Living Well with a Serious Illness: An Introduction to Palliative Care and Hospice
Choose Your Language Channel

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Introduction to Zoom Webinar

To ask a question:

• Click on the Q&A box
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• We will not be using the “Raise Hand” tool
Introduction to Zoom Webinar

Once there are questions:

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• This will help us answer the most popular questions first
Roadmap

- Palliative Care Overview
- Hospice Care Overview
- Differences between Palliative Care and Hospice
- Q and A
What is Palliative Care?

- What comes to mind when you hear the term palliative care?
How are Palliative Care & Hospice Different?

- Palliative care and hospice see **the person** beyond the disease.
  - “A person living with cancer” vs. “cancer patient”
A Holistic Approach

Derived from World Health Organization definition of palliative care, 1998
Who provides Palliative Care?

**Doctor & Nurse**
- May prescribe medication
- Helps with medical decisions
- Coordinates with other doctors

**Social Worker**
- Emotional Support
- Caregiver support
- Medical equipment
- Financial concerns

**Chaplain**
- Spiritual support
- Existential distress
- Prayers and blessings
Defining Palliative Care

- Specialized health care for people living with a serious illness.
- Focuses on providing relief from the symptoms and stress of the illness.
- Goal to improve quality of life for both the patient and the family.

Derived from Center to Advance Palliative Care (CAPC), 2019
Any Age, Any Stage

- Palliative Care is appropriate at any age and at any point in a serious illness.
- Can be provided alongside curative treatment.
Living With a Serious Illness

Common Diagnoses

- Any life-limiting illness
- Cancer
- Heart failure
- Liver, Kidney, or Lung Disease
- Dementia
- ALS, Parkinson’s Disease
- Multiple hospitalizations
- Functional Decline
Relief From Symptoms and Stress

- Pain
- Shortness of breath
- Nausea
- Constipation
- Anxiety
- Depression

- Coping/Stress
- Fatigue
- Poor appetite/Weight Loss
- Neuropathy
- Caregiving
Help with Medical Decisions

- Advance Health Care Planning
- Completing **Advance Directives** and POLST forms
- Weighing **treatment options**
Palliative Care has many Benefits

- Improved
  - Quality of life
  - Symptom control
  - Spiritual & emotional wellbeing
  - Satisfaction with care
- Fewer hospitalizations
- Less burden on caregivers
What Palliative Care looks like in Real Life

- Stanford Health Care’s Palliative Care Program
- Hospice of Santa Cruz County’s Transitional and Palliative Care Program
Who Pays for Palliative Care?

- **Covered** by most insurance plans and is based on your diagnosis and needs.
How do I Access Palliative Care?

- Referral from:
  - Primary Care Provider
  - Primary Specialist (e.g. cardiologist, oncologist)
  - Inpatient medical team or Emergency Dept.

- Other providers are still learning
- Be insistent if you want it
What about Hospice Care?
Hospice Philosophy of Care

- Comfort-focused care (not curative)
- Your choice, your journey
- Delivered where patients want to be
Benefits of Hospice Care

- Interdisciplinary Team
- Care wherever the patient calls home
- 24hr Nurse Call Line
- Ability to send “on demand” nurse
- Medications and medical equipment
- Does not provide 24hr care
- Grief support for family
The Hospice Team
Who Pays for Hospice Care?

- Hospice provided by Medicare nationwide, Medi-Cal in CA, and by most private insurance providers.

- Eligible patient = prognosis of 6 months or less
How do I Access Hospice Care?

- Feel free to discuss hospice care with your doctor, health care professional, clergy or friends
- Referrals from physicians
- You can reach out directly to a hospice organization to learn if hospice is a good fit for you or your loved one
- Hospice Compare: https://www.medicare.gov/care-compare/
Palliative Care versus Hospice Care

**Palliative Care**
- Can receive at any stage of serious illness
- Can occur alongside curative treatment
- Typically occurs in hospital or clinic, can also occur where patient lives

**Hospice Care**
- Prognosis of 6 months or less
- Cannot utilize curative treatment
- Typically occurs wherever patient calls home
- Grief Support

- Optimize comfort
- Reduce stress and symptoms
- Interdisciplinary team
- Holistic support for patient and family
More Information

- **Stanford Center for Palliative Care Excellence**
  
  [https://med.stanford.edu/palliative-care.html](https://med.stanford.edu/palliative-care.html)

- **Hospice of Santa Cruz County**
  
  [www.hospicesantacruz.org/](http://www.hospicesantacruz.org/)
  
  831-430-3000

- **National Hospice and Palliative Care Organization**
  
  [www.nhpco.org/](http://www.nhpco.org/)
Thank you!

Questions?