What's new in improving care at the end of life?

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Who is *Kōkua Mau*?

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"Continuous Care"
A Movement to Improve Care

- A network, 501(c)3, community benefit org - NOT a state agency
- Leading a *movement* to make advance care planning and open communication about care and support for those with serious illness and their loved ones, including end-of-life care *the cultural norm*
- Membership – health plans, hospices, hospitals, long term care, spiritual care, and passionate volunteers across the state

Three areas of activity

1. Work with people who may be facing serious illness & their loved ones to understand the decisions they may need to make – as early as possible!
2. Provide professional networking & training
3. Transform the System - Policy & Legislation

Getting the best care possible

- What types of care and support are available for those with serious illness?
- How can you ensure quality of life throughout someone's life, especially once they have serious illness?
- How can you get the right care at the right time in the right place?

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Quiz: What type of care is this?

- "Care to help you live as well as possible as long as possible"

  -Dr. Steve Pantilat

- "Best care possible for those with serious illness" – Dr. Ira Byock

Palliative Care

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

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Palliative Care (con't)

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- 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**.

Palliative Care

is care the way it should be

Where is Palliative Care Available?

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- In-patient – Queens, Kaiser, Straub, Kapiolani, Wilcox, Pali Momi, Castle (Ask for a Palliative Care Consult)
- Out- Patient – Queens, Straub
- In-home – through UHA (Concurrent Care) and HMSA (Supportive Care) and VA (first in the country!!); Kupu Care (Hilo)

- Is there enough palliative care to meet the need?
- NO!! That is why we need your help! Ask your health plan what Palliative Care they offer. (And let me know what they say!)

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PALLIATIVE CARE REDUCES AVOIDABLE SPENDING AND UTILIZATION IN ALL SETTINGS

INPATIENT	OUTPATIENT	SKILLED NURSING	HOME-BASED
48% readmissions	50% admissions	43% hospital/ ED transfers	36% total costs
28% cost/day	35% ED visits		

Source: Center to Advance Palliative Care

What is Hospice?

- Hospice is a type of palliative care
- 6 month or less diagnosis
- Provides all the benefits of palliative care but you must have stopped curative treatments
  - Hence the “terrible choice” and the need for palliative care
- Available on all islands
- 80%+ is in home
- Facility-based hospice also available

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Learn about Care Options

- Learn about Palliative Care and how it helps improve QOL – from the time of diagnosis
  - If you are in a hospital, ask for "a Palliative Care Consult"
- Learn about Hospice Care for end-of-life care
  - Visit Kōkua Mau for tips on choosing a hospice.
  - Invite the hospice in for an info session

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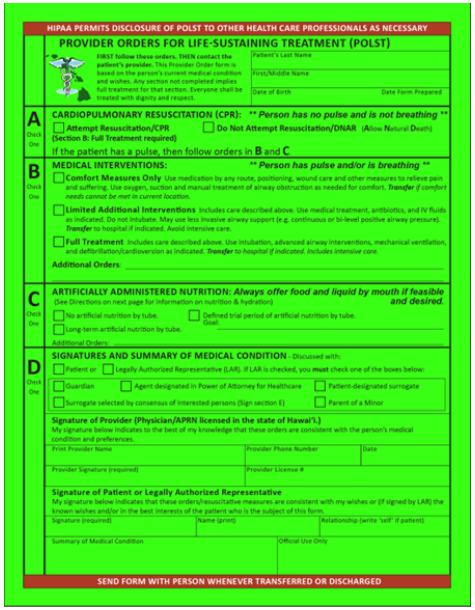
How do you get your wishes for care honored?

Conversations!!

It's always too early until it's too late

What is POLST?

- Provider
- Orders for
- Life
- Sustaining
- Treatment



HIPAA PERMITS DISCLOSURE OF POLST TO OTHER HEALTH CARE PROFESSIONALS AS NECESSARY

PROVIDER ORDERS FOR LIFE-SUSTAINING TREATMENT (POLST)

FIRST follow these orders. THEN contact the patient's provider. This Provider Order form is based on the person's current medical condition and wishes. Any section not completed implies full treatment for that section. Everyone shall be treated with dignity and respect.

