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Care

What If I Get Seriously Ill?

Guidance on Making Your Health Care Decisions During COVID-

19

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www.med.stanford.edu/palliative-care



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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”

Q&A	
You asked:	18:03
What happens when I raise my hand?	
Molly Parker answered:	18:04
I can take you off of mute.	

Please input your question

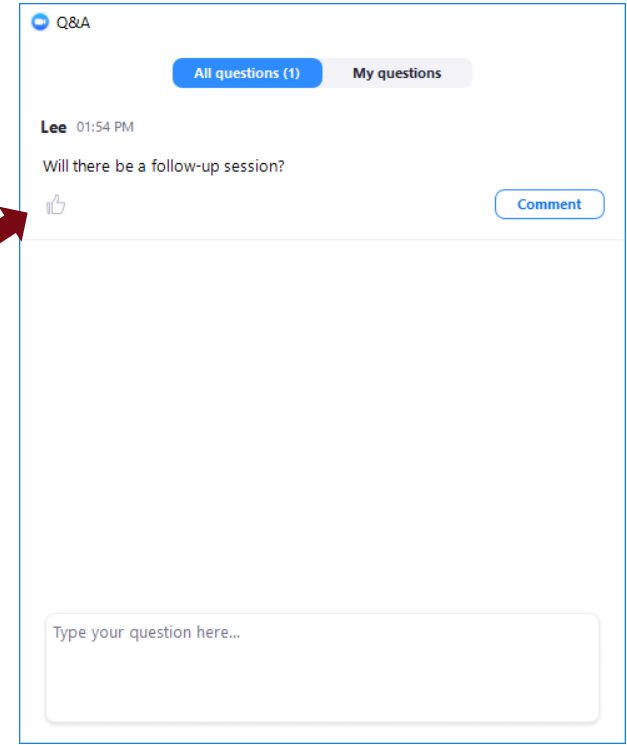
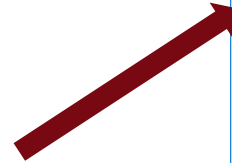
Send Anonymously

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.





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Roadmap

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



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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?



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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?



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“The Tree of Life”



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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

Worldwide
Case-Fatality Rate:
~3-7%

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

Age Group	Case-Fatality: Italy	Case-Fatality: China
30-39	0.3	0.2
40-49	0.4	0.4
50-59	1.0	1.3
60-69	3.5	3.6
70-79	12.8	8.0
≥80	20.2	14.8

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



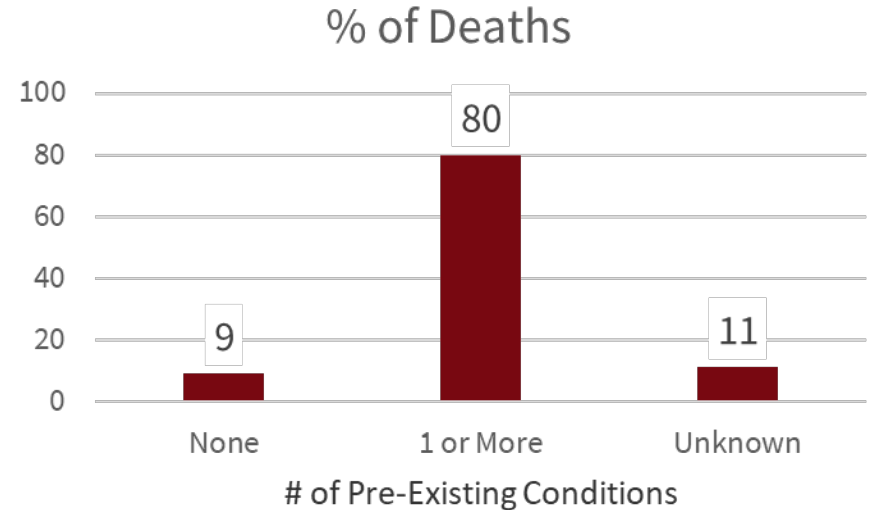
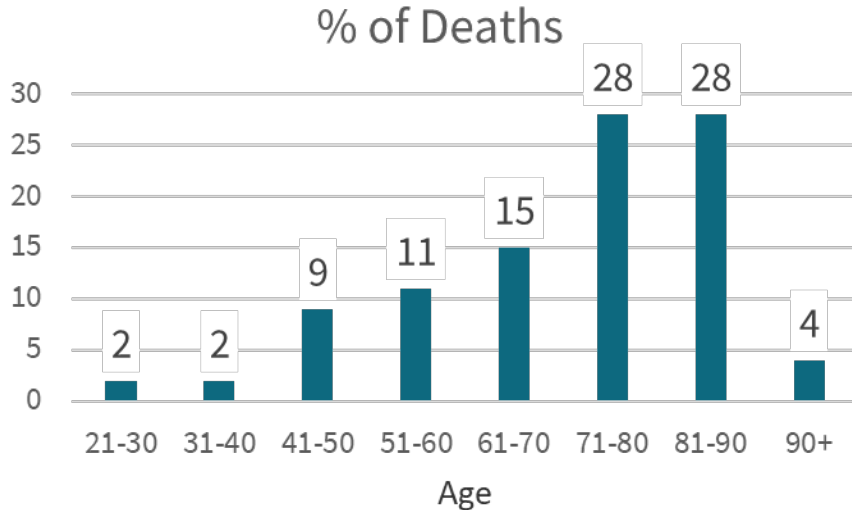
Special Considerations for Coronavirus

