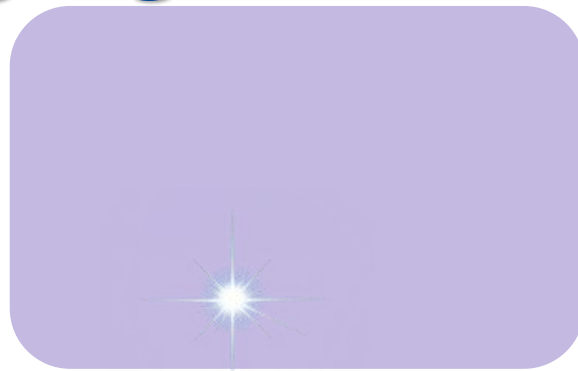


KIRAMS

Psychiatric Consultation and Psychosocial Intervention for Young Age Breast Cancer



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Psychiatry & Psycho-oncology
Korea Cancer Center Hospital

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I

Korea Cancer Center Hospital



1. Introduction of KCCH

- 0 Founded in 1963
- 0 Nation's leading cancer center
- 0 5 % of Korean cancer patients
- 0 Breast Cancer Center
- 0 Psychiatry, Social Work & Hospice

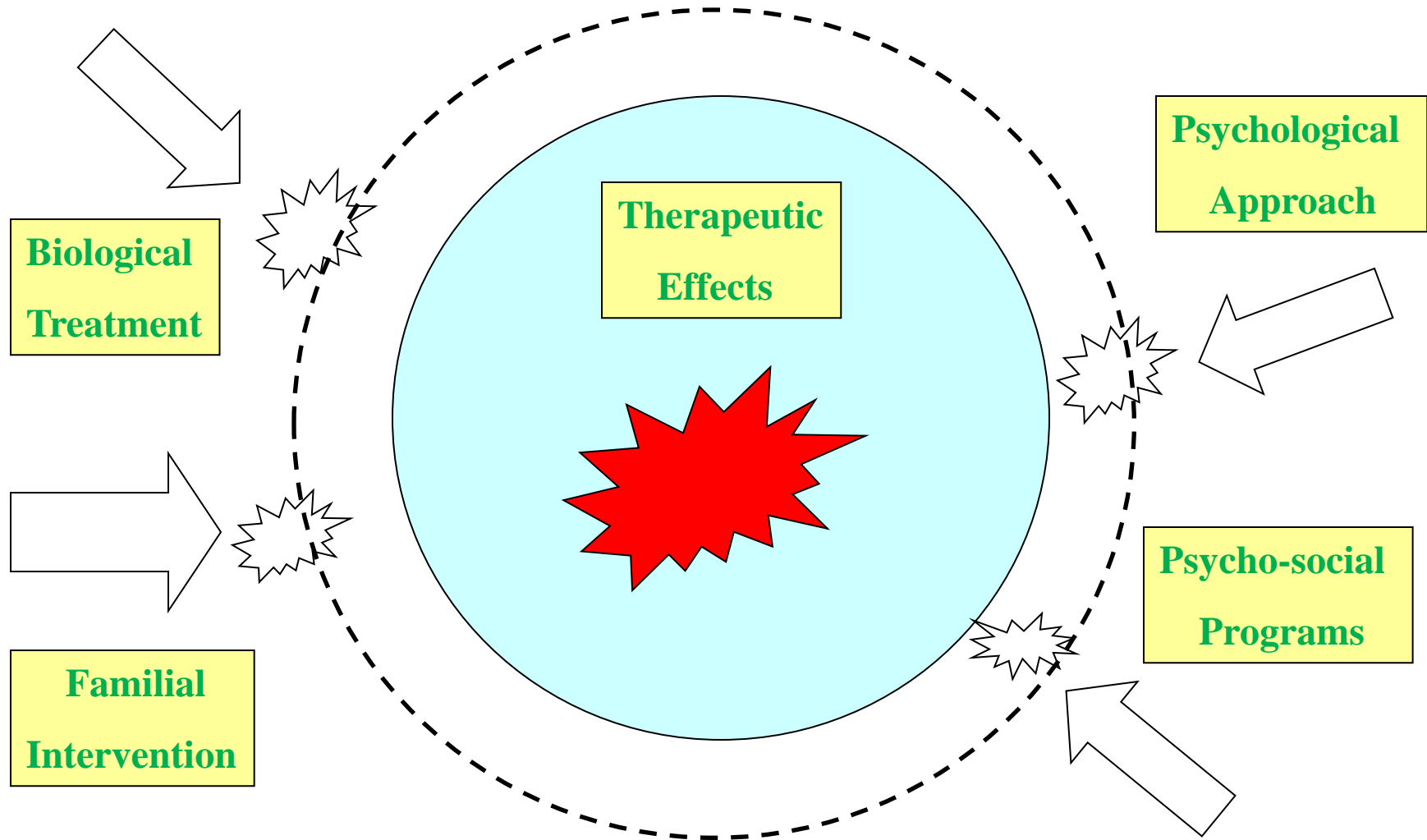
2. Psycho-Oncology Clinic

(1) Interdisciplinary Team



2. Psycho-Oncology Clinic

(2) Multidisciplinary Approach



3. Psychosocial Distress & Psychiatric D/O

Young women with Breast Cancer

All Cancer



All Cancer + Breast Cancer



All Cancer + Breast Cancer + Young Age

II

Psychiatric Consultation

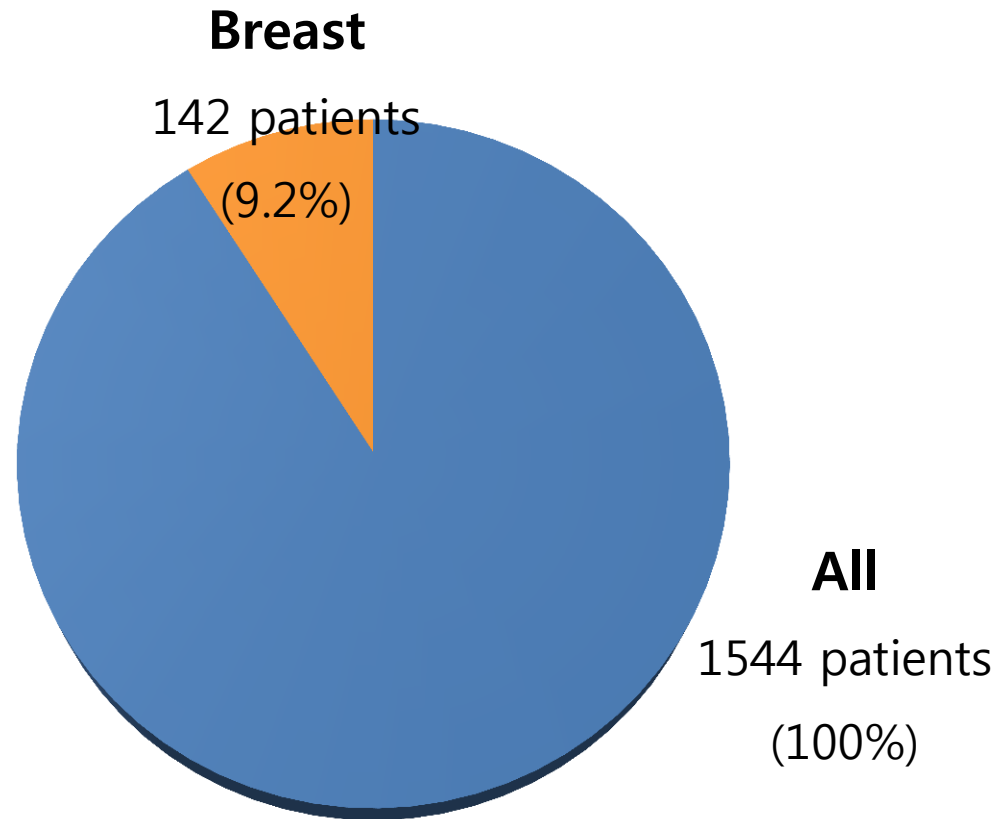


(1) Psychiatric Services

- **The last one year (October 2012 - September 2013)**
 - psychiatric consultation (outpatient + inpatient : 1544 patients)
 - percentage of breast cancer : 9.2 % (142 patients)
- **Objects of this study (October 2012 – September 2013)**
 - **Breast Ca patients referred for psychiatric consultation**
 - **142 patients (outpatient 105 + inpatient 37)**

(2) The Percentage of Breast Cancer

Psychiatric consultation (N=1544, 2012-2013)

