Palliative Care for the Vascular Patient

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DISCLOSURES

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• No relevant financial relationship reported
Goals and Objectives

• Provide an overview of Palliative Care.
• Explore Advance Care Planning and it’s role in caring for the vascular patient.
• Outline a basic goals of care discussion.
• Review available advance care planning resources.
Definition of Palliative Care

• Palliative care is specialized medical care for people with serious illnesses. This type of care is focused on providing patients with relief from the symptoms, pain, 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 with a patient’s other doctors to provide an extra layer of support. Palliative care is appropriate at any age and at any stage in a serious illness, and can be provided together with curative treatment.
Traditional Dichotomy of Curative and Palliative Care for Chronic Progressive Illness

- **Curative Care** (= disease specific, restorative)
- **Palliative Care** (= supportive, symptom oriented)

Diagnosis → Dying → Death

Disease Progression
Conceptual Shift for Palliative Care

Disease-Directed Therapies

Diagnosis  Palliative Care  Death and Bereavement

Hospice
<table>
<thead>
<tr>
<th>Primary Palliative Care</th>
<th>Specialty Palliative Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discuss prognosis for common illnesses</td>
<td>Complex discussions of prognosis</td>
</tr>
<tr>
<td>Basic assessment and communication of values, psychosocial/cultural/spiritual needs to create individualized plan of care</td>
<td>In depth assessment and care planning, especially in times of uncertainty or when significant distress present</td>
</tr>
<tr>
<td>Basic advance care planning</td>
<td>Advance care planning with complex social context and complicated medical care</td>
</tr>
<tr>
<td>Basic symptom management</td>
<td>Treatment of severe/refractory symptoms</td>
</tr>
<tr>
<td>Basic conflict resolution</td>
<td>Complex conflict resolution within families and between families and providers</td>
</tr>
<tr>
<td>Identify ethical and /or moral distress</td>
<td>Advise when ethical/moral distress present</td>
</tr>
<tr>
<td>Basic knowledge of hospice</td>
<td>In depth knowledge of hospice</td>
</tr>
</tbody>
</table>
Advance Care Planning

A process of communication between the patient, the family/health care proxy, and staff for the purpose of prospectively identifying a surrogate, clarifying treatment preferences, and developing individualized goals of care near the end of life.

Davidson, Fast Facts and Concepts #194
Goals of Advance Care Planning

• Enhance patient and family education about their illness, including prognosis and likely outcomes of alternative care plans.

• Define the key priorities in end-of-life care and develop a care plan that addresses these issues.

• Shape future clinical care to fit the patient's preferences
Advance Directive

• Written instruction relating to the provision of future health care when an individual lacks decisional capacity

• Generally refers to 3 documents:
  • Living Will
  • DPOAHC
  • POLST
Communication Strategies

• Normalize the conversation
  • “I talk with all of my patients about their healthcare preferences, especially before having a surgery.”
Patient perspective and expectations

• Understanding
  • How do you see things for yourself (your health) right now?
  • What has the doctor told you about your health/condition?
  • What have you been told about surgery?

Bernacki and Block, JAMA Intern Med 2014
Best Case

Worst Case

Most Likely

Best Case

Prognosis & Complications
Patient perspective and expectations

• Understanding

• Hopes
  • What are you hoping for?
  • What are your goals and priorities?

Bernacki and Block, JAMA Intern Med 2014
Patient perspective and expectations

- Understanding
- Hopes
- Concerns
  - Do you have any concerns or worries about your health? Your current situation?
  - Do you have any specific concerns about the surgery?

Bernacki and Block, JAMA Intern Med 2014
Patient perspective and expectations

• Understanding
• Hopes
• Concerns

• Acceptable Quality of Life
  • Function: What abilities are so critical to your life that you can’t imagine living without them?
  • Trade Offs: If you become sicker, how much are you willing to go through for the possibility of gaining more time?

Bernacki and Block, JAMA Intern Med 2014
Be Specific

• Extended ICU stay with debility
• Dependence on others for care
• Living in a nursing facility
• Stroke
• Ventilator dependence
• Hemodialysis
Patient perspective and expectations

- Understanding
- Hopes
- Concerns
- Acceptable Quality of Life
- Surrogate Decision Maker
  - If for some reason something unexpected happened, who would you want to make medical decisions on your behalf?

Bernacki and Block, JAMA Intern Med 2014
Surrogate Decision Making in Washington State

- Appointed guardian
- DPOAHC
- Spouse
- Children of at least eighteen years of age—consensus
- Parents—consensus
- Adult siblings—consensus
Advance Care Planning Resources

• Advance Directive/Living Will
  • Honoring Choices: www.honoringchoicespnw.org/
  • The Conversation Project: www.theconversationproject.org/
  • End of Life Washington: www.endoflifewa.org
  • WSMA: www.wsma.org/advance-directives

• DPOAHC
  • www.wsma.org/advance-directives

• POLST
  • www.wsma.org/POLST
Thank You

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