

Introduction to Palliative Care in Nebraska

Prepared for the Board
Of Medicine & Surgery
December 3, 2021



Presenters:

Nebraska Palliative Care
and Quality of Life Advisory
Council

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NE Palliative Care and Quality of Life Advisory Council

- Consult with the NE DHHS on matters relating to palliative care initiatives.
 - Survey palliative care providers regarding best practices and recommendations
 - Work with the department
 - Make recommendations to the department regarding information on the [website](#) (“Palliative Care Consumer and Professional Information and Education Program”)
- Early Priorities:
 - Increase public awareness of palliative care and how it can support all people living with serious illness
 - Increase access to specialty palliative care in Nebraska
 - Educate all health care professionals in Nebraska on the importance of in basic palliative care skills

What We'll Cover Today

Introduction to palliative care and serious illness

Core palliative care skills for all health professionals

Importance of identifying patients in need of specialty palliative care

Where to find more information

What is Palliative Care?

Palliative care is specialized medical care for individuals living with a serious illness. This type of care is focused on providing **relief from the symptoms and stress of a serious illness**. The goal is to **improve quality of life** for both the patient and the family.

Palliative care is provided by a specially-trained team of doctors, nurses and other specialists who work together with a patient's other doctors to provide an extra layer of support. **Palliative care is based on the needs of the patient, not on the patient's prognosis**. This care is appropriate at **any age and at any stage in a serious illness**, and it can be **provided along with curative treatment**.



Serious Illness

A health condition that carries a high risk of mortality and either negatively impacts a person's daily function or quality of life or excessively strains their caregiver.

Kelley, AS, Bollens-Lund, E. Identifying the population with serious illness: the "denominator" challenge. *Journal of Palliative Medicine*. Volume: 21 Issue S2: March 1, 2018.

