# Creating a healing and caring community of excellence

# Northwest Life Passages Coalition Blueprint

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March 22, 2017 - Elder Service Providers

#### What is the Palliative Care Institute?



A partnership with other members of the NorthWest Life Passages Coalition Blueprint Group to transform palliative care in Whatcom community and support the human responses to living and dying.

#### Northwest Life Passages Coalition



Creating a Community of Care and Support for Patients with Serious Illness

Whatcom Alliance for Health Advancement ≈ Palliative Care Institute at Western Washington University ≈ PeaceHealth St. Joseph Medical Center ≈ Family Care Network ≈ Northwest Regional Council ≈ Whatcom Hospice ≈ Health Ministries ≈ Whatcom Council on Aging ≈ Chuckanut Health Foundation ≈ Community Representatives

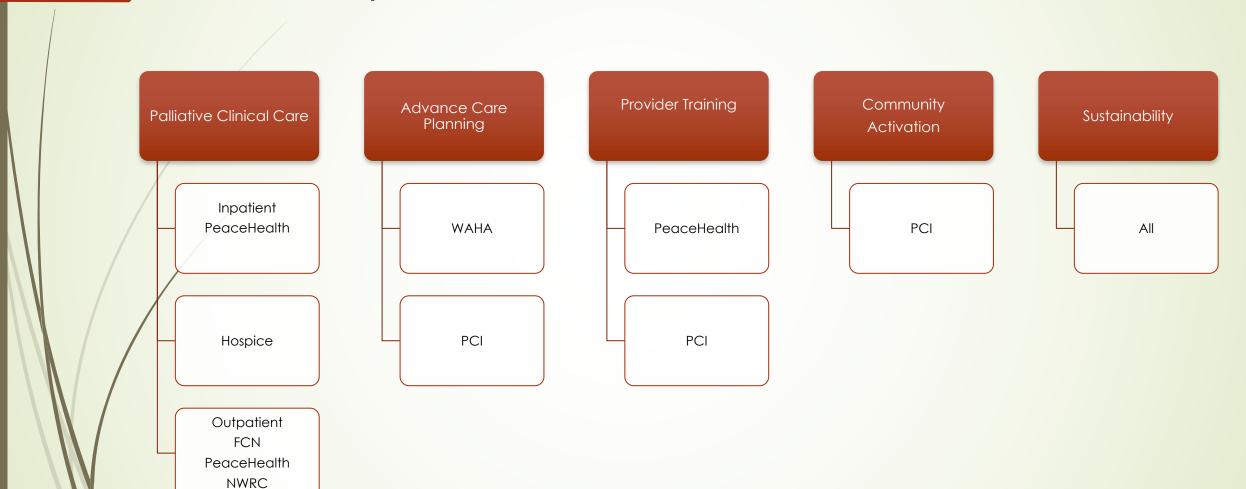
### Services for Seriously III or Dying – Often uncoordinated



#### Coalition & Blueprint History

- WAHA convened a Task Force in 2014
- Question: What it would take to transform Whatcom County into a center of end-of-life excellence?
- Explored existing resources for those with serious illness, advance care planning, palliative care services, and the community understanding about death as a natural part of the cycle of life.
- Identified gaps and areas of need.
- Wrote a Blueprint to guide improvement.
- Blueprint revised in 2017.

### Blueprint Pillars



#### Palliative Clinical Care

Family Care Network
PCP Clinics & Care Support

PeaceHealth
Hospice
Cancer Clinic
Community Based Services

Professional Community
Northwest Regional Council
Complementary Care
Home Health
Skilled Nursing Facilities



#### What is Palliative Care?

Specialized care for people living with chronic and serious illness.

