What If I Get Seriously Ill?
Guidance on Making Your Health Care Decisions During COVID-19
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Quick Intro to a ZOOM Webinar

- To ask a question:
  - Click on the “Q&A” box
  - Type your question and click “Send”
Quick Intro to a ZOOM Webinar

- Once there are questions:
  - You can “Like” questions, by clicking the “Thumb Up” icon
  - This will help us answer the most popular questions at the end of the session
Quick Intro to a ZOOM Webinar

- We will **NOT** be using the **Raise Hand** or **Chat** functions during this webinar.
Roadmap

- What is Advance Health Care Planning?
- Special Considerations for COVID-19
- How to Get Started
What is Advance Health Care Planning?

- **Making decisions** about the health care you would want to receive if you become seriously ill or unable to speak for yourself.

- These are your decisions to make, regardless of what you choose for your care.
What Type of Decisions Should We Think About?

- Who would you want to make decisions for you if you were unable to communicate?

- What makes life worth living given your current health status?

- What would be important to you if you were seriously ill or even at the end of your life?
What Type of Decisions Should We Think About?

- Are there limitations you would put on life-prolonging treatment?

- Would you want to receive cardiopulmonary resuscitation or be placed on a breathing machine?
“The Tree of Life”

Health Care Decisions

What Makes Life Worth Living

Health Status
Roadmap

- What is Advance Health Care Planning?

- Special Considerations for COVID-19

- How to Get Started
Special Considerations for Coronavirus

- Older adults are at a higher risk of dying from Coronavirus

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Case-Fatality: Italy</th>
<th>Case-Fatality: China</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-39</td>
<td>0.3</td>
<td>0.2</td>
</tr>
<tr>
<td>40-49</td>
<td>0.4</td>
<td>0.4</td>
</tr>
<tr>
<td>50-59</td>
<td>1.0</td>
<td>1.3</td>
</tr>
<tr>
<td>60-69</td>
<td>3.5</td>
<td>3.6</td>
</tr>
<tr>
<td>70-79</td>
<td>12.8</td>
<td>8.0</td>
</tr>
<tr>
<td>≥80</td>
<td>20.2</td>
<td>14.8</td>
</tr>
</tbody>
</table>

Worldwide Case-Fatality Rate: ~3-7%

U.S. Case-Fatality Rate: ~3.4%

Onder (2020) JAMA
Livingston (2020) JAMA
CDC Morbidity & Mortality Report: https://www.cdc.gov/mmwr/volumes/69/wr/mm6912e2.htm
Special Considerations for Coronavirus

- Older adults are also at a higher risk of being hospitalized or needing ICU admission.
- For patients age 75 years or older:
  - ~50% will be OK at home
  - ~25% will require admission to the hospital
  - ~25% will require intensive care

CDC Morbidity & Mortality Report: [https://www.cdc.gov/mmwr/volumes/69/wr/mm6912e2.htm](https://www.cdc.gov/mmwr/volumes/69/wr/mm6912e2.htm)
Special Considerations for Coronavirus

- Individuals with underlying conditions are at a higher risk of dying

<table>
<thead>
<tr>
<th>Pre-Existing Condition</th>
<th>Case-Fatality Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular Disease</td>
<td>10.5</td>
</tr>
<tr>
<td>Diabetes</td>
<td>7.3</td>
</tr>
<tr>
<td>Chronic Respiratory Disease</td>
<td>6.3</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>6.0</td>
</tr>
<tr>
<td>Cancer</td>
<td>5.6</td>
</tr>
<tr>
<td>No Pre-Existing Condition</td>
<td>0.9</td>
</tr>
</tbody>
</table>

Wu (2020) NEJM
Special Considerations for Coronavirus

- Data from Santa Clara County, confirms that older adults and individuals with pre-existing conditions comprise the majority of individuals who have died.

Santa Clara County Public Health: https://www.sccgov.org/sites/phd/DiseaseInformation/novel-coronavirus/Pages/dashboard.aspx
Special Considerations for Coronavirus

- Individuals who get sick enough to need ICU-level care, after 14-days:
  - Overall Case-Fatality Rate: 50%
    - Over age 70: 68%
    - Age 50-69: 46%
    - Age 16-49: 24%
  - Data on comorbidity not provided

Bhatraju (2020) NEJM
ICNARC report on COVID-19 in critical care 04 April 2020
Special Considerations for Coronavirus

- Many hospitals have enacted **strict** visitor restrictions
  - At Stanford, there are **NO VISITORS**
    - Exceptions only for:
      - Under age 18
      - Disabilities who require support
      - Need a caregiver to receive care
      - Urgent legal issues
      - End of life, with likely prognosis less than 48 hours
What Does All This Information Mean?

- This information will land differently for all of us
Other Options in Serious Illness

- No matter what, we are here to support you and your family

- If at any point, you choose not to pursue life-prolonging therapy or treatment, there are still ways to care for you and ease suffering from illness
Roadmap

- What is Advance Health Care Planning?
- Special Considerations for COVID-19
- How to Get Started
1. Talk with your doctor

- People make different decisions depending on their health status

- Don’t be afraid to ask your doctor(s)
1. Talk with your doctor

- **Video or Phone Visit with your Provider:**
  - Meet to assist you in completing your Advance Directive or answering any questions you may have on this topic.
  - Send a message in MyHealth or call your Provider’s office to schedule

- **For Patients of Stanford Primary Care**
  - Check your MyHealth messages for more options for follow-up about Advance Health Care Planning
2. Think about what matters most

- Consider what makes life worth living
- Consider worries, fears
- Consider tradeoffs
  - What can you not live without?
- Uncertainty is OK
3. Choose a Surrogate Decision Maker

- It’s impossible to think through every scenario

- What makes a good surrogate decision maker
  - Knows your values
  - Able to bring your voice
  - Available
4. Complete an Advance Directive

- **Advance Directive (AD)/Living Will:**
  - A written document that helps you tell doctors (and your loved ones) how you want to be treated if you cannot speak for yourself.
  - Consider what treatments you would (or would not) want.

National Institute on Aging, 2019
Additional Resources

- The Conversation Project
  - https://theconversationproject.org

- PREPARE For Your Care
  - https://prepareforyourcare.org

- Stanford Palliative Care Advance Care Planning Website
  - www.med.stanford.edu/palliative-care
Practical Advice for Preparing for Serious Illness

- Set up a Video Chat app with your loved ones (Skype, FaceTime, Zoom, Google Duo, WhatsApp)
- Plan for Medications – keep a list, keep a supply, call clinic early if need refills
- Plan for Pets – who could care for them if needed
- Plan for Money/Bills – who could help manage money if needed
- Plan for a Hospital Visit – Bring any advance directives, phone numbers for emergency contacts; bring glasses/hearing aids/dentures/mobility devices
How Do I Get Palliative Care at Stanford?

- You can refer yourself
  - Call our clinic at (650) 724-0385
  - Website: [http://med.stanford.edu/palliative-care.html](http://med.stanford.edu/palliative-care.html)

- You can ask your doctor to place a referral

- Locations in Palo Alto and South Bay
  - TeleHealth also available!
Thank You!

www.med.Stanford.edu/palliative-care

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Stay at Home. Physically Distance.

- Shelter-In-Place
- Wash you hands (20 seconds)
- Don’t touch your face
- Stay 6 feet apart from others when making essential trips
- Wear a mask when unable to physically distance