



Quality of Life Matters: Exploring Palliative Care Principles in 2024

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Disclosures

- ▶ Speakers Bureau: AstraZeneca
- ▶ Medical Director: Concerned Care Home Health, Palliative Care and Hospice

Definitions



PALLIATIVE CARE



HOSPICE



TREATMENT WITH
PALLIATIVE INTENT

Palliative Care

- ▶ Palliative Care is an interdisciplinary medical caregiving approach aimed at optimizing quality of life and mitigating suffering among people with serious, complex illnesses.
- ▶ QOL and OS.
- ▶ A distinct medical specialty since 1990.
- ▶ Provided in a variety of settings based upon needs. Precision Medicine.
- ▶ It can be the primary goal of care or given in tandem with disease specific and potentially curative treatments.

Hospice

- ▶ A type of health care that focuses upon the palliation of a terminally ill patient's pain and symptoms and attending to their emotional and spiritual needs toward the end of life.
- ▶ Generally limited to patients with a life expectancy of 6 months or less.
- ▶ Family support is emphasized during the care of the patient and after death.
- ▶ What hospice IS NOT.

Treatment with palliative intent

- ▶ Disease directed therapy of generally incurable diseases with the intention of relieving disease related morbidity and the prolongation of survival.
- ▶ “To people living with, not dying from disease!”
- ▶ The paradigm shift in managing many cancers.
- ▶ A high proportion of adult Internal Medicine is palliative.

Wholistic Cancer Care

- ▶ Physical manifestations of disease.
- ▶ Adverse effects of therapy.
- ▶ Psychological distress.
- ▶ Social distress.
- ▶ Spiritual/existential distress.
- ▶ Financial distress.
- ▶ Cultural concerns.
- ▶ Care of loved ones and caregivers.

The Interdisciplinary Team (IDT)

- ▶ Physicians
- ▶ Nurses
- ▶ Administrators
- ▶ Social workers
- ▶ Dieticians
- ▶ Chaplains
- ▶ Family and friends
- ▶ Your “Network”

Major clinical areas

- ▶ Pain management
- ▶ Nutrition
- ▶ Neuropsychiatric Health
- ▶ Respiratory care
- ▶ Skin Care
- ▶ GI symptoms and function
- ▶ GU symptoms and function
- ▶ Infectious diseases

Financial considerations

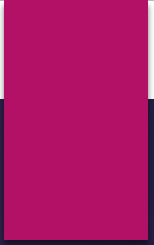
- ▶ The primary financing mechanism of palliative care are specific benefits within Medicare, Medicaid, and commercial insurance plans.***
- ▶ *** coverage is highly variable between plans and typically underfunded.
- ▶ Ten percent of all healthcare spending in the U.S. goes toward end-of-life care. In 2018 that was \$365 Billion.
- ▶ Palliative care is less expensive and more cost effective than disease specific chemotherapy.

Barriers to ideal care

- ▶ Misconceptions
- ▶ The lack of candid communication
- ▶ Time and human resources
- ▶ ACCESS AND AVAILABILITY

The latest and greatest!

- ▶ The basis of Medicine is not a computer print out but the mind that created it. The rationale mind that knows what to do with the information. The compassionate mind that teaches and councils and loves. I tell you that because I almost forgot it.
- ▶ Fr. Joseph McCabe
- ▶ St. Elsewhere



Thank you!