Patient's Last Name

First/Middle Name

Date of Birth

Date Form Prepared

A Check One

CARDIOPULMONARY RESUSCITATION (CPR): ** *Person has no pulse and is not breathing* **

☐ **Attempt Resuscitation/CPR** (Section B: Full Treatment required)

☐ **Do Not Attempt Resuscitation/DNAR** (Allow Natural Death)

If the patient has a pulse, then follow orders in **B** and **C**.

B Check One

MEDICAL INTERVENTIONS: ** *Person has pulse and/or is breathing* **

☐ **Comfort Measures Only** Use medication by any route, positioning, wound care and other measures to relieve pain and suffering. Use oxygen, suction and manual treatment of airway obstruction as needed for comfort. ***Transfer*** *if comfort needs cannot be met in current location.*

☐ **Limited Additional Interventions** Includes care described above. Use medical treatment, antibiotics, and IV fluids as indicated. Do not intubate. May use less invasive airway support (e.g. continuous or bi-level positive airway pressure). ***Transfer*** to hospital if indicated. Avoid intensive care.

☐ **Full Treatment** Includes care described above. Use intubation, advanced airway interventions, mechanical ventilation, and defibrillation/cardioversion as indicated. ***Transfer*** *to hospital if indicated. Includes intensive care.*

Additional Orders:

C Check One

ARTIFICIALLY ADMINISTERED NUTRITION: ***Always offer food and liquid by mouth if feasible and desired.***
(See Directions on next page for information on nutrition & hydration)

☐ No artificial nutrition by tube.

☐ Defined trial period of artificial nutrition by tube. Goal:

☐ Long-term artificial nutrition by tube.

Additional Orders:

D Check One

SIGNATURES AND SUMMARY OF MEDICAL CONDITION - Discussed with:

☐ Patient or ☐ Legally Authorized Representative (LAR). If LAR is checked, you **must** check one of the boxes below:

☐ Guardian ☐ Agent designated in Power of Attorney for Healthcare ☐ Patient-designated surrogate

☐ Surrogate selected by consensus of interested persons (Sign section E) ☐ Parent of a Minor

Signature of Provider (Physician/APRN licensed in the state of Hawai'i.)
My signature below indicates to the best of my knowledge that these orders are consistent with the person's medical condition and preferences.

Print Provider Name | Provider Phone Number | Date

Provider Signature (required) | Provider License #

Signature of Patient or Legally Authorized Representative
My signature below indicates that these orders/resuscitative measures are consistent with my wishes or (if signed by LAR) the known wishes and/or in the best interests of the patient who is the subject of this form.

Signature (required) | Name (print) | Relationship (write 'self' if patient)

Summary of Medical Condition | Official Use Only

SEND FORM WITH PERSON WHENEVER TRANSFERRED OR DISCHARGED

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What is POLST?

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- Portable medical order that transfers with the patient
- Provides direction for healthcare providers during serious illness.
- Allows for "shades of gray" in choices e.g. CCO-DNR bracelet is only "yes/no" choice
- Brightly colored, standardized form for entire state
- Signed by health professionals – MD, APRN

Why POLST?

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1. Patient wishes often are not known
   - The Advance Healthcare Directive (AHCD) may not be accessible
   - Wishes may not be clearly defined in AHCD
   - DNR wishes not documented
2. Allows healthcare providers to <u>know</u> and <u>honor</u> wishes during serious illness

Why POLST? (con't)

3. Gives clear, concise information for Emergency Medical Personnel (EMS) that they can act on
4. Helps family/agents process patients' known wishes or values from the AHCD to a real time actionable plan
5. Portable across all settings in Hawaii

Who Would Benefit from Having a POLST?

- Chronic, progressive illness
- Serious health condition
- Medically frail
- A person for whom you would issue an in-patient DNR order
- "Would you be surprised if this patient died within the next year?"

POLST in Hawaii

- One form for entire state.
- Use not mandated.
- **Honoring form is mandated**.
- Provides immunity from civil or criminal liability.

