



**Cancer
CAREpoint**

COUNSELING • ASSISTANCE • RESOURCES • EDUCATION



**Stanford
MEDICINE**

Palliative
Care

Integrating Spiritual Support and Palliative Care for People Living with Cancer

Cancer CAREpoint

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www.med.stanford.edu/palliative-care



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Roadmap

- What is palliative care?
- How is palliative care different from other medical teams?
- How is spirituality integrated into care for people living with cancer?



What is Palliative Care?

- What comes to mind when you hear the term palliative care?



nursing



hospice



cancer



family



clip art



symbol



Palliative care: when home care isn't ...
mclaren.org

Palliative Medicine & Supportive Care ...
stormontvail.org

What Is Palliative Care?
webmd.com



What Is the Palliative Care Treatment?
verywellhealth.com



Palliative Care: Caring for the whole ...
ssmhealth.com



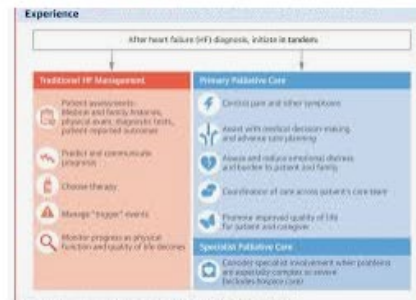
Community-based Palliative Care ...
ruralhealthinfo.org



Iran to set up palliative care centers ...



Palliative Care - Memorial Healthcare



Palliative Care in Heart Failure ...

What is Palliative Care?

- What comes to mind when you hear the term palliative care?

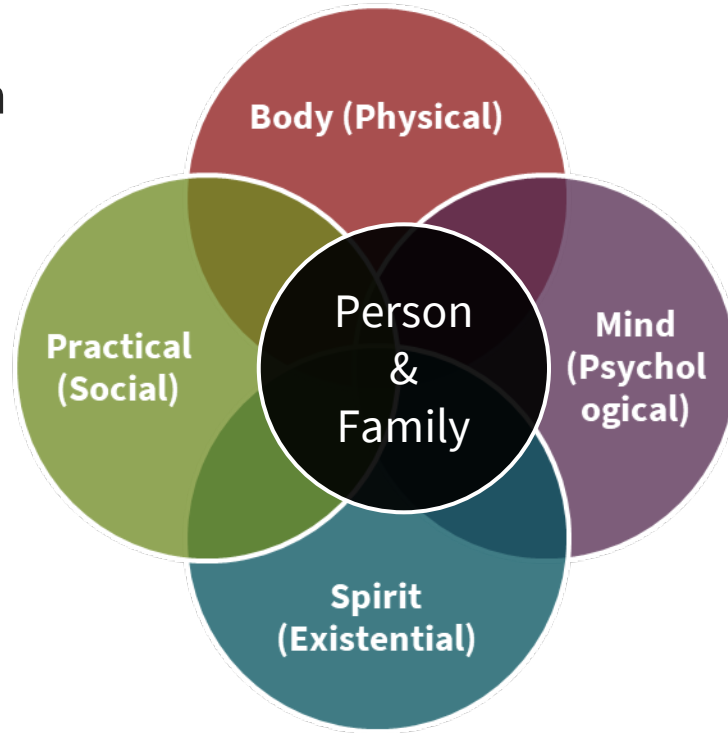
How is Palliative Care Different?

- Palliative care sees ***the person*** beyond the disease.
 - “A person living with cancer” vs. “cancer patient”



How is Palliative Care Different?

- A Holistic Approach



Derived from World Health Organization definition of palliative care, 1998

Spirituality vs Religion

- Spirituality and religion are important in coping with a serious illness.
- When spiritual care is integrated into palliative, it contributes to positive health outcomes and reduction of suffering for patients and family members/caregivers.
- Spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred. (Christina Pulchaski).



How is Palliative Care Different?



Doctor & Nurse

- Prescribes 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

- Palliative care is specialized health care for **people living with a serious illness.**
- This type of care is focused on **providing relief from the symptoms and stress of the illness.**
- The goal is to **improve quality of life** for both the **patient and the family.**

Center to Advance Palliative Care (CAPC), 2019

Defining Palliative Care

- Provided by a specially-trained **team**, palliative care specialists work together with a patient's other doctors to **provide an essential layer of support**.
- Palliative care is based on the needs of the patient, not on the prognosis. It is appropriate **at any age and at any point in a serious illness** and **can be delivered with curative treatment**.

