Delivering Personalised Care to People at the End of their Life

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Aims

- Supporting people with life limiting conditions in the community
- Communication about prognosis
- Communication about treatment preferences
- Treatment of depression in people with life limiting conditions
Means different things to different people
Last year/months/weeks/days?
Gold Standards Framework – Proactive Identification Guidance (Surprise question)
Supportive & Palliative Care Indicators Tool (SPICT)
Palliative Performance Scale v 2

What is End of Life?
Any medical diagnosis which is expected to result in premature death
Often impacts quality of life
Often impacts activity
Includes many cancer diagnoses, COPD, heart failure, renal failure, liver failure, neurological conditions e.g. MS, MND, PD or frailty/dementia/multimorbidity

What is a life limiting condition?
Supporting people with life limiting conditions in the community

- What matters to them?
- Physical, Psychological, Social & Spiritual aspects
- Do we really do holistic care?
- Support for those close to them e.g. carers’ centre
  - ‘No man is an island’
Supporting people with life limiting conditions in the community

- Integrated Palliative Outcome Scale
- Prompt resolution of issues
- Need for supportive or palliative care input? (early…)

- Communication – awareness of own fears and beliefs
- Planning for the future – anticipated problems
Communication about prognosis & treatment preferences

- Communication skills – time/privacy/checking/what do they know already? etc

- Prognosis – why do you want to know?
- May not actually want to know
- Important things to say or do – don’t put off (anyone!)
  - e.g. putting affairs in order or building bridges
Communication about prognosis & treatment preferences

- Trajectories
- Papers re how bad we are at guessing
- People don’t often understand averages when it’s personal
- Cheated v wasted extra time
- Years/months/weeks/days??
- Risk of sudden events?
Communication about prognosis & treatment preferences

- Treatment preferences – what’s important?
- Best supportive care – “ok” to make that choice
  - ‘No treatment’ = ‘no hope’?

- Anticipatory Care Planning – SG document
- Power of Attorney (welfare & financial)
- Advance Directive

- We want to give you control – what would you like us to do if you become (more) unwell?
- Ceilings of care
- DNACPR appropriate?
Treating depression in patients with life-limiting conditions

- Important
- Diagnosis – Depression v Adjustment
- HADS – as can’t rely on sleep/appetite etc
- Management – psychological support, (timescales) antidepressants (mirtazapine) (side effects) methylphenidate, steroids spiritual support

Males <65y – early PC!
Request for ‘a wee blue pill’…….
Self awareness – impact on you
Questions?

{ Easy ones!}
References

- GSF- PIG
- SPICT
  - http://www.spict.org.uk/the-spict/
- PPSv2
  - http://palliative.info/resource_material/PPSv2.pdf
- IPOS
Benefits of early intervention

**Improve:**
- Quality of life
- Symptom control
- Patient & carer satisfaction
- Illness understanding/decision making
- Quality of End of Life care
- Survival

**Reduce:**
- Costs of care
- Complaints?
Benefits of Early Palliative care


McDonald J et al.(2016) Impact of early Palliative Care on Caregivers of Patients with Advanced Cancer: Cluster Randomised Trial.

Higginson IJ; Rumble C; Shipman C; Koffman J; Sleeman KE; Morgan M; Hopkins P; Noble J; Bernal W; Leonard S; Dampier O; Prentice W; Burman R; Costantini M. The value of uncertainty in critical illness? An ethnographic study of patterns and conflicts in care and decision-making trajectories. BMC Anesthesiology. 16:11, 2016 Feb 09.

Wentlandt, K; Burman, D; Swami, N; Hales, S; Rydall, A; Rodin, G; Lo, C; Zimmermann, C. (2012). Preparation for the end of life in patients with advanced cancer and association with communication with professional caregivers. Pscyho-Oncology, 21(8), pp.868-876.