POLST in Hawaii

- Kokua Mau is lead agency
- Grassroots efforts of local providers throughout the state
- Form/resources available at **www.kokuamau.org**
- Allowed to become law July 15, 2009
- 2014: "Provider's" Orders: Expanded to allow APRN to sign

Section A:
Cardiopulmonary Resuscitation (CPR)

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A Check One

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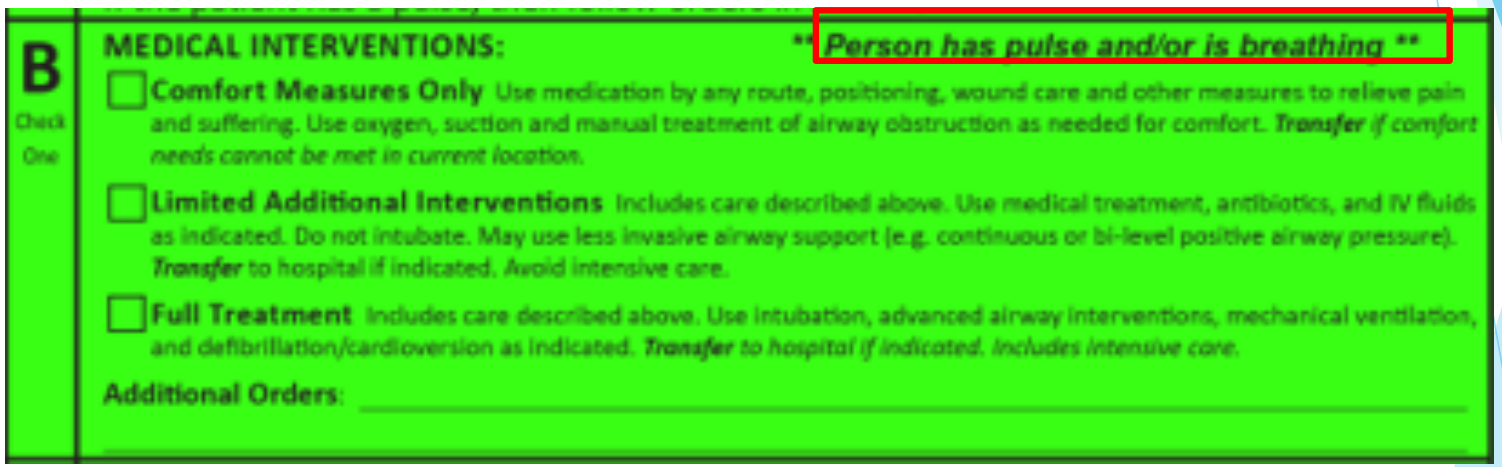
*****Person has no pulse and is not breathing*****

Section B:
Medical Interventions



B
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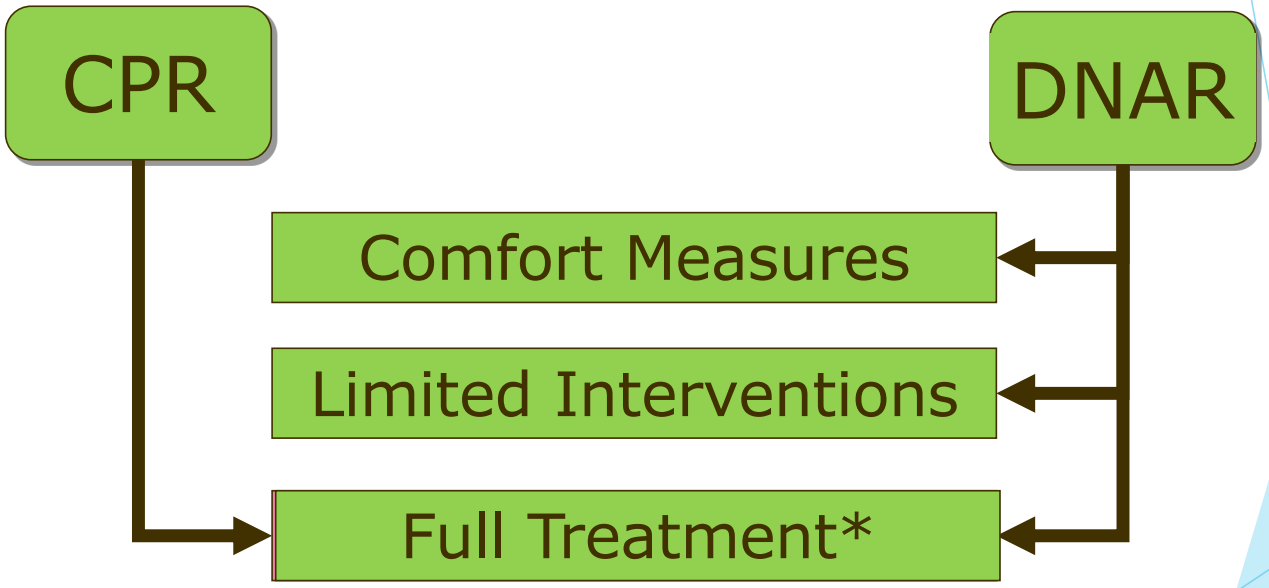
Additional Orders: _____

