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Palliative
Care

Caring for the Whole Person in Parkinson's Disease

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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 parts of medicine?
- When and how can someone benefit from palliative care?
- How does palliative care help people live their best life?
- The difference between palliative care and hospice



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What is Palliative Care?



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What is Palliative Care?

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



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How is Palliative Care Different?

- Palliative care centers upon *the person* beyond the disease.



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How is Palliative Care Different?

- A Holistic Approach



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

- **Definition:**

- 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.**



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 alongside curative treatment**.



Living With a Serious Illness

Common Diagnoses

- Cancer
- Heart failure
- Parkinson's Disease
- Dementia
- ALS



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Relief From PD Symptoms and Stress



- Pain
- Constipation
- Muscle spasms
- Increased saliva
- Agitation
- Anxiety
- Depression
- Coping
- Fatigue
- Low appetite
- Caregiving



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How Do We Relieve Symptoms?



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Help with Medical Decisions

- **Advance Health Care Planning**
- Completing **Advance Directives and POLST forms**
- Weighing **treatment options**



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Any Age, Any Stage and Can Be With Any Treatment

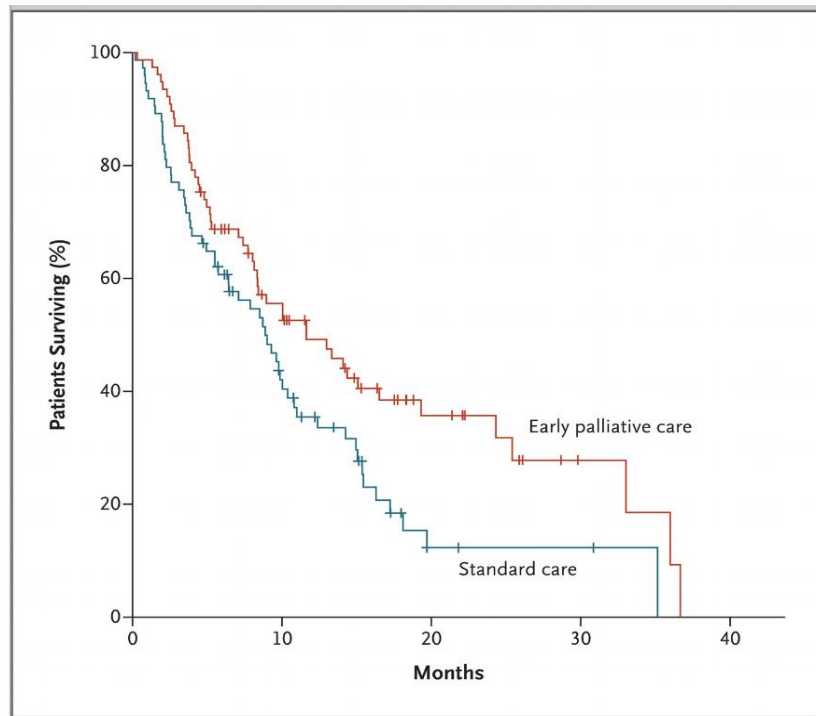
- Palliative Care is appropriate at **any age** and can be provided **alongside any type of treatment.**
- Examples of patients I see in clinic:
 - **New diagnosis**
 - Pursuing **treatment**
 - Pursuing **clinical trials**
 - Living with their illness and **not receiving treatment targeting their underlying illness**



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If it were a pill...



- Median Estimates of Survival:
 - 11.6 months early PC group
 - 8.9 months in standard group

Palliative Care has many benefits

- Improved
 - Quality of life
 - Symptom control (i.e. pain, shortness of breath)
 - Spiritual wellbeing
 - Psychological symptoms
 - Satisfaction with care
- Fewer hospitalizations
- Fewer hospital days
- Less burden on caregivers



When to Ask For Palliative Care?



- Serious illness
- Difficult symptoms
- Difficult decisions
- Difficulty coping

- Multiple domains of life affected
 - Body
 - Mind
 - Spirit



Who Pays for Palliative Care?

- **Covered** by insurance like any other medical specialty clinic
- SB 1004 in California has helped promote access to palliative care for patients **covered by public health insurance**



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How Do I Access Palliative Care?



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



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Hospice



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What is hospice?

1. A philosophy of care
2. An insurance benefit
3. A set of services



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Hospice as a philosophy of care



- Comfort-focused care
- Delivered where patients want to be



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Hospice as an insurance benefit

- Covered by nearly all insurance plans (including Medicare and Medicaid)
- Insurance provides eligibility guidelines:
 - 2 doctors assess that more likely than not that prognosis is 6 month or less
- Hospice primarily covers treatments that provide comfort-focused care



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Hospice as a set of services

- Interdisciplinary Team
 - Doctor
 - Nurse-Case Manager
 - Social Worker
 - Chaplain
 - Volunteer
 - Home health aide
- Home-Based Care (if desired)
- 24hr Nurse Call Line
- Prescribe and provide medications for symptom relief
- Prescribe and provide all medical equipment



