

March 2008 Newsletter

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The March meeting was held at the Meadowview Convention Center in Kingsport, TN. Alexa Wolfe presented at the meeting, and our speaker was Cindy Payne-Smith, FNP, who has worked with chronic non-malignant pain currently in a neurology practice, and previously at Knoxville Anesthesia Pain Clinic. The topic was breakthrough pain (BTP) for narcotic tolerant cancer patients.

PRESENTATION HIGHLIGHTS

Fentora: on label use for break-through cancer pain.

Pain patients experience baseline pain, controlled by a long acting opioid, such as Oxycontin, Duramorph, or Fentanyl, among others. They also experience BTP in spikes throughout the day and night. Previous breakthrough pain medications had low visibility, because it was in the form of a sucker. Now Fentora is available, in a faster acting, more palatable buccal tablet.

Fentora is for use in the narcotic tolerant patient only, such as one who is on an equal or higher dose of a long acting opioid, fentanyl patch, 30 mg oxycodone, or 8 mg oral hydromorphone. (See package insert.)

Side effects are similar to all opioids, including respiratory depression and constipation. Warning signs of addiction. A predictor of addiction is a patient who had problems with smoking, alcohol, or other substances. Pain and addiction should not deter the use and dosing of pain medications.

Fentora is an “oravescent” tablet, designed to be used between the gums and the cheek. It dissolves in the pH of the saliva, which increases bioavailability. There is 48% baseline absorption and acidic beverages are contraindicated with use of Fentora due to increased acidity.

At least 88% of patients on Fentora are on 200 mcg or more. Tablets are available in 100, 200 and 400 mcg strengths, packaged in a box of 28.

Fentora should be titrated per package insert. Following are suggested dose equivalents:

Actiq	Convert to Fentora	200-400 mcg
600-800 mcg	200 mcg	1200-1600 mcg
		2 – 200 mcg tablets

Fentora tablet may be repeated 30 minutes after the previous tablet. If a patient is using more than 4 Fentora tablets per day, the long acting opioid should be increased.

Breakthrough Pain (BTP):

57 – 89% of patients with chronic pain experience BTP which may be caused by activity, getting cough or sneeze. BTP is often idiopathic, or due to long acting narcotic end of dose failure. When BTP is untreated, patients are 2 ½ times more likely to be hospitalized due to decreased function and depression.

Off Label Questions (sponsor left the room while the speaker answered questions about Fentora)
Overdose of Fentora is responsive to Narcan

Fentanyl patches do not absorb well without fat

Gabapentin is often used on top of Lamictal

Fentora is being used effectively in morning plantar fasciitis and neuropathy pain. It will likely get

The website for monitoring controlled substances use in patients is available through the pharmacist.

Business Meeting

The regular meeting of the Northeast Tennessee Nurse Practitioners Association was called to order at 7:45 AM at the Meadowview Conference Center, Kingsport, by President Vickie Lewis.

Approval of Minutes

The minutes of the previous meeting were unanimously approved as distributed.

Old business

The budget proposal for 2008 will be sent via email with the minutes of this meeting. It is a “bare-bones” budget. Comments on the budget are welcome (see attached document).

Some of our members attended last month’s meeting of the TNA, at which Sharon Adkins, Executive Director of the TNA, and TNA President, were present. They presented benefits of TNA membership, and noted the things that affect nursing practice, including advanced nursing. They pointed out the importance of just one person making a difference in results for nursing.

New Business

We are receiving more requests from persons who want to advertise (such as job positions) on the NET website. We are considering charging for this, since there are other websites that charge over \$200.00 for postings. We will discuss this when we can vote when we have a quorum.

Membership: There are multiple expired memberships. We will be sending a blanket e-mail to ask for

address for responses.

The drawing for CEU money winner (based on meeting attendance) will be held at the next meeting.

Job availability:

ETSU is looking for a temporary NP for the college clinic.

Washington County Health Department in Johnson City.

Part-time or full-time NP needed for Centerpointe Medical Clinic in Kingsport. Contact April Barrett at 423-439-8027.

Education opportunities:

Diabetes workshop 4/4/08 at BRMC. Free, with CEU's available.

APN Conference in Nashville 4/25/08 (**Note: this conference has now been canceled.**)

April 17 & 18: *Managing Alzheimer's Disease and other Dementias: Meeting the Ever-changing Needs*
Millennium Centre in Johnson City. Approved for 12 ACCME/AMA CME credits*.

April 26 & 27: *New Horizons in Cardiovascular Health for Primary Care Providers* at the Grove Park Inn
ACCME/AMA CME credits*. (If you would like to attend this conference and stay at the Grove Park Inn, please
secure you a room at the conference rate.)

For more information or to register please visit our website: <http://com.etsu.edu/cme> and click on the
Office of CME 423-439-8027. The conference brochures with agendas are available on the website.

Next Meeting:

The next meeting will be held at Guiseppe's in Kingsport, Thursday, April 17, at 6:30 PM.