*****Person has pulse and/or is breathing*****

Diagram of POLST Medical Interventions



*Consider time/prognosis factors under "Full Treatment"
"Defined trial period. Do not keep on prolonged life support."

The POLST Conversation

- POLST is not just a check-box form.
- The POLST conversation provides context for patients/families to:
  - Make informed choices.
  - Identify goals of treatment

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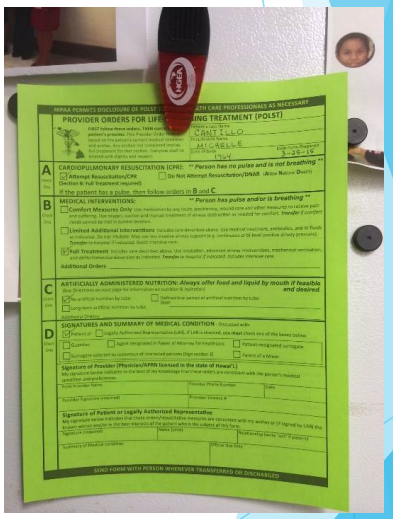
Practical considerations

- Recommended to be printed on **lime green** paper (but any color, including black and white is acceptable)
- A copy of the POLST form is legal
- Recommended to be kept in a visible place at home:
  - Refrigerator
  - Bedroom door
  - Bedside table
  - Medicine cabinet
- A copy should be given to EMS personnel
- POLST is not transferable from state to state



Advance Healthcare Directive vs. POLST

Advance Directives	POLST
For anyone 18 years or older	Persons at any age with serious illness
Identifies wishes for **future** healthcare	Indicates decisions about **current** treatments
Appoints a health care representative	Legally authorized representative can be noted
Does not translate into orders for EMS personnel	Actionable orders
CPR/DNR not addressed	CPR/DNR order

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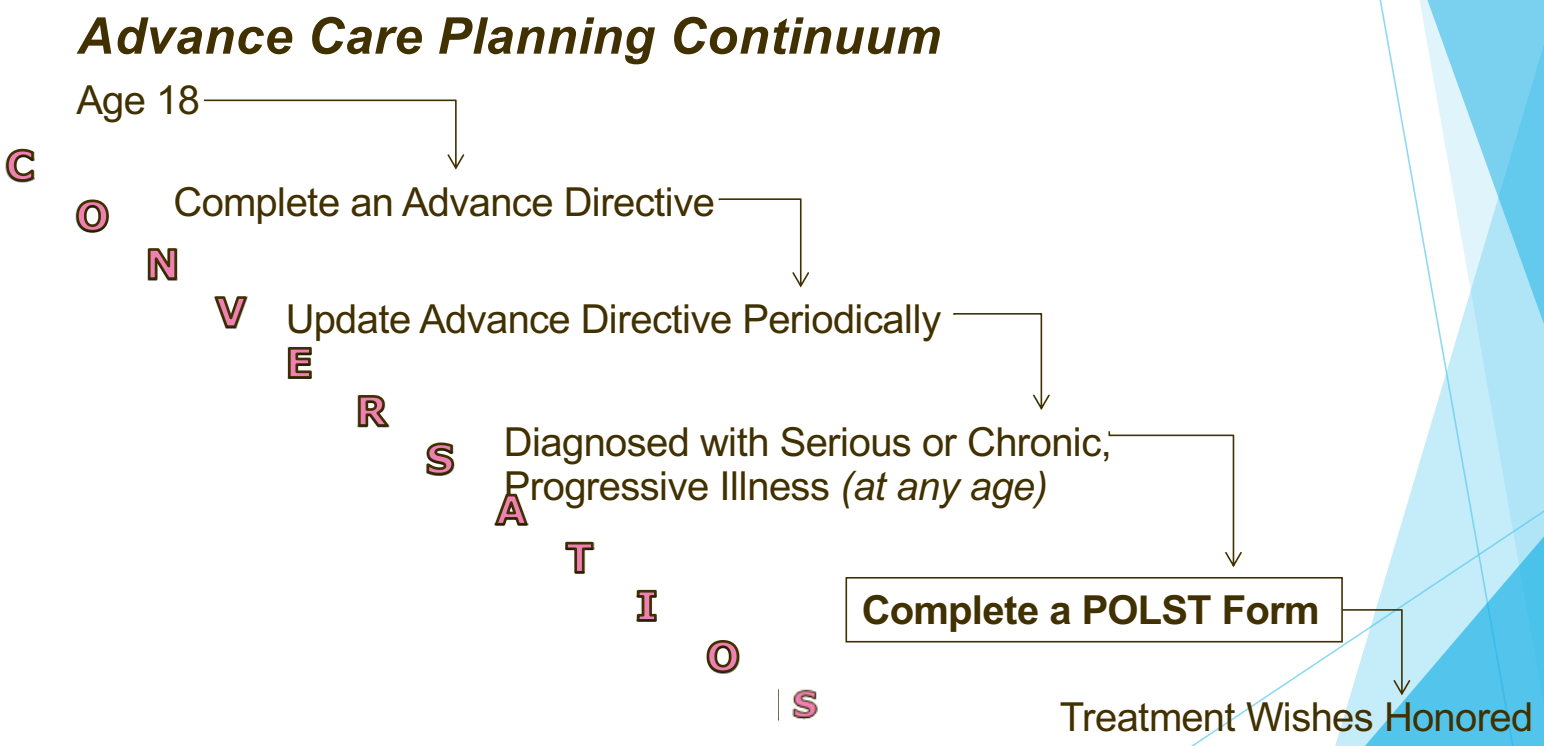
Where Does POLST Fit In?



