

Heart of England



NHS Foundation Trust

What is Palliative Care?

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Building **healthier** lives



"He's our new Palliative Specialist!"



"You wanted a second opinion?"

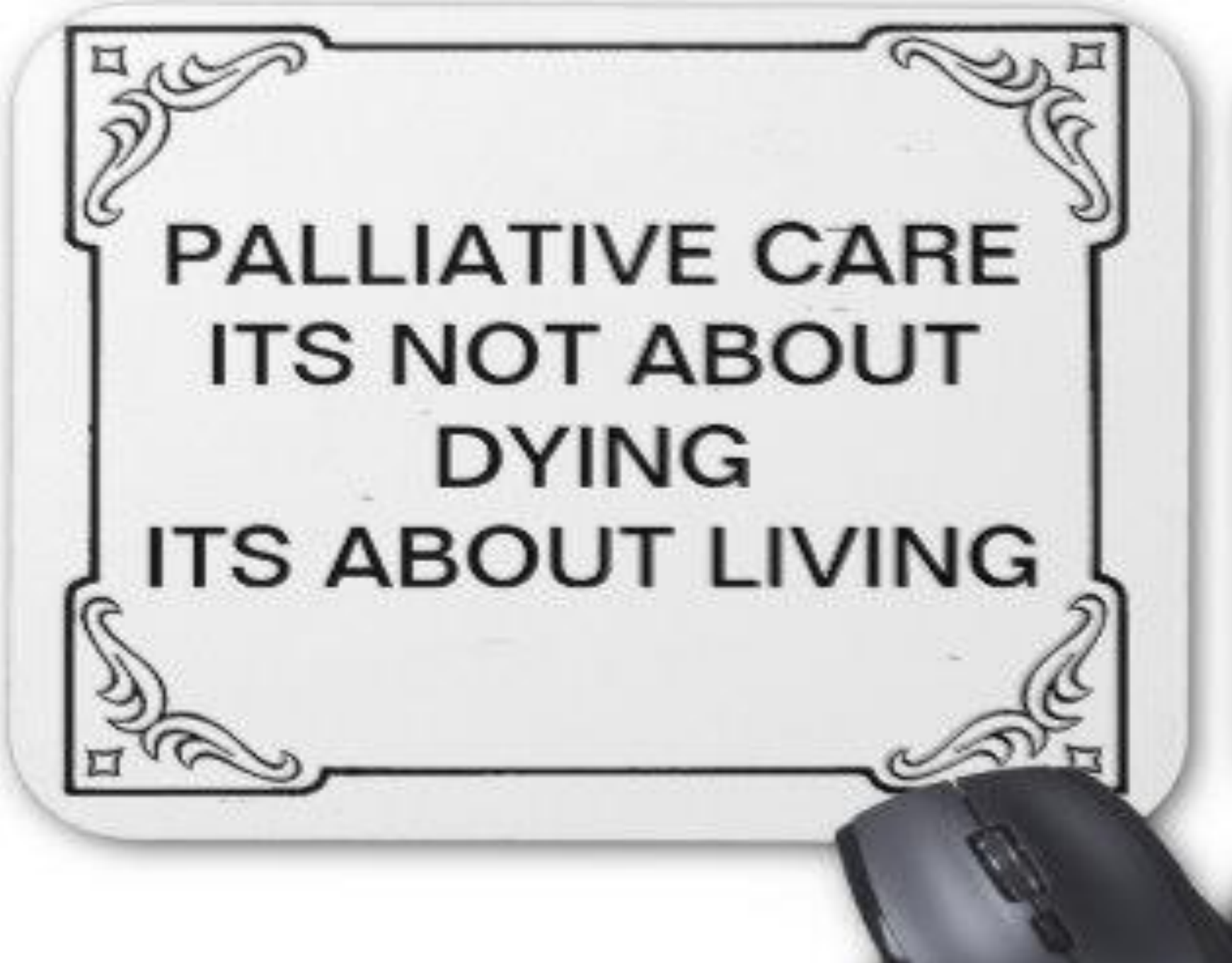
Definitions

Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

(World Health Organisation, 2016)

Palliative Care.....