Palliative Care is Appropriate For

Pediatric serious illness

Alzheimer's Disease and Related Dementias

Cancers

Chronic Obstructive Pulmonary Disease

Congestive Heart Failure

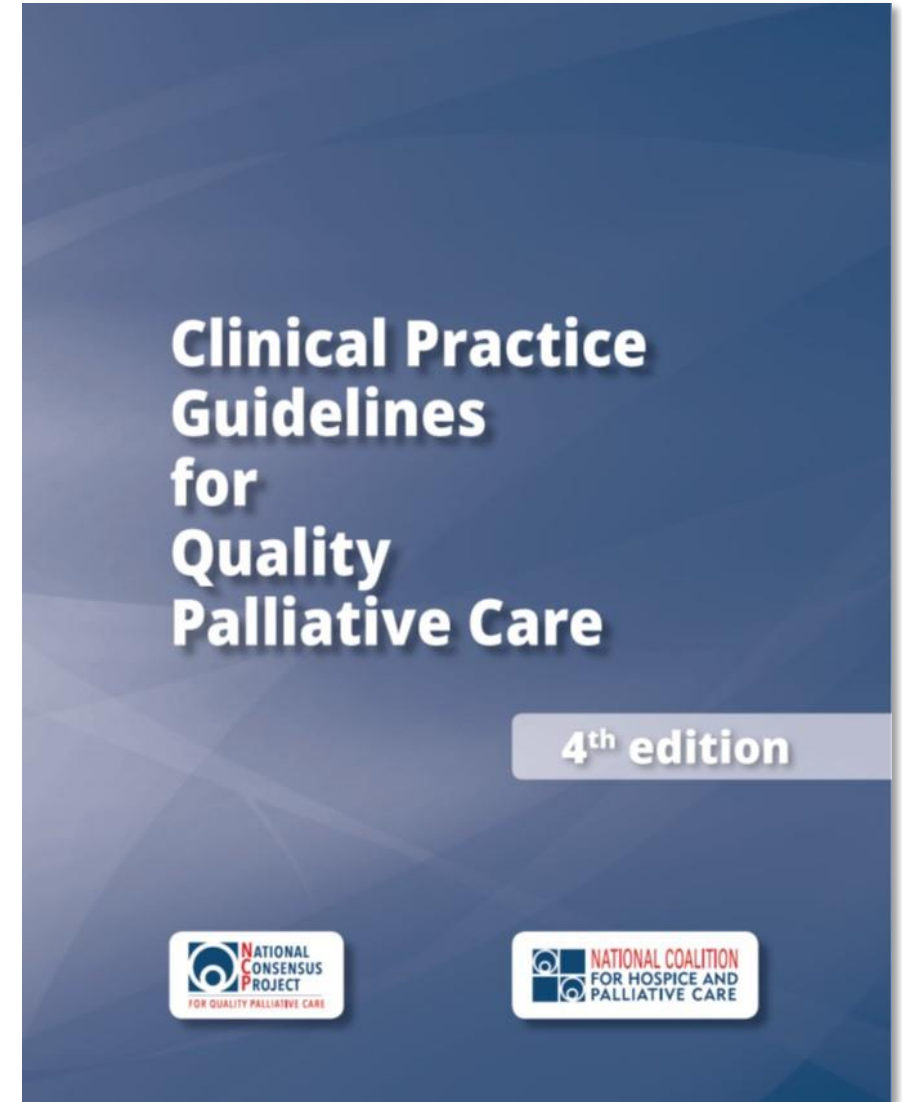
Kidney Disease

Stroke

Etc.

The 4th edition

- For all people with serious illness, regardless of setting, diagnosis, prognosis, or age
- Funded by the Gordon and Betty Moore Foundation
- Published by the National Coalition for Hospice and Palliative Care
- NCP leadership consisted of 16 national organizations



Key Concepts

- Person-and family-centered approach to care
- Inclusive of all people living with serious illness, regardless of setting, diagnosis, age or prognosis
- **A responsibility of all clinicians and disciplines caring for people living with serious illness**



What Does the Palliative Care Team Do?

The palliative care team will:

- Relieve symptoms and distress
- Help better understand the disease and diagnosis
- Help clarify treatment goals and options
- Understand and support ability to cope with illness
- Assist with making medical decisions
- Coordinate with other doctors

What Does This
Mean for the
Patient?

For the
Caregiver?

For the Health
Care
Professional?



FAQs

- Where do people receive palliative care?
 - Palliative care is provided in a variety of settings, including the hospital, outpatient clinic, and at home.
- Does insurance pay for palliative care?
 - Most insurance plans, including Medicare and Medicaid, cover palliative care.
- How do I know if palliative care is right for my patient/client?
 - Palliative care may be right for someone if they suffer from pain, stress or other symptoms due to a serious illness.

FAQs (cont'd)

- What can patients/clients expect from palliative care?
 - They can expect relief from symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping. Palliative care helps patients carry on with their daily life. It improves their ability to go through medical treatments. It helps them better understand their condition and their choices for medical care.
- How does palliative care work with treating providers?
 - The palliative care team works in partnership with the treating provider(s) to provide an extra layer of support for the patient and family. The team provides expert symptom management, extra time for communication about their goals and treatment options, and help navigating the health system.

