

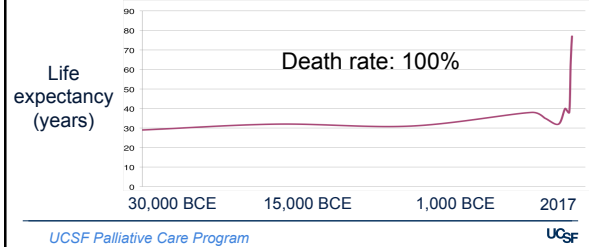
Life After the Diagnosis: Living Well with Serious Illness

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Good News, Bad News



Bad News, Now What?

- Like the plane dropping 10,000 feet and engine on fire
- Right the plane, take control, co-pilot
- 15 million with cancer,
 - 5000 people with new cancer diagnosis/day
- 6 million with heart failure
- 5 million with dementia
- Stroke, emphysema, Parkinson's, ALS
- Like Sam

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"She's not ready for palliative care"

- Who is not ready?
 - Unfamiliarity with palliative care
 - Worry that patient will lose hope
 - Grief over patient not doing well
- Not ready for what?
 - Palliative care definition
- What does it mean to be ready?

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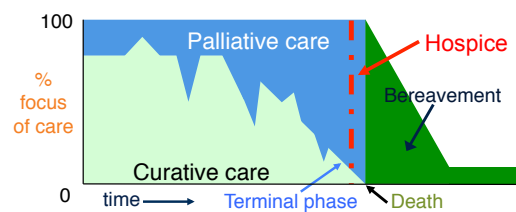
✓ Palliative Care is
medical care focused
on improving quality of
life for people with
serious illness ✓

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Concurrent Palliative Care

"Help you live as well as possible for as long as possible"



My Story

- Interest in ethics
 - Involved no direct patient care
 - "Find out what the patient prefers and do that"
- Medical school and residency in SF during early days of the AIDS crisis
 - No cure for young men dying
 - Care we provided didn't have a name; it was palliative care
- Joined the faculty in 1996
 - Caring for seriously ill and those near end of life very rewarding
 - PDIA Faculty Scholar Award
 - PCS 1999

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Myths and Truths About Serious Illness

- You have to choose between quality and quantity of life
 - A false choice
 - You can live well and long...with palliative care

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Simultaneous Care from Time of Diagnosis

- Cancer clinic at an academic medical center
- 151 patients with newly diagnosed metastatic non-small cell lung cancer (incurable)
- All patients received standard oncology care
- Half of patients randomized to receive simultaneous outpatient Palliative Care by board certified MD and APN following national consensus guidelines

Temel et al, *NEJM* 2010;363:733-42

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Live Well and Long with Palliative Care

- Better quality of life
- Improved symptoms
- Better mood
- Less likely to get invasive care at end of life
- Better outcomes for loved ones
- Higher satisfaction
- No difference in length of life

If PC was a drug,
everyone would want it

Temel et al. *NEJM* 2010;363:733-42
Gade et al. *J Palliat Med* 2008;11:180-90
Kavalieratos et al. *JAMA* 2016;316:2104-14
El-Jawahri et al. *JAMA* 2016;316:2094-2103

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Myths and Truths About Serious Illness

- You have to choose between quality and quantity of life
 - You can live well and long...with palliative care
- Talking about what is really going on will rob you of hope
 - Talking about hope encourages it

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Most Important Issues at End of Life

Making sure family not burdened financially by my care: 67%

Being comfortable and without pain: 66%

Being at peace spiritually: 61%

Making sure my family is not burdened by tough decisions about my care: 60%

Living as long as possible: 36%

California HealthCare Foundation 2011

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Design Challenge

Design an effective system to provide comprehensive and coordinated palliative care to all people with serious illness at UCSF Health

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Vision for Care for People with Serious Illness

Every person with serious illness will receive integrated, high quality, person centered palliative care in any setting of care

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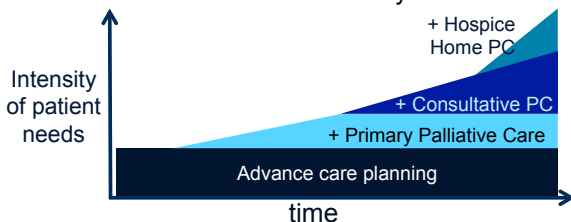
Routine, not random

- Case finding
- Screening
 - Colonoscopy screening
 - Mammograms
 - Flu shots
 - Blood pressure checks
 - Palliative care
- Targeting intervention to need

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Population Health Approach to Addressing the Needs of the Seriously Ill



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Myths and Truths About Serious Illness

- You have to choose between quality and quantity of life
 - You can live well and long...with palliative care
- Talking about what is really going on will rob you of hope
 - Talking about hope encourages it
- The goal is to have a good death
 - The goal is to live a good life

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Creating a More Compassionate Healthcare System

- All healthcare institutions should provide Palliative Care Services in all settings
- Screen population for Palliative Care needs and meet them
- Educate all clinicians in basic palliative care
- Support training of more Palliative Care specialists

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For people with serious illness, their loved ones, their healthcare providers and everyone else who cares for them

www.lifeafterthediagnosis.com

