

Palliative Care: Overview and Issues in CHF

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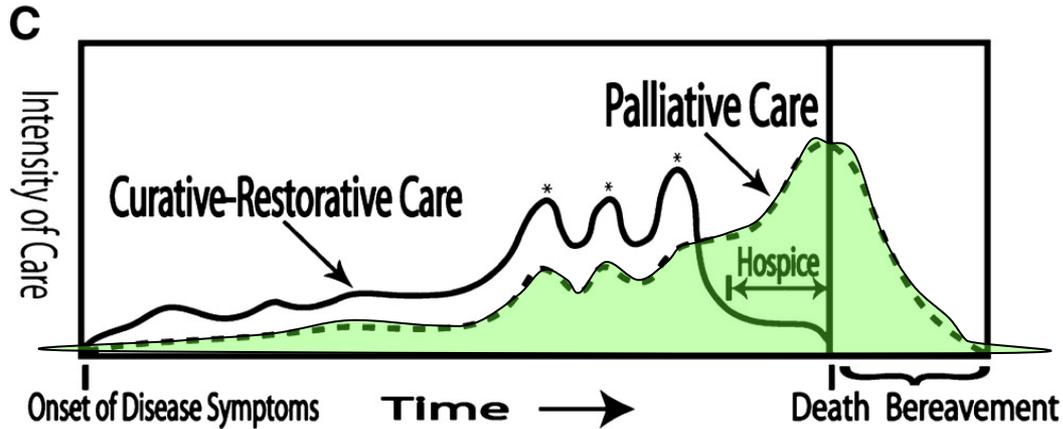
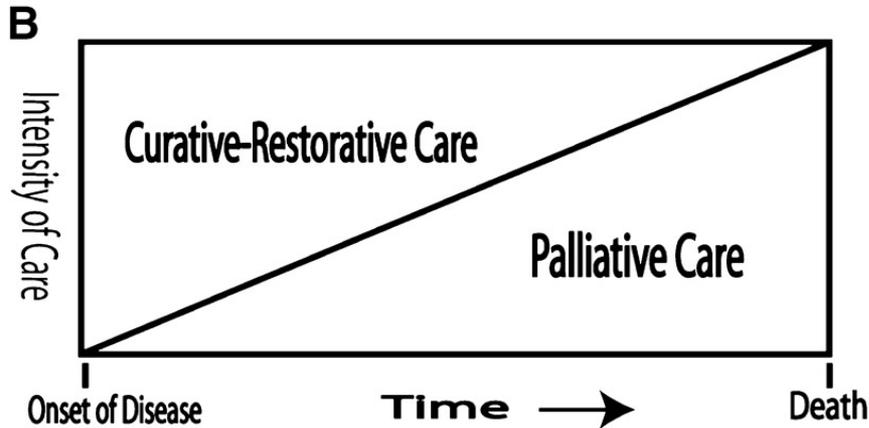
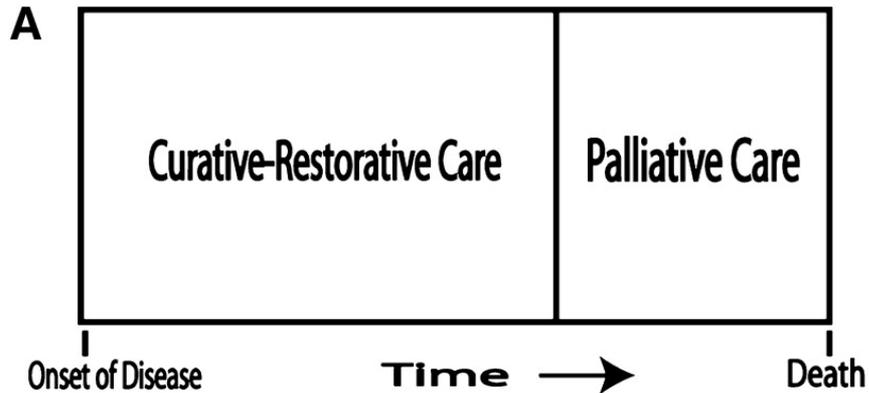
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What is Palliative Care?

- Goal: improve quality of life for people with life-limiting illnesses and their families during any stage of illness
- Prevent/relieve suffering by early assessment & treatment in four domains:
 - **physical**
 - **psychosocial**
 - **spiritual**
 - **practical**

