

Understanding Palliative Care & Its Role In Cancer Therapy

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Creating a cancer-free world. One person, one discovery at a time.



Speaker: Sachin Kale, MD



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Goals

- Introduce Palliative Care and its role as part of an integrated approach to cancer treatment
- Review the benefits of Palliative care
- Review what a typical Palliative visit may look like

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What is Palliative Care?

- Specialized medical care focused on providing relief from the symptoms and stress of serious illness
- Goal is to improve quality of life for patient and family
- Care provided by a specialty-trained, multidisciplinary team

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Who Can Benefit from Palliative Care?

- For patients with cancer, PC is available for anyone who needs an extra layer of support
 - Helping to treat the pain, symptoms, and stress of cancer
- It is given alongside curative treatment
 - We work closely with the rest of your Oncology team

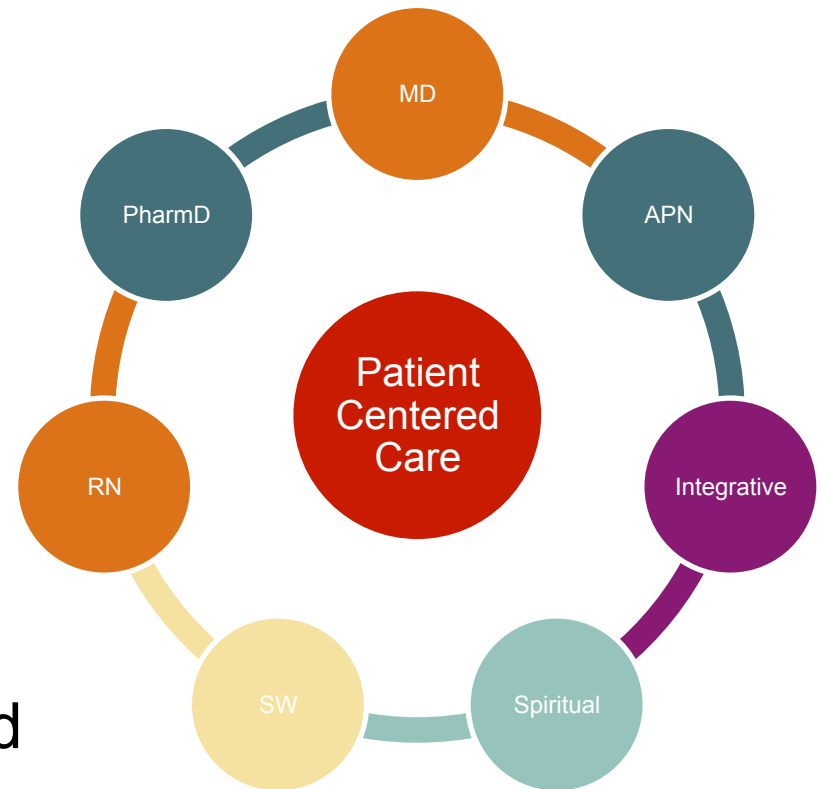
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Palliative Care is Provided by an Interdisciplinary Team

- The Palliative Team
 - Physicians
 - Advanced Practice Nurses
 - Registered Nurses
 - Pharmacists
 - Chaplains
 - Social works
 - Psychologists
- Also provided at The James and working closely with PC:
 - Interventional Pain Specialists
 - Music and Massage Therapists
 - Support groups



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What Services are Provided?

- Expert management of complex physical and emotional symptoms
 - Pain, depression, anxiety, fatigue, shortness of breath, nausea, loss of appetite, difficulty sleeping
- Skilled communication about what to expect in the future, in order to ensure that care is matched to the goals and priorities of the patient and family
- Care coordination

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Palliative Care at The James

- We have a large inpatient and outpatient PC program
 - Interdisciplinary team of Physicians, Nurse-Practitioners, Nurses, Chaplain, Social work, Pharmacists
- Ambulatory site:
 - Over 600 new patients seen each year
 - Located in the same building as GI-Oncology

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Benefits of PC

- PC has shown statistically and clinically significant improvements in:
 - Quality of Life
 - Symptom burden
 - Improved advanced care planning
 - Patient and caregiver satisfaction

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Barriers to Receiving Palliative Care

- According to a 2011 Survey:
 - 70% of respondents were “not knowledgeable” about P.C.
 - Once informed, they wanted access to PC if they ever needed it
- The term “Palliative” can be used in different contexts during cancer treatment
 - For example “palliative chemotherapy” or “palliative radiation”
 - This is not the same as Palliative care, and both can be given at the same time
- Some have misconception that Palliative Care is the same as hospice