- provides relief from pain and other distressing symptoms;
- affirms life and regards dying as a normal process;
- intends neither to hasten or postpone death;
- integrates the psychological and spiritual aspects of patient care;
- offers a support system to help patients live as actively as possible until death;
- offers a support system to help the family cope during the patients illness and in their own bereavement;
- uses a team approach to address the needs of patients and their families, including bereavement counselling, if indicated;
- will enhance quality of life, and may also positively influence the course of illness;
- **is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications. (WHO, 2016)**

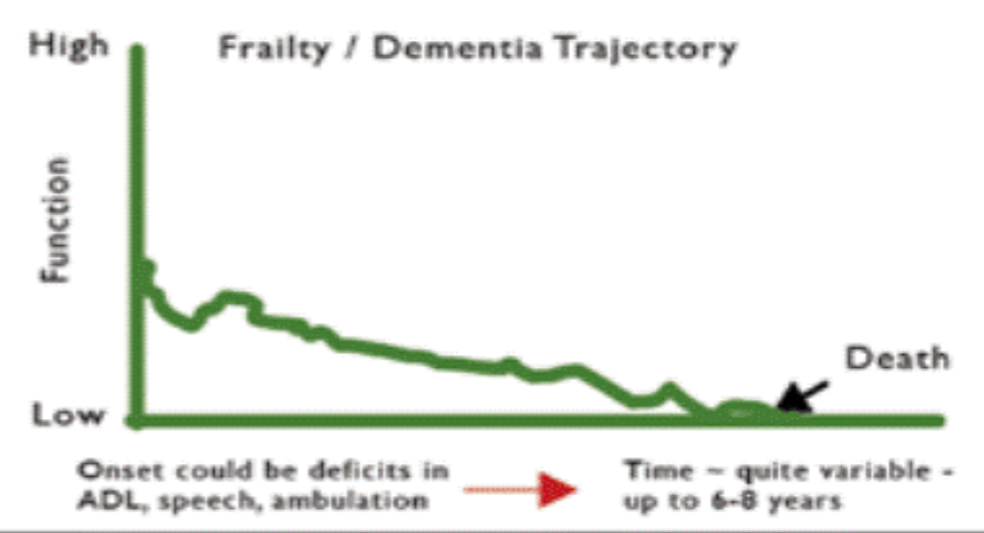
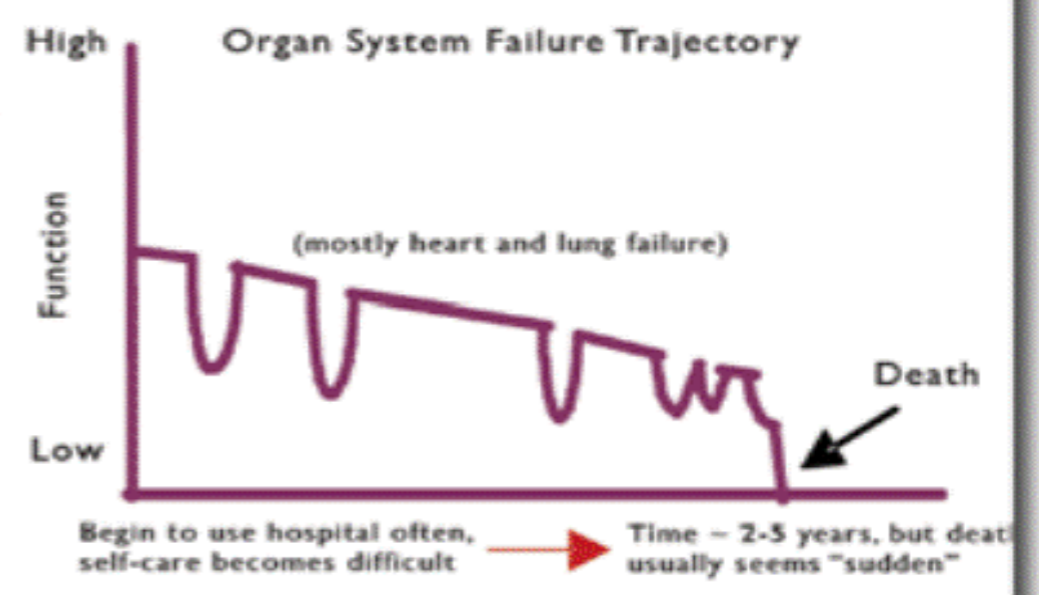
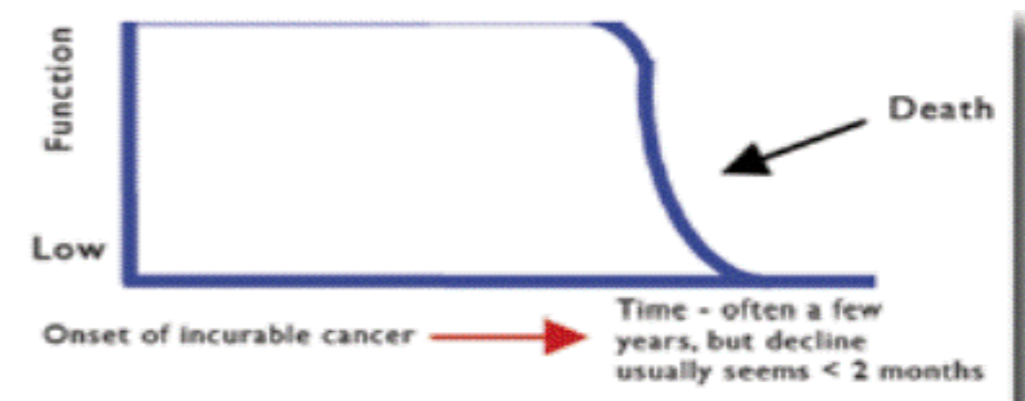
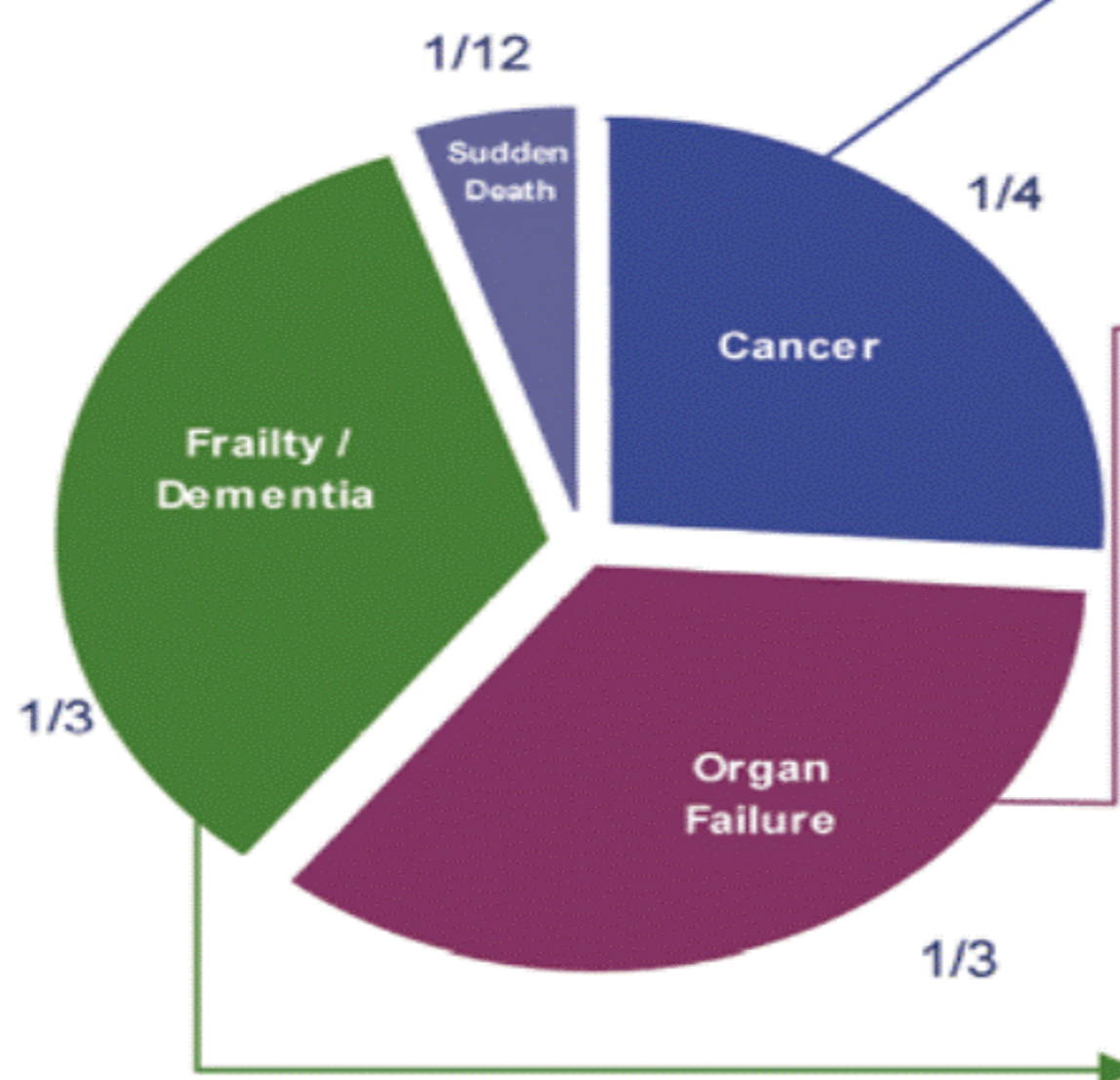
A white mousepad with a decorative black border featuring ornate scrollwork in each corