

# Comfort Care at End of Life

Discussing options: Hospice and Palliative Care

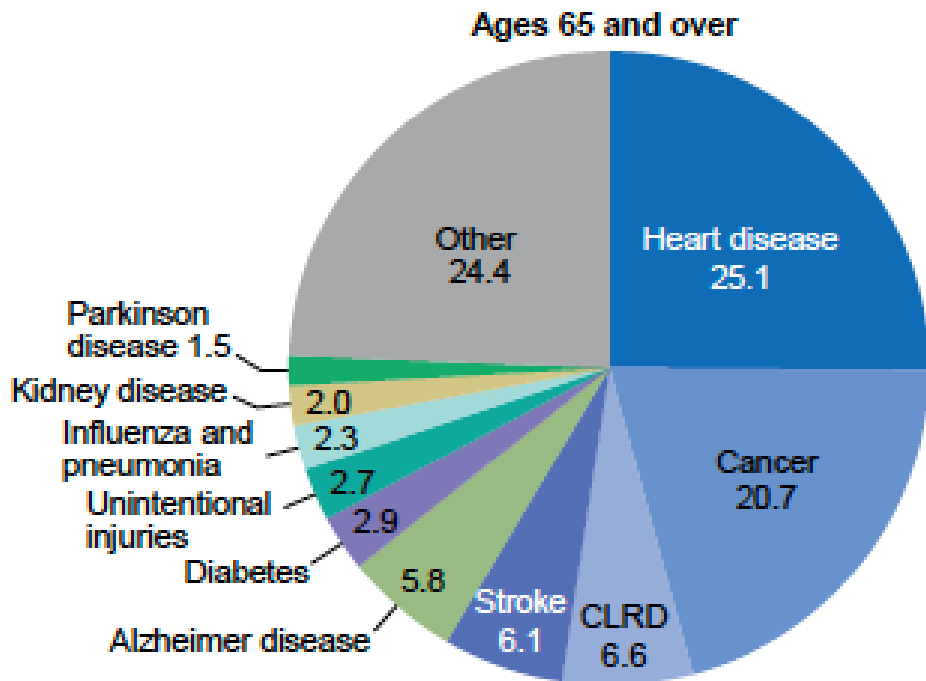


# *Hope never goes away, it changes...*

- Advance Care Planning
- Healthcare Power of Attorney
- Palliative Care
- Hospice

