

# PALLIATIVE CARE: WHAT IS NEW??

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# What is Palliative Care?

World Health Organization Definition

Palliative Care is an approach that improves quality of life of patient's and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

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# Palliative Care

## Hospice

### Difference:

Patient goals

Prognosis

### Similarities:

Quality of Life

Symptom Management

Team Approach

# Appropriate Patients for Palliative Care

Who should I refer?

## Diagnoses:

Cancer at any stage

Chronic Organ Failure

Dementia, all types

Degenerative Neurologic Disease

Devastating Medical Event

## Common Presentations:

Weight Loss

Progressive weakness

Recurrent hospitalizations

Frequent Clinic Visits

Difficult to control symptoms

Limited social support

Unrealistic Expectations

Request for inappropriate interventions

Recurrent aspiration

# Palliative Care Consult: Two Parts



## Symptom Management

Pain  
Dyspnea  
Nausea  
Anxiety  
Depression  
Constipation  
Weakness

## Goals of Care

Quality of Life  
Advanced Directives (POLST, POA)  
Informed Decision Making  
Family/Social Dynamics  
Medical Ethics Issues  
Disposition



Interdisciplinary Team

## Services Offered in Ogden Area

- Inpatient Consult Service @ McKay Dee Hospital
- Outpatient Clinic
- Home Based Palliative Care Services
- Non-Intermountain home agencies, associated with hospice services

# Outpatient Palliative Medicine Clinic

- Free standing clinic(not embedded)
- Mon-Thur 8-4:30pm
- Team Members
  - Physician, Dr. Krutka
  - RN, Nikki Ninalga
  - SW, Brandy Millward
  - Coming soon- chaplain
- Work Closely with inpt team at MKD Hospital





## Evidenced Based Impact: Outpatient Palliative Medicine

- Four well-designed randomized interventions, growing body of nonrandomized studies
  - 1) improve patient satisfaction
  - 2) improve symptom control and quality of life
  - 3) reduce health care utilization and cost
  - 4) lengthen survival in certain populations

Rabow Michael, Kvale Elizabeth, Barbour Lisa, Cassel J. Brian, Cohen Susan, Jackson Vicki, Luhrs Carol, Nguyen Vincent, Rinaldi Simone, Stevens Donna, Spragens Lynn, and Weissman David. *Journal of Palliative Medicine*. December 2013, 16(12): 1540-1549. doi:10.1089/jpm.2013.0153.

# Can't Forget the Inpatient Team!!!



# Time for a Case

- Brandy Millward CSW

# Thank You

- Questions?
- Comments?
- Concerns?
- Hopes?
- Votes?
- Dreams?