How would palliative care assess pain for a person living with cancer?

How Would Palliative Care Approach a Case?

- Mrs. Jones is a 45-year-old woman with lung cancer that has spread to her spine and ribs.
- She reports having pain that is not improving with over-the-counter pain medications.
- She has been married for 17 years to her husband, and they have an 8-year-old daughter. She works as an ultrasound tech at a nearby hospital.
- She was raised Catholic, and no longer attends church, but she believes in God and finds strength in her spirituality.



How Would We Assess Mrs. Jones' Pain?

- “Medical” Assessment of Pain
 - When did it start?
 - Where is the pain? Does it travel anywhere else?
 - How long does it last?
 - How would you describe the pain? (burning, aching, stabbing, throbbing, etc.?)
 - What makes the pain better?
 - What makes the pain worse?
 - What medications have you tried in the past?
 - What other treatments including over the counter, natural, or herbal remedies have you tried?

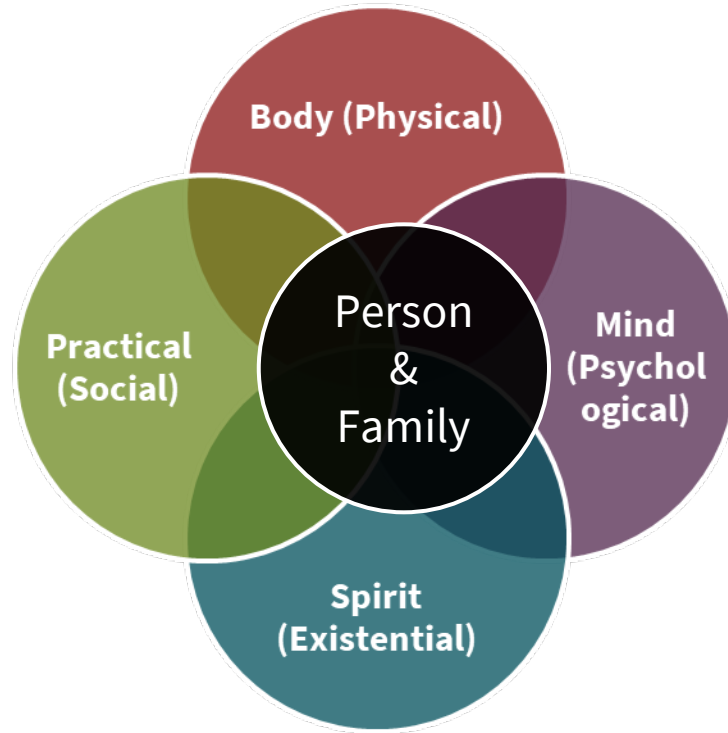


How Would We Assess Mrs. Jones' Pain?

- “Spiritual” Assessment of Pain:
 - Spiritual distress
 - Need for meaning/purpose in the face of suffering
 - Need for integrity, a legacy, generativity
 - Concerns about relationships: family and/or significant others
 - Concern or fear about dying or death
 - Issues related to making decisions about treatment
 - Religious/Spiritual struggle
 - Other dimensions: rituals, religious or otherwise.

How would palliative care treat pain
in a person living with cancer?

