



“Being Mortal”

Screening and Panel Discussion with experts caring for people with serious illnesses



Panelists



- Megan Knight, BA: Director of Development and Community Outreach-Moderator
- Teresita Silverberg-Urian, RN BSN CHPN: Certified Hospice and Palliative RN Community Liaison and Case Manager, Author of “Last Mile of the Way”
- Marianne M Holler, MSW, DO, FACOI: Chief Medical Officer, VNA Health Group, Holmdel, NJ

Have a Question for the Panel?

Text your name and question to: (862)308-3663

Communication Skills



- Ask-Tell-Ask Method.
- What does the patient and family understand about what is happening with their health at this time?
- Clear up any misunderstanding about what they have heard vs what is actually being said
- Ask if they have any questions about what was just discussed.

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What is the goal for this patient?

Example:

84-year-old female

Lives with daughter and grand children

Diagnosis- End Stage Heart Failure

Multiple comorbidities:

COPD

Acute kidney failure

Anemia

Coronary atherosclerosis

Coronary heart failure

Depression

Hypertension/Hypotension

Pacemaker insertion

Obesity

Angioplasty and stents x3



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Multiple Hospitalizations over 12 Months



INPATIENT CALENDAR		DAYS OF THE MONTH									
		7	9	10	12	14	17	19	20	22	25
March					TM						
April			HUS			HIGH FLUID					PE
June							AKF			SYNCOPE	
July		LOW BP									
August								HIGH FLUID		AKF	
September	SYNCOPE					CAD					
October									CHF		
December				AKF							

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Goal Setting

- We have discussed that time may be short. Knowing that, what is important?
- Home? Family? Comfort? Upcoming life event? (i.e.- wedding, graduation, anniversary)
- Hope is not binary
 - Hope is dynamic- the things people hope for changes
- Discuss the steps necessary with the patient and family to achieve realistic goals
 - A person like this case study probably wouldn't be able to make a trip across the world to visit an elderly brother.

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Goals into Plan: Common Issues



- Future hospitalizations?
- Admission to the ICU?
- Tests- Invasive? Routine?
- Code status?
- Artificial Nutrition/Hydration
 - Educate person and family on the benefits and burdens for someone at the end stage of disease process
- Antibiotics?
- Blood Products?
- Home Support? Hospice?

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Goals into Plans

- When trying to decide among the various treatment options, the good rule of thumb is that if the test procedure will not help towards meeting the stated goals then it should be discontinued or not started.

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Know Your Strengths

- Not everyone has to be good at having difficult conversations.
- Know who amongst your colleagues is good at this and when to refer your patients.

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What is Palliative Care?

WHO Definition: Palliative care is an approach that improves the quality of life of patients and their families facing problems associated with life-limiting illness. Relief of suffering by means of early identification, impeccable assessment, and treatment of pain and other problems physical, psycho-social and spiritual.

Palliative Medicine: Physician or NP consult alleviating physical symptoms

Palliative Care: Team approach designed to alleviate suffering in all forms, i.e.- physical, financial, emotional, spiritual

**APPROPRIATE FOR PEOPLE WHO ARE SEEKING CURATIVE TREATMENT.*

*NO LIMITED PROGOSIS NEEDED.**

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What is Hospice?

Hospice isn't a "PLACE" it's a philosophy of care.

- Provided where ever the patient called home.
- In a person's home or a loved one's home, nursing home, assisted living or the hospital with acute management of symptoms.

Hospice provides emotional, physical and spiritual support to those facing a life limiting illness.

Hospice cares not only for the patient but also for the family.

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Hospice Continued..

- Hospice is not only for cancer patients; it is appropriate for anyone who has a life limiting illness with a prognosis of 6 months or less and is no longer seeking curative treatment or it is no longer effective.
- This can include cancer, heart failure, chronic lung diseases, renal failure, stroke, end stage dementia's, and neurological conditions such as Parkinson's disease.

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Final Wishes Program Gives People the Opportunity to Experience Moments that Mean So Much.



Helene Purcell

- Helene's request was to visit and tour her church which was recently renovated and take her team out to lunch.
- Hope is Dynamic.
- Former Hospice Volunteer- made generous donation to fund the Annual Volunteer Appreciation Dinner in 2018 in her memory.



Thank You for Joining Us

Megan Knight, BA

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