IMPROVES QUALITY OF LIFE AND SYMPTOM BURDEN



Reduces symptom
distress by

66%

with improvements
lasting months after
initial consultation¹

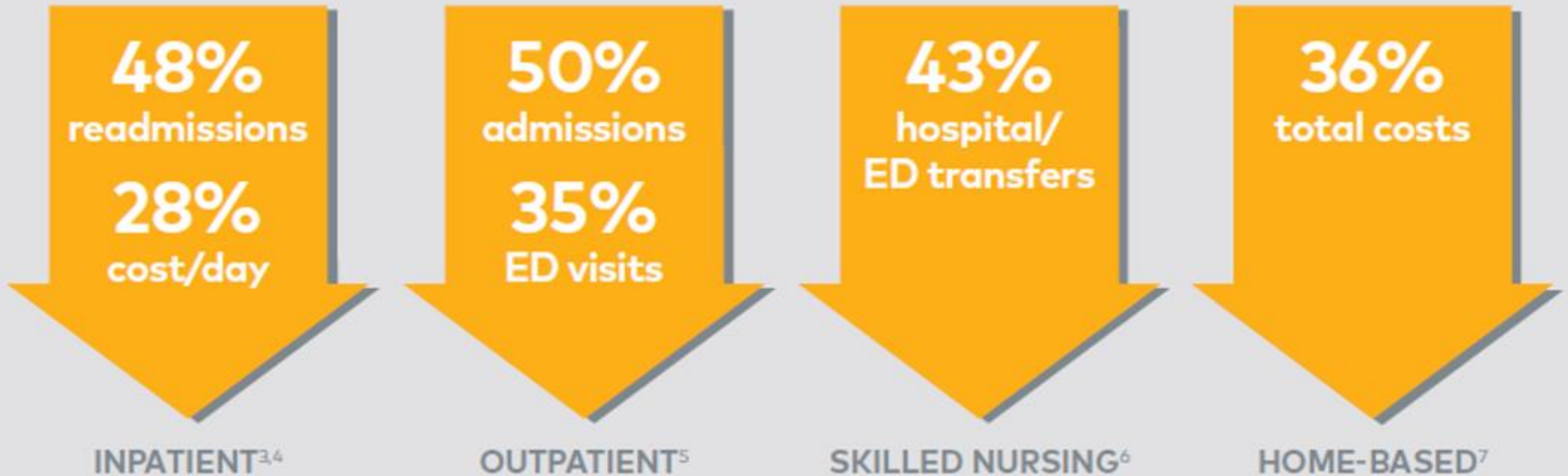
DRIVES HIGH
SATISFACTION AND
POSITIVE PATIENT
EXPERIENCES

93%

of people who received
palliative care are
likely to recommend it
to others²

Palliative Care Ensures Value

REDUCES AVOIDABLE SPENDING AND UTILIZATION IN ALL SETTINGS



Palliative Care Ensures Value

The Case for Communication and Symptom Management Skills

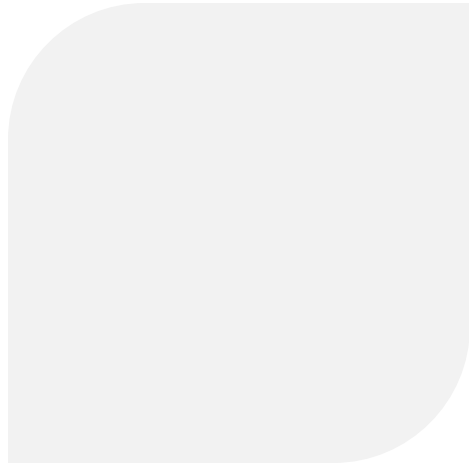
More people are living longer
with serious and complex illness

Today's fragmented health care
system makes it difficult to treat
the person behind the disease

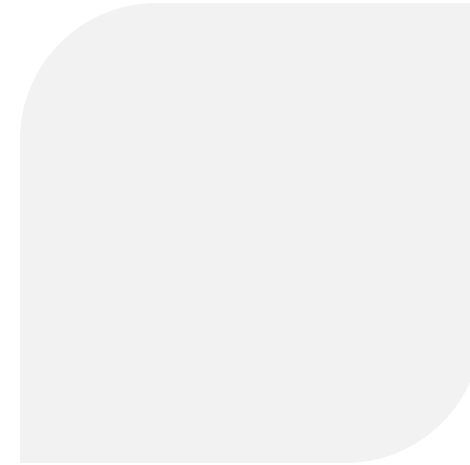
Consequences include
unnecessary health care
utilization and poor quality of life



Two Things Are Critical to Improving the Situation



INITIATING MEANINGFUL
COMMUNICATION WITH
PATIENTS/CLIENTS ABOUT
WHAT MATTERS MOST



PROVIDING SYMPTOM RELIEF,
EDUCATION, AND OTHER
SERVICES TO IMPROVE QUALITY
OF LIFE



How Training Helps

Improved patient experience

Safer practices

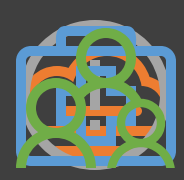
Reduced hospital days and patient spending due to advance care planning