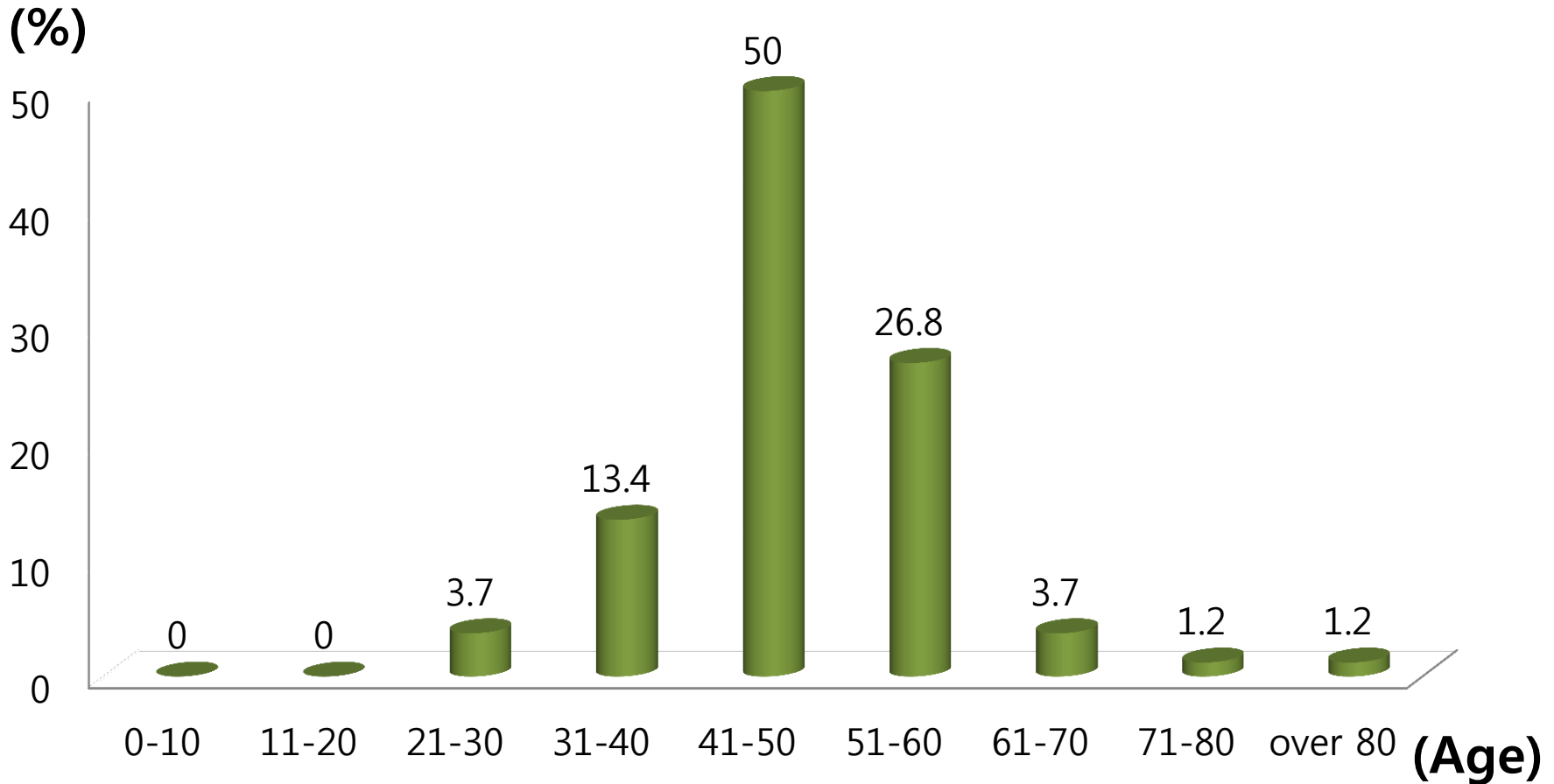


1. Demographic Data

(3) Age

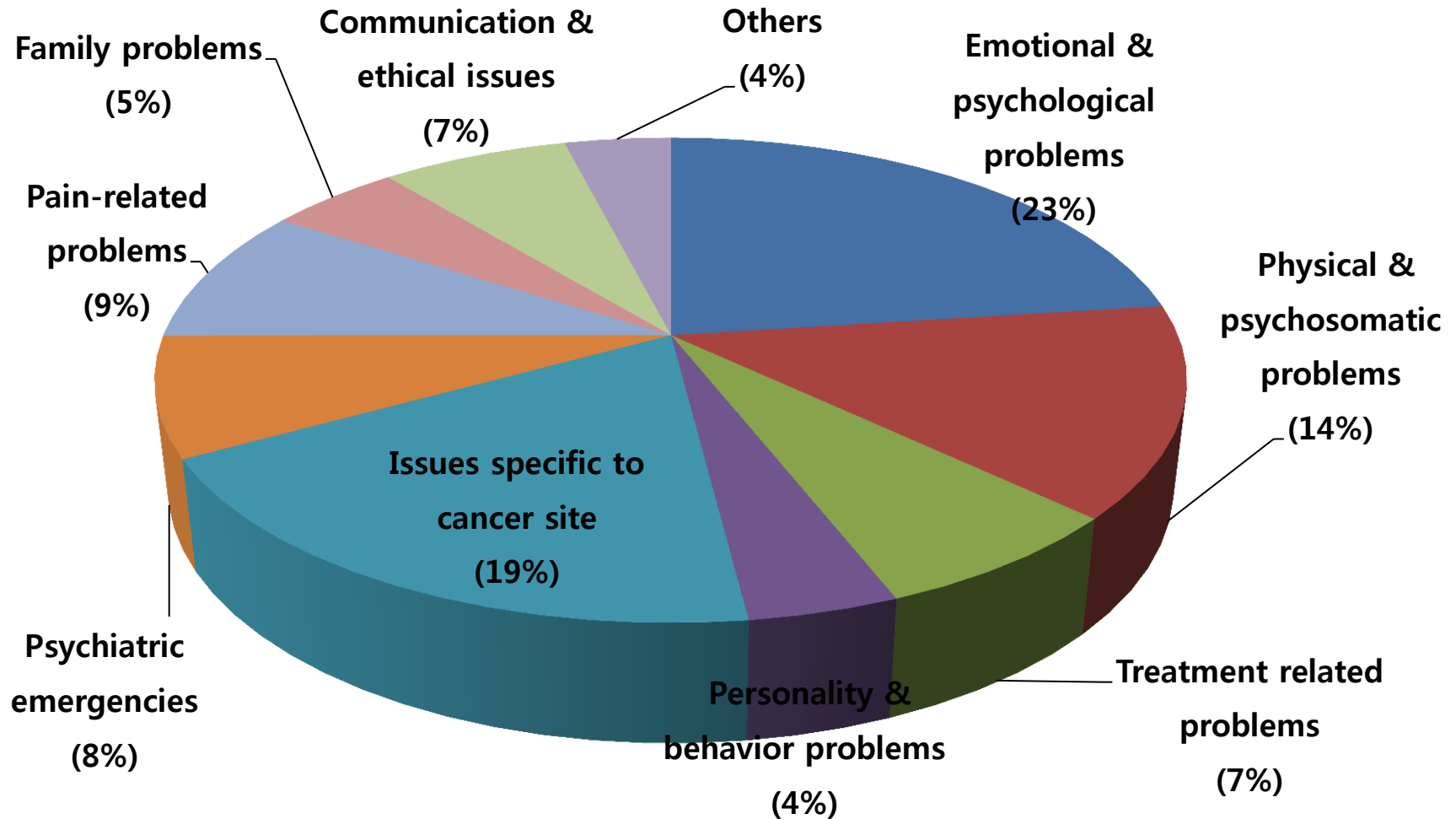


When diagnosed with Breast Cancer (N=142)

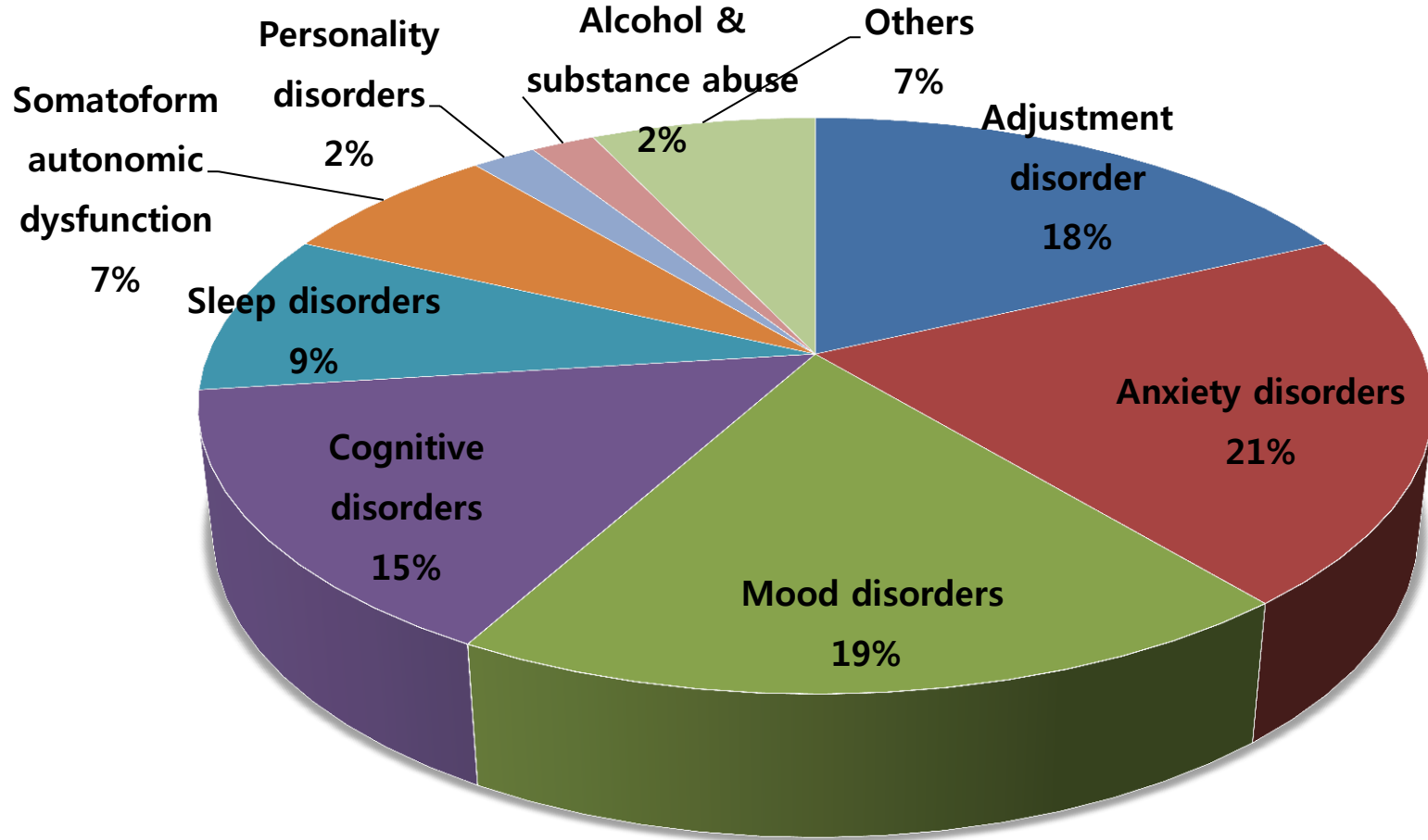


2. Clinical Data

(1) Main Reasons for Psychiatric Consultation (N=142)



(2) Psychiatric Diagnosis on Consultation (N=142)



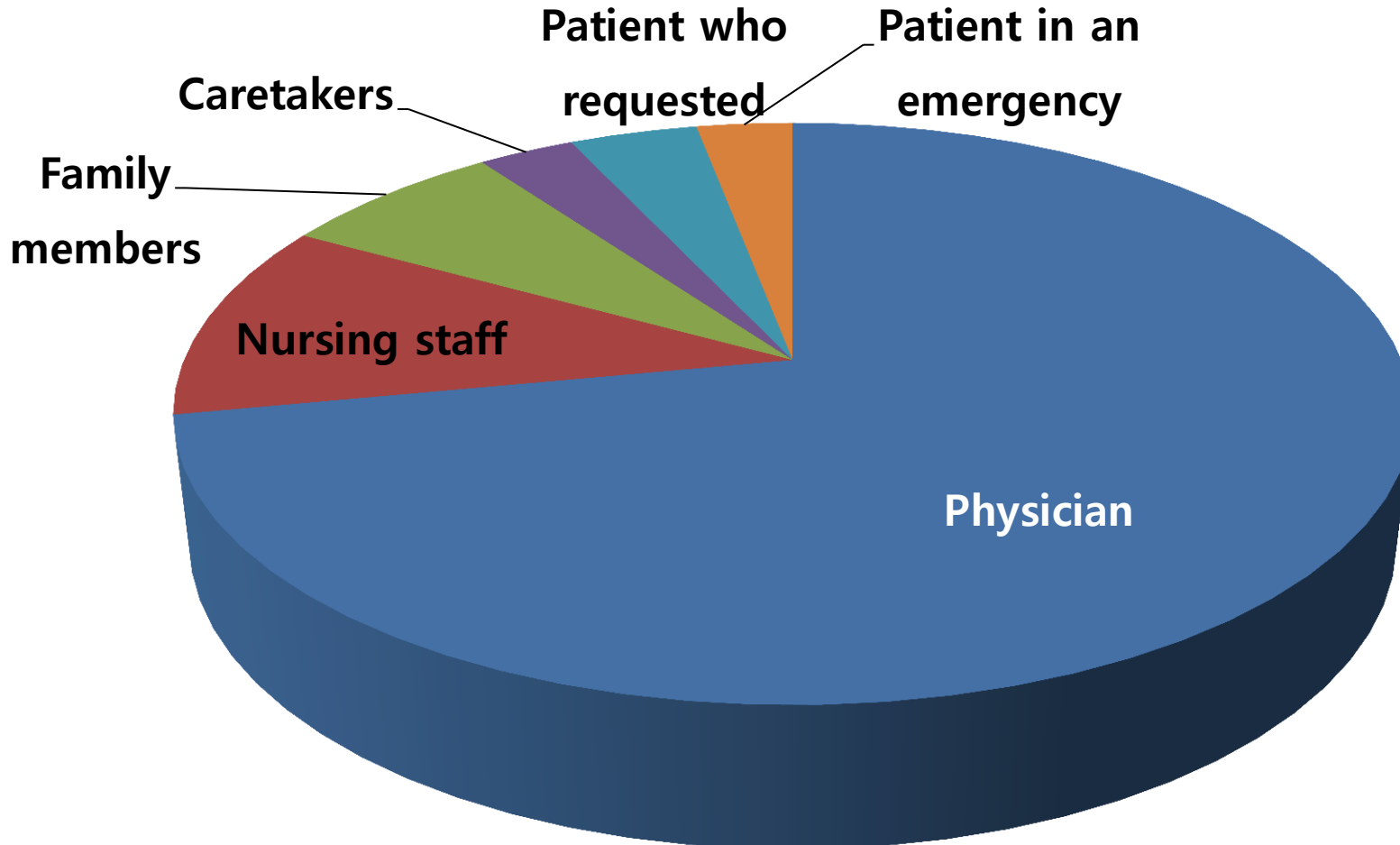
(3) Treatment Suggestions

- **Psychiatric Management (N=142)**
 - Brief supportive psychotherapy, psychoeducation, CBT
 - Psychopharmacotherapy
 - Family therapy
 - Reply to Oncology Department
 - Referral to Another Services
- **Follow-up Visits (N=37, Inpatients)**

Rate - 78 % (29 patients)
- **Follow-up Outpatient Psychiatric Care (N=37, Inpatients)**