A Holistic Approach



Derived from World Health Organization definition of palliative care, 1998

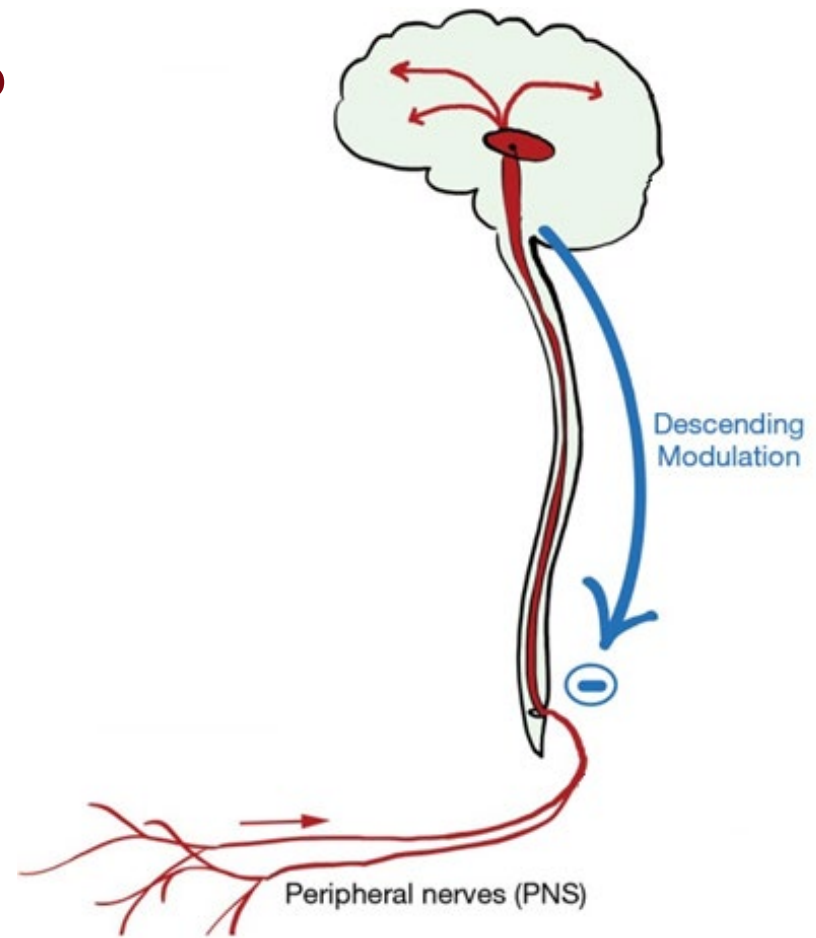
How Do We Relieve Pain?



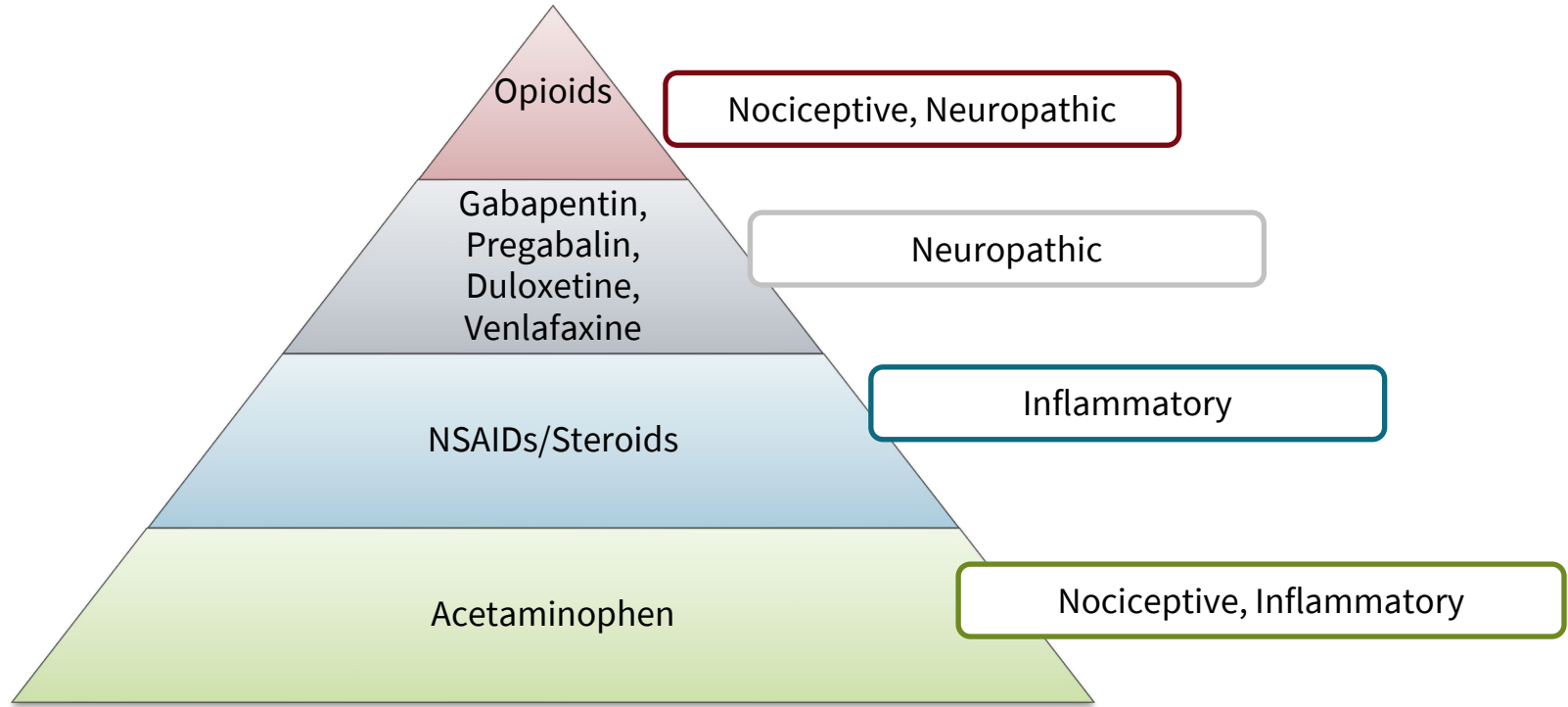
- Pain is complex
- Need to use multiple strategies to manage pain

