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

Therapies to relieve suffering and / or improve quality of life

Palliative Care

Presentation

Anti-disease Therapy

6m

Death

Bereavement Care

End-of-Life Care

6m

Therapies to relieve suffering and / or improve quality of life

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