENTS: CORRELATION TO THE PLACE OF CARE

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Background Maintaining hope has been referred to as a way to endure suffering among people living with a life-limiting disease. Reports about comfort and well-being in palliative care have indicated that hope is an indicator of the quality of life (QoL) and the quality of dying. This study aimed to characterise hope, comfort and QoL of palliative patients, and correlate these variables to the place of care.

Methods A cross-sectional observational study was conducted to test the hypothesis that hope is positively correlated to comfort and QoL and that patients in palliative care units had higher levels of hope, comfort, and QoL than other settings. Participants were recruited from daycare hospital, palliative care units and community palliative care in Portugal. Patients answered the Portuguese versions of Herth Hope Index, McGill Quality of Life Questionnaire and Hospice Comfort Questionnaire, a VAS for pain, two-item screening for depression and socio-demographic information. All ethical procedures were considered according to the Helsinki declaration.

Results A total of 205 palliative patients participated in the study (mean age 64.5, range 28–89). Most patients were diagnosed with metastatic cancer (85.4%). Palliative care patients in the sample experienced good level of hope, comfort and QoL. A strong correlation was noted between hope and QoL (0.65; p<0.001) and hope and comfort (0.58; p<0.001). QoL of patients attending daycare unit were higher compared to other settings (p<0.05). Patients experienced higher comfort at home (p<0.05). There were no differences in hope regarding the place of care.

Conclusions Palliative patients reported good levels of hope, comfort and QoL. As hope is dynamic and correlated to comfort and QoL, hope fostering interventions should be implemented in palliative care settings to increase the QoL and quality of death. Further research should address the causative relations among these variables.

88 EXPLORING CONFIDENCE OF PALLIATIVE CARE PROFESSIONALS IN THE IDENTIFICATION AND ASSESSMENT OF MENTAL HEALTH PROBLEMS AND RISK

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Background Patients with life-limiting illnesses seen in palliative care commonly experience mental health problems and suicidal ideation. Mental health problems have a significant impact on quality of life emphasising the importance of assessment and psychological support in holistic palliative care. Practitioner confidence influences competence. This study assessed the confidence levels of palliative care professionals, across the West Midlands, in identifying and managing mental health problems and suicide risk.

Methods A cross-sectional survey comprising 16 points was disseminated via a regional research distribution list to palliative care professionals across the West Midlands. The survey was available online for 2 months and comprised of a variety of closed and open-ended questions (some with partial precoding), including Likert scales. Qualitative data was analysed thematically.

Results Responses were received from 154 professionals evenly spread across hospital, community and hospice settings. The aspect of assessment respondents felt most confident in was being able to differentiate a mental health problem from an appropriate response to illness (54.5%); least confident in completing a suicide risk assessment (34.4%). Confidence appeared to be greater in counsellors, psychologists and social workers. Other factors that increased confidence included 10 or more years experience in palliative care and experience in a mental health setting. Challenges highlighted included difficulties in accessing specialist psychiatric support; lack of experience or training (further training desired in 95%). Suggested training topics included communicating with, and optimising clinical assessment of, patients with mental health problems.

Conclusions Further training is strongly desired and should be incorporated into induction processes, curricula and education events. Team members with greater experience are well placed to support fellow team members in care for patients with mental health needs. Creating links with local mental health services, and further research focussed on the experiences of our patients are key priorities.

89 SO WHEN A WOMAN BECOMES ILL, THE TOTAL STRUCTURE OF THE FAMILY IS AFFECTED, THEY CAN’T DO ANYTHING, SO THE KIDS STUDIES WILL BE AFFECTED, HUSBAND’S WORK IS AFFECTED – VOICES FROM THE COMMUNITY ON WOMEN WITH BREAST CANCER IN LMIC; A QUALITATIVE FOCUS GROUP

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Background Psychological symptoms are common in women with breast cancer and profoundly affect their role in the