How Do We Relieve Pain?

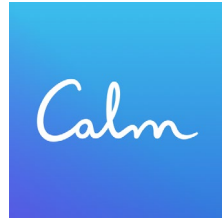
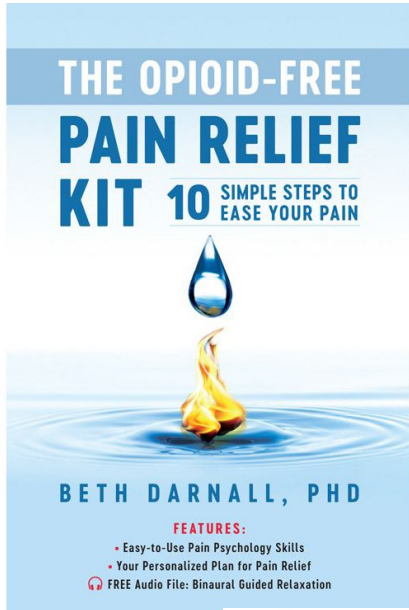
- How we perceive pain is complex
- There are pathways in the brain that help regulate pain
- These pathways can both **INCREASE** and **DECREASE** the perception of pain



Medications for Pain Management



Psychological Strategies for Pain Management



- *The Opioid-Free Pain Relief Kit*
 - Meditation and relaxation techniques
 - Sleep
 - Exercise and activity
- <https://osher.ucsf.edu/guided-imagery-meditation-resources>
- Cognitive-Behavioral Therapy
- Mindfulness-Based Stress Reduction
- Meditation applications

Spiritual Strategies for Pain Management

- Listening to fears, dreams and pain
- Provide healing through therapeutic relationship
- Healing vs cure (find solace, comfort, connection, meaning, purpose in the midst of suffering, disarray, and pain)
- Compassion, hopefulness
- Spiritual/religious beliefs
- Cultural values
- Sources of strength (identify tools in the toolbox)
- Coping mechanisms, support system, connection to community



Spiritual Strategies for Pain Management

- Spiritual/Existential Distress:
- Spirituality helps patients cope with distress.
- Spirituality includes the concepts of faith, meaning of life and peace of mind.
- Research shows that fear, anxiety, despair, and even physical pain diminish when one feels heard and accepted in the process of coming to terms or coping with serious illness.

Spiritual Strategies for Pain Management

- Permission to live in the moment
- Prayers
- Meditations
- Mindfulness
- Yoga
- Nature
- Self-care for caregivers
- Support groups
- Connection to Spiritual/Religious communities
- Spiritual/Cultural/Religious Rituals.

How Do I Get Palliative Care at Stanford?

- You can refer yourself
 - Call our clinic at (650) 724-0385
 - Website:
<https://stanfordhealthcare.org/medical-clinics/palliative-care.html>
- You can ask your doctor to place a referral
- Locations in Palo Alto and South Bay
 - TeleHealth also available!
- Please take a brochure and a business card





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Thank you!



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