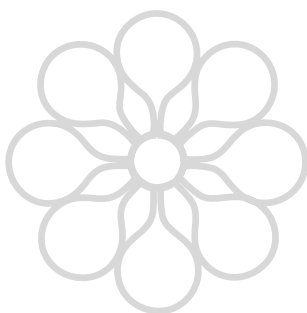


Introduction to Palliative Care



Introduction to Palliative Care

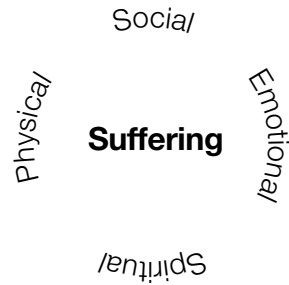
Key Points

1. Palliative Care is a holistic response to suffering in the physical, emotional, social, and spiritual domains.
2. It is appropriate to integrate aggressive palliative management of symptoms into the care of patients receiving disease-modifying therapy.
3. Ninety percent of Americans would prefer to receive care at Life's End in their homes rather than in hospitals or nursing homes.
4. Instead, 50% of persons dying in the United States die in hospitals, 25% in nursing homes, 15% in personal homes, and 10% suddenly outside the hospital.
5. Home Hospice is a Medicare-defined benefit program that provides palliative care for some patients at home. Only 15–20% of dying persons are referred to hospice, and usually for less than the last month of life.

Introduction to Palliative Care



Suffering Paradigm



End of Life in America: What Do People Want?

What Do People Want?

Gallup Poll Results:
Nine out of 10 people would prefer
to die at home if terminally ill with
six months or less to live

70% would seek hospice care

62% would seek curative care

End of Life in America: Where/How Do We Die?

Where/How Do We Die?

- 15% die at home
- 10% die unexpectedly
- 25% die in nursing homes
- 50% die in hospitals

Why People Die

Causes of Death

- Heart Disease
- Cancer
- Stroke

*Account for 67% of the deaths in
people 65 years of age and older*

Palliative Care

What Is It?

- Prevention and relief of symptoms
- Attention to emotional and spiritual needs
- Care for the patient and family as a unit
- Sensitive communication, goal setting and advance planning
- Interdisciplinary care
- Services appropriate to the various settings in which people die

Hospice

What Is It?

- A program to provide palliative care when life expectancy is six months or less
- Covered by Medicare and Medicaid
- Covered by private insurance plans with enhanced home-care benefits

Physical Suffering:

The Palliative Response

- Pain and multiple non-pain symptoms
Treat pain; it is frequently undertreated.
Assess/treat other sources of physical distress.
- Symptom prevention
Foster compliance with treatment.
- Advance planning
Collaborate with patient and caregivers.
Anticipate and plan for likely events.

Emotional Suffering:

The Palliative Response

- Depression
- Anxiety
- Delirium
- Loneliness

Social Suffering:

The Palliative Response

- Limited income
- Lack of insurance
Insurance often does not cover prescription medicines and home health services.
- Inadequate housing
- Social isolation
- Caregiver fatigue

Spiritual Suffering:

The Palliative Response

- Loss of hope
- Inability to sustain relations with faith community
- Search for meaning

The Palliative Response

Every physician needs to know the palliative response

Introduction to Palliative Care

Selected Readings

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