

Foundations & Frontiers in Palliative Medicine

Colorado, November 2017

Help is Available
Assistance for your Complex,
Chronically Ill Patients

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Learning Objectives

- Distinguish between generalist and specialist palliative care.
- Describe at least one clinical scenario where specialist palliative care consultation can lead to better outcomes
- Identify a way to introduce a palliative medicine consultation

Palliative Care is...

Palliative Care

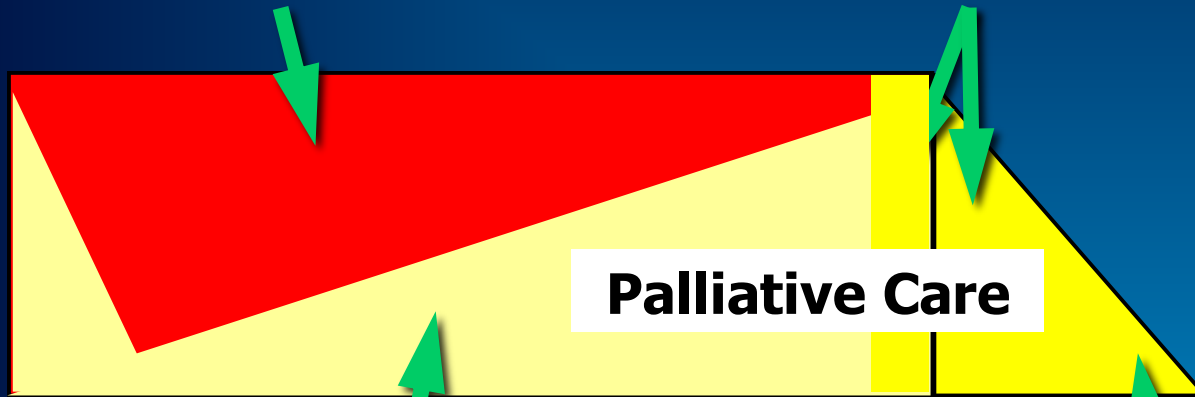
- **Prevent & relieve** suffering
- **Promote** quality of life and death
 - Any diagnosis
 - Any time there is need

Adapted From: Ferris FD, Balfour HM, Bowen K, Farley J, Hardwick M, Lamontagne C, Lundy M, Syme A, West P. A Model to Guide Hospice Palliative Care. Ottawa, ON: Canadian Hospice Palliative Care Association, 2002.

Palliative Care is...

Anti-disease Therapy

End-of-Life Care



Palliative Care

Presentation

Therapies to
relieve suffering and / or
improve quality of life

6m Death

Bereavement
Care

Key Elements of Palliative Care

Help to

- Eat well
- Sleep well
- Maintain function
- Minimize stress
- Communication & negotiation of goals of **life** & care
- Symptom management
- Distress

Levels of Palliative Care

- **Generalist**

What anyone can do

Pain and symptom management

Communication and Support

- **Specialist**

The difficult cases

When there isn't time or inclination

Peppy

- **Stage IV Inflammatory Breast Cancer**
- **Initially said: “ don’t use words hospice or palliative care ”**
- **Now nearly 3 years after diagnosis**



DEBRIEF

Vignette 3 Take 2

- A 75 yo woman has had a stroke.
The family is at the hospital to help make decisions.

DEBRIEF

Vignette 4

- **A man with COPD is in the office.
He feels worse despite best treatment**

DEBRIEF

Vignette 5

- A physician and a palliative medicine physician meet in the doctor's lounge at the hospital.

Key Message

Use palliative medicine specialists for advice or to help manage difficult cases



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October 2017

Gandhi... You need to be the change you want to see in the world...

