

Cancer Care and End of Life Choices



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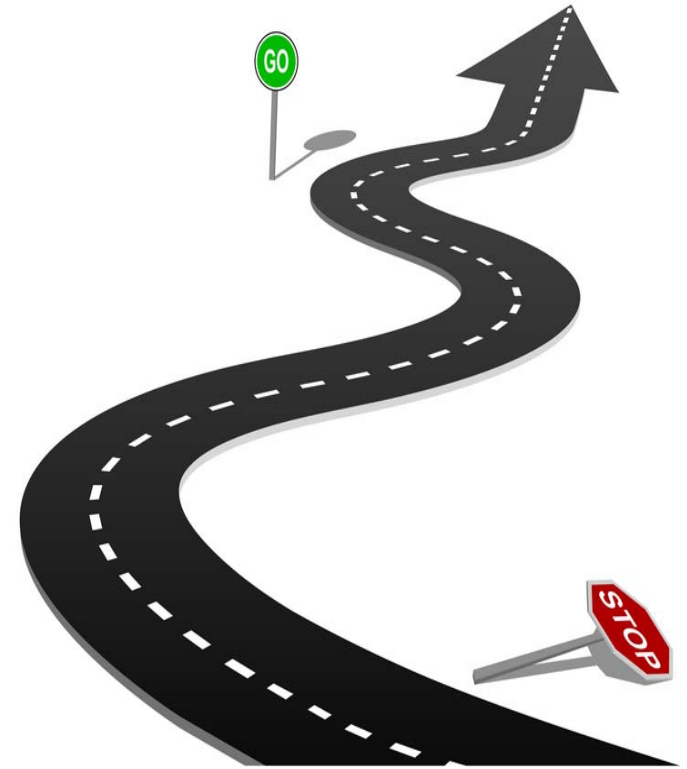
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Disclosures

No Disclosures

Road Map

- Demystifying Palliative Care: Nuts and Bolts
- Community Programs and Resources
- Small Group Discussions
- Q&A



Demystifying Palliative Care



Objectives

- Goals of Palliative Care and Hospice
- Palliative Care and Hospice Definitions
- Explanation of Resources
- Placement Options

Palliative Care (AKA Supportive Care)

- Palliative care is specialized medical care for people with a serious illness
- This type of care is focused on providing relief from the symptoms and stress of a serious illness.
- The goal is to improve quality of life for both the patient and the family.
- [Getpalliativecare.org](https://getpalliativecare.org)
- <https://getpalliativecare.org/whatis/>

Goals of Palliative Care and Hospice

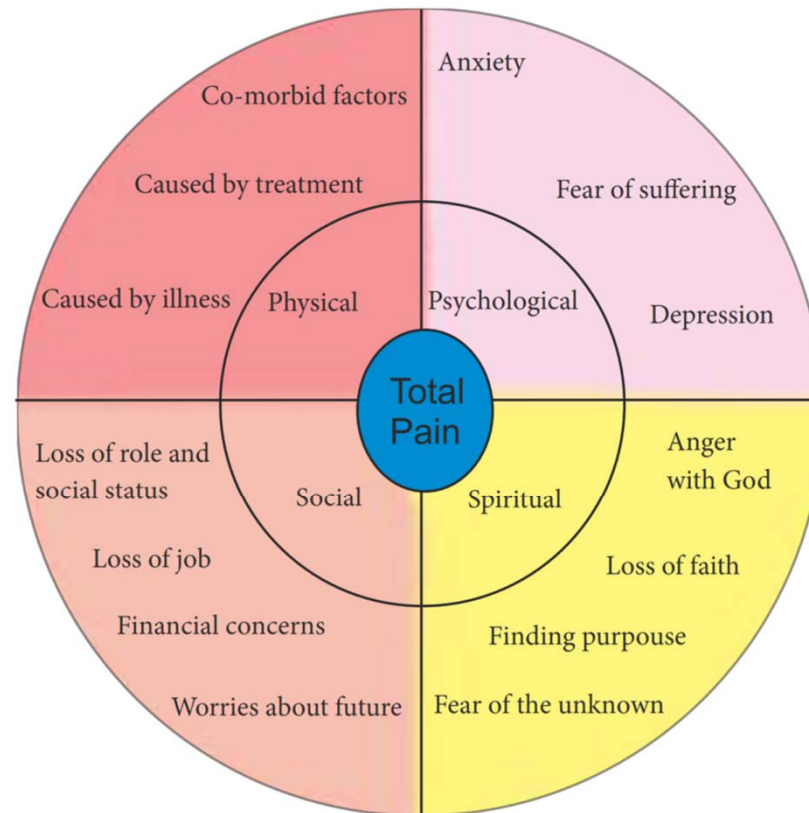


Figure 3: *Concepts of total pain*
(Cicely Saunders)

Who is on your palliative/supportive care team?