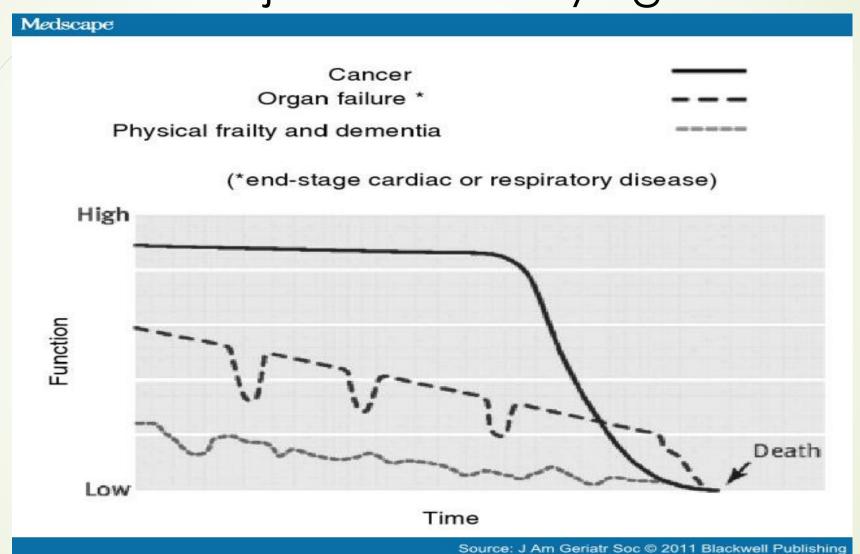
Goal is to improve quality of life for both the patient and the family when cure is not possible.

Focuses on providing relief from the symptoms and stress of a serious illness

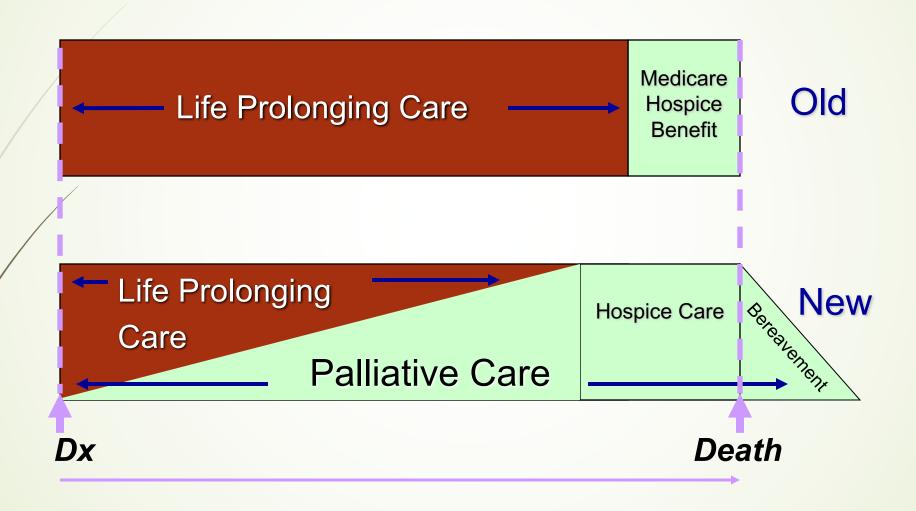
Provided by an interdisciplinary team of palliative care doctors, nurses, social workers, chaplains, family members and others who work together to provide an extra layer of support.

Appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment

### Trajectories of Dying



#### Conceptual Shift in Palliative Care Goals



#### **ASCO Model of PC**

#### 1. DISEASE MANAGEMENT

Primary diagnosis Prognosis<sup>†</sup> Comorbidities

#### 8. LOSS, GRIEF†

Loss, grief† Bereavement† Mourning

Life closure<sup>†</sup>

of life<sup>†</sup>

#### 7. END OF LIFE CARE/ DEATH MANAGEMENT<sup>†</sup>

Legacy creation<sup>†</sup>
Anticipation and management of physiological changes in the last hours

