



Harnessing Local Strengths to Incorporate Palliative Care Principles

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Disclosures

Nothing to disclose



Text Chat

Feel free to engage with this conversation in the chat box!



Outline

- ▶ Palliative care and its principles recap
- ▶ Palliative care needs
 - ▶ National
 - ▶ Rural (Wyoming)
 - ▶ Nursing home
- ▶ Harnessing local strengths

Palliative Care and Principles

Palliative Care

- ▶ Palliative care as a medical specialty
 - ▶ Focuses on improving quality of life for those with serious illness
 - ▶ Employs team based care
- ▶ Primary palliative care
 - ▶ Delivered by any provider who has seriously ill patients
 - ▶ Incorporates the principles of palliative care
- ▶ Quality care
 - ▶ Driven by needs of patients and families
 - ▶ Improves quality of life
 - ▶ Decreases hospitalization
 - ▶ Prolongs life in some illnesses

Principles of Palliative Care

- ▶ Management of disease symptoms
 - ▶ Goals of care
 - ▶ Psychosocial spiritual cultural support
 - ▶ Caregiver support
 - ▶ Care coordination
- ▶ 4Ms
 - ▶ Matters
 - ▶ Mobility
 - ▶ Medications
 - ▶ Mentation

Care Across the Continuum



Palliative Care Needs

National Need for Palliative Care

- ▶ For every palliative care physician there are 1200 ill patients
- ▶ The majority of larger hospitals have palliative care teams
- ▶ Over 80% of ill patients live at home, 15% live in LTC
- ▶ 100% of those living in LTC would benefit from palliative care

- ▶ Do you have access to a palliative care specialist or team? In what capacity? Travel time, telemedicine?
 - ▶ Text chat your answers

Wyoming Palliative Care Needs

- ▶ In 2018 the Wyoming Palliative Care Advisory Council worked with the Wyoming Department of Health, AARP Wyoming, and the University of Wyoming Center on Aging to survey 336 individuals across the state including;
 - ▶ Medical professionals
 - ▶ Administrators
 - ▶ Law enforcement officers
 - ▶ Members of the clergy
 - ▶ The public at large
- ▶ Almost 50% had an experience with palliative care
- ▶ 50% found accessing information on palliative care difficult
- ▶ 55% of health care professions surveyed had never attended a training on palliative care, however the vast majority indicated an interest

Nursing Home Benefits

- ▶ Palliative care consults over four states and 286 nursing homes
 - ▶ Reduction in hospitalizations in the last 30 days of life
- ▶ Further research
 - ▶ Fewer transitions
 - ▶ Improved symptom control