Less staff burnout

Reduced unnecessary hospital utilization

Training Resources

- Center to Advance Palliative Care - <https://www.capc.org/training/>
- Vital Talk - <https://www.vitaltalk.org/>
- Stanford Palliative Care Training Portal - <http://palliative.stanford.edu/>
- Palliative Care Network of Wisconsin - <https://www.mypcnw.org/#!copy-network-resources/cxyl>
- Interpreting in Palliative Care Workshop Curriculum - <https://www.chcf.org/publication/interpreting-in-palliative-care/>
- Education in Palliative and End-of-Life Care (EPEC) - <https://www.bioethics.northwestern.edu/programs/epec/>
- End-of-Life Nursing Education Consortium (ELNEC) - <https://www.aacnnursing.org/>
- California State Institute for Palliative Care - <https://csupalliativecare.org/>
- Palliative Care Leadership Centers - <https://www.capc.org/palliative-care-leadership-centers/>
- Palliative Care Education and Practice - <https://pallcare.hms.harvard.edu/>



When is Specialty Palliative Care Needed?

Multi-
morbidity

Intractable
symptoms

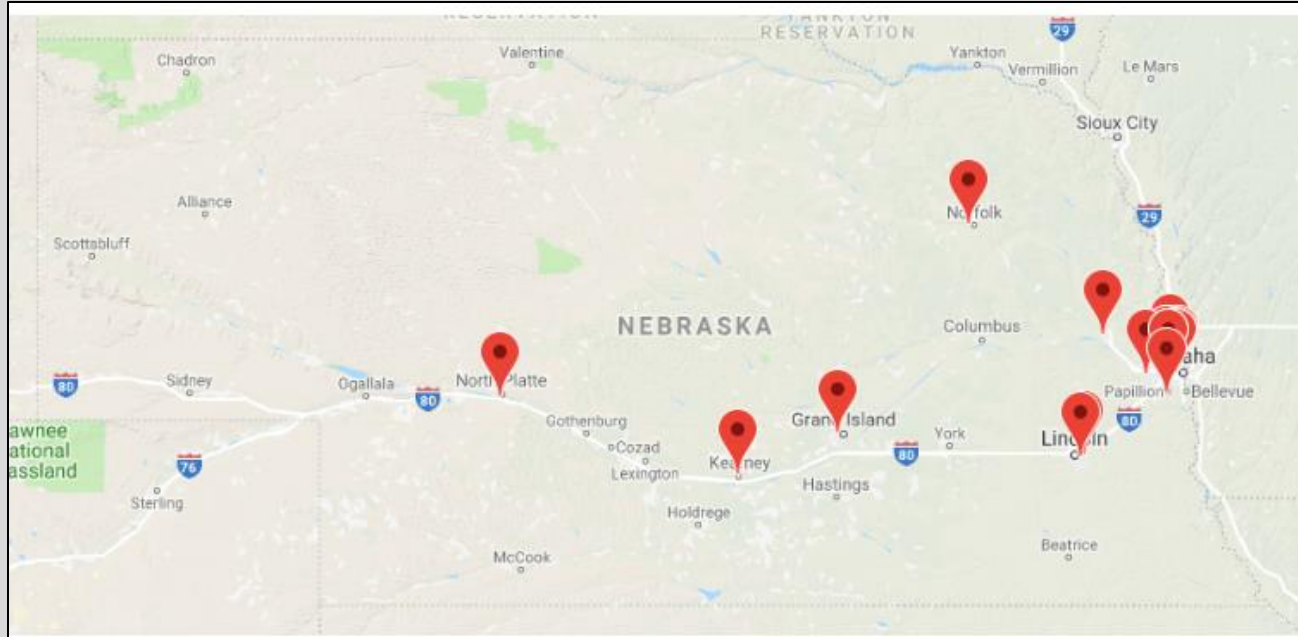
Multiple ED
visits/hospitaliz-
ations

Highly
fragmented
care

Complex family
dynamics

Overburdened
caregivers

Palliative Care In Nebraska Hospital – 17 Sites



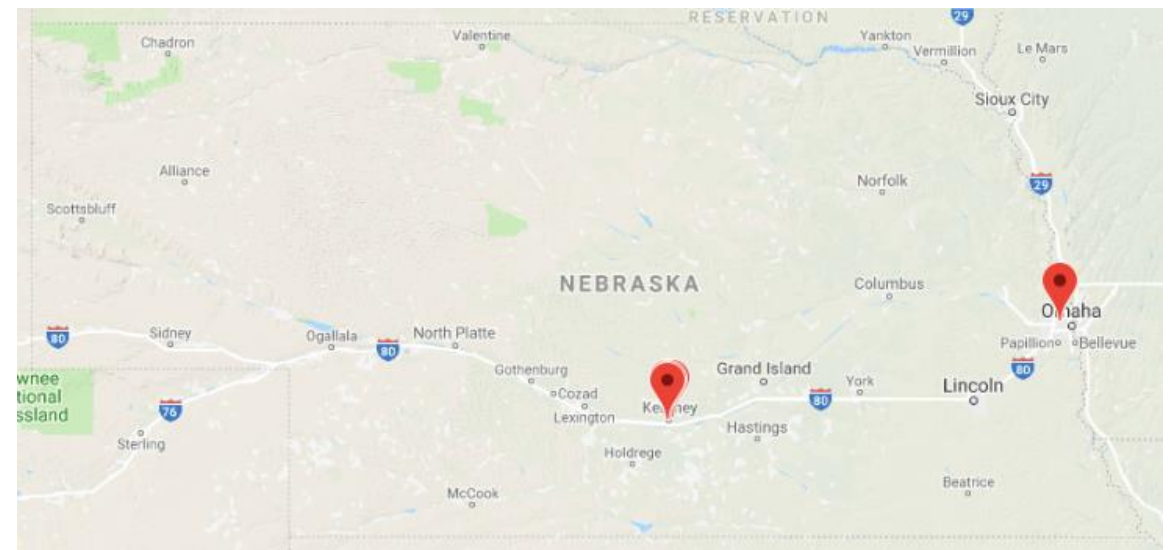
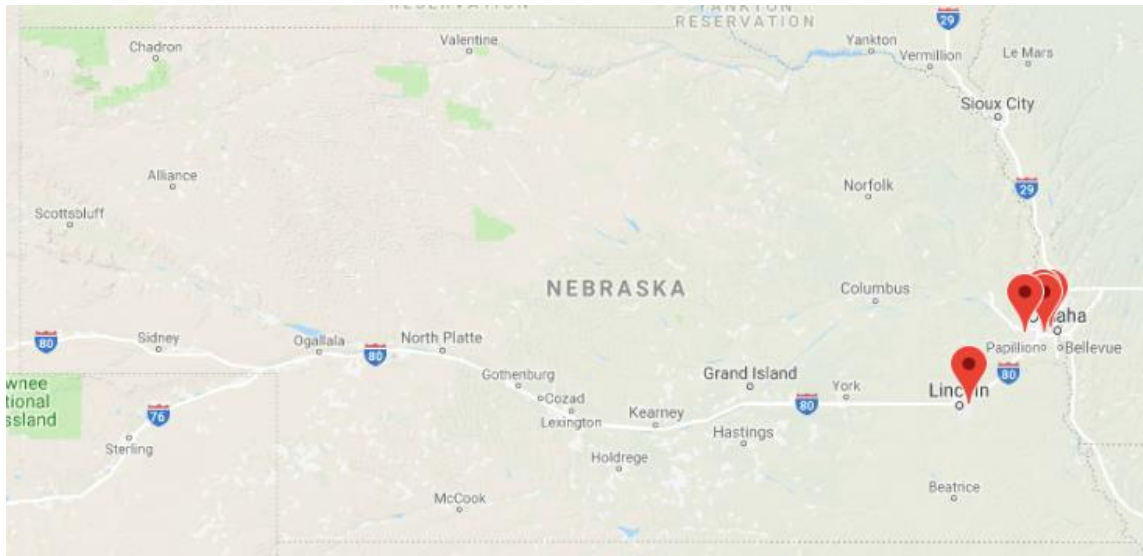
- Alegent Creighton Health Lakeside Hospital
- Alegent Creighton Health Midlands Hospital
- Bryan Medical Center
- CHI Health Bergan Mercy
- CHI Health Creighton University Medical Center
- CHI Health Good Samaritan
- CHI Health Immanuel
- CHI Health Palliative Care Program
- CHI Health Saint Francis
- CHI Health St Elizabeth
- Children's Hospital and Medical Center
- Faith Regional Health Services
- Fremont Health
- Great Plains Health
- Nebraska Medicine - Nebraska Medical Center
- Nebraska Methodist Hospital
- Veterans Affairs Nebraska-Western Iowa Health Care System