#### 2. PHYSICAL

Pain and other symptoms\*†
Function
Safety
Wounds†

#### PATIENT AND FAMILY CHARACTERISTICS

Culture
Personal values, beliefs, practices

Demographics

#### 6. PRACTICAL

Activities of daily living Caregiving

#### 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 (eg, powers of attorney) Family caregiver protection

#### 5. SPIRITUAL

Meaning, value
Existential, transcendental
Values, beliefs
Rites, rituals

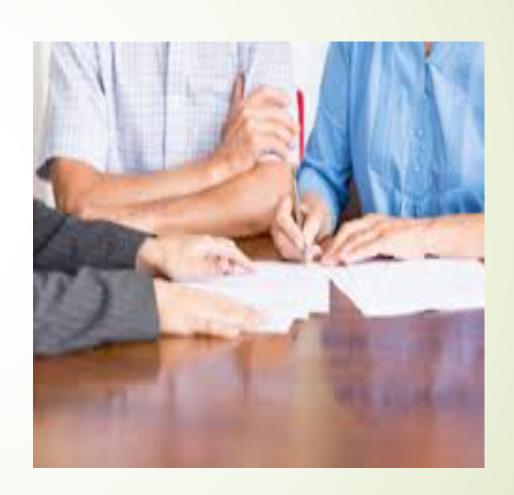
#### Advance Care Planning

WAHA
End of Life Choices

Palliative Care Institute
Your Voice – Your Choice

Community
Make Your Wishes Known
End of Life Washington

PeaceHealth
Honoring Choices
ACP Tab on EMR Home screen



### Public Support for Advance Care Planning

Over 80% of Americans believe that it is important to talk about what kind of treatment one should receive at the end-of-life.

Only 30% have actually had that conversation with their loved ones.

Only 7% have discussed their preferences with their doctors.

Only 35% of general practitioners have initiated these conversations with their patients.

## Case Study: La Crosse, Wisconsin The Town Where Everyone Talks About Death

- Initiative in the Gunderson Medical System over 10 years with goal to improve the quality of care at the end-of-life
- ■96% of people who die in La Crosse have an Advance Directive filed.
- Side benefit La Crosse spends less on health care for patients at the end of life than any other place in the country

## Palliative Care Institute - Community Conversations



## YOUR VOICE - YOUR CHOICE : LET'S TALK ABOUT IT

**Advance Directives honor YOUR choices** 

#### SAVE THE DATE

March 22, 2017 6:00 pm

St. Luke's Health Education Center, 3333 Squalicum Pkwy

### Provider Training – Palliative Care Institute

**Annual Conferences** 

Workshops

Lectures



#### Palliative Care Institute

## 2017 PALLIATIVE CARE INSTITUTE CONFERENCE

Helping 'til it Hurts: Building Resilience for Caregivers

Registration Open! MAY 12, 2017

9:00 am to 4:30 PM

Settlemyer Hall, BTC, 5.5 hours of CME available

## 2017 Palliative Care Institute Conference Speakers

- Casey Shillam, Beyond Resilience: Building an Anti-Fragile Approach to Compassion Fatigue
- Simon Fox, Oxygen for Caregivers: Guarding Against Burnout, Building Resilience, Sustaining Compassion
- Sandra Hernandes, Compasión Familiar: Culturally Competent Care of Latinos
- Sara Weir: Today and Tomorrow: Immediate action and planning for the future

#### Trained Providers – In-service training

PeaceHealth & FCN In-house clinician training

Health Ministry Nurses
Spiritual Care Training

Touch of Grace Project



## Trained Providers – Pre-service & certificate

BTC/WCC LPN & RN training

RN to BSN Nursing Program

Possible Certificate Program



## Community Education and Activation

- Palliative Care Institute

Community Conversations

Lectures & Events

Conferences

Resource Website



#### Palliative Care Institute – Workshop

Legacy Letter Workshop March 28 and April 4, 1-3 pm

Connections Classroom Community Food Coop -

Downtown

Facilitated by Margi Fox



## Community Education - Whatcom Cares Website

A community based resource website

Link users with services related to palliative and end of life care

WHATCOM CARES

How can you help?

### Community Education and Activation

Other Partners

Death Café

Art of Death

Care Partner Support Groups

A Sacred Passing

Music at the Bedside



### Sustainability

NWLP advocacy and leadership related to needed policy changes

- Medicare Support for ACP Conversations
- Different payer and funding models

Philanthropy

Grants



#### Progress Since 2014

Our community and cultural responses to living with serious illness and facing our own mortality or experiencing the death of loved ones continue to evolve.

- Formed Northwest Life Passages Coalition
- Implemented Advance Directive campaign
- Established Palliative care competencies for clinicians
- First steps toward a community-based outpatient palliative care service (Northwest Life Passages at Home).
- Launched Community education and activation series
- Developed coordinated approach to philanthropic funding and opportunities for piloting innovative care payments models.

#### More Information & Resources

- Palliative Care Institute
  - -pci.wwu.edu
    - Events
    - Resources
      - -CEDAR
      - ■Blueprint link
- Marie Eaton pci@wwu.edu