- Doctors
- Nurses
- Social Workers
- Chaplains
- Psychologists
- Dieticians
- Physical and Occupational Therapists

Why are Patients referred to Palliative Care?

1. Patient's goals of care
2. Support and resources needed

How do we decide Palliative Care vs Hospice?

Definitions:

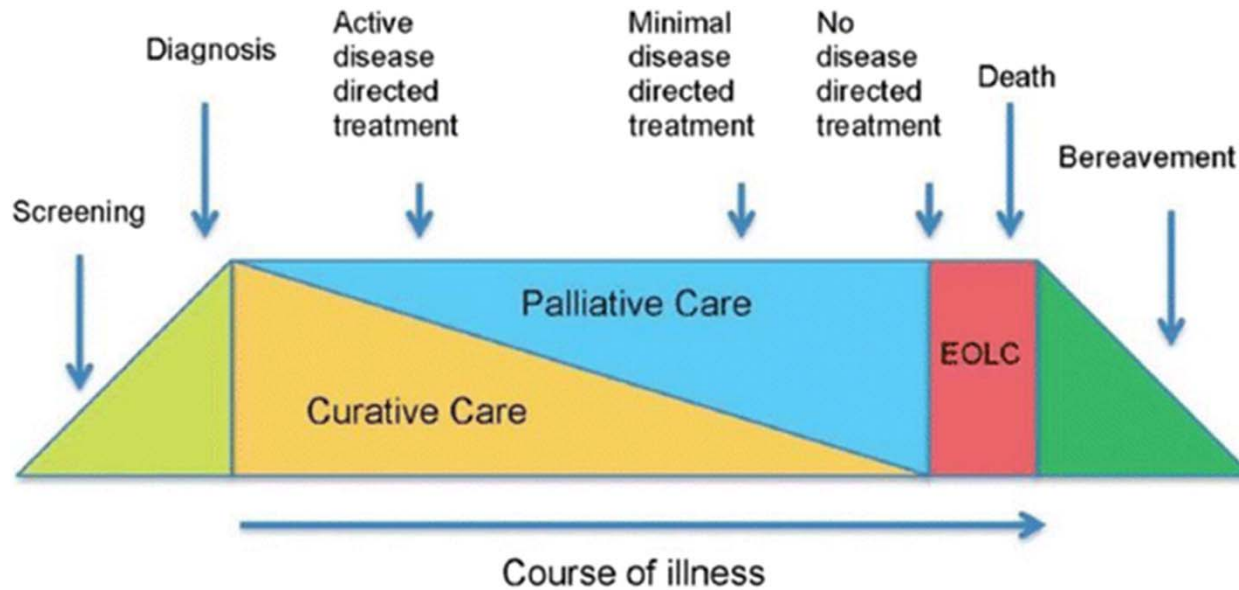
Palliative Care:

- Qualifies with a chronic medical condition that significantly alters/affects a patient's life

Hospice Care:

- Qualifies with a life-limiting condition with likely life expectancy of less than 6 months

Chronic Illness Continuum Model



Hospice

Palliative Care Resources

Where to get Palliative Care?

- Provided in outpatient settings (doctors offices)
- Inpatient settings (hospitals)
- Expanding to Nursing Home Facilities and Homebound services

How does it Help?

- Focus on symptom control and quality of life
- Reducing hospitalizations with nursing visits
- Social worker and spiritual support

Palliative Care and Hospice Services

Where to get Hospice?

- Provided anywhere that the patient considers home (personal home, assisted living, nursing home, etc.)

How does it Help?

- Focus on symptom control and Quality of life
- Preventing undesired hospitalizations
- Provides weekly nurse visits and 24/7 nurse on call support
- Respite services: Placement, Volunteers and Bathing services
- Social worker and spiritual support
- Medical equipment services, medication management

