

# CURRENT BIBLIOGRAPHIES IN MEDICINE



## Symptom Management in Cancer: Pain, Depression, and Fatigue



January 1990  
through  
June 2002

1803 Citations

CBM 2002-4

# **Symptom Management in Cancer: Pain, Depression, and Fatigue**

January 1990 through June 2002, plus selected earlier citations

1803 Citations

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## INTRODUCTION

In the United States alone an estimated 8.9 million individuals are living with a history of cancer. With continued improvements in the early detection, treatment, and support of those with cancer, as well as the aging of the general population, this number of cancer survivors will continue to grow. Given such figures, addressing the acute and chronic side effects of cancer on individuals' lives is increasingly critical to the efforts to reduce the burden of cancer. Among the most common side effects of cancer and cancer treatments are pain, depression, and fatigue. As many as 90% of patients are estimated to experience pain in the course of their illnesses; between 20-40% will become depressed; and a growing number will have fatigue that may persist even after treatment ends. Often these symptoms will co-occur or present simultaneously in clusters.

While research is yielding hopeful insights into the causes and cures of cancer, efforts to manage the side effects of the disease and their treatments have not kept pace. Evidence suggests that pain is frequently under-treated in the oncology setting. The increased use of multi-modal therapies, as well as high-dose and often multi-drug regimens, is resulting in more reports of depression and persistent lack of energy. These symptoms may also be perceived and managed differently in diverse populations, including the very young, the elderly, those from low income or sparse educational backgrounds, and those from ethno-culturally diverse groups.

The challenge that faces us is how to increase awareness of the importance of recognizing and actively addressing cancer-related distress when it occurs. Specifically, we need to be able to identify who is at risk for cancer-related pain, depression, and/or fatigue; what treatments work best to address these symptoms when they occur; how best to deliver interventions across the continuum of care; and how to overcome socioeconomic, educational, or other barriers to optimal symptom management.

This bibliography was prepared for the National Institutes of Health State-of-the-Science Conference on Symptom Management in Cancer: Pain, Depression and Fatigue held on July 15-17, 2002 in Bethesda, Maryland. The Conference addressed these key questions:

- What is the occurrence of pain, depression, and fatigue, alone and in combination, in people with cancer?
- What are the methods used for clinical assessment of these symptoms throughout the course of cancer; and what is the evidence for their reliability and validity in the assessment of cancer-related pain, fatigue, or depression?
- What are the treatments to manage cancer-related pain, depression, and fatigue, and what is the evidence for their effectiveness?
- What are impediments or barriers to effective symptom management in people diagnosed with cancer, and what are strategies to overcome these impediments?
- What are the directions for future research?

This bibliography is intended to support the Conference agenda, and to complement the information presented at the Conference. It is not intended to be all-inclusive; the topics were limited to the questions addressed by the Conference panel. The search for references was limited to human subjects research involving the occurrence, assessment, treatment, and impediments to identification and optimal treatment of pain, fatigue, and depression (alone or as symptom clusters) in persons diagnosed with cancer. The resulting bibliography consists primarily of selected citations to English language journal articles and review articles published between 1990 through June 2002, although some material from the 1980s is also included. Conference proceedings, meeting abstracts, letters, editorials, and commentary were excluded. Articles about the quality of life, end of life care, palliative medicine, and other related topics are also not included unless they address the issues of symptom (pain, depression, and fatigue) management or barriers to symptom management. The bibliography is organized thematically, so that the topic areas follow the order of the conference themes and presentations. Some citations appear in more than one category.

Users of this bibliography may also be interested in some Web sites that address the management of pain, depression, and fatigue in persons diagnosed with cancer. These Web sites are placed in an Appendix.

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Citations are formatted according to the rules established for Index Medicus®\*. Sample journal article and Web site citations appear below.

An availability statement follows many citations. For journal articles, this statement contains the identification number (PMID) to the citation in the NLM PubMed retrieval system. The user may enter this number in PubMed on the NLM Web site (<http://pubmed.gov/>) to retrieve the record, which includes an abstract for most articles and may also provide a link to the publisher's Internet site. For Web sites, the URL which leads directly to the Internet location is provided.

### Journal Article:

Aapro M, Cull A. Depression in breast cancer patients: the need for treatment. *Ann Oncol*. 1999 Jun;10(6):627-36. Available from: PubMed; PMID 10442183

Order, with separating punctuation:

Author 1, Author 2. Article Title. Abbreviated Journal Title. Date;Volume(Issue):Pages. Availability.

### Web Site:

Cancer-Pain.org [homepage on the Internet]. New York: Association of Cancer Online Resources, Inc.; c2000-01 [updated 2002 May 16; cited 2002 Jul 9]. Available from: <http://www.cancer-pain.org/>.

Order, with separating punctuation:

Title of Web Site [Content Designator Medium Designator]. Place of Publication: Publisher; Date of Publication/Copyright [Date of Revision/Update; Date of Citation]. Availability.

\* For details of the formats used for references, see the following publications:

Patrias, Karen. National Library of Medicine recommended formats for bibliographic citation. Bethesda (MD): The Library; 1991 Apr. Available from: NTIS, Springfield, VA; PB91-182030.

Patrias, Karen. National Library of Medicine recommended formats for bibliographic citation. Supplement: Internet formats. Bethesda (MD): The Library; 2001 Jul. Available from: <http://www.nlm.nih.gov/pubs/formats/internet.pdf>





## Cancer Pain

### Occurrence

Banning A, Sjogren P, Henriksen H. Pain causes in 200 patients referred to a multidisciplinary cancer pain clinic. *Pain*. 1991 Apr;45(1):45-8. Available from: PubMed; PMID 1861877

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## Cancer Depression

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## Cancer Fatigue

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## Multiple Symptoms (Clusters) in Cancer

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## Appendix: Web Sites

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