<https://getpalliativecare.org/provider-directory/>

Palliative Care in Nebraska

Office/Clinic – 6 Sites

Nursing Homes – 6 Sites



Nebraska DHHS Palliative Care

<http://dhhs.ne.gov/Pages/Palliative-Care.aspx>

Administration & Support

DHHS Divisions

Licensing & Regulations

Assistance Programs

Children, Families & Seniors

Health & Wellness

Vital Records

Palliative Care

Subscribe For Updates



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Source: [Center to Advance Palliative Care](#)

[Nebraska Providers and Services](#)

[Resources for Patients and Families](#)

[Resources for Pediatric Care](#)

[Resources for Providers](#)

Women's Health Initiatives
Palliative Care Council

Phone Number
(402) 471-0158

Toll Free Number
(877) 257-0073

Fax Number
(402) 471-0913

Email Address
DHHS.WomensHealthInitiative@nebraska.gov

Mailing Address
P.O. Box 95026, Lincoln, Nebraska 68509-5026

>> More

- FAQs
- Palliative Care Council



Get Palliative Care



[Access the Provider Directory](#)

[Handout for Patients
and Families](#)

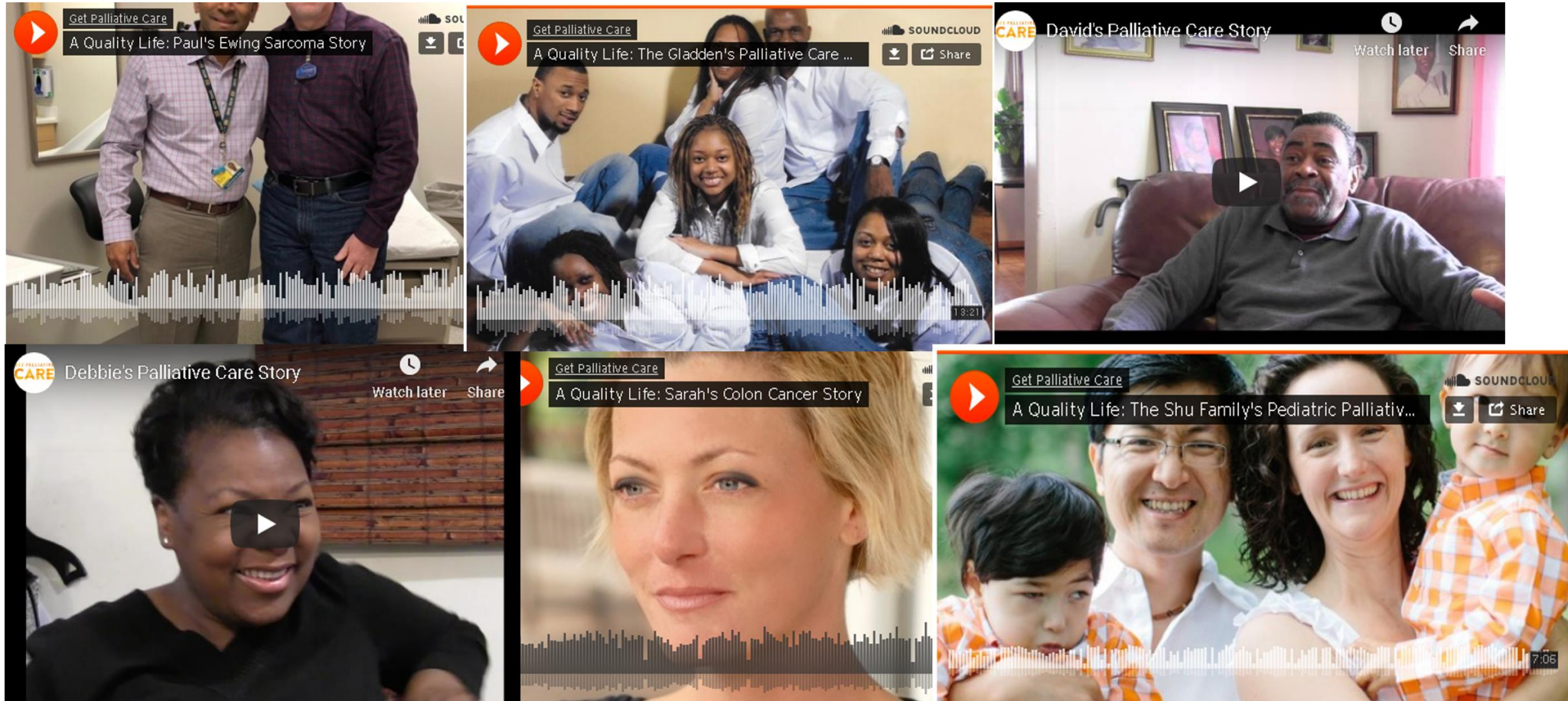


Are you or a loved one living with a serious illness? Palliative Care can help.

Palliative care is specialized medical care focused on relieving the symptoms and stress of a serious illness. It is appropriate at any age and at any stage, and you can have it along with curative treatment. The goal is to improve your quality of life.

<https://getpalliativecare.org/>

Patient Stories



<https://www.capc.org/palliative-care-patients-tell-their-stories/>

Pulling It All Together

All Clinicians and Complex Case Managers

Basic communications:

- * Explaining prognosis and what to expect
- * Clarifying goals of care
- * Advance care planning

Pain and symptom management:

- * Comprehensive assessment
- * Safe prescribing and monitoring

Caregiver support:

- * Assessment
- * Recommendations for education and services

Palliative Care Specialists

Consultation or co-management

- * Quality-of-Life perspective
- * Management of intractable symptoms
