
PALLIATIVE CARE FOR EVERYONE - NOT JUST END OF LIFE CARE: MANAGING TREATMENT SIDE EFFECTS

What Palliative Care Does, and How We Can Help

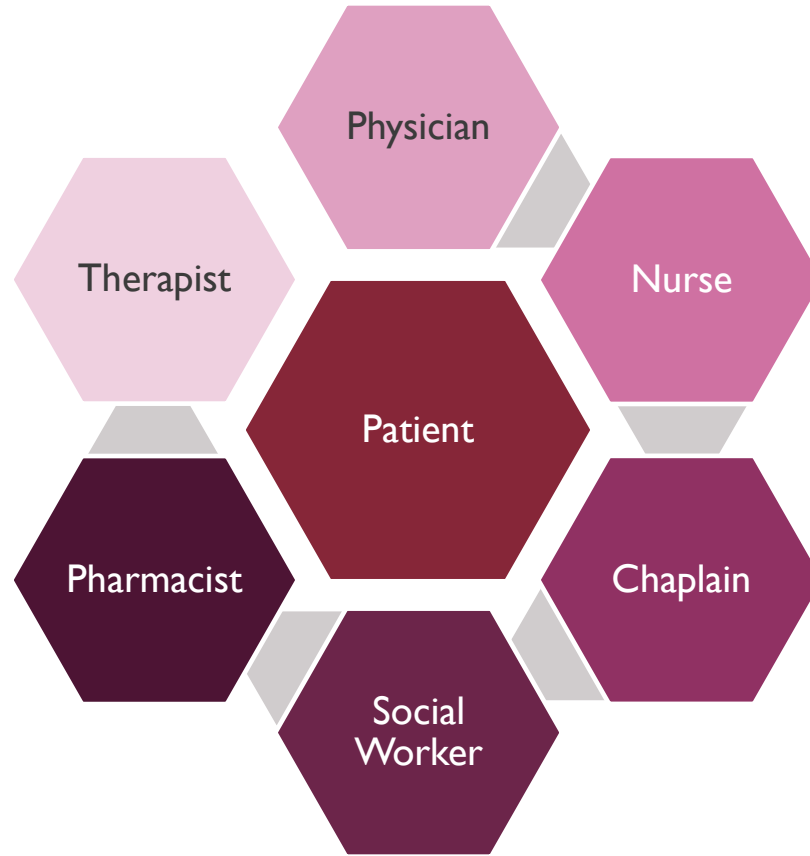
SARAH MILLS, MD MPH

SERIOUS ILLNESS AFFECTS EVERYTHING



- Physical
- Mental
- Emotional
- Spiritual
- Financial
- Family
- Community

OUR TEAM



MAJOR BARRIERS TO PALLIATIVE CARE ACCESS

- Doctor impression that palliative care is:
 - Only appropriate for end of life
 - Synonymous with hospice
 - Going to cause patients to react negatively and lose hope
 - Schenker et al. J Oncol Practice 2014; Hanratty et al. Palliat Med 2006
- Patients:
 - In a survey 90% of adults had limited knowledge of palliative care
 - Yet when read a definition, >90% stated they would want palliative care for their family, and it should be universally available
 - Center to Advance Palliative Care. Public opinion research on palliative care. 2011 (https://www.capc.org/media/filer_public/18/ab/18ab708c-f835-4380-921d-fbf729702e36/2011-public-opinion-research-on-palliative-care.pdf).

PALLIATIVE CARE DEFINITION: CAPC

- ✗ Palliative care, also known as palliative medicine, focuses on people living with serious illness. It provides relief from the symptoms and stress of a serious illness—whatever the diagnosis. The goal is to improve quality of life for both the patient and the family.
- ✗ Palliative care is provided by a team of doctors, nurses and other specialists who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.

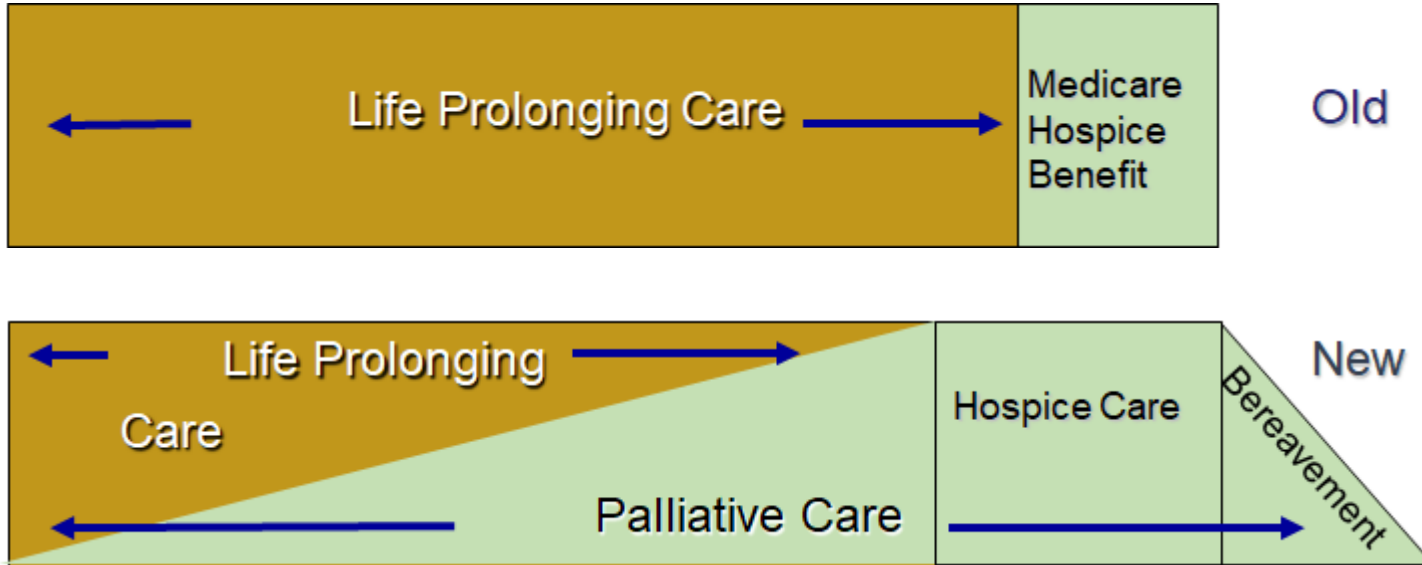
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MODELS OF CARE



WHAT KINDS OF SYMPTOMS DO I MANAGE?

- Pain
- Nausea
- Constipation
- Appetite
- Shortness of breath
- Fatigue
- Drowsiness
- Sleep disorders
- Anxiety
- Depression
- Advance care planning
- Family conflict
- Concerns with medical team



ONCOLOGIST SYMPTOM MANAGEMENT VS PALLIATIVE CARE SYMPTOM MANAGEMENT?

Your Right to
Request a Referral
to a Specialist



CARE COORDINATION

- Therapy support- Flatwater Foundation
- Children support- Wonders and Worries Program
- Financial distress- Social Workers
- Questions about integrative medicine- Pharmacists, cancer-certified massage therapist
- Family tension- set up family meetings

REFERENCES

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