

Q&A: Palliative Care

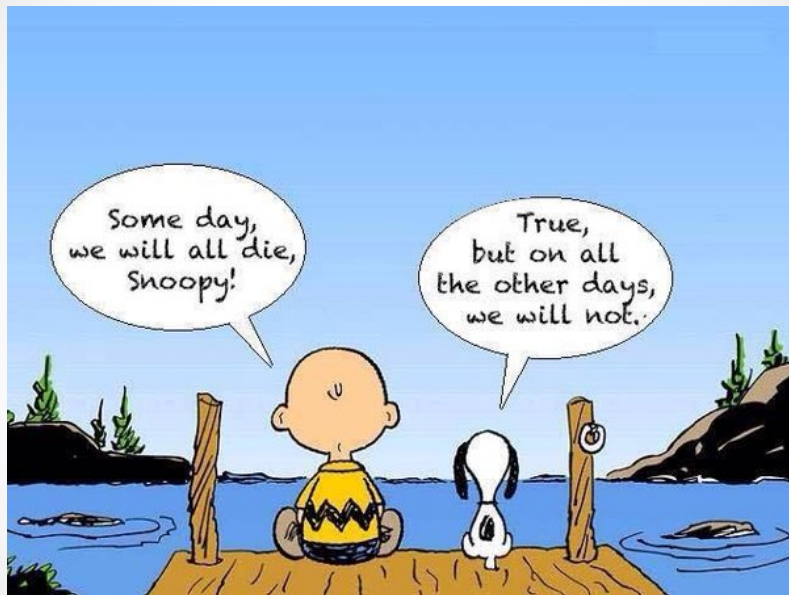
Multiple Myeloma Support Group
March 11, 2019
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Objectives

- An overview of palliative care
- The role of palliative care in multiple myeloma
- Local supports
- To have a dialogue and discussion about what feels most important from your perspective!

What is palliative care?

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Palliative Care...

- Is available at any stage of illness
- Can support caregivers and families as well as patients
- Is about improving quality of life

Palliative Care vs. Hospice

Palliative Care

- Aggressive pain, symptom, and quality of life management
- Care philosophy centers on a team approach that includes the patient and family

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Hospice

- Aggressive pain, symptom, and quality of life management
- Care philosophy centers on a team approach that includes the patient and family

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Palliative Care vs. Hospice

Palliative Care

- Patient has a serious, life-limiting illness
- Patient may be seeking curative treatments and return to the hospital

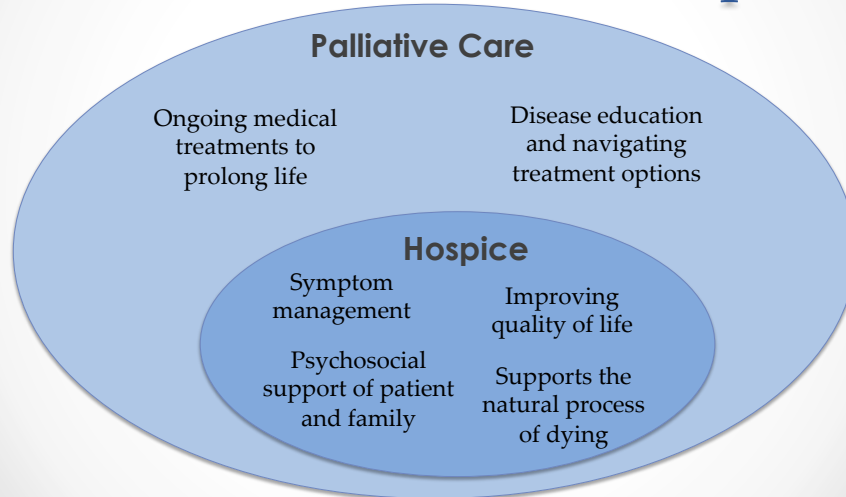
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Hospice

- Patient has an untreatable illness with expected lifespan in the order of months or less
- Patient is not seeking curative measures nor return to hospital

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Palliative Care vs. Hospice



Palliative Care in Multiple Myeloma

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Palliative Care in Multiple Myeloma

- Often see patients at diagnosis
 - If complicated presentation with severe symptoms
- Novel treatments have improved length of life
 - Can increase symptom burden from disease and treatments
- Improves quality of life