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

Pre-Existing Condition	Case-Fatality Rate
Cardiovascular Disease	10.5
Diabetes	7.3
Chronic Respiratory Disease	6.3
High Blood Pressure	6.0
Cancer	5.6
No Pre-Existing Condition	0.9

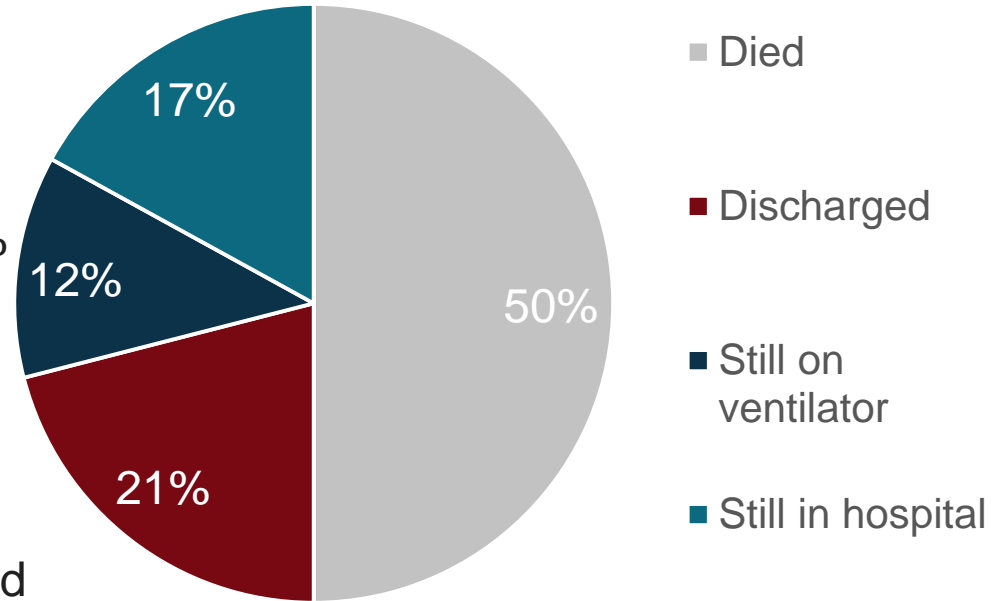
Special Considerations for Coronavirus

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



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



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)



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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

