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Advanced pancreatic cancer with liver metastasis

Sashi Prakash

India

Pancreatic cancer, which is often diagnosed at an advanced stage due to its asymptomatic early stages, is a highly aggressive malignancy with a dismal prognosis. This case study details the clinical course of a 42-year-old man with a history of persistent smoking, drinking alcohol, and chewing tobacco. The patient presented with fever, altered sensorium, jaundice, and stomach pain upon arrival; physical examination findings included pallor, hepatomegaly, jaundice, and abdominal pain. Laboratory tests revealed elevated liver enzymes, elevated bilirubin levels, and total leukocyte count. Imaging tests revealed pancreatic cancer metastases.

The patient was treated with intravenous fluids, supportive care, and antibiotics. Nursing diagnoses included skin integrity impairment, imbalanced nutrition, poor breathing patterns, and hyperthermia. Apart from educating the family about lifestyle modifications, medication compliance, and coping techniques, the nursing care plan placed significant emphasis on symptom management, dietary assistance, skin maintenance, and infection prevention. The patient received extensive management, including chemotherapy and palliative care techniques, but his condition progressively

deteriorated. The prognosis remained poor due to the significant metastases and advanced stage of the disease.

This case illustrates the challenges associated with treating advanced pancreatic cancer with liver metastases. The statement underscores the significance of early identification and a multidisciplinary approach to treatment. By providing comprehensive and supportive care, nurses play a crucial role in symptom management and improving quality of life in palliative care settings.

Biography

Shashi Prakash is an Assistant Professor at the College of Nursing, GSVM Medical College, Kanpur, specializing in medical-surgical nursing with a focus on gastroenterology. He has published 21 research papers, co-guided undergraduate theses, and presented at major national and international conferences. A recipient of the Young Researcher Excellence Award (2021), he has also led national webinars and WHO-supported training programs on viral hepatitis. He is FibroScan-certified with over 250 scans completed under the National Free Liver Check-Up Project. An active peer reviewer and editorial board member, his key interests include hepatology, clinical research, and nursing education.