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Reviewing POLST

- Review whenever clinical condition changes
- Review when goals for therapy change
- Review at hospitalizations or if Code status changes in hospital
- ***Best way to communicate patient wishes to EMS***

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Next Concrete Steps

- Revisit your Advance Directive. Make sure it names your Agents (Healthcare Power of Attorney) & they know your wishes.
- Share AD copies with doctors, family, loved ones, agents.
- Complete The Conversation Project Starter Kit – Share results and **talk with all your loved ones** to make sure everyone has had their conversations.
- Hold a **"Death over Dinner"** dinner party; read a good book – Tuesdays with Morrie, When Breath Becomes Air, Being Mortal, A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death

Join Us at Kōkua Mau!!

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Resources and other activities

- Join Kōkua Mau Mailing List
- Attend meetings and trainings
- Download materials from the Kōkua Website – kokuamau.org
- Request a speaker from Kōkua Mau's **Let's Talk Story** Program – We are ready to talk with your church, temple or other group!

What is new in 2020?

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Lots going on to increase access to Palliative Care (PC)

1. Palliative Care Education program – help people understand PC (SB804)
2. Palliative Care Summit – April 25 -create a roadmap for increasing access to PC
3. MedQuest – 1st state to have a palliative care benefit for PC
4. Continue outreach to the community – reached 2500 people last year including 1000 people through the partnership with the Catholic church
5. Worksite Wellness – Reach caregivers
6. Education of professionals – Palliative Pupus, KM meetings (come tomorrow!), Chaminade, USAPI
7. Attend a Death Café