Placement Options



Functional Status

ADLs

- ◆ Bathing
- ◆ Dressing
- ◆ Toileting
- ◆ Transfer
- ◆ Continence
- ◆ Feeding



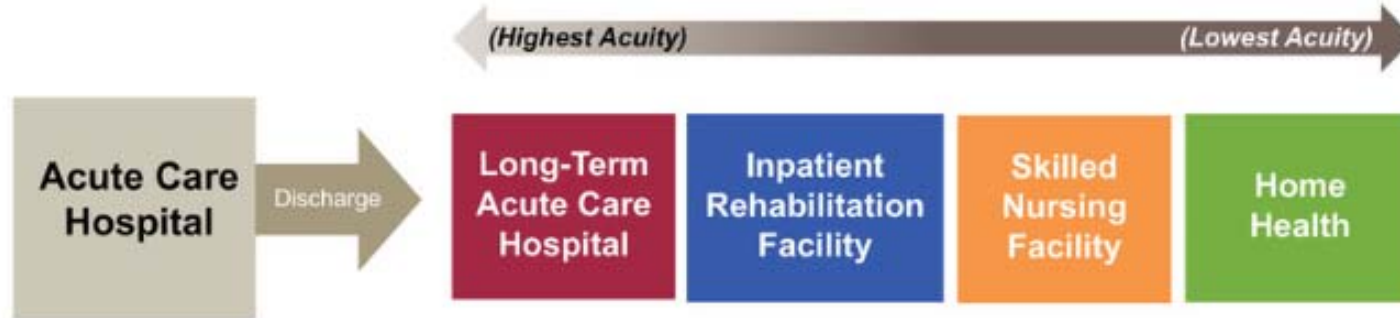
IADLs

- ◆ Telephone
- ◆ Traveling
- ◆ Shopping
- ◆ Preparing meals
- ◆ Housework
- ◆ Repairs
- ◆ Laundry
- ◆ Medication
- ◆ Money

Placement Options

- Independent Living at Home
 - Independent Living in Retirement Community
 - Assisted Living
 - Nursing Home
 - Personal Group Homes
-
- Inpatient Hospice Unit is solely for patients with uncontrolled symptoms

Post-Acute Care Services



Financial costs and coverage

Medicare

Part A:

- Hospitalization
- Hospice
- Home health care
- Skilled nursing home care (3 midnight hospital stay)

Part C : managed care plans (varies in benefits)

- Covers all of your care and requires you stay within their network

Medicaid: FINANCIAL NEED

- Long term nursing home care
- Assisted living (very few)
- Provider services

Questions?

References

Todaysclinician.com.

Understanding Pain and Treatment of Chronic Pain


Bmcpalliatcare.biomedcentral.com

Getpalliativecare.org


Community Programs and Online Resources



Online Resource – PREPARE For Your Care



PREPARE™ for your care


Español  [Sign in](#)

PREPARE is a step-by-step program with video stories to help you:

- Have a voice in YOUR medical care
- Talk with your doctors
- Give your family and friends peace of mind

PREPARE videos help you answer questions about your medical wishes.

- You can print a summary of your wishes
- You can also fill out an easy-to-read advance directive



Click the video above to learn more.

[Start PREPARE](#) [Español](#)

Online Resource – PREPARE For Your Care

- *“PREPARE for Your Care is an online resource that helps people learn about and prepare for medical decision making. This evidenced-based tool features video stories in English and Spanish and guides users as they explore their wishes and learn how to discuss them with family, friends, and medical providers. The website also offers PREPARE written pamphlets as well as a Toolkit to help put on a PREPARE Group Movie Event. These Movie Events can be used in group medical visits or in the community. PREPARE also offers easy-to-read, legally-binding advance directives for all 50 states in English and Spanish. Check out PREPARE here: www.prepareforyourcare.org.”*

PREPARE For Your Care

www.prepareforyourcare.org

Please see handouts for next slides

Step 1 – Choose a medical decision maker

- Should be someone who will respect your medical wishes and speak for you when you are unable
- Someone who is reachable and can make decisions under pressure
- **Medical power of attorney**
 - Forms available on Texas Health and Human Services website
 - hhs.texas.gov/laws-regulations/forms
 - You can also choose alternates if your medical decision maker is unavailable
 - Form can be signed and notarized or signed with two unrelated witnesses

Step 2 – Decide what matters most in life

Five questions from PREPARE for your Care

1. What is most important in life?
2. What experiences have you had with serious illness or death?
3. What brings you quality of life?
4. If you were sick, what would be most important to you:
 1. To live as long as possible even if you think you have poor quality of life?
 2. To try treatments for a period of time, but stop if you are suffering?
 3. To focus on quality of life and comfort, even if your life is shorter?
5. Have you changed your mind about what matters most in your life over time?

Step 3 – Choose flexibility for your decision maker

- This will guide your decision maker in how much they can stray from your prior known wishes if things change
- You can list limitations to care on medical power of attorney form

Step 4 – Tell others about your medical wishes.

- Tell your medical decision maker
- Tell your family and friends who are important to you
- Tell your doctors
- Fill out advanced directives form
 - Texas “Living Will” on Texas Health and Human Services website
 - Texas Advance Health Care Directive on prepareforyourcare.org

Step 5 – Ask doctors the right questions

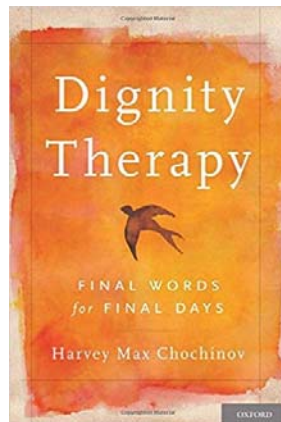
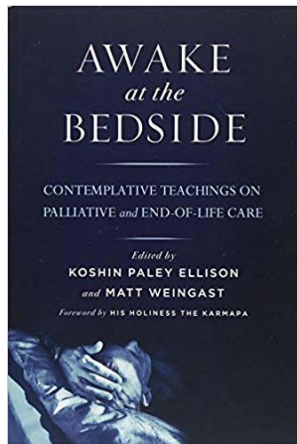
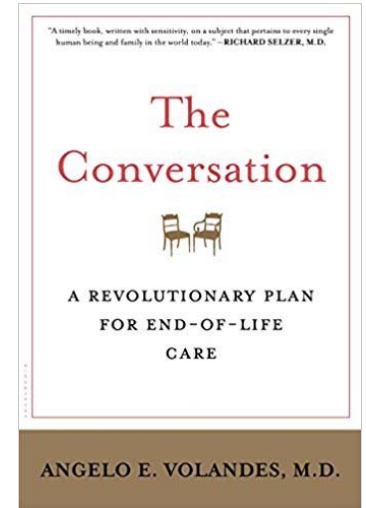
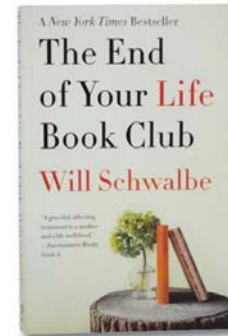
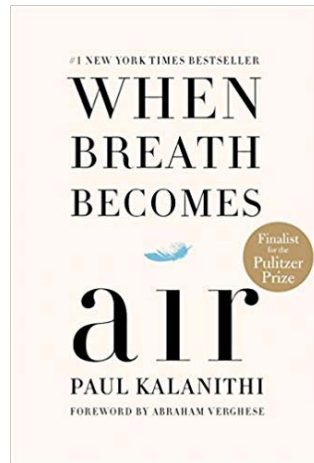
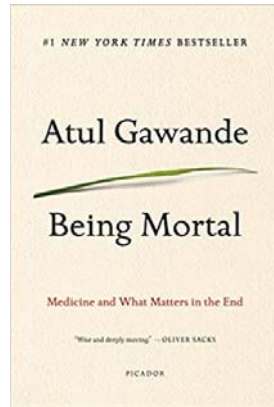
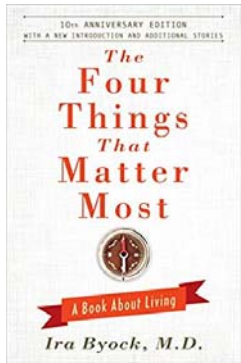
- Write down your questions and bring them up at the beginning of the visit
- For any treatment options, always ask about:
 - Benefits
 - Risks
 - Options
 - What your life will be like after treatment

Additional Resources for Advance Care Planning

- Your physician
- University Hospital Palliative Care Team
 - (210) 358-2233
- Hello, A Conversation Game
 - <https://commonpractice.com/>

Other Online Resources

- AARP – resources for family caregiving including local and community resources; www.aarp.org
- National Hospice and Palliative Care Organization CaringInfo – provides information and support for anyone planning ahead, caregiving, living with a serious illness or grieving a loss; www.caringinfo.org
- American Society of Clinical Oncology Cancer.net – patient support and information designed to help people with cancer and their families.
www.cancer.net
- Cancer Care- patient support and information designed for people with cancer. www.cancer.org



Common Questions

When is the right time to think about engaging palliative care services?

How do I explain palliative care to others?

When is the right time to think about end of life preferences?

Who should be involved in conversations regarding health care preferences?

Who makes health care decisions for me if I am unable?

How do you decide between quality or quantity of life? What if I want both?

Is it true that once you enter a hospice program, you must stay in hospice care until you die?

Is hospice just for the last few days or weeks of life?

If I agree to palliative care, does that mean I'm "giving up?"

Could taking pain medicine hasten my death?

Thank you!