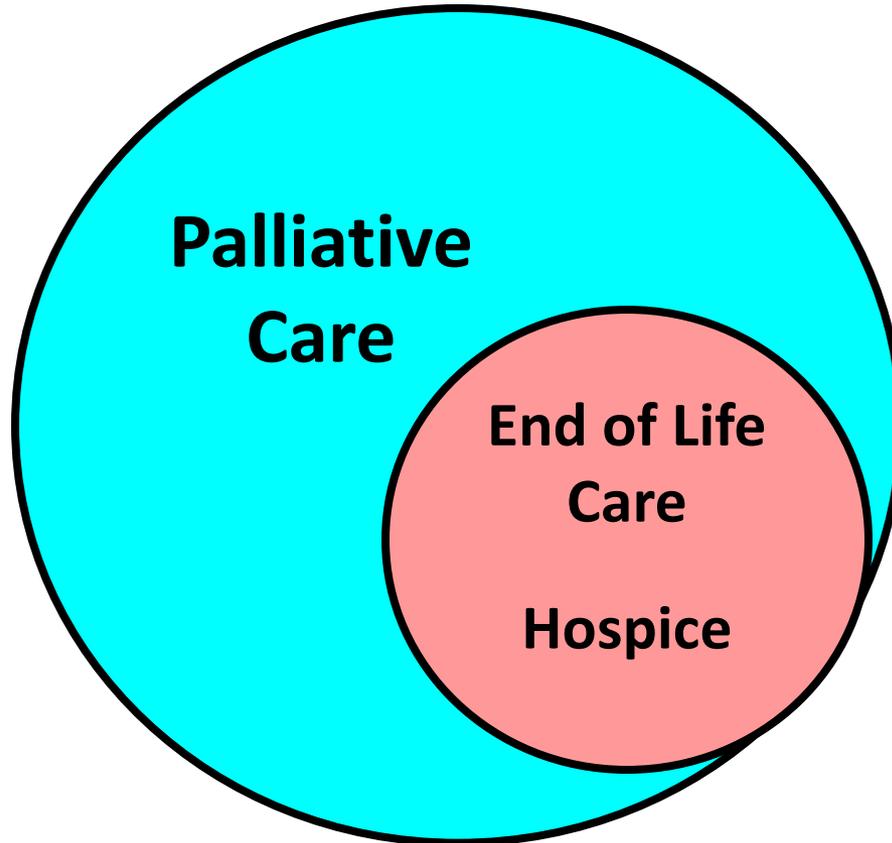


Palliative Care: Concurrent with Curative- Restorative Care



Lanken PN et al. Am J Respir Crit Care Med 2008.

Hospice & Palliative Care



Hospice care is only one part of palliative care!

Palliative Care

- **Primary**
 - Basic skills and competencies required of all health care professionals
- **Secondary**
 - Care provided by specialist clinicians and organizations
- **Tertiary**
 - Academic medical centers where palliative care is practiced, researched, and taught

Palliative Care: Effective in Certain Settings, Populations, Outcomes

- Hospital-based palliative care consultation associated with reduced hospital costs,¹ improved patient² and family³ experience of care
- Home-based palliative care increases care satisfaction, likelihood of dying at home; improves symptoms⁴

¹Morrison RS et al, Arch Intern Med 2008; Morrison RS et al, Health Affairs 2011

²Gade G et al, J Palliat Med 2008

³Casarett D et al, J Am Geriatr Soc 2008

⁴Gomes B et al, Cochrane Database Syst Rev 2013; Brumley R et al JAGS 2007; but contrary findings in Luckett et al J Pain Symptom Manage 2013

Palliative Care: Gaps in the Evidence

- Outpatient care
 - Few studies^{1,2,3}
 - Limited studies on non-cancer illnesses¹
- What “dose” of palliative care is needed?
- What elements of palliative care lead to the outcomes?

¹Rabow MW et al, *Arch Intern Med* 2004

³Bakitis M et al, *JAMA* 2009

³Temel JS et al, *NEJM* 2010

Palliative Care: Issues in the Field

“Right patient, right time, right place”

- Patient: how to identify the right patients
 - Ideally population-based
 - Prognosis vs. needs-based?
 - Issues around disease-focused palliative care
- Timing: sentinel event, care transition, patient-reported need?
- Place: ideally services are seamless, independent of place, based on need

Palliative Care: Issues in the Field

- Interventions/delivery models
 - Primary vs. specialist approaches
 - Need for structured interventions or methods to assess intervention/program quality
- Measuring quality

Palliative Care: National VA efforts

- PROMISE Center (Mary Ersek, PhD, RN)
<http://www.cherp.research.va.gov/CHERP/PROMISE/>
Bereaved family survey
- Quality Improvement Resource Center (Karl Lorenz, MD)
<https://vaww.visn3.portal.va.gov/sites/NationalImplementationCenter/QuIRC/default.aspx>
Palliative care National Clinical Template
- Implementation center (Carol Luhrs, MD)
 - PC-PACT, PC-ICU
- National Center for Ethics: roll-out of life-sustaining treatment initiative

Palliative Care: Issues in HF

- Where do Veterans with HF die?
- How do Veterans with HF interact with palliative care
 - Who are seen by a consult service?
 - Inpatient/outpatient, patient & facility characteristics; variability
 - How many receive hospice services?
 - How do these services influence care quality?
- Who with HF have advance directives or advance care planning and why?

Palliative Care: Issues in HF

- Problem: many with HF die in hospital, ICU
 - Expensive
 - Inconsistent with preferences
 - Is it really?¹
- Problem: dyspnea, fatigue
 - “Traditional” palliative care medication treatments need further study in HF
 - Other potential solutions: multifaceted interventions

¹Barclay S et al, Br J Gen Pract 2011

Collaborative Care to Alleviate Symptoms and Adjust to Illness (CASA) Heart Failure Trial

Four year, multi-site randomized controlled trial of 312 patients with symptomatic heart failure

NIH R01NR013422



CASA Heart Failure Trial

- Assess the effect of a structured symptom management and psychosocial care intervention on heart failure-specific health status
 - Secondary outcomes: symptom burden, quality of life, self-care, hospitalizations, cost
- Outcome assessments at baseline, 3, 6, & 12 months



CASA Implementation Studies

Importance of early study of implementation

- Is there a need to provide all intervention components to all patients?
- What are the implementation and sustainability barriers/facilitators?
- How can the intervention be adapted to the rural setting?