PCM3 2018-19
End of Life Session 1

Today’s Agenda

9:45-10:00 Introduction
Theresa Kristopaitis, MD

10:00-10:50 Hospice and Palliative Care
Aziz Ansari, DO

11:00-12:00 Delivering Serious News
Kelly Henry, MD

12:10-12:55 Care for Seriously Ill and Dying Patients:
Key Principles for All Physicians
Bina Dasai, MD
Theresa Kristopaitis, MD

1:00-1:15 Information on the Topics in Clinical Medicine 3
(TCM3) Exam
T. Kristopaitis, MD

PCM3 EOL Session 2

January 9, 2019
✓ End of Life Ethics
✓ Care of the Imminently Dying Patient
✓ Pain Management

End of Life Session 1

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Jan 9, 2019

End of Life Ethics

Care of the Imminently Dying Patient

Pain Management

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End of Life Ethics

Care of the Imminently Dying Patient

Pain Management
Assessment

• TCM3 multiple choice exam

• Third year End of Life Clinical Skills Exercise
  – Pain Assessment
  – Discuss Advance Directives
  – Discuss Hospice
  – Deliver Difficult News

Why?

USMLE®
Physician
Tasks/Competencies

USMLE®
Content Outline

Death and dying and palliative care

Understanding and applying legal and ethical issues related to death and dying

Assess degree of disclosure to terminally ill patients.

Pain: discuss rationale for use of opioids in terminal illness.

Assess quality of life decisions.

Prescribe appropriate analgesics from a prescribed list of opioids in terminal illness.

Prescribe appropriate pain management techniques.

Prescribe management of all issues related to death and dying.

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• A 57-year-old man is diagnosed with widely metastatic pancreatic adenocarcinoma
• A 33-year-old woman suffers multiple severe life-threatening injuries, including severe head injury, in an MVA.
• An 81-year-old man with systolic heart failure (LVEF 45%), severe aortic stenosis, COPD, diabetes mellitus type 2, and mild dementia falls and sustains a complex pelvic fracture; the medical and orthopedics teams are discussing nonoperative vs operative management with the patient and his family.
• An 11-year-old with metastatic rhabdomyosarcoma has disease progression while on treatment.
• A 27-year-old man is declared brain dead after a skiing accident.
• A 56-year-old woman with advanced heart failure and multiple other medical problems is being evaluated for destination LVAD.
• An 85-year-old woman with severe dementia is hospitalized with aspiration pneumonia.
• A 14-year-old is shot while walking into his home and is moribund when paramedics arrive at the scene.
• A 66-year-old man with metastatic lung cancer is visited in his home by the hospice chaplain.
• A 14-year-old girl with a 4 year old with severe pancreatitis and has progressive ongoing multi-organ system failure.
• A 33-year-old woman is diagnosed with glioblastoma multiforme.
• A 74-year-old man has progressive ALS.
• A full-term infant is stillborn.

We all live differently

We all die differently
Physician's Responsibilities Caring for Patients with Life Limiting Illness & Dying Patients

- Understand physiologic changes
- Elicit Goals
- Manage symptoms
- Provide comfort
- Communicate effectively
- Communicate honestly
- Non-abandonment
- Educate patient, family, healthcare team
- Work as a team member
- Recognize, address ethical issues
- Complete responsibilities after a patient dies

Are “we” good at it?

Challenges...

- “We” are uncomfortable discussing issues related to death and dying
- Death may be seen as a medical “failure”
- Advanced therapies
  - Burdens > Expected benefits
- Ethical issues: Withdrawal vs with-holding therapies, principle of “double effect”
- Decision-making
  - Many patients unable to make decisions as diseases progress
    - Medical team must communicate with healthcare proxies or surrogate decision makers
- Care not aligned with patient’s goals
- Patient, and family, distress
  - Physical, Social, Emotional, Spiritual
How many of these books have you read?

A. One  
B. Two  
C. Three  
D. Four  
E. None, but if there were Sketchy Versions, I'd watch them.

https://www.youtube.com/watch?v=VRkr09ZMI
For Today

• What is Palliative Care?
• What is Hospice?
• How do I deliver Serious News to a patient and/or their family?
• What are some key principles I need to know about taking care of a seriously ill patient, a dying patient, a patient who has died?