Learning Objectives

At the end of this presentation, participants should be able to:

• Describe the differences between Palliative Care and Hospice
• Clarify what Advance Directives are
• Consider when to complete Advance Directive
• Determine why to complete Advance Directive
What is Palliative Medicine?

• Palliative Medicine provides symptom management to patients with debilitating acute or chronic disease, and/or life threatening illness

• Palliative Medicine focuses on providing relief of physical, psychosocial, and spiritual pain (relief of “total pain”)

There is never “nothing else that can be done…”

Dame Cicely Saunders
“Palliative Care is About Matching Treatment to Patient Goals”

Diane Meier, MD
Director, Center to Advance Palliative Care (CAPC)
Mount Sinai School of Medicine
What is the Value of Palliative Care?

- Improves quality of life
- Focuses on physical, psychological, and spiritual needs
- Utilizes an interdisciplinary team
- Has shown increased longevity*

What is Hospice Care?

• Patients have a life expectancy of 6 months or less
• Interdisciplinary team (physician, nurse, counselor)
• Usually in the patient’s “home”
• Palliative Care is always part of Hospice, but not all Hospice is Palliative Care
Conceptual Shift

Weissman, D, Palliative Care Improving Quality and Reducing Cost, 2008, Center to Advance Palliative Care, www.capc.org
What are Advance Care Plans & Advance Directives?
Surrogate Decision Maker

• Durable Power of Attorney for Health Care Decisions (DPOA-H)
• Decision Making Capacity/Not Competency
• Substituted judgment

If the patient was able to speak for themselves today, what would they say are their goals of care?
What Does a Living Will Contain?

Living Will

1. Withhold or Withdraw life-sustaining treatment and allow a natural death
2. Type of Treatment
3. Use of Antibiotics
4. Use of Artificial Nutrition & Hydration

Durable Power of Attorney for Health Care Decisions (DPOA-H)

Physician Orders for Life Sustaining Treatment – (POLST)
Advance Care Planning: When

- Have family discussions regarding your goals
- Discuss when you are mentally capable
- Put your decisions in writing
- Have these documents readily available
- Re-evaluate your decisions as you age
Advance Care Planning: When

“It’s too soon until it’s too late”

At the end-of-life, consider focusing on:

• Comfort
• Dignity
• Respect
• Good symptom relief
I DONT ALWAYS WONDER ABOUT MY DEATH

BUT WHEN I DO, I PREFER TO HAVE AN ADVANCE DIRECTIVE
Advance Care Planning: Why?
Establish patient & family goals/expectations

• “What do you understand about your illness?”
• “Given the severity of your illness, what is most important to you right now?”
• “How do you think about balancing quality of life with length of life in terms of your treatment?”
• “What are your biggest fears/concerns?”
• “What are your hopes for the future?”
Advance Care Planning: Why?
Improving Quality

• Early discussion of end-of-life care issues among cancer patients is associated with improved outcomes:
  • Increases quality of life
  • Reduces rate of hospitalization and ICU admission
  • Increases use of hospice
  • Reduces stress, anxiety, depression, PTSD in survivors
  • Improves patient satisfaction

Advance Care Planning: Why Not?

Barriers

- We avoid the concept of Death
- Physicians are often overly optimistic about prognosis
- Unrealistic belief in technologic solutions
- Loss of hope for the future
- If no CPR – “nothing will be done”
- It takes too much TIME to talk about...
Discussing Advance Directives

- Determine the person’s understanding of their illness
- Establish the person’s values and expectations
- Respect culture, spirituality, language
“There’s no easy way I can tell you this, so I’m sending you to someone who can.”
Most physicians report not being trained to discuss end-of-life care (2016)

68% Report NOT having had training
29% Report having had training
3% Don't Know

Before January 1, 2016, Medicare did not reimburse physicians for patient visits to discuss EOL care.

Advance Directive Resources

- Hard Choices for Loving People by Hank Dunn; [www.hardchoices.com](http://www.hardchoices.com)
- Washington State Medical Association [www.wsma.org](http://www.wsma.org)
- Center to Advance Palliative Care [www.capc.org](http://www.capc.org)
- National Hospice and Palliative Care Organization [www.nhpco.org](http://www.nhpco.org)
- [www.lawdepot.com](http://www.lawdepot.com)
- [www.legalcontracts.com](http://www.legalcontracts.com)
- [www.legalzoom.com](http://www.legalzoom.com)
What Questions Do You Have For Me?
THANK YOU

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