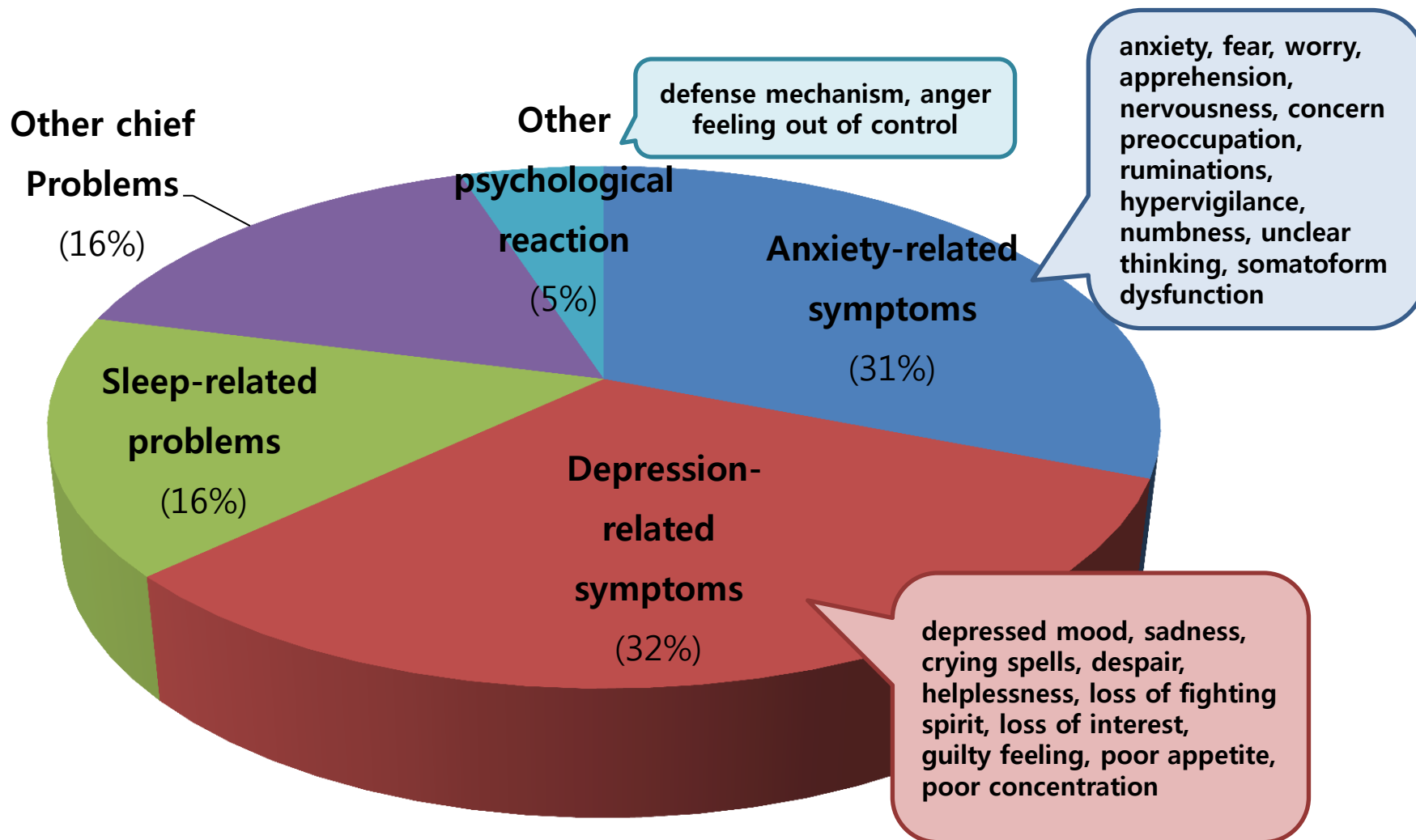
Rate - 63 % (23 patients)
- **Continuation of Psychiatric Treatment**

(4) Persons Who Requested Consultation (N=37)



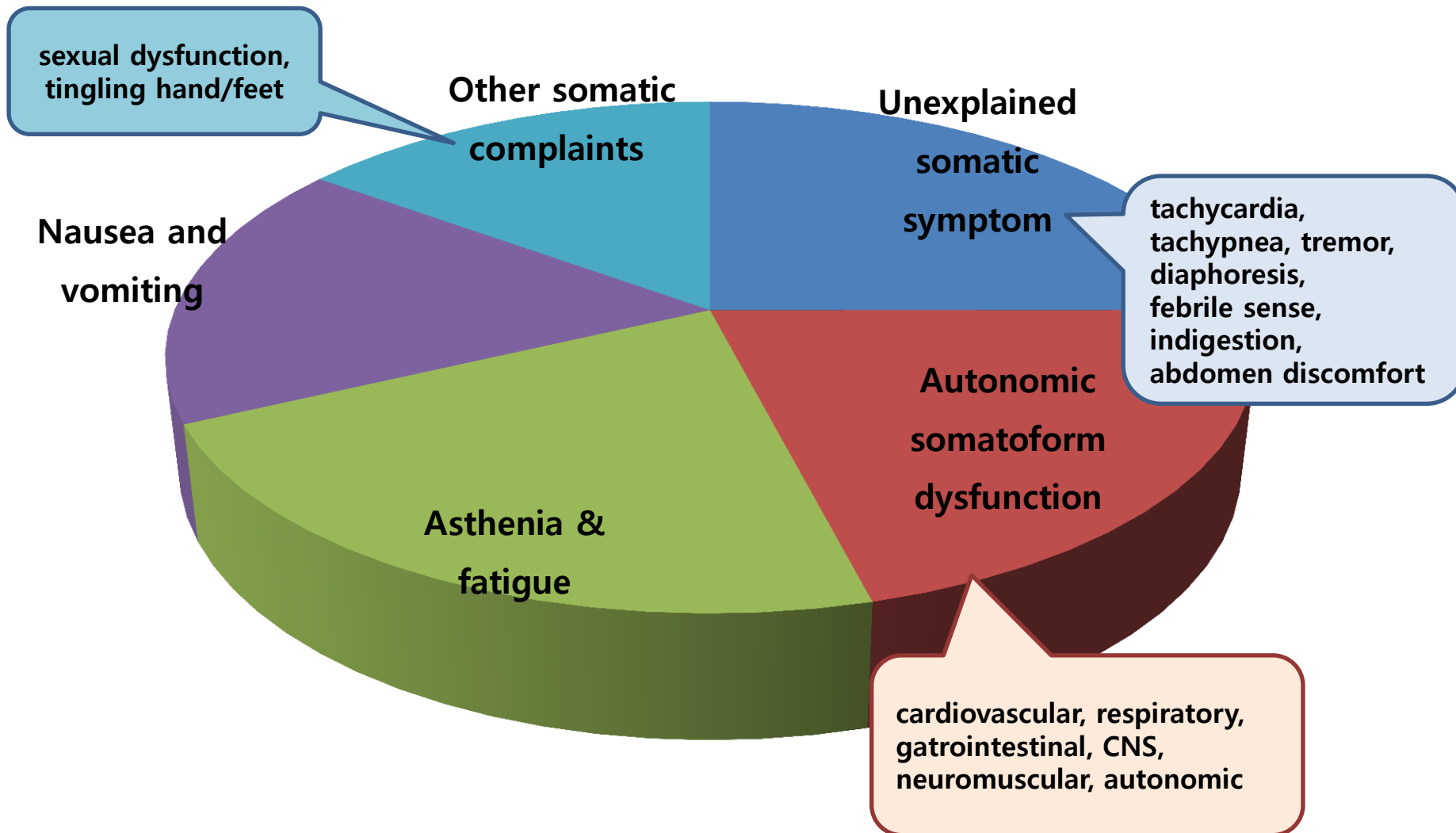
3. Main Reasons for Consultation (N=142)

(1) Emotional & Psychological Distress (n=33 23% of N)



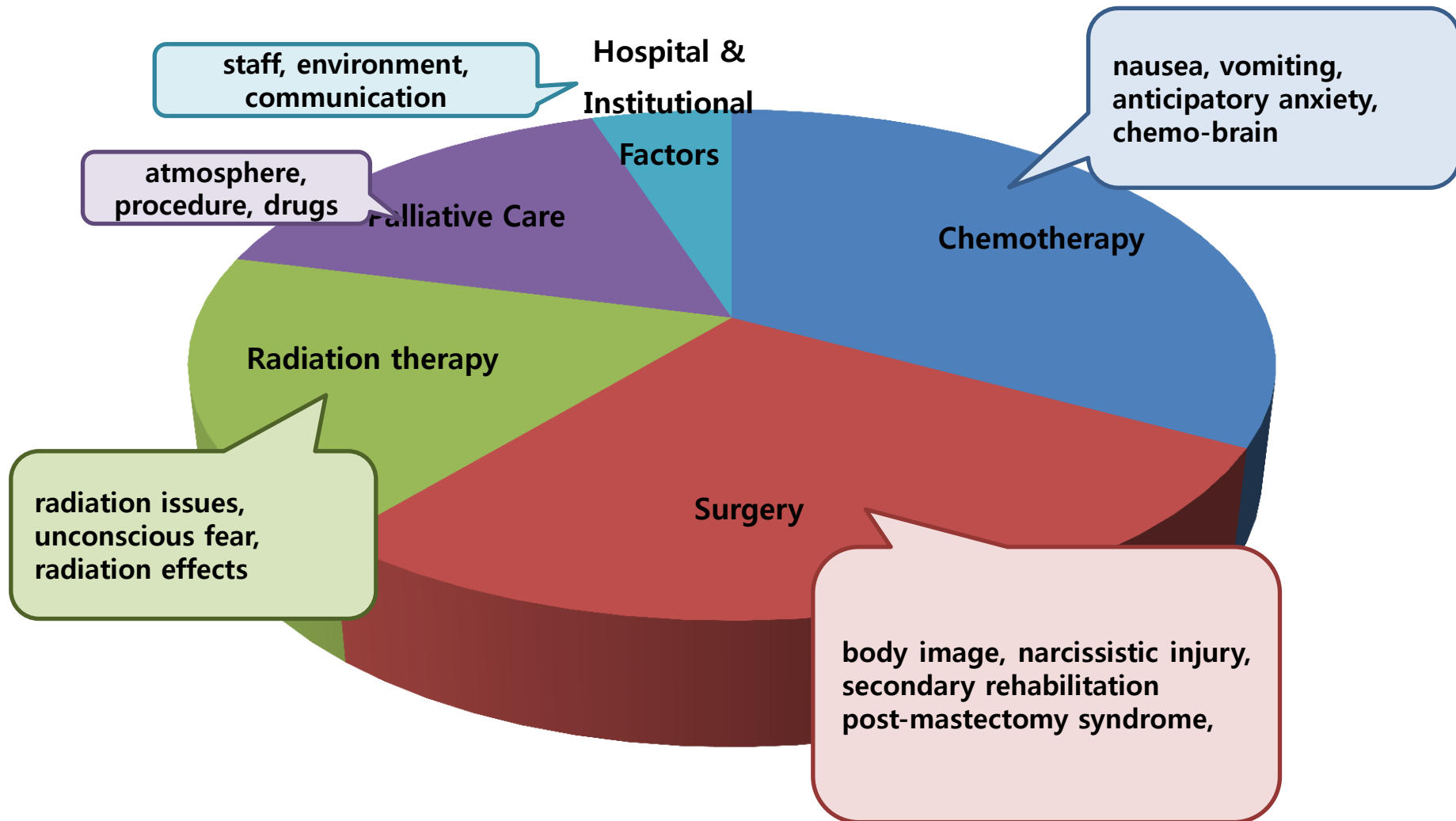
3. Main Reasons for Consultation (N=142)

(2) Physical, Psychosomatic Problems (n=20, 14% of N)