Harnessing Local Strengths



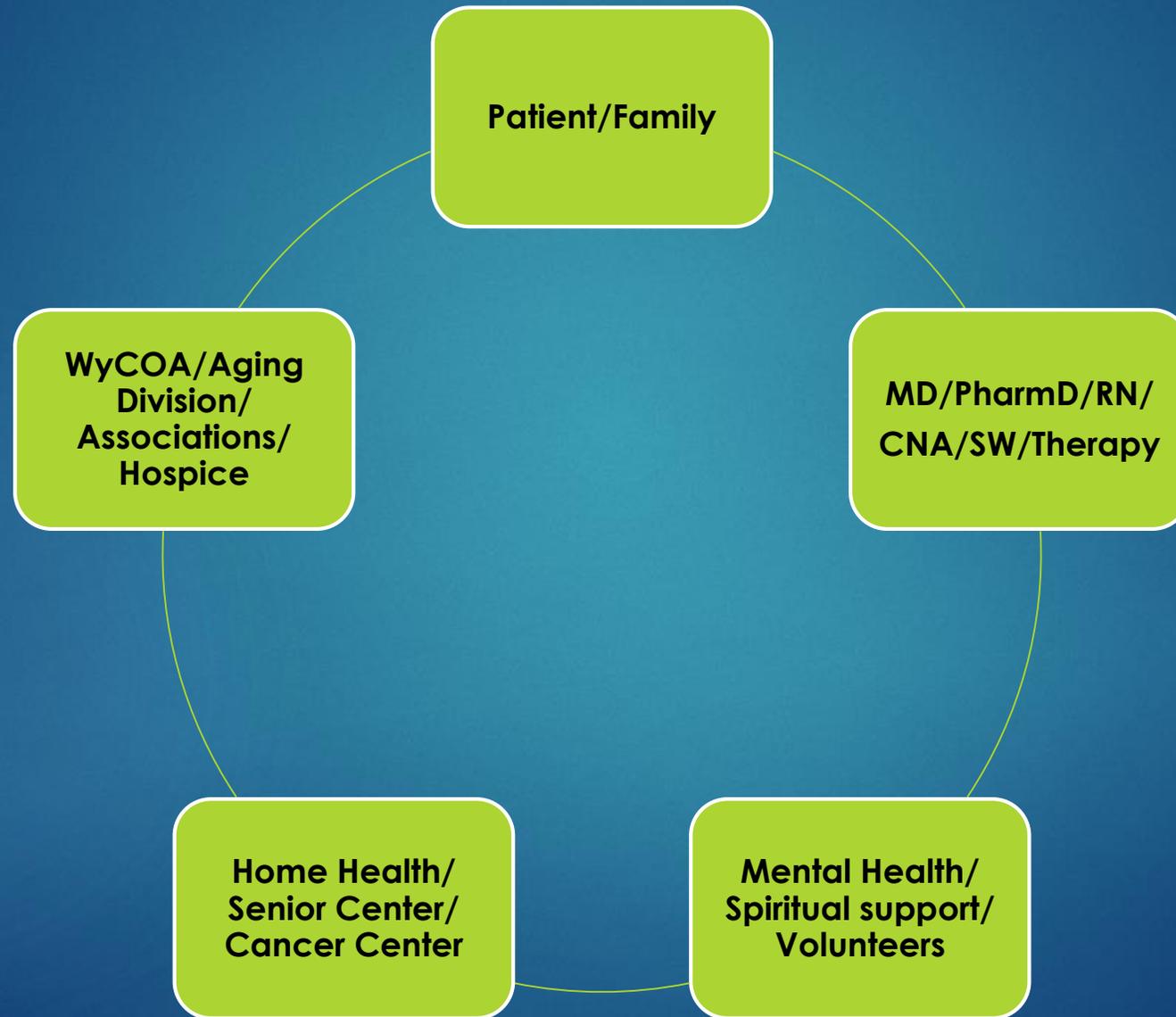
Palliative Care is Needed...What Are Your Local Strengths?



Build a Team and Find Your Resources

- ▶ Who is in your community or on your current team?
- ▶ What are their skills or interests?
- ▶ Explore telemedicine opportunities
- ▶ Consider increasing training on pain and symptom management, communication on care goals and care coordination
 - ▶ ECHO (Extension of Community Healthcare Outcomes)
 - ▶ CAPC (Center to Advance Palliative Care)
 - ▶ National Coalition for Hospice and Palliative Care
 - ▶ National Hospice and Palliative Care Organization

Team Example



Utilize Your Team to Incorporate Palliative Care Principles

- ▶ Start incorporating (or expand) the principles into practice
 - ▶ Identify your patients who would benefit
 - ▶ Pick your framework
 - ▶ 4Ms (matters, mobility, medication, mentation)
 - ▶ 5Bs (brain, behavior/mood, body, buddies, bank)
 - ▶ Dr.Borson
 - ▶ Pain/symptom control, caregiver support, social/spiritual support, communication/access to the palliative care team
 - ▶ Advance care planning
 - ▶ Ask about the patients' values. What is your sense of your illness? What is most important if your time is limited and you are near the end of your life?
 - ▶ Dr.Lum
- ▶ Start
- ▶ Assess

Take Home Message

- ▶ Palliative care = Quality care
- ▶ Don't wait for a specialized team
- ▶ Know your strengths and build

References

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- ▶ Comart J, Mahler A, Schreiber R, et al. Palliative care for long-term care residents: effect on clinical outcomes. Gerontologist 2013; 53:874.
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- ▶ <https://www.uptodate.com/contents/benefits-services-and-models-of-subspecialty-palliative-care#H51425731>
- ▶ Miller SC, Dahal R, Lima JC, et al. Palliative Care Consultations in Nursing Homes and End-of-Life Hospitalizations. J Pain Symptom Manage 2016; 52:878.
- ▶ Wyoming Palliative Care Advisory Council