Kōkua Mau Resources

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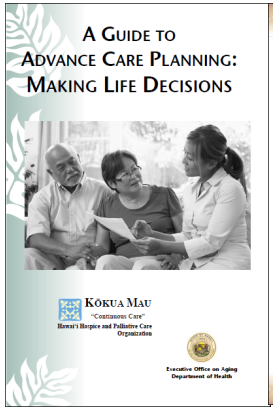
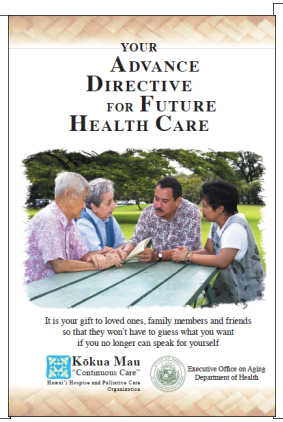
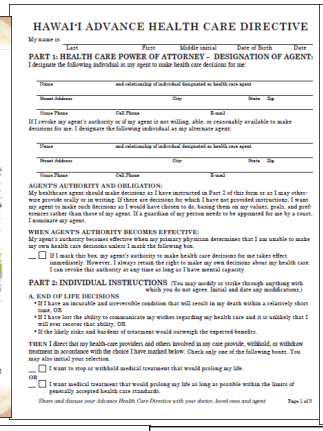
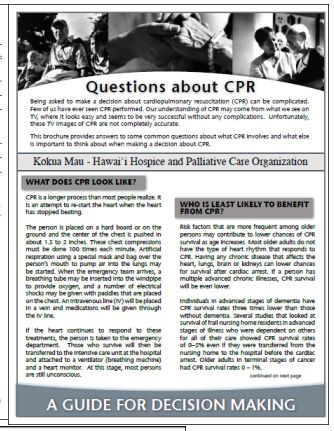
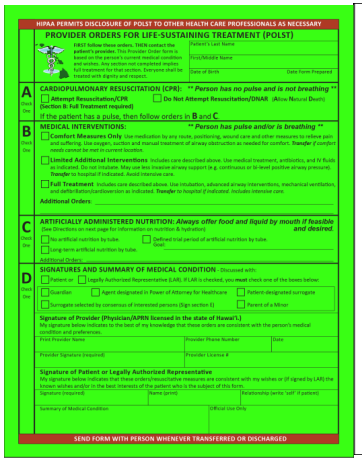
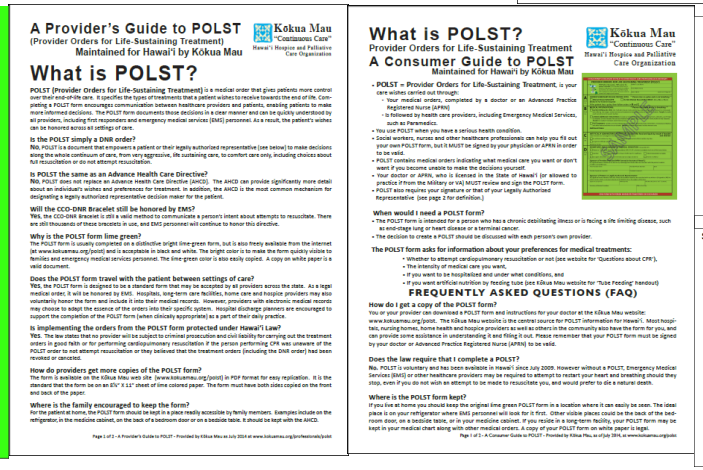












Chinese simplified Hawaii **Advance** Health Care **Directive**

Chinese traditional Hawaii **Advance** Health Care **Directive**

Ilocano Hawaii **Advance** Health Care **Directive**

Japanese Hawaii Advance Health Care Directive

Korean Hawaii **Advance** Health Care **Directive**

Marshallese Hawaii Advance Health Care Directive

Spanish Hawaii **Advance** Health Care **Directive**

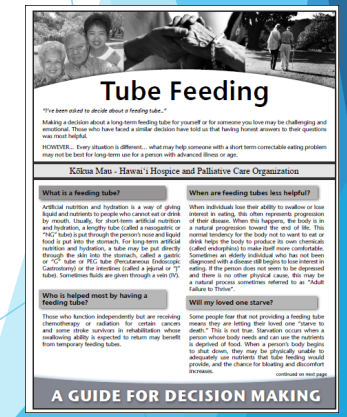
Tagalog Hawaii **Advance** Health Care **Directive**

Tongan Hawaii Advance Health Care Directive

Vietnamese Hawaii **Advance** Health Care **Directive**

Since June 2016 the ***Hawaii POLST Form*** is available in 10 languages.

- Chinese simplifiedPOLST Form for Hawai'i
- Chinese traditional POLST Form for Hawai'i
- Ilocano POLST Form for Hawai'i
- Japanese POLST Form for Hawaii
- Korean POLST Form for Hawaii
- Marshallese POLST Form for Hawaii
- Spanish POLST Form for Hawai'i
- Tagalog POLST Form for Hawai'i
- Tongan POLST Form for Hawaii
- Vietnamese POLST Form for Hawai'i



http://www.kokuamau.org/

Questions?

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Questions?
Thank you!