Home Care, Palliative Care, and Hospice: Similarities and Differences

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Serious Illness

• The top 5 percent of health care spenders accounted for an estimated 60 percent of health care costs.
• This top 5% represents 3 groups of patients
  – Those in last year of life
  – Those with acute episode but return to baseline
  – Those who live for years with a serious illness for years and thus have consistently high health care costs.
Home Care

• Home-based services including:
  – Home Health services: RN, aides, therapies
  – Hospice service
  – Home Medical Equipment & Supplies (DME), and
  – Home Infusion Therapy & Specialty Pharmacy
Palliative Care

• A medical subspecialty that focuses on providing relief from the symptoms, pain, and stress of serious illness.

• The aim is to improve quality of life for patients with serious illness and their families.

• It is appropriate for patients of all ages and at any stage of illness, but is most beneficial in the serious illness populations.
Hospice

• Supportive care to people in final phase of terminal illness with a focus on comfort and quality of life

• Generally home based, yet can be offered in free-standing facilities, SNFs, or hospitals (GIP)

• Philosophy of hospice is to provide support for the patient's emotional, social, and spiritual needs as well as medical symptoms as part of treating the whole person.

• Staffing is multidisciplinary including RNs, MDs, SWs & Chaplaincy.

• Can also include medications to control pain and manage other symptoms; PT, OT, & Speech; medical supplies and equipment; medical social services; dietary and other counseling; continuous home care at times of crisis; and bereavement services.
Interdisciplinary Care

1. DISEASE MANAGEMENT
   - Primary diagnosis
   - Prognosis
   - Comorbidities

8. LOSS, GRIEF
   - Loss, grief
   - Bereavement
   - Mourning

7. END OF LIFE CARE/DEATH MANAGEMENT
   - Life closure
   - Legacy creation
   - Anticipation and management of physiological changes in the last hours of life

2. PHYSICAL
   - Pain and other symptoms
   - Function
   - Safety
   - Wounds

3. PSYCHOLOGICAL
   - Depression, anxiety
   - Emotions
   - Fears
   - Control, dignity, independence
   - Conflict, guilt, stress, coping responses

4. SOCIAL
   - Cultural values, beliefs, practices
   - Relationships, roles
   - Financial resources
   - Legal (e.g., powers of attorney)
   - Family caregiver protection

5. SPIRITUAL
   - Meaning, value
   - Existential, transcendental
   - Values, beliefs
   - Rites, rituals

6. PRACTICAL
   - Activities of daily living
   - Caregiving

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A Unique Opportunity

• Intermountain Home Care & Hospice
  Developing a program called Care Choices
    – 1 of only 140 hospices, and only Utah recipient of the Care Choices Medicare demonstration
    – Will provide hospice level care to Medicare patients still receiving curative care. This will include nursing, social work, chaplain, volunteers, home health aide, and MD visits.
    – Randomly selected to begin in 2018
Home Care Palliative Care

- Has served over 75+ patients under palliative program since February
- Of patients who have died, 86% have transferred to hospice
- Increase hospice length of stay of 14 days
- Early enrollees were primarily oncology patients yet are expanding to other disease groups
Intermountain View from 30,000 feet

• The Palliative Care Teams across the system are providing an amazing and valuable service to our patients in trying conditions.
• Current Teams in SWR, SR, CR, NR, PCH, & Sanpete
• Palliative care teams embedded within Home Care and follow patients to hospice
• Hospice services available state-wide & Cassia
• Referrals come to them very late in the dying process.
• Most of their work is centered on end-of-life conversations and not on symptom management.
Resources and References

• aahpm – American Academy of Hospice and Palliative Medicine
• CAPC- Center to Advance Palliative Care
• PCNOW – Palliative Care Network of Wisconsin
• NHPCO – National Hospice and Palliative Care Organization
• Team Space Development and Webinars
Questions

Thank You!