

SPEAKER

Steven Z. Pantilat,
M.D., M.H.M.,
FAAHPM

Chief, Division of Palliative Medicine
University of California, San Francisco



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Palliative Care: Getting It Right

Steven Pantilat, MD

Professor of Medicine

Kates-Burnard and Hellman Distinguished
Professor in Palliative Care

Chief, Division of Palliative Medicine

University of California, San Francisco

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Who's Not Ready?

- Misperception about Palliative Care
- Worry that patients will become emotional
- Grief
- Need to address prognosis
- Unsure how to talk about Palliative Care

Bischoff et al. *JPM* 2021:1823-32



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Palliative Care Features

- An extra layer of support
- Symptom management
- Support for loved ones
- Live just as long, maybe longer

~~Good death~~

Poore and Pantilat *Ann Int Med* 2021:H02-3



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Specialty
★ Palliative Care is
medical care focused
on improving quality
of life for people with
serious illness
★
and life threatening



Specialty Palliative Care

“Live as well as possible for as long as possible”



Symptom
Management



Communication
Decision Making



Psycho-Social-
Spiritual Support

Interprofessional Team
Nurse, Social Worker, Chaplain, Physician



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Benefits of **Specialty** Palliative Care

- Better quality of life
- Improved symptoms
- Less depression
- Less likely to get invasive care at end of life
- Better outcomes for loved ones
- Higher satisfaction
- Lower utilization
- Longer life

Kavaliertos et al. *JAMA* 2016;316:2104-14

Ernecoff et al. *JPM* 2020;23:389-96

Bakitas et al. *JAMA* 2009;302:741-9

Temel et al. *NEJM* 2010;363:733-42

Rogers et al. *JACC* 2017;70:331-41

Kluger et al. *JAMA Neurol* 2020;77:551-60

Bischoff et al. *Neurol Clin Pract* 2022;12:68-75



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Sickest Patients Benefit Most

- Advanced disease
- Rapid trajectory
- Severe symptoms
- Challenging decisions
- High psychosocial needs

Ernecoff et al. *JPM* 2020;23:389-96

Rogers et al. *JACC* 2017;70:331-41

Kavaliertos et al. *JAMA* 2016;316:2104-14

Temel et al. *NEJM* 2010;363:733-42



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Getting it Right

- Specialty PC teams
 - Nurse, Social Worker, Chaplain, Physician
 - Pharmacist, Psychologist
 - Certified in Palliative Care
- Key settings
 - Inpatient PC consultation +/- inpatient hospice beds
 - Outpatient PC clinic with telemedicine
- Hospice

National Consensus Project for Quality Palliative Care. 4th ed.
Richmond, VA <https://www.nationalcoalitionhpc.org/ncp>



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Inpatient Palliative Care

- One PC team
 - Nurse, Social Worker, Chaplain, Physician (1.5 FTE, 28-40 wks/yr on service)
 - 600 new consults/year
 - ALOS 6 days
 - ADC 10 patients
- Focus on the sickest patients



Outpatient Palliative Care

- Team: Nurse, Social Worker, Chaplain, Physician
- Physician: 7 half days a week, 45 weeks/yr = fulltime
 - Census: 25 patients/half day
- Social Worker and Nurse: 10 half days of clinic
- Half day clinic
 - 4 patients/half day (1 new, 4 follow up; schedule 5)
 - Telemedicine
 - Bill by time
 - Advance care planning

Bischoff et al. *Neurol Clin Pract* 2022;12:68-75

Bischoff et al. *JPM* 2022;25:1468-75



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Familiarity Breeds Comfort

- Identify champions on each team
- Understand the motivation from each team
- Promote learning and working together



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Business Case for Palliative Care

- Reduced costs and utilization with palliative care
- Pre-post analysis for patients followed by PC
 - Compare healthcare utilization from the 6 months prior to enrollment in a specialty PC program to the 6 months after
- Mortality Look Back
 - If you have date of death for all patients, compare healthcare utilization in last 1-6 months of life for patients seen by PC to those who were not

Bischoff et al. *JPM* 2022;25:1468-75

May et al. *JAMA Int Med* 2018;178:820-9

Morrison et al. *Arch Int Med* 2008;168:1783-90



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~~Business~~ Case for Palliative Care

Fundamentally the goal is high-quality care

How will we care for our sickest patients,
our families, and ourselves?



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The Golden Question: Fostering Hope

“When you look to the future, what do you hope will happen?”



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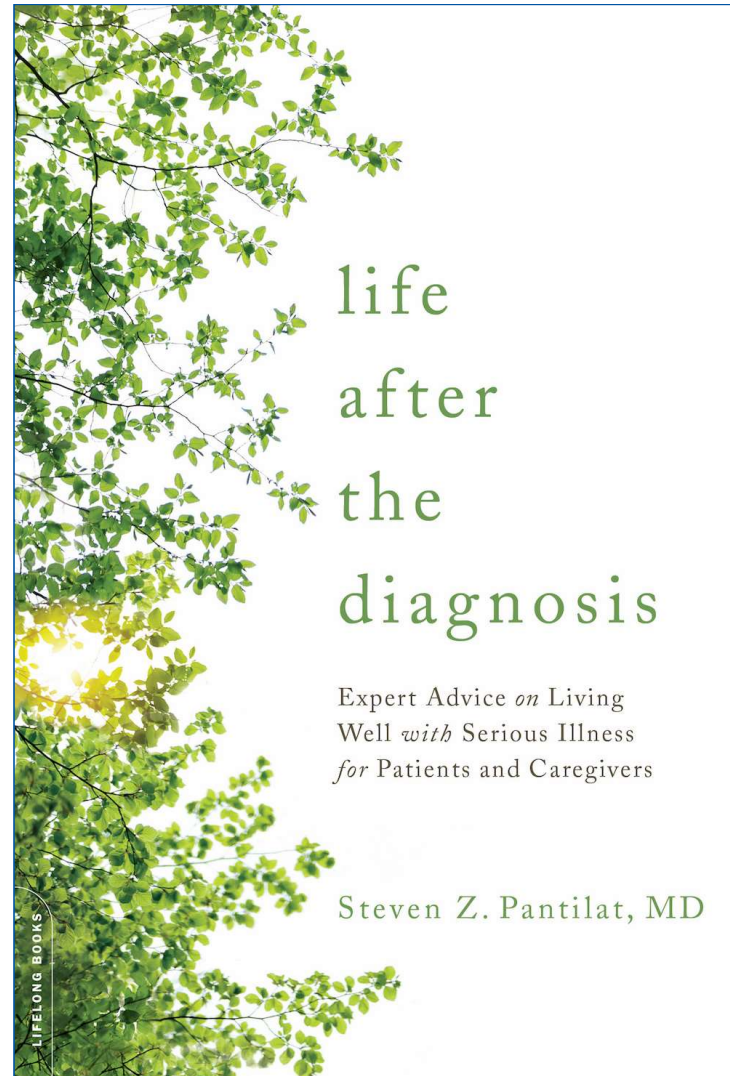
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Palliative Care: Getting it Right

- Specialty palliative improves care and quality of life for people with serious, life-threatening illness in all the ways that matter
- Sickest patients benefit the most
- Specialty palliative care is provided by interprofessional teams
- Target all settings of care
- Strong business case exists for palliative care
- Build the system of care we want for us and our loved ones



For people with serious illness,
their loved ones,
their healthcare providers,
and everyone who cares for them



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