- * Expert communications for complex situations

Home-based Palliative Care

In-home support for those with intractable symptoms and/or high levels of burden and impairment

Hospice

Resources

- Nebraska Department of Health and Human Services (DHHS) Palliative Care Page - <http://dhhs.ne.gov/Pages/Palliative-Care.aspx>
- Nebraska Hospice and Palliative Care Association - <https://www.nehospice.org/page/A1>
- Center to Advance Palliative Care - <https://www.capc.org/>
- Medical Forms
 - Nebraska Emergency Treatment Orders - <https://nebraskaneto.org/>
- Legal and Financial Services
 - Legal Aid of Nebraska - <https://www.legalaidofnebraska.org/how-we-help/resources/elderly-aging/>
 - Free legal advice and assistance to NE residents 60+ through ElderAccessLine®
 - Services include: collections, Medicare/Medicaid, advance directives/living wills, simple wills, power of attorney, etc.
 - Patient Advocate Foundation - <https://www.patientadvocate.org/>

Resources (cont'd)

- Recommended reading
 - *Being Mortal: Medicine and What Matters in the End*, Atul Gawande
 - *A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death*, BJ Miller and Shoshana Berger
 - *When Breath Becomes Air*, Paul Kalanithi
- Conversation starters
 - The Conversation Project - <https://theconversationproject.org/>
 - Death Café - <https://deathcafe.com/>
 - Death Over Dinner - <https://deathoverdinner.org/>
 - Hello Game - <https://commonpractice.com/pages/versions>
 - Prepare for Your Care - <https://prepareforyourcare.org/welcome>
 - Aging with Dignity/Five Wishes - <https://agingwithdignity.org/>
- Additional links
 - Get Palliative Care – <https://getpalliativecare.org/>
 - AARP Caregiving Guide - <https://www.aarp.org/caregiving/prepare-to-care-planning-guide/>
 - Compassion and Support - <https://compassionandsupport.org/>

Q&A

Questions for us?

What capacity does your Board have to promote palliative care?

Promotion (e.g., newsletter articles, blogs)

Education to licensees

Education to decisionmakers

What are the barriers that might get in your way?