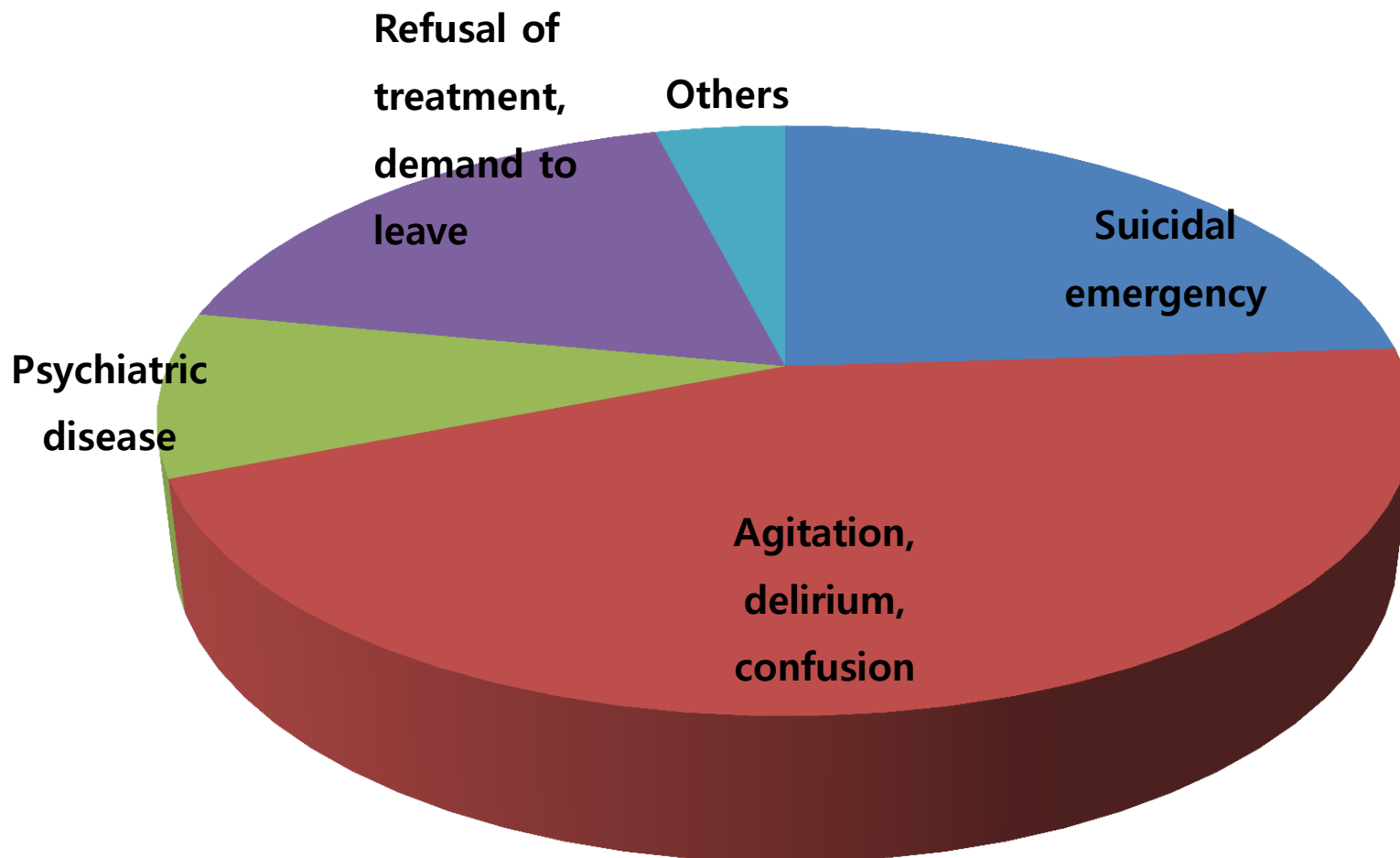
3. Main Reasons for Consultation (N=142)

(3) Treatment Related Problems (n=10, 7% of N)



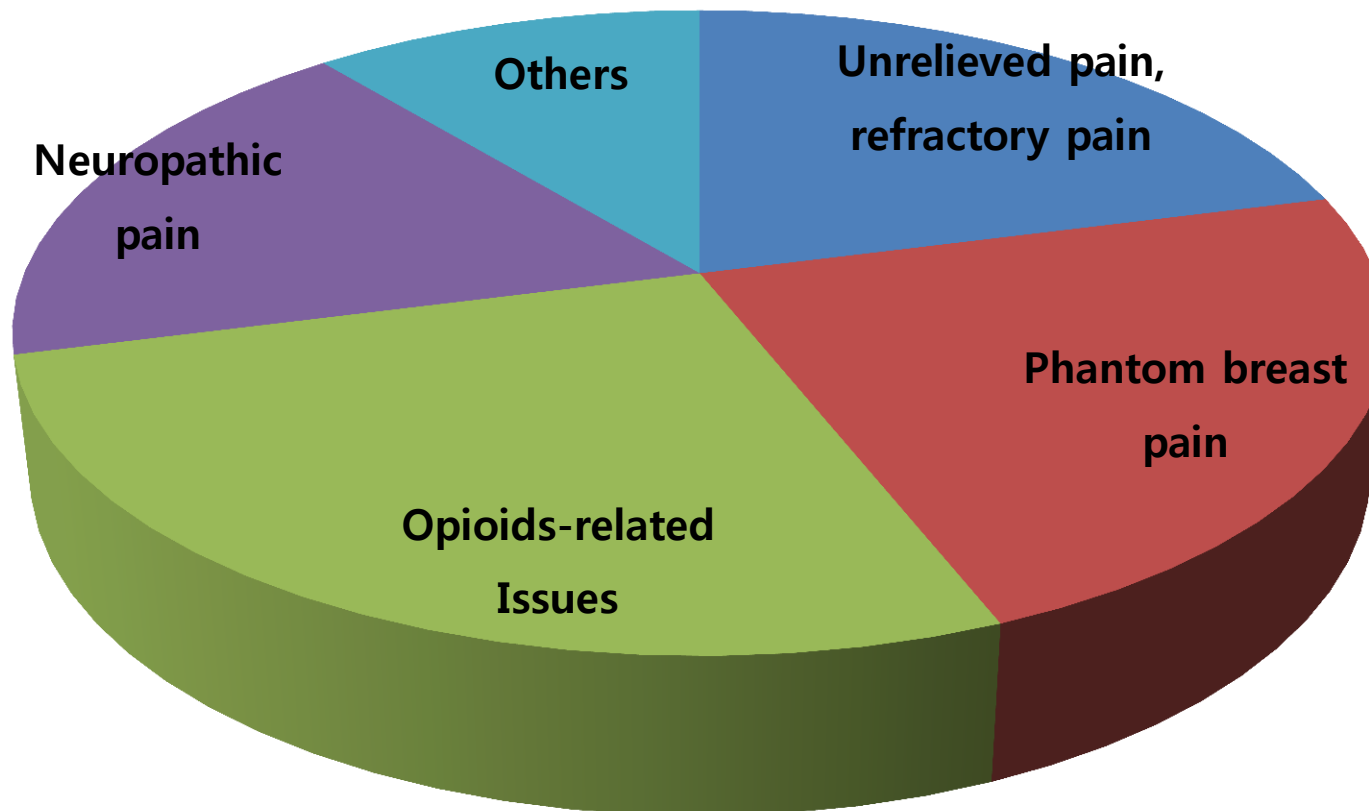
3. Main Reasons for Consultation (N=142)

(4) Psychiatric Emergencies (n=11, 8% of N)



3. Main Reasons for Consultation (N=142)

(5) Pain Related Problems (n=13, 9% of N)



3. Main Reasons for Consultation (N=142)

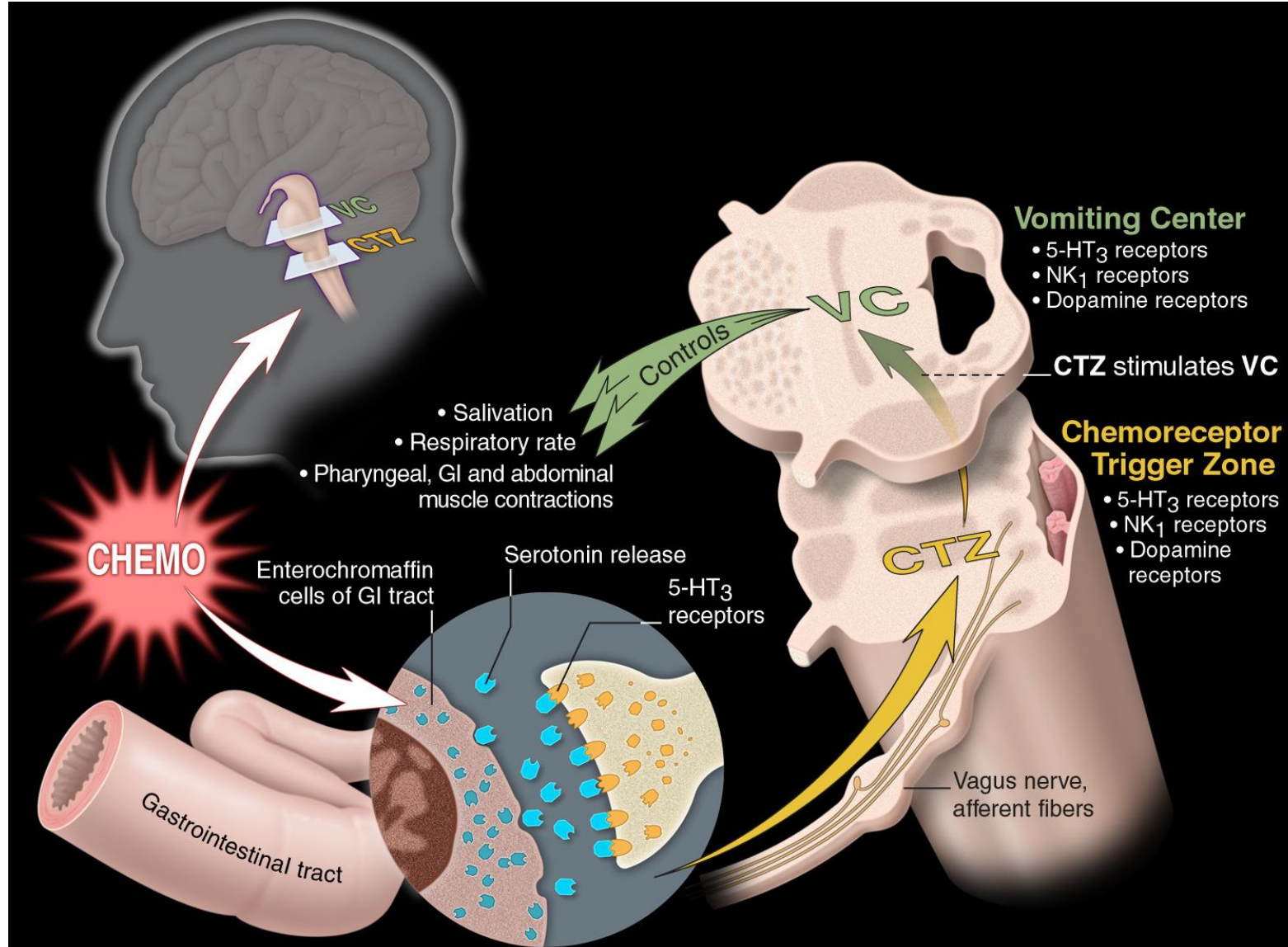
(5) Pain Related Problems (n=13, 9% of N)

Psychiatric Intervention for Cancer Pain

Psycho-pharmacotherapy	Psycho-therapy	Cognitive-behavioral therapy
Anti-depressants Anti-anxiety drugs Neuroleptics Psychostimulants Anti-convulsants Sleep pills	Individuals Family Group	Cognitive therapy Behavioral therapy

