



# **Palliative Care: A Team Approach to Living with Serious Illness**

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# What is Palliative Care?

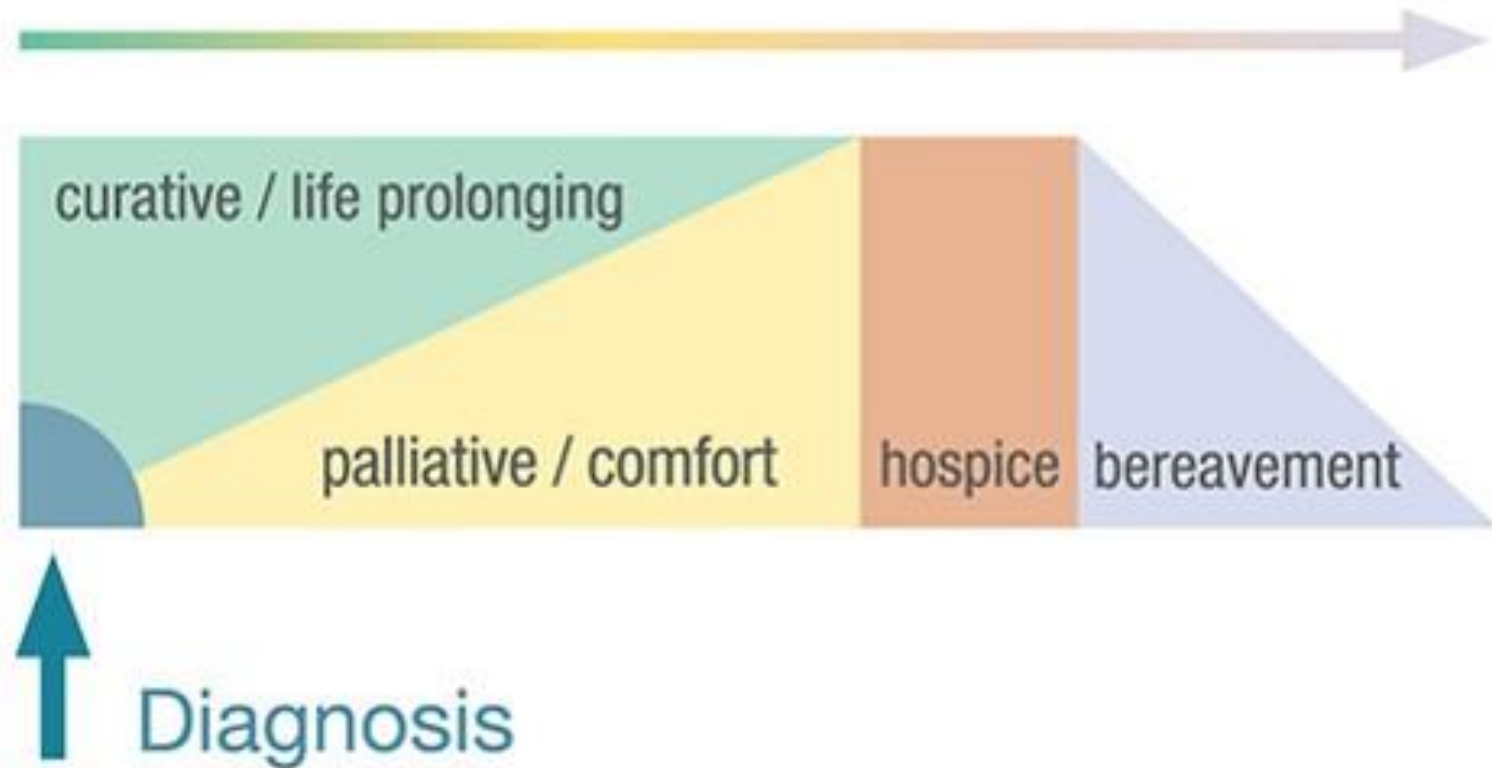
- Treatment that enhances comfort and improves the quality of an individual's life who is facing a serious illness but may not qualify for hospice care
- The expected outcome is relief from distressing symptoms, the easing of pain, and/or enhancing the quality of life



“We cannot change the outcome,  
but we can affect the journey.”

