

# HOSPICE AND PALLIATIVE CARE

## WHAT IS HOSPICE

- Compassionate care and guidance during end-of-life period
- Medical oversight
- Treatment of symptoms
- Help with physical needs
- Medication management
- Emotional support
- Spiritual counseling
- Education about what to expect
- May occur in the home, facility, hospital or Hospice Houses located in different places in the region
- Benefit of Medicare Part A covering 100% of cost of all services related to terminal illness
  - Hospice services
  - Medical care
  - Medications related to hospice diagnosis
  - Medical equipment and supplies
- Also covered by Medicaid and most employer-provided healthcare plans
- Requires an order from a provider

## WHEN TO CONSIDER HOSPICE

- Indication from a provider that life expectancy is less than 6 months
- Focus shifting from cure to comfort care

- Terminal illness associated with
  - Multiple hospital stays in the past six months
  - Decreased appetite
  - Significant weight loss
  - Sleeping more
  - Feeling cold
  - Worsening shortness of breath

## **HOSPICE TEAM MEMBERS**

### **Physician/ Physician Assistant/Nurse Practitioner**

- Conduct initial visit
- Work closely with hospice nurses and existing medical provider to coordinate patient care and symptom management

### **Care Team Manager**

- Coordinate overall care

### **Nurse Case Manager**

- Manage patient care and symptoms
- Educate regarding what to expect within a specific disease process

### **Nursing Assistant**

- Hands-on care including feeding, bathing, and moving needs

### **Social Worker**

- Guidance for practical and emotional issues
- Referrals to community resources

### **Volunteer**

- Companionship
- Respite for caregiver

## Chaplain

- Spiritual care if desired
- Support family in bereavement

## Grief Counselor

- Grief and bereavement care

## WHAT IS PALLIATIVE CARE

- Provided for someone living with a serious illness
- Quality of life emphasis
- Management of difficult symptoms
- Education regarding progression of illness
- Guidance for decisions about complex treatment options
- Care plan based on desired goals and preferences
- Close communication and support
- Advocate personal health choices with existing provider
- Assist with Advance Care Planning if needed (Living Wills, Powers of Attorney, etc)
- May occur in the home, hospital, facilities, and outpatient clinics
- Covered by Medicare Part B and most commercial insurance plans
- Requires an order from a provider

## WHEN TO CONSIDER PALLIATIVE CARE

- Quality of life is suffering due to advanced illness
  - Advanced cancer
  - Chronic heart, kidney or liver disease that is life-limiting
  - Advanced dementia
  - Parkinson's disease
  - HIV/AIDS

- Congestive heart failure
- Chronic obstructive pulmonary disease (COPD)
- Catastrophic illness or injury
- Symptoms related to a serious illness
  - Pain
  - Nausea and vomiting
  - Delirium, anxiety, agitation
  - Breathing difficulty
  - Chronic cough
  - Insomnia
- Worsening condition despite best care by provider
- Frequent provider visits or hospitalizations over a few months
- Lack of knowledge about the future and available choices

## **PALLIATIVE CARE TEAM MEMBERS**

### **Physician/Physician Assistant**

- Medical team dedicated to supportive care for serious illness
- Specialized knowledge
- Compassionate care and guidance

### **Palliative Nurse Liaison /Nurse Practitioner**

- Conduct initial visits to obtain baseline information
  - Personal understanding of illness and prognosis
  - Spiritual and cultural beliefs
  - Coping strategies
  - Physical assessment
- Coordinate care and symptom management with existing provider