www.capc.org

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Hospice

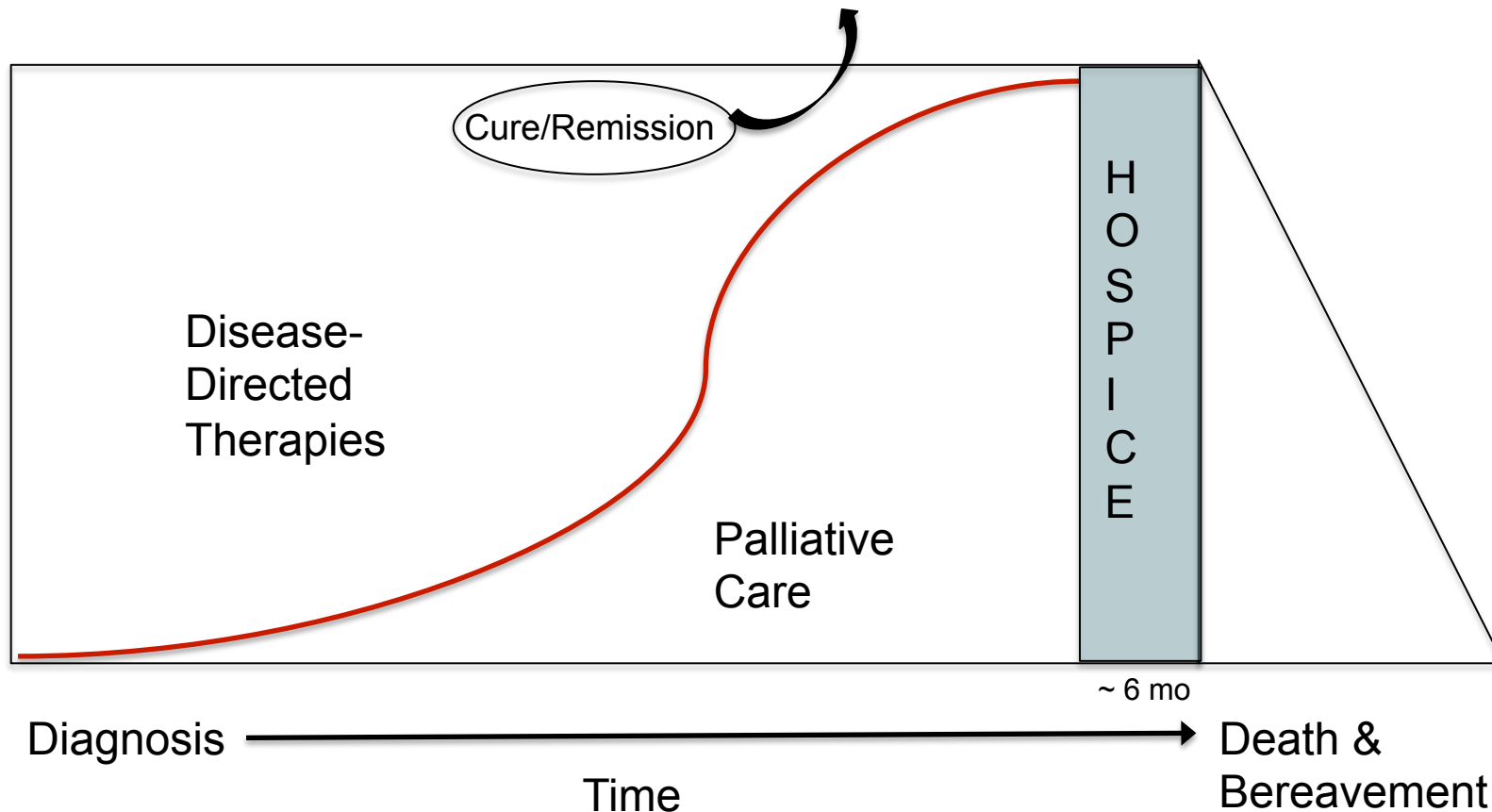
- Hospice is comfort-focused care for patients with terminal illness
 - Life expectancy of about 6 months or less
- Provided by an expert team
- Medicare benefit
 - Covers care, medications, supplies for comfort
- Can be provided at home, in a nursing home, or inpatient facility

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Palliative and Hospice Along the Cancer Trajectory



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What to Expect at a PC Visit at The James

- You would be referred to our clinic by a member of your Oncology team
- At the PC clinic, you will meet one of our Palliative RNs, who would conduct a comprehensive symptom assessment
 - Pain
 - Tiredness
 - Nausea
 - Depression
 - Anxiety
 - Drowsiness
 - Appetite
 - Wellbeing
 - Shortness of breath
 - Other

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What to Expect at a PC Visit at The James

- You will next meet with a specialty trained Physician or Advanced Practice Nurse
 - We will review your symptoms and any other questions you have
- As we get to know each other, we will also listen to your values, hopes, and worries as it relates to your medical care
- We will help you develop an Advanced Care Plan that fits your values and needs
 - Living Will
 - Durable Power of Attorney for Healthcare
- We will also help coordinate care and stay in close contact with the rest of your Oncology team

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Summary

- Palliative Care is a specialized medical care for patients with serious illnesses, such as cancer
- Palliative Care is based on need—it is appropriate at any age and any stage of illness
- The goal of Palliative Care is to improve Quality of Life
- The James Cancer Center has a robust Palliative Care team that provides interdisciplinary care in the hospital and clinic setting

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Thank you!

- Feel free to follow me on twitter @sachinkalemd



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