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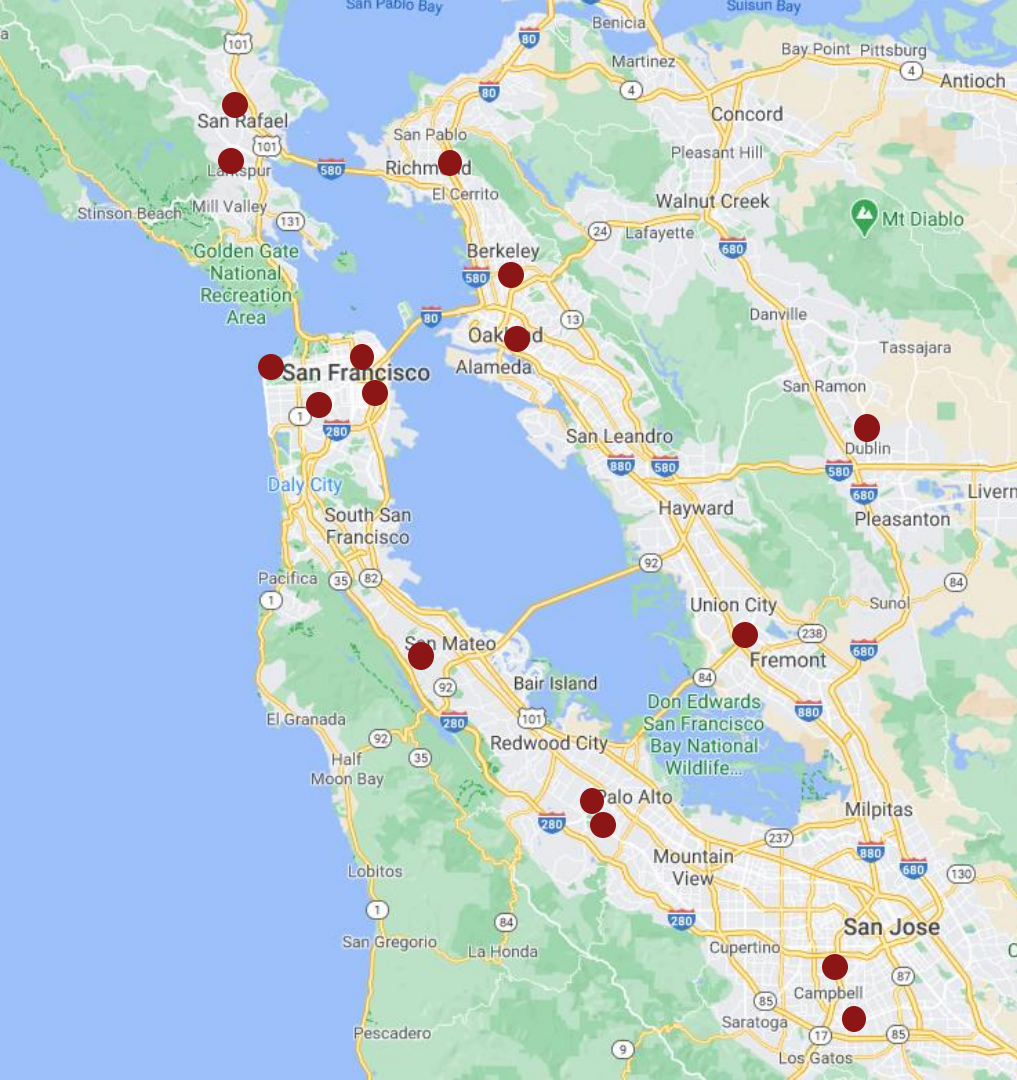


Resources



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Palliative Care Programs

- Kaiser Marin-Sonoma
- Marin General Hospital
- Kaiser East Bay
- San Francisco Veterans Administration
- Sutter San Francisco/California Pacific Medical Center
- Kaiser San Francisco
- UCSF
- Zuckerberg San Francisco General Hospital
- Sutter/Palo Alto Medical Foundation (PAMF)
- Stanford
- Santa Clara Valley Medical Center
- **GetPalliativeCare.org**



Resources for Palliative Care

- For more information about Palliative Care:
 - Stanford Website:
 - <https://med.stanford.edu/palliative-care>
 - PalliativeDoctors.org:
 - <https://palliativedoctors.org/>
 - National Hospice and Palliative Care Organization (NHPCO):
 - <https://www.caringinfo.org/>
- For finding a palliative care program near you:
 - <https://getpalliativecare.org/>



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Palliative Care is here to partner with you

- ...your family, and your neurologist in carrying the load.



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The Stanford Neuropalliative Clinic

- Interdisciplinary specialist palliative care for people living with neurological disease
- Virtual and in-person visits are available
- Available to patients in the Stanford Healthcare System
- Referral to Palliative Medicine at 213 Quarry Rd (the Stanford Neuroscience Health Center)
- Referrals can be placed by any provider (primary care provider, neurologist)



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Thank you!



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