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Common Symptom Issues in Multiple Myeloma

- Bone pain
 - Palliative radiotherapy
 - Palliative procedures, e.g. vertebroplasty
 - Palliative surgeries
 - Analgesics
- Fatigue
 - Side effect of chemotherapy
 - Post-bone marrow transplant
 - Anemia

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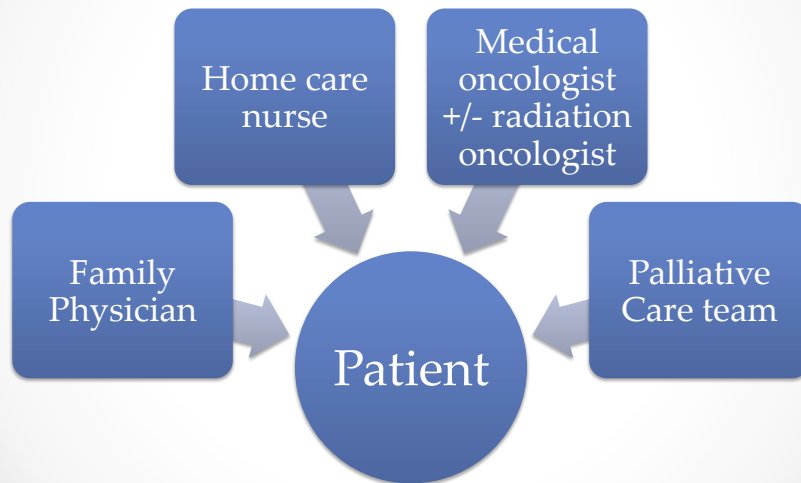
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Common Symptom Issues in Multiple Myeloma

- Depression / anxiety
 - Fear and uncertainty; stress; loneliness
 - Hope and adjustment
- Side effects of therapies
 - Peripheral neuropathy
 - Infections

Local Supports

Your health care team



Your Palliative Care Team

- Family physician or primary oncologist manages initial symptom management and supportive care
- Oncologists have training in basic palliative care
- Family physicians have higher level training in palliative care and have long-term relationships with their patients

Your Palliative Care Team (in Victoria)

- If complex, may refer to a specialized Palliative Care Team:
 - In hospital → palliative care physician and nurse consult team
 - In community and able to get out to clinic → BC Cancer Pain & Symptom / Palliative Care Clinic (physician, nurse, pharmacist team)
 - In community and unable to leave home → Victoria Hospice palliative physician and/or Palliative Response Team (advanced practice palliative nurse and counsellor)

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Community Health Services (Home Nursing)

- Connection with one primary home care nurse
- May include community health workers (care aides), OT, PT, dietician, social work
- May include checking in by phone, but may also include home visits

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Community Health Services

- Victoria Community Access Centre (for South Island):
 - All communities south of Mill Bay, including Greater Victoria, the Southern Gulf Islands and west to Port Renfrew.

250-388-2273

Victoria Hospice

- A community program (charity) in the Victoria area, providing end-of-life care in a variety of settings, including patient homes, inpatient unit, and in consultation in other health care facilities.
- Registration with Victoria Hospice allows access to services
 - Palliative Response Team, counsellors, volunteers, respite program, bereavement follow-up for families, etc.

Victoria Hospice

- Registration is done through Community Health Services, and begins with a referral from your family physician, oncologist, or another health care provider.
- Criteria:
 - Diagnosed with life-threatening illness.
 - Live in Victoria Hospice region of service.
 - Goal of care is palliative and comfort-oriented, rather than focused on cure.
 - Reside in own home or assisted-living.

For more info...

www.victoriahospice.org

250-370-8715

Discussion



Advance Care Planning

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A brief overview

My Voice

Expressing My Wishes for Future Health Care Treatment

Advance Care Planning Guide



In a nutshell...

Who would speak for you
if you couldn't speak for yourself?

Advance Care Planning Basics

- Conversations with family, friends and health care providers about your beliefs, values, and wishes
- May include writing these down, or naming a specific person to make decisions

Options

- Standard Representation Agreement: Section 7
- Enhanced Representation Agreement: Section 9
- Advance Directive
- Enduring Power of Attorney

Other resources

- BC Palliative Care Benefits
 - Medications and supplies
 - Equipment
- EI Compassionate Care program