3. Main Reasons for Consultation

(6) Nausea & Vomiting

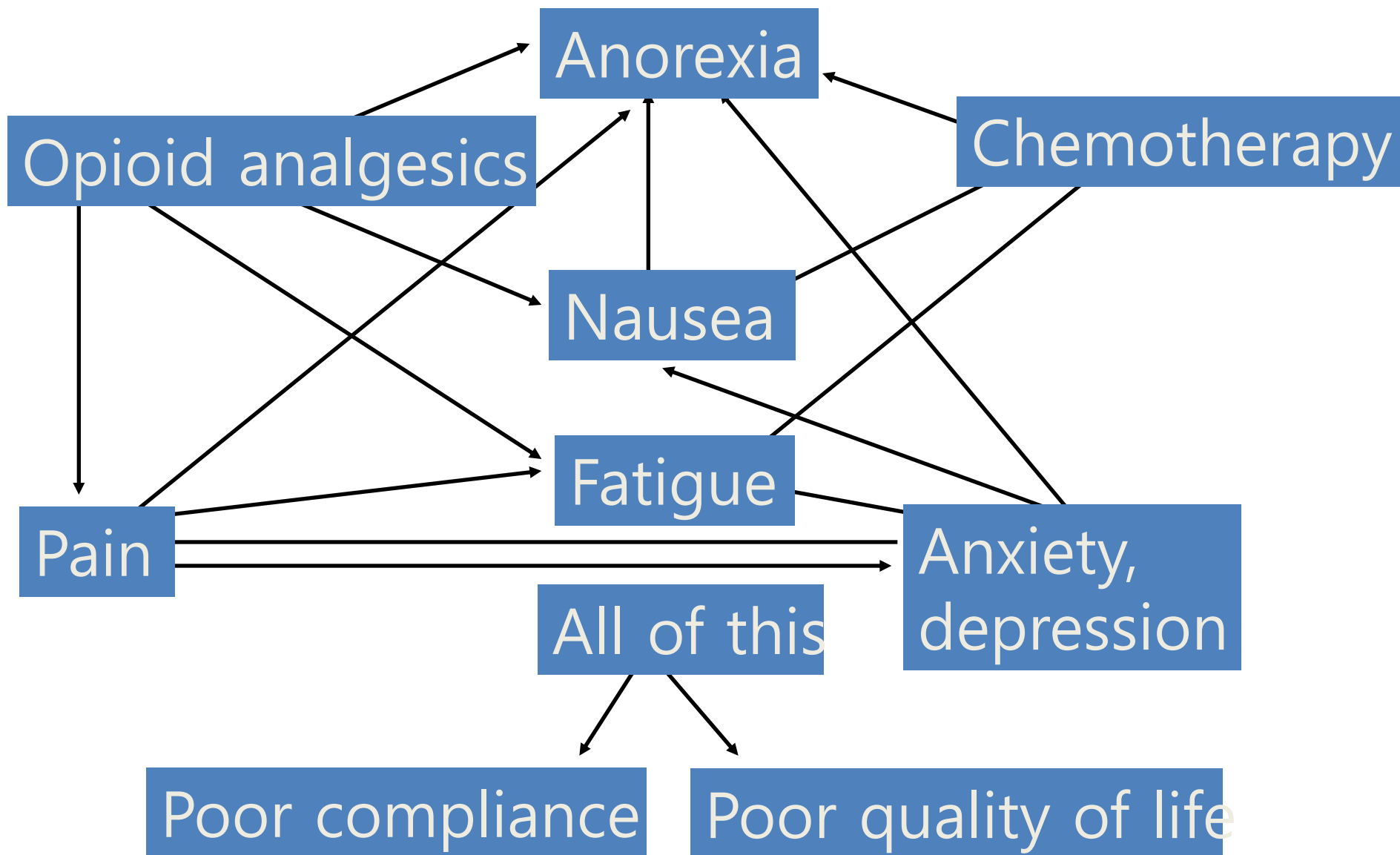


(6) Nausea & Vomiting" (ChemoTx - induced)

- **Acute Onset (within minutes to hours)**
 - Peaks in 5-6 hours, usually resolves within 24 hours
 - Prophylactic treatment (anti-emetics)
- **Delayed Emesis (24 hours after CTx)**
 - May peak in 48-72 hours, last 6-7 days
 - Prophylactic treatment (metoclopramide, steroids, 5-HT3 anta')
Possible (mirtazapine, olanzapine, phenothiazines, butyrophenones)
- **Anticipatory Nausea (14-40 % of Pts)**
 - Pre and Post- chemotherapy (lorazepam, alprazolam)
 - Possible (mirtazapine...)
 - Non-pharmacological intervention

3. Main Reasons for Consultation

(7) Fatigue - "The Perfect Storm"



3. Main Reasons for Consultation (N=142)

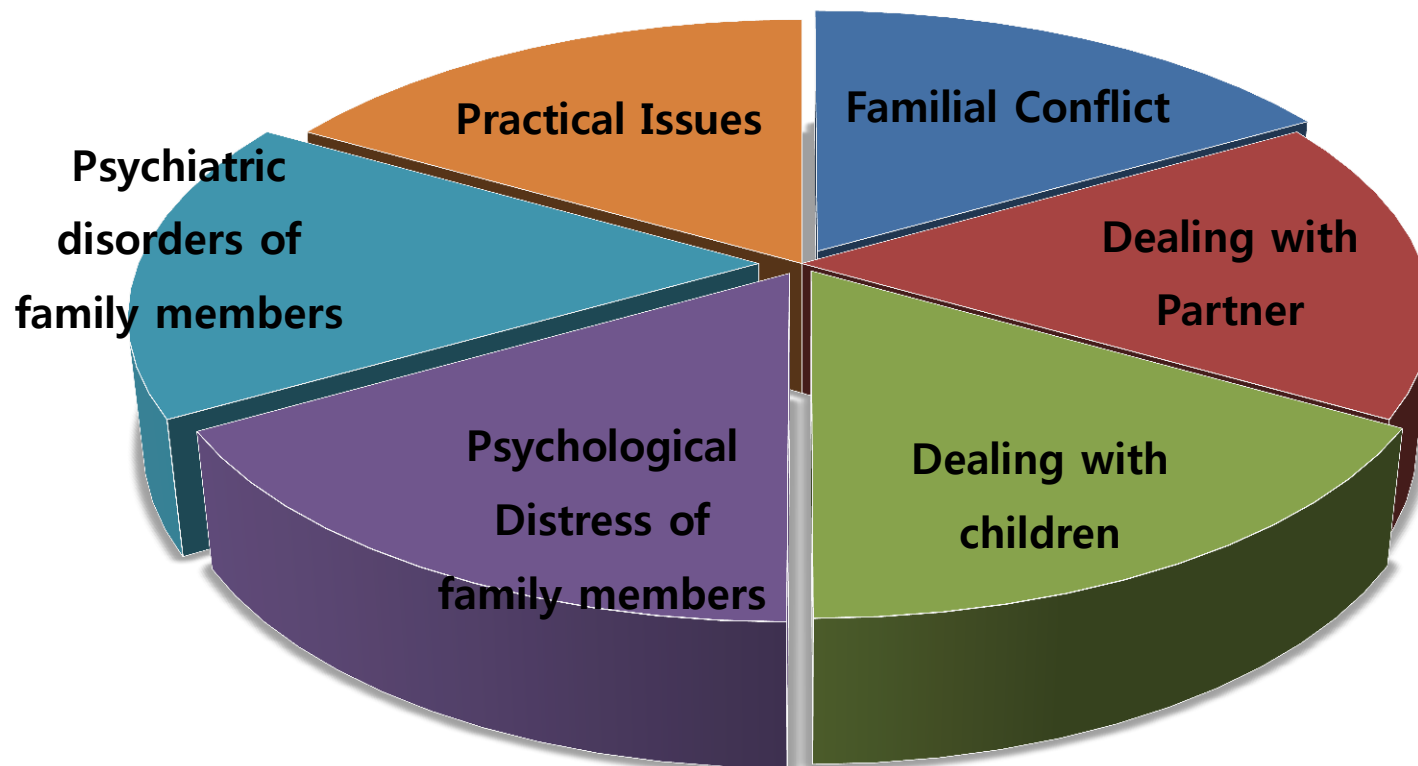
Psychopharmacological Interventions for Ca Pt

Psychotropic Drugs by Class

Antidepressants (SSRI, Newer AD)	Antidepressants (Tricyclics)	Anti-anxiety drugs	Anti-psychotic medications	Psychostimulant Hypnotics Others
bupropion citalopram duloxetine escitalopram fluoxetine mirtazapine paroxetine sertraline trazodone venlafaxine	amitriptyline desipramine imipramine nortriptyline	alprazolam clonazepam diazepam lorazepam midazolam	chlorpromazine haloperidol olanzapine perphenazine quetiapine risperidone	methylphenidate modafinil temazepam Triazolam zolpidem oxazepam lithium valproic acid MAOI (x)

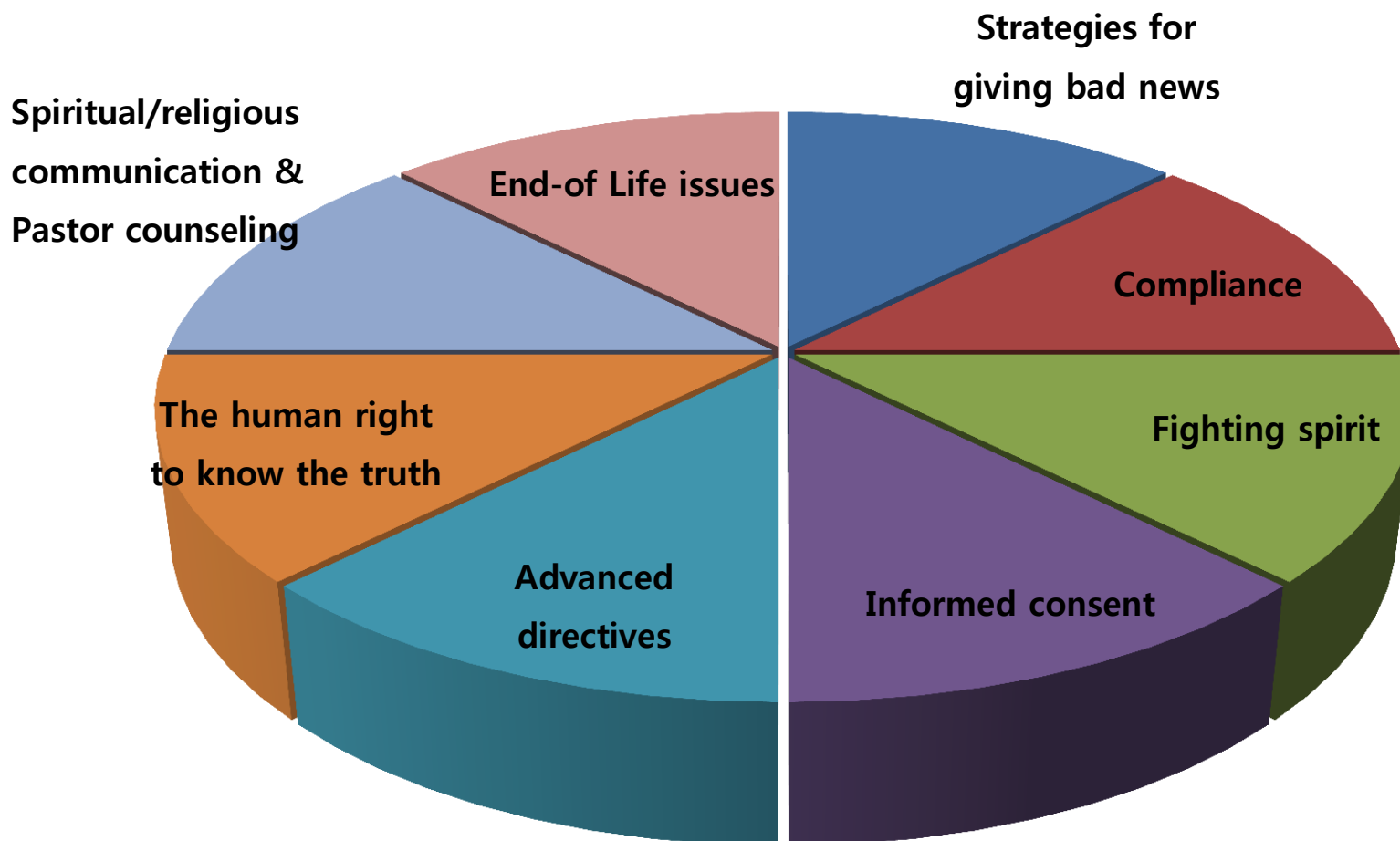
3. Main Reasons for Consultation (N=142)

(8) Family Problems (n=7, 5% of N)