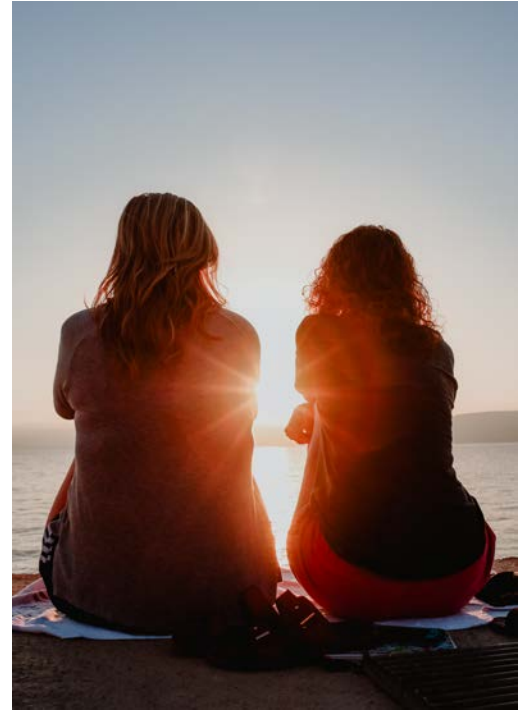


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3. Choose a Surrogate Decision Maker

- It's impossible to think through every scenario
- What makes a good surrogate decision maker
 - Knows your values
 - Able to bring your voice
 - Available



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4. Complete an Advance Directive

California Advance Health Care Directive

This form lets you have a say about how you want to be cared for if you cannot speak for yourself.

This form has 3 parts:

Part 1 Choose a medical decision maker, Page 3

A medical decision maker is a person who can make health care decisions for you if you are not able to make them yourself.

This person will be your advocate.

They are also called a health care agent, proxy, or surrogate.



Part 2 Make your own health care choices, Page 7

This form lets you choose the kind of health care you want. This way, those who care for you will not have to guess what you want if you are not able to tell them yourself.

Part 3 Sign the form, Page 13

The form must be signed before it can be used.



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



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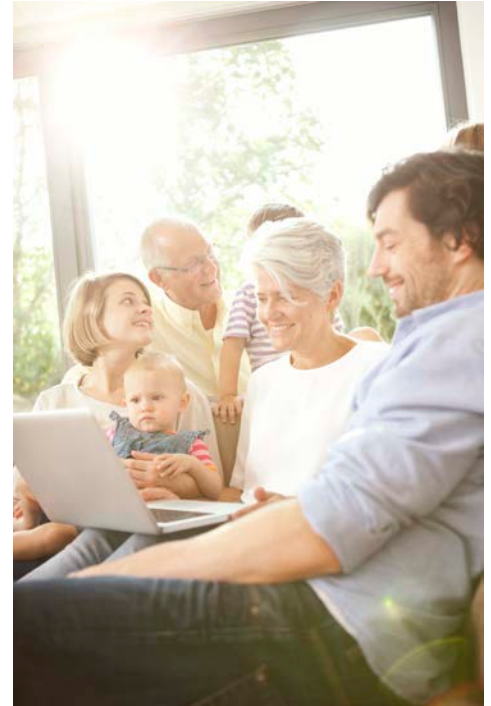
Additional Resources

- 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>
- You can ask your doctor to place a referral
- Locations in Palo Alto and South Bay
 - TeleHealth also available!





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Thank You!



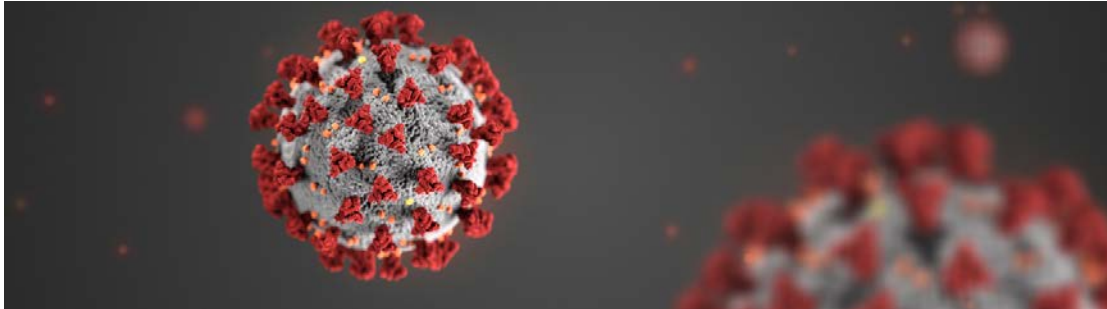
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Stay at Home. Physically Distance.

- 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



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