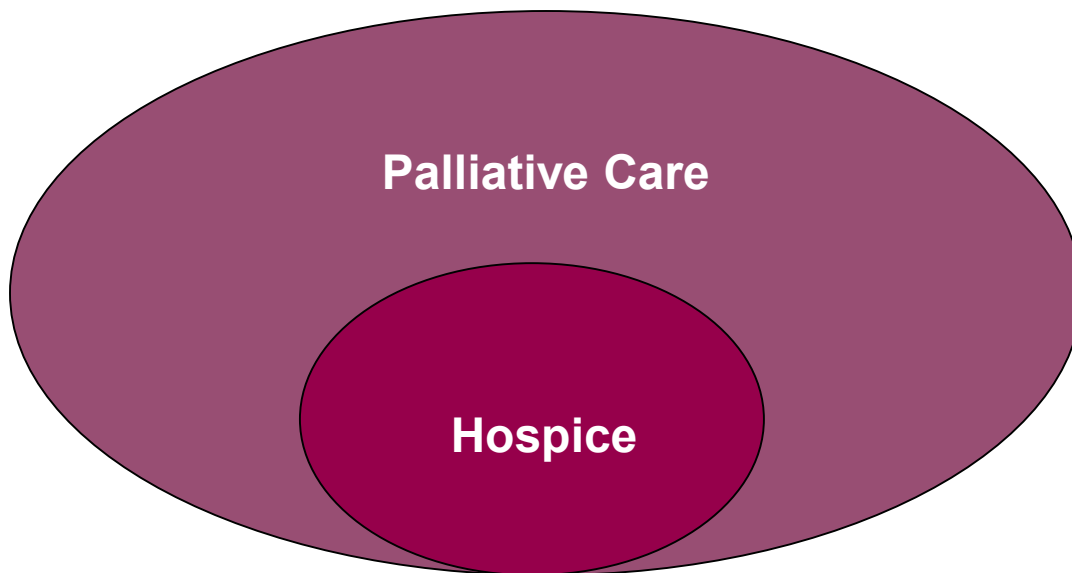


# Top Causes of Death for Those Aged 65+



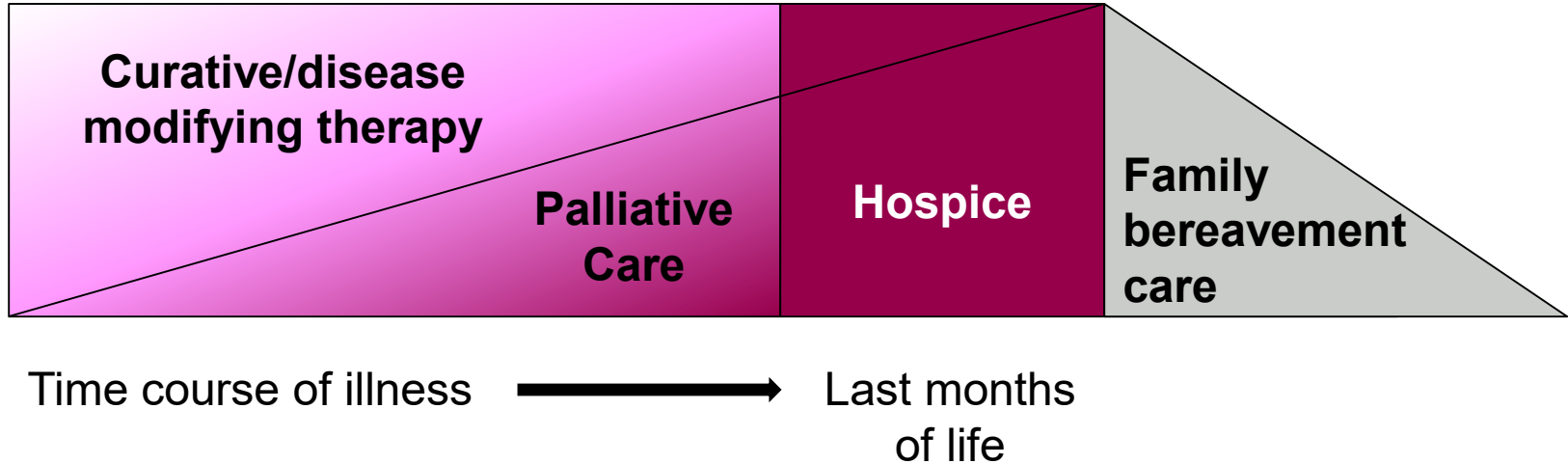
# Palliative Care and Hospice

- A model of care that forms a continuum with hospice for patients with life-threatening illness



# Hospice/Palliative Care Interface

## Integrating Palliative Care and Hospice

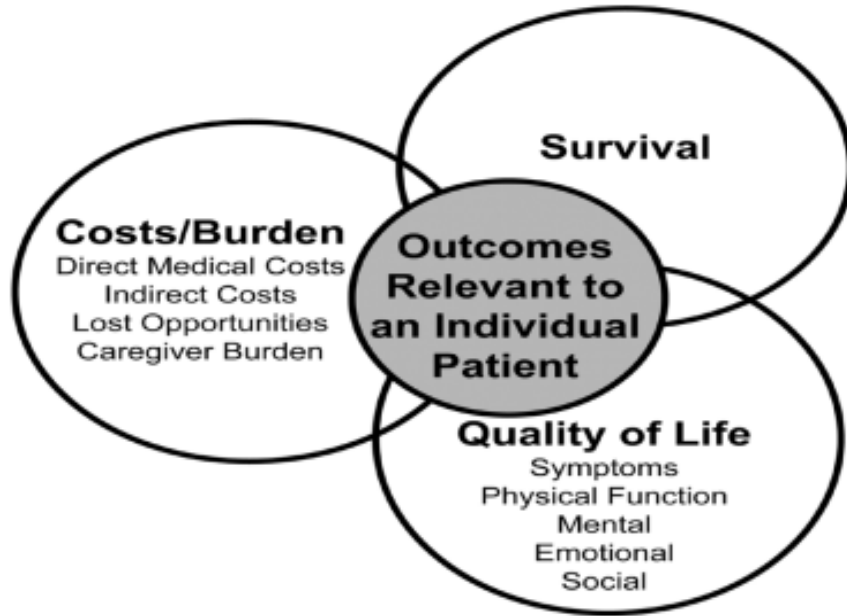


(Kuebler, Davis, & Moore, 2005)

# Hospice Eligibility – General

- Incurable illness with prognosis likely 6 months or less
- Functional Status – dependent in activities of daily living
- Nutritional Status – weight loss, dysphagia, muscle wasting, skin breakdown
- Cognitive Status – increased confusion, sleep, disorientation, decreased level of consciousness
- Healthcare Utilization – recurrent hospitalizations or ED visits
- Symptoms related to advanced conditions – pain, dyspnea, agitation, delirium, fatigue, anorexia

# Goals of Care Conversations



- No additional hospital stays
- Treating symptoms, not disease
- Improve shortness of breath
- Continue to live at home
- Let nature take its course

# Managing Symptoms

- Patients with advanced Cancer have similar symptom burdens – physical, depression, and spiritual.
- More than 50% of hospice patients with cancer suffer from
  - Pain
  - Lack of energy
  - Feeling drowsy
  - Dry mouth
  - Shortness of breath
  - Depression



# A Hospice Team supports patient & caregiver

## Hospice Core Team

- Nurse
- Hospice Aide
- Social worker
- Chaplain
- Physician

\*required by CMS



## Other Important Team Members

- Respiratory Therapist
- Physical Therapist
- Occupational Therapist
- Wound RN
- Speech Pathologist
- Dietician
- Massage Therapist
- Pet Therapy
- Music Therapy
- Volunteers

# Four Levels of Hospice Care

1. Routine Home Care
2. Intensive Comfort Care
3. Inpatient Care
4. Respite Care



*“You matter because you are you.  
You matter to the last moment of life,  
and we will do all we can,  
not only to help you die peacefully,  
but also to live until you die.”*

-Dame Cicely Saunders  
St. Christopher's Hospice,  
London, England