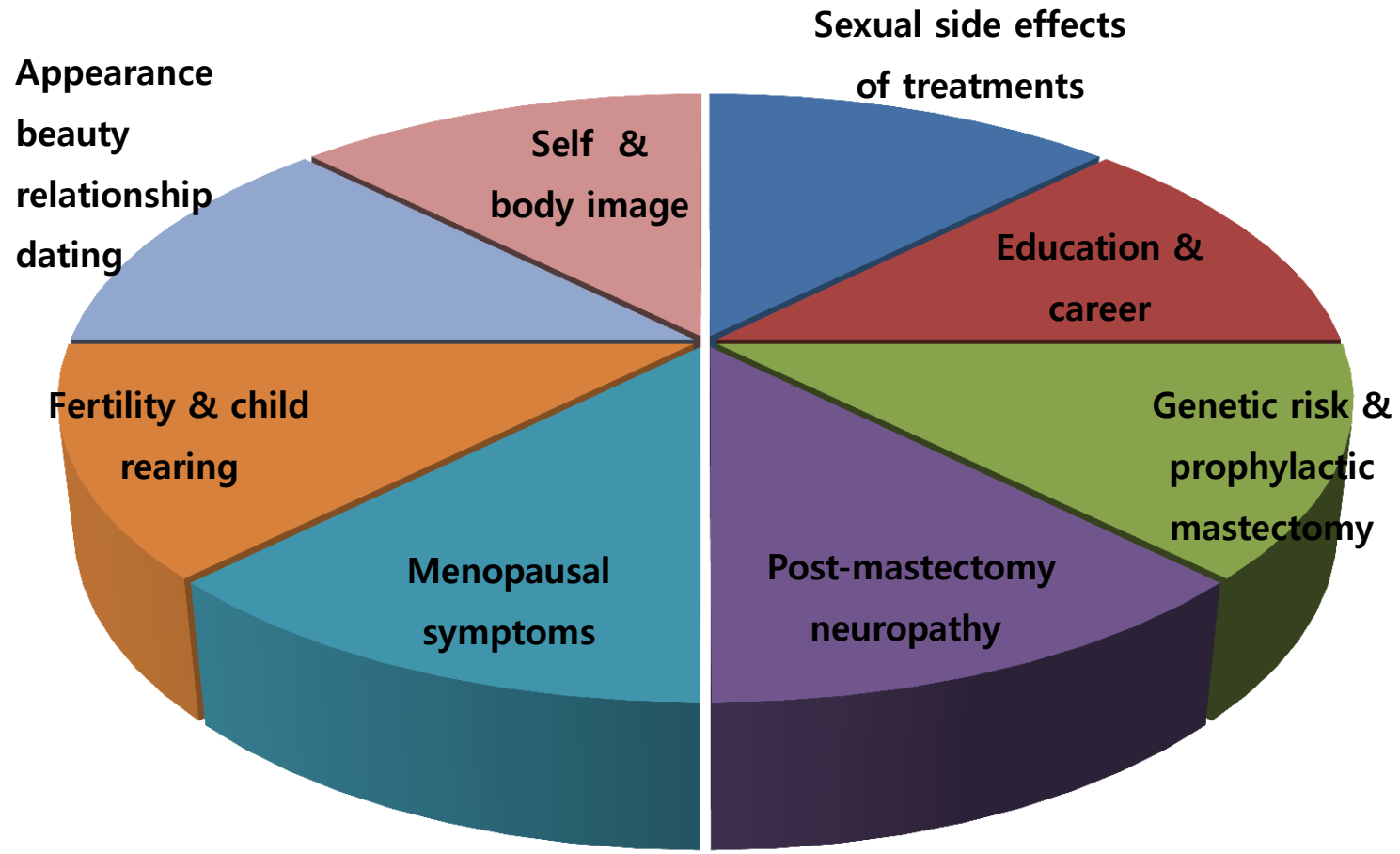
3. Main Reasons for Consultation (N=142)

(9) Communication Issues & Ethical Issues (n=10, 7%)



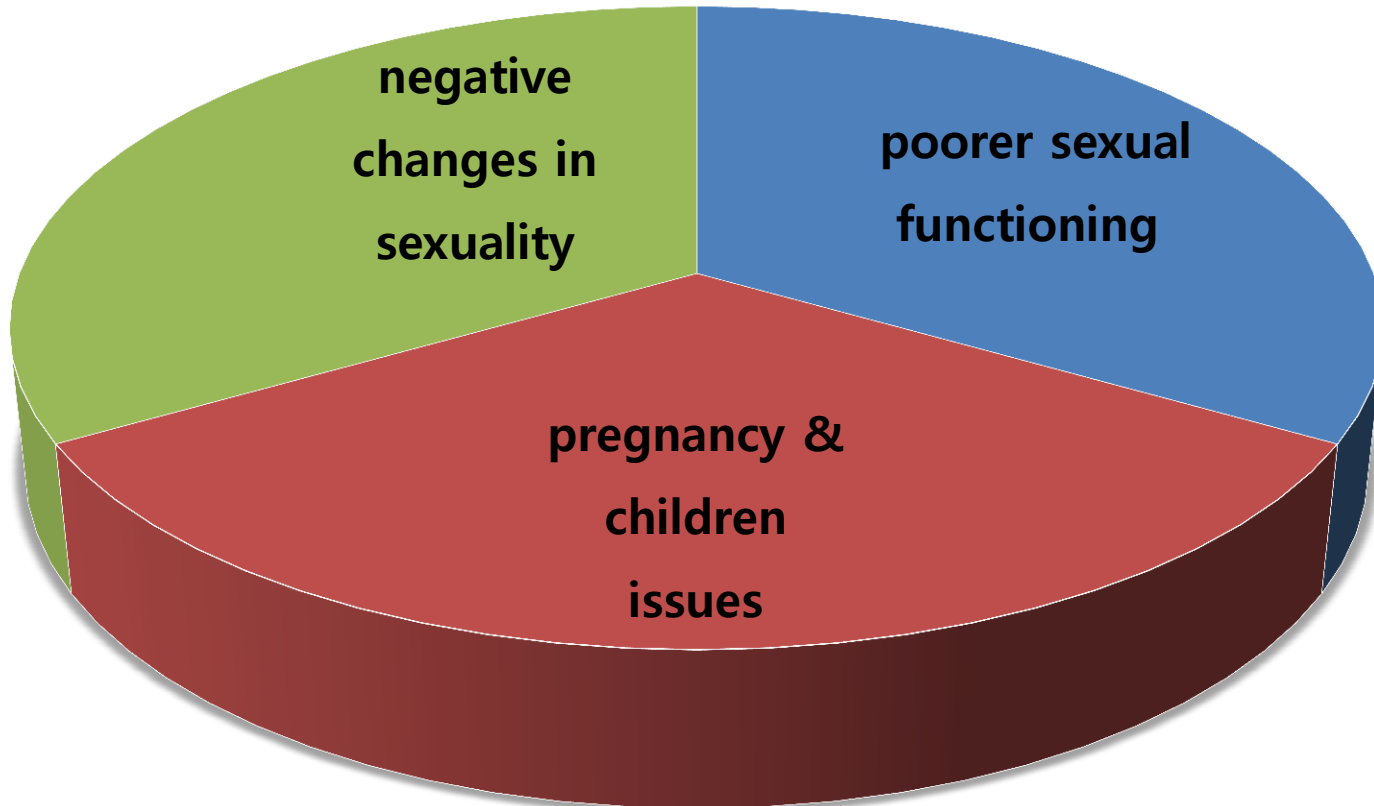
4. Issues Specific to Younger Patients (N=142)

(1) Issues especially specific to young women



4. Issues Specific to Younger Patients

(2) Adjuvant chemotherapy, drug-induced menopause



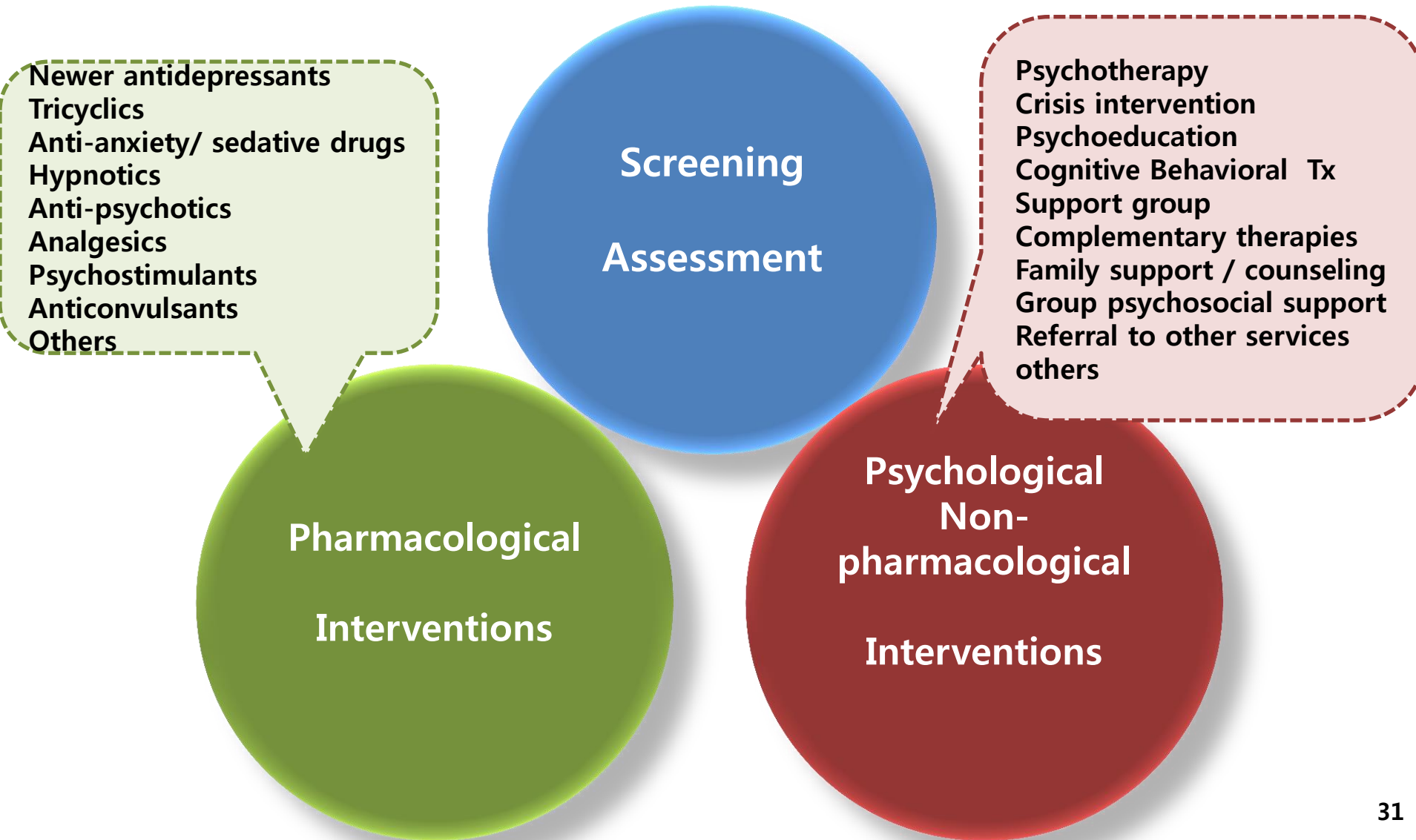
5. Common Psychiatric Disorders

Psychiatric Diagnosis on Consultation (N=142)



Psychiatric Diagnosis	Number	%
1. Adjustment disorder	26	18
2. Anxiety disorders primary psychiatric disorder, ca-related psychological anxiety, phobic reaction, conditioned response, disease and treatment-related, disease complications, drug-related, others	30	21
3. Mood disorders reactions to cancer, existential, drugs, anti-neoplastic drugs, metabolic abnormalities, tumor, unrelieved pain, manic or hypomanic state, others	27	19
4. Cognitive disorders delirium, terminal delirium, chemo-brain, dementia, others	21	15
5. Sleep disorders insomnia, hypersomnia, sleep-wake schedule disturbance, parasomnia, sleep disorder d/t general medical condition, psychiatric disorder & substance, sleep related movement disorder, others	13	9
6. Somatoform autonomic dysfunction	10	7
7. Personality disorders	3	2
8. Alcohol & substance use disorders	4	3
9. Others	8	6
Total	142	100

6. Psychiatric Treatment





PharmacTx in Breast Ca Pt

1. Principles & Precautions
2. Psychotropic Agents
3. Drugs Interactions
4. Chemotherapeutic Agents for Br Ca



Psychopharmacological Interventions for Br Ca Pt

- **Psychotropic drugs**
 - highly effective for treatment of anxiety, depression, agitation, confusion...
- **The co-morbidities of cancer patients**
 - “Start low, Go slow”
 - Precautions : DDI (drug-drug interactions)

Psychopharmacotherapy in Breast Ca Pt

- General Medical Condition, Vital Organ Function
- Surgery, Chemotherapy, Radiation Therapy, Palliative Care
- Drug Interactions (chemotherapy agents, CNS drugs, opioids...)
- Important “Interactions” (chemotherapy agents & NP drugs)
- “Start Low... Go Slow...”

