

**A Conversation About Living and Dying**  
Embrace, Engage, Educate, Empower

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**Purpose**

- Understand the physician/healthcare provider role in advanced care planning
- Learn how to plan for a good life till the end
- Learn to have the conversation



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**Objectives**

- Physician perspective on death
- Patient perspective on death
- What patients want at end-of-life
- How to have end-of-life conversation
- Advance directives



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“Life is not a journey to the grave with the intention of arriving safely in a pretty and well-preserved body. But rather, to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming ... WOW! What a ride.”

~ Mark Frost



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### Mr. A



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### What Have We Learned

- 80% of patients want to die at home to avoid hospitalization and high intensity care at end-of-life
- 17% die at home
- 70% of patients die in hospital, nursing home or other long-term care facility



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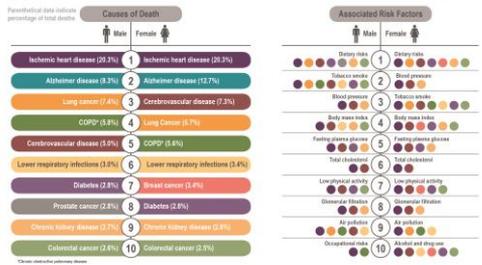
## What Have We Learned

- Americans do not have good deaths.
  - Dying in pain
  - Dying alone
  - Dying in the hospital



## Miss Alice

Top 10 Causes of Death and Associated Risk Factors in the United States, All Ages, 2013



American Heart Association, 7501 Greenville Avenue, Dallas, Texas 75241-4574  
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 American Cancer Society, 1599 Clifton Road, NE, Atlanta, GA 30333  
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## The Journey-Freedom to Choose

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## Consider the Facts

80% of people say that if seriously ill, they would want to talk with their doctor about end-of-life care.

But ...

7% report having had an end-of-life conversation with their doctor.

Survey of Californians by the California Healthcare Foundation 2012



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## Death from a Physician Perspective



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Death from a Physician Perspective:  
What are we taught?

- Save lives not deal with its demise
  - Order one more test
  - Order one more procedure
  - Order one more treatment




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Death from a Physician Perspective

- We have no training on how to care for patients when the treatments quit working.
- Turned the process of aging and dying into a medical experience




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Death from a Physician Perspective

- Scientific advances
  - One more test
  - One more procedure
  - One more treatment
- Turned the process of aging and dying into a medical experience




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Miss Alice

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Death from a Patient Perspective:  
What patients believe

- The doctor always knows what to do and what the next step is.
- The doctor can always cure or fix them.
- There is always one more test, one more procedure, one more treatment

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Death from a Patient Perspective:  
What patients believe

- They want “everything” done:

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# Miss Alice

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A Year in the Life of a Patient



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## What do Doctors Choose?

- Dr. McKinley



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Consider the Facts

90% of people believe that talking with their loved ones about end-of-life care is important.

But ...

27% of people have actually done so.

The Conversation Project National Survey 2013



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Consider the Facts

60% of people think that making sure their family is not burdened by tough decisions is “extremely important.”

But ...

56% have not communicated their end-of-life wishes.

Centers for Disease Control 2005



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Consider the Facts

82% of people think it’s important to put their wishes in writing.

But ...

Only 23% have actually done it.

Survey of Californians by the California Healthcare Foundation 2012



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### What has medicine forgotten?

- People have priorities besides just living longer.
- Ask about priorities in the context of their disease




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### The elephant in the room




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### It's Time to have the Conversation

- Key Milestones
- Certain Situations
- Care Provider




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## Advanced Care Planning

- Reflection
- Understanding
- Discussion

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## Four Simple Questions to Ask

1. What is your understanding of your health or your condition?
2. What are your goals if your health worsens?
3. What are your fears?
4. What trade-offs you are willing to make and not willing to make?

- Atul Gawande "Being Mortal", 2014




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## What is an Advance Directive?

A written statement of your wishes, preferences and choices regarding end-of-life health care decisions.

Only used:

- If you are seriously ill or injured **AND**
- Unable to speak for yourself




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### Advance Directive

- Living will
- Medical (health care) power of attorney
- Five Wishes
- POLST




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### Traditional Care

- Treat to cure
  - One more test
  - One more procedure
  - One more treatment




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### Palliative Care

- Consider when diagnosed with life limiting illness
  - Cancer
  - Heart Disease
  - Lung disease
  - Neurologic Disease
- Throughout the continuum of patients life limiting illness




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### Palliative Care

- Improves quality of life of patients and their families facing life-threatening illness
- Symptom alleviation-physical, psychosocial, or spiritual

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### Hospice

- Patient has a life limiting illness
- Life expectancy of six months or less
- Two physicians agree
- Patient no longer seeking aggressive treatment
- Comfort Focus

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### Hospice

- Care of the dying and those who love them
- Expert team dedicated to symptom management at end of life
- Ensures comfort and quality of life
  - Addresses the medical, emotional and spiritual needs of the patient and the family
  - Wherever the patient calls home

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## Myths

- Expensive
  - Medicare benefit
- Only for the last days of life
  - Best benefit is early on for many months
- Only for cancer patients
  - For any chronic terminal illness
- Physician must make the referral to hospice
  - Anyone can make the referral




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## Palliative Care vs. Hospice Care

- All hospice care is palliative; not all palliative care is hospice.




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- Dr. McKinley




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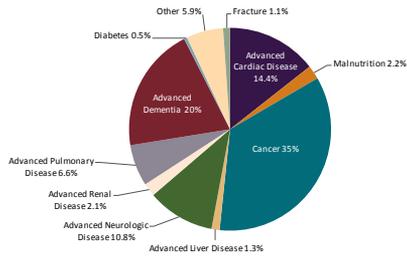
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## Patient population 2015



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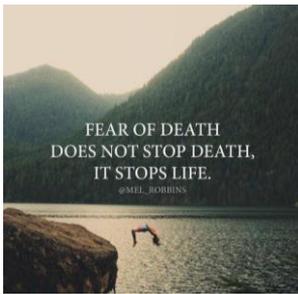
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*Death is not a contingency, it is inevitable ; death is normal.  
Death may be the enemy, but is the natural order of things.*



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