Ann Richardson

# Continuum of illness



# Kinds of Care

## Curative Care

- Focuses on a cure to an illness and the prolonging of life

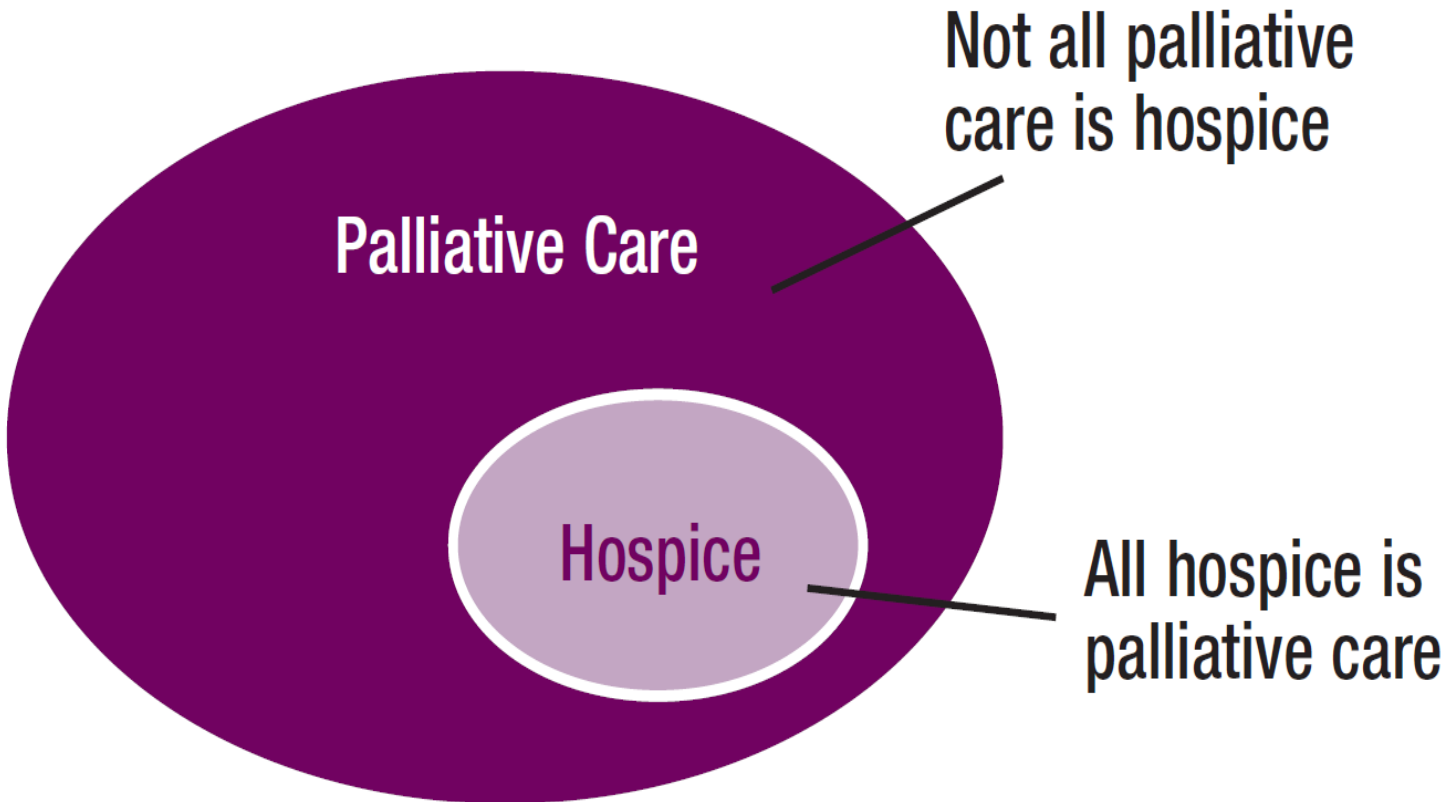
## Palliative Care

- Begins to focus on comfort and quality of life that may be provided with selective or full treatments

## Hospice Care

- Focuses on comfort and quality of life when a cure is not possible with specialized care and services

## Figure 1 Palliative vs Hospice



# Who would benefit from Palliative Care?

- If a person is experiencing or has needs with any of the following:
  - Complex decision-making and assistance with goals/plan of care
  - Managing unacceptable levels of pain
  - Symptom distress >24 – 48 hours
  - Frequent emergency room visits for the same issues or diagnosis
  - Frequent hospital admissions for the same diagnosis in last 3 months

# Palliative Care can manage

- Uncontrolled physical symptoms in the setting of serious illness could include but is not limited to:
  - Acute pain, not chronic pain
  - Dyspnea
  - Nausea/vomiting
  - Cough
  - Constipation
  - Insomnia
  - Lack of appetite
  - Declining performance status
  - Goals of care
  - Advance care planning



# Team Approach

- Physician
- Nurse Practitioner
- RN Care Manager
- Social Worker
- Patient/Family

# Case Examples

# Questions





HARBOR

PALLIATIVE CARE

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