2. Psychotropic Agents

Psychopharmacological Interventions for Breast Ca Pt

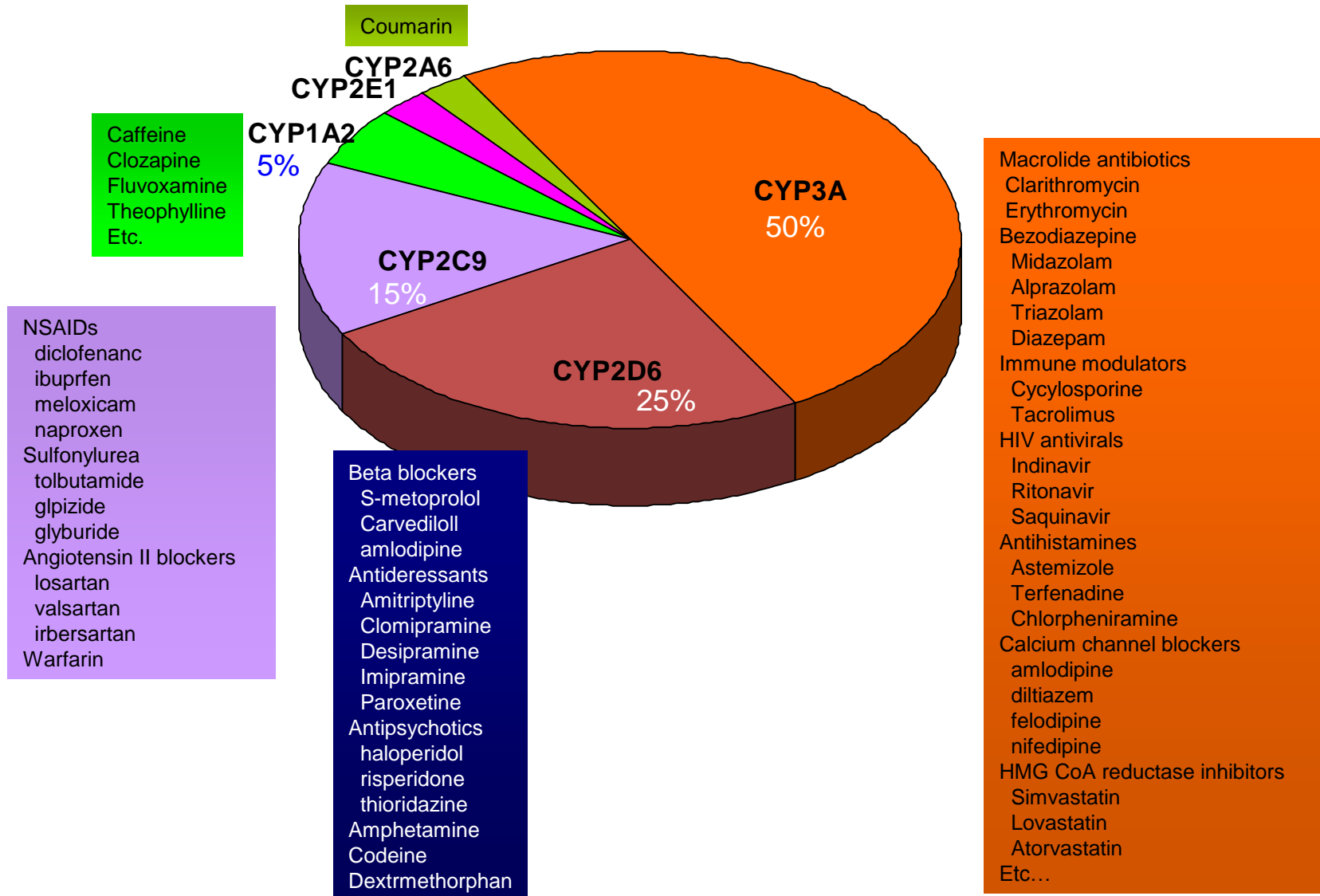


Psychotropic Drugs by Class

Antidepressants (SSRI, Newer AD)	Antidepressants (Tricyclics)	Anti-anxiety drugs	Anti-psychotic medications	Psychostimulant Hypnotics Others
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3. Drug Interactions

Participation of P450s in Human Drug Metabolism



CYP 450 Inhibitors

◆ The “usual suspects”

- Cimetidine (various)
- Erythromycin, clarithromycin (3A4)
- Ketoconazole, itraconazole (3A4)
- HIV protease inhibitors (esp. ritonavir)
- Fluoxetine, paroxetine (CYP2D6)
- Nefazodone (CYP3A4)
- Grapefruit Juice (intestinal CYP3A4 only)

◆ Extensive listing with references:

- <http://medicine.iupui.edu/flockhart/table.htm>

(1) Important Agents (Interacting with NP Drugs)



○ Tamoxifen (Breast Cancer)

- CYP3A4 (N-desmethyldoxifen), CYP2D6 (further metabolism)
- Efficacy : seriously decreased (without CYP2D6 activity)
- NP Drugs - Paroxetine, Fluoxetine (deep impact on Tamoxifen)
Bupropion (minor effect), Venlafaxine (no effect)

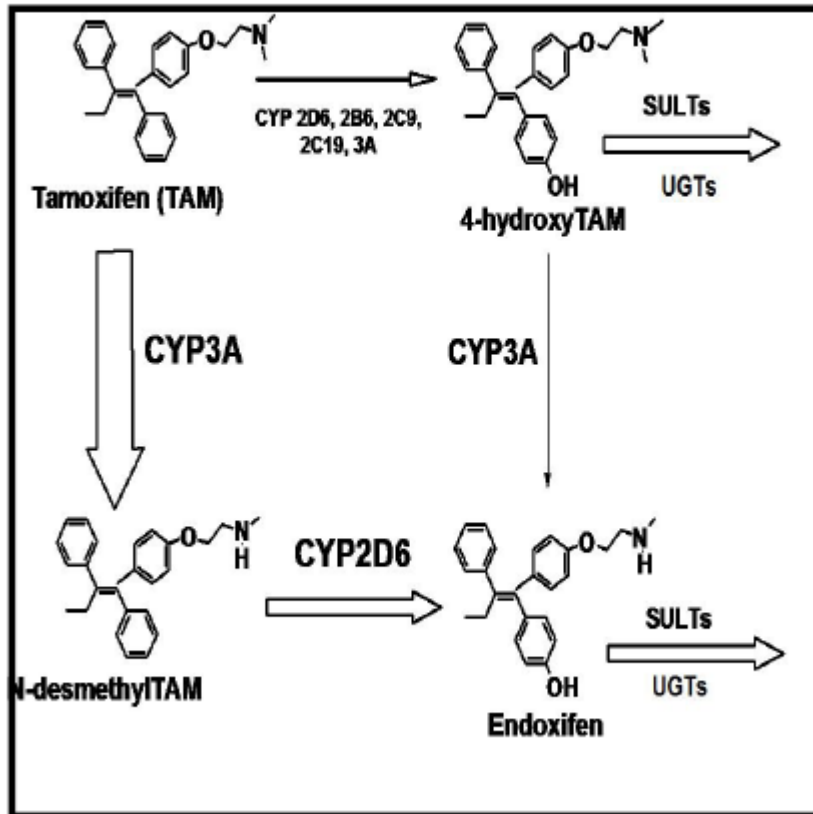
○ Cyclophosphamide, Doxorubicin(adriamycin), Vincristine, Prednisolone, Paclitaxel, Docetaxel

- Metabolism : CYP 3A4, 2D6
- Precautions : Interaction with Psychotropic Drugs

4. Chemotherapeutic Agents for Breast Ca

Tamoxifen

Tamoxifen Metabolism Pathway



Strong CYP2D6 Inhibitors

Generic Names	Brand Names
Fluoxetine	Prozac®
Paroxetine	Paxil®
Quinidine	Cardioquin®
Bupropion	Wellbutrin®

Moderate CYP2D6 Inhibitors

Generic Names	Brand Names
Duloxetine	Cymbalta®
Diphenhydramine	Benadryl®
Thioridazine	Mellaril®
Amiodarone	Cordarone®
Cimetidine	Tagamet®
Sertraline	Zoloft®

SSRIs and SNRIs that are not inhibitors

Generic Names	Brand Names
Venlafaxine	Effexor®
Citalopram	Celexa®
Escitalopram	Lexapro®

IV

Social Work Service



CONTENTS

- Psychoeducation, Lecture, Discussion
- Individual Psychotherapy, Group Psychotherapy
- Complementary Therapies, Meditation, Yoga...
- Family Support / Counseling
- Cognitive Behavioral Treatment
- Genetic Counseling
- Referral to Other Services
- Bazaar, Picnic, Hike, Exercise, Practice, Hobbies...
- Art Therapy

1. Specific Psycho-social Group Programs

(Photograph)



2. Specific Psycho-social Group Programs

(Photograph)



전국 유방암 환우회 현황

서울 경기지역

서울대학교 병원 <비너스>

원자력병원 <새빛회>

건국대학교병원 <에텔바이스>

상계백병원 <유미회>

고려대학교 안암병원 <고유회>

분당차병원 <핑크차>

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대전지역 대전지회 대전핑크리본

2. Self Help Group (Society for Br Ca Pt)

사진 - 새빛회 행사

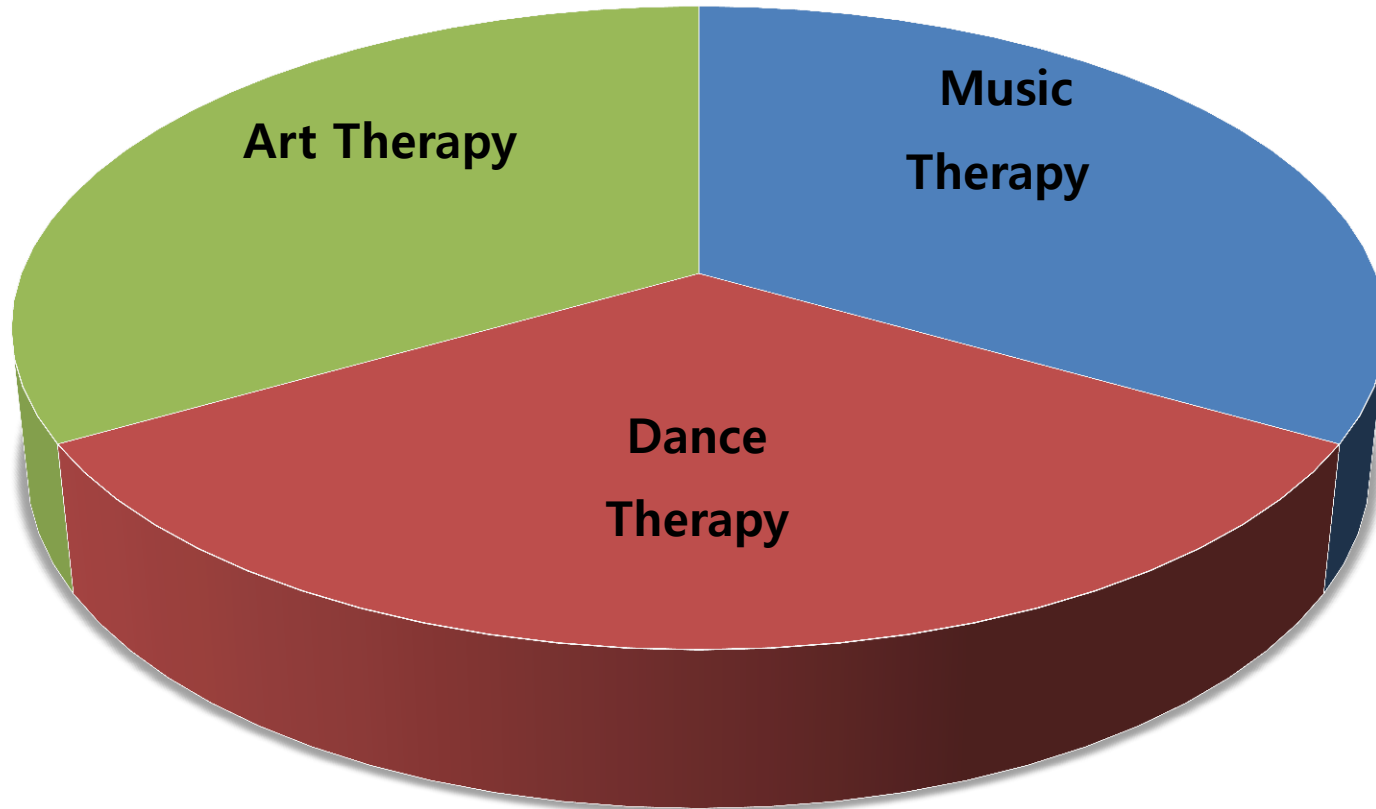


2. Self Help Group (Society for Br Ca Pt)

사진 - 새빛회 행사



3. Art Therapy



3. Art Therapy

Art Therapy – Exhibition



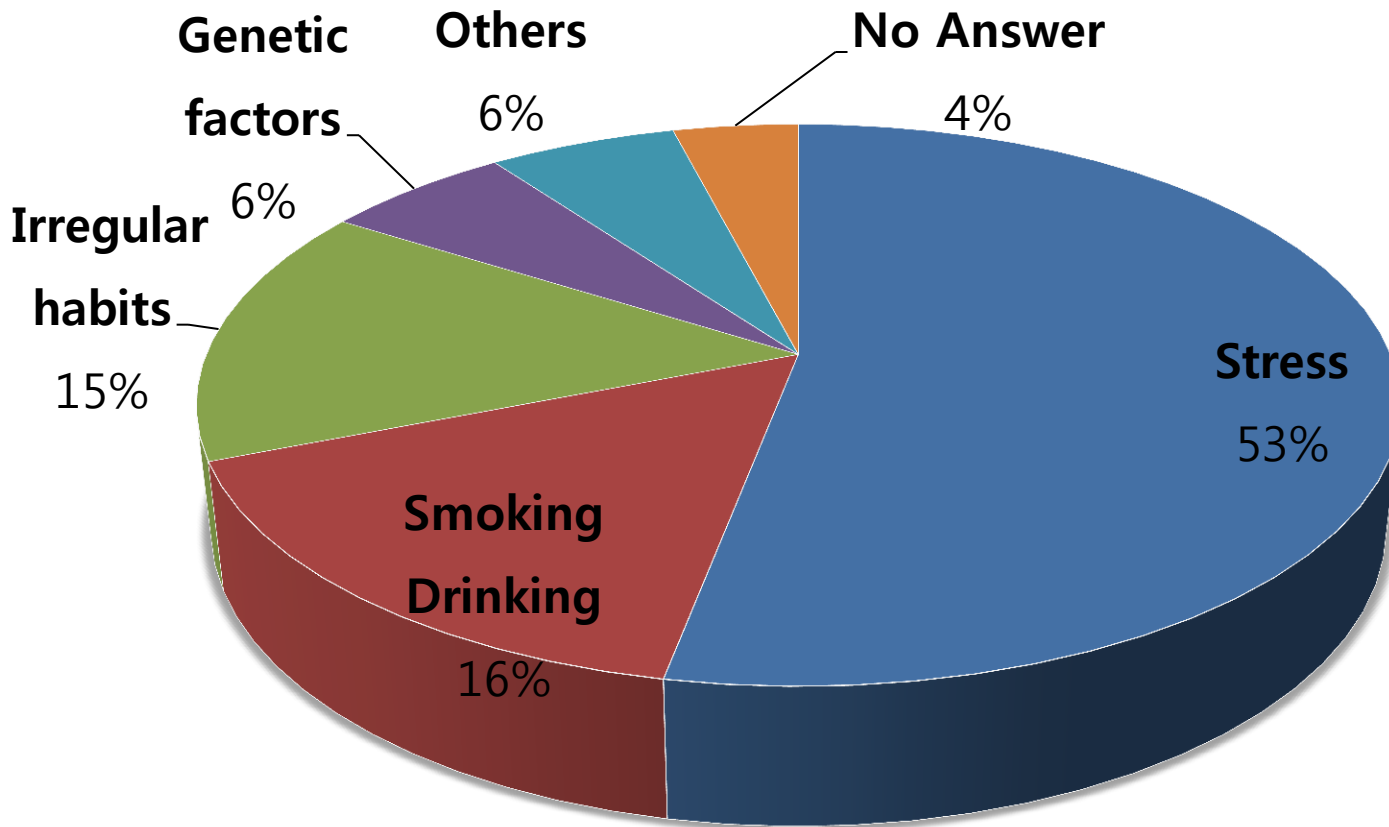
V

Korean Cancer Patients



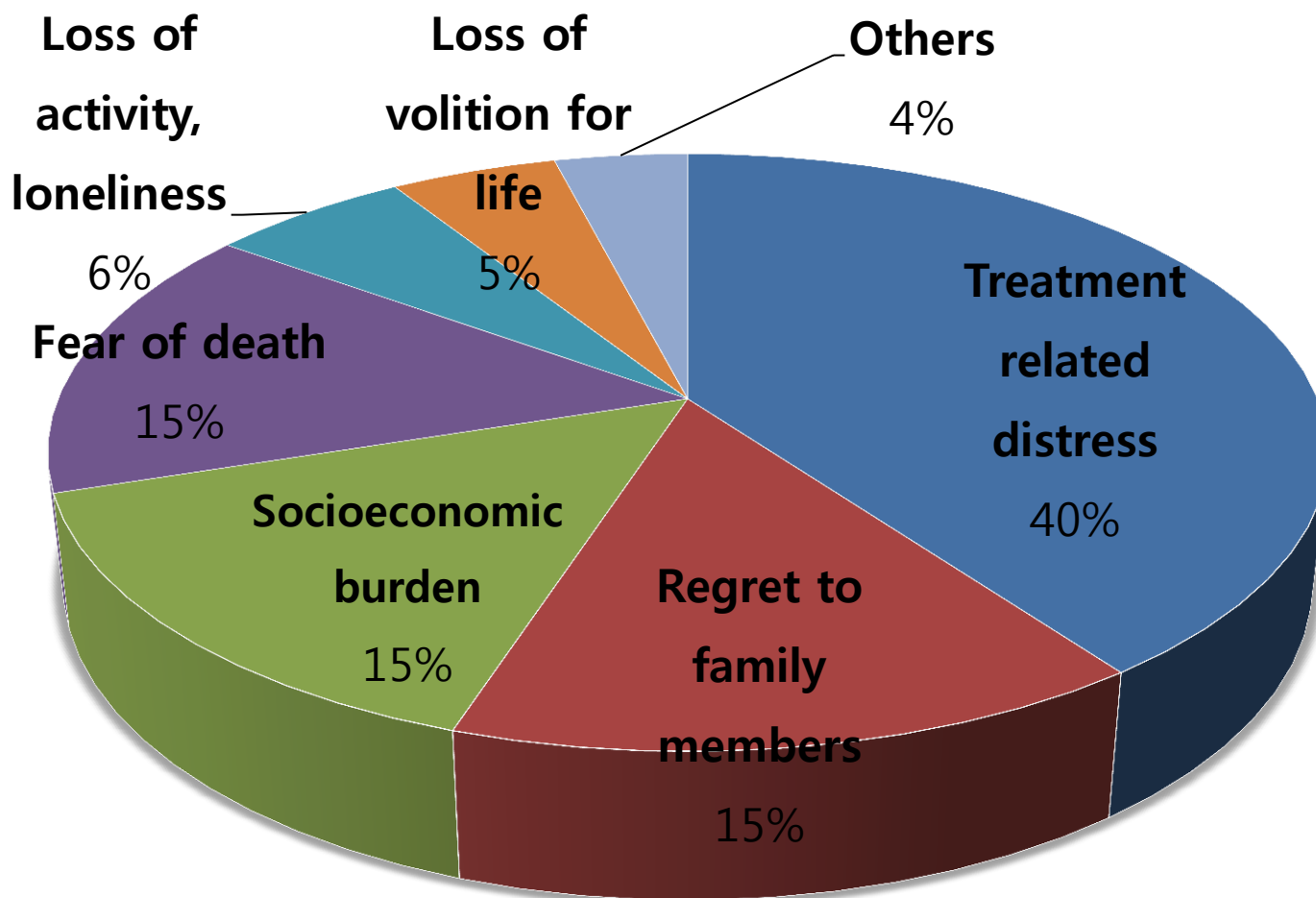
1. Perception of "Cause of Cancer"

Population : Survived Cancer Patients, 502 Cases



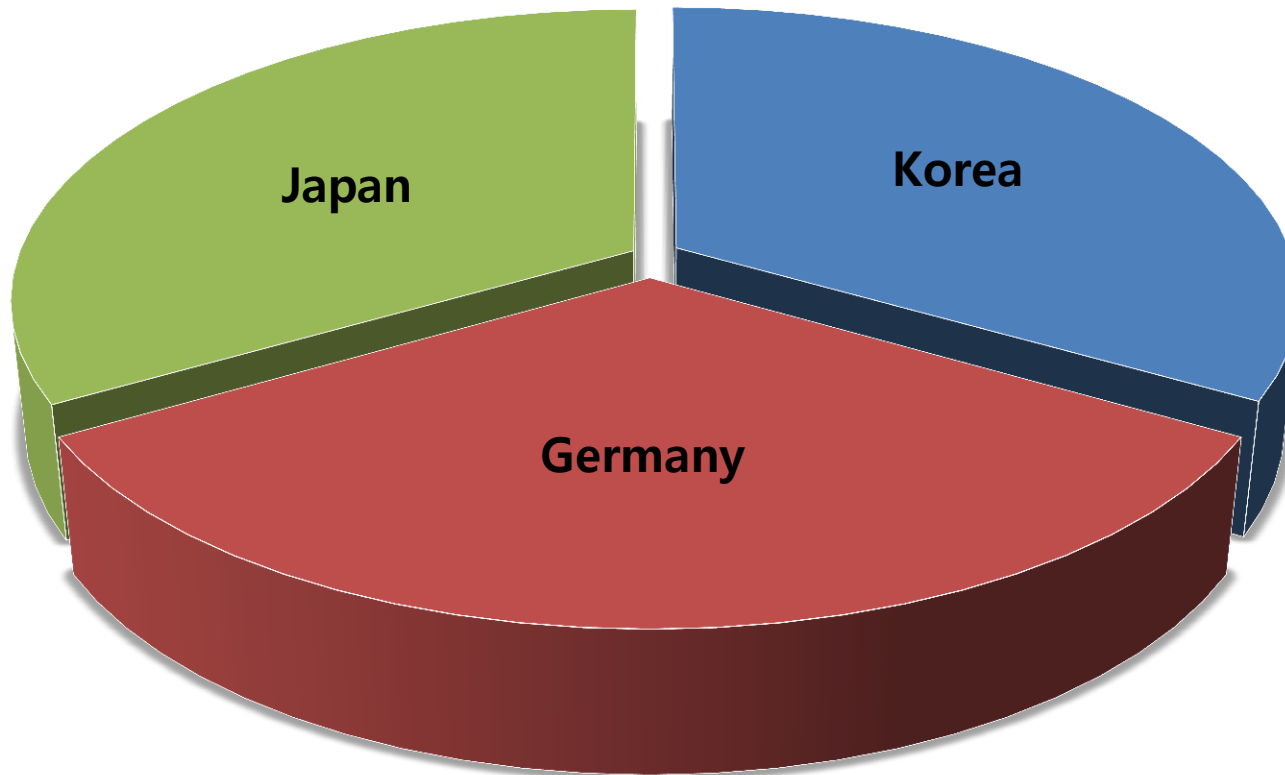
2. Most difficult Problem

Population : Survived cancer patients, 502 Cases



2. Cross-Cultural Survey

Health-related quality of life in breast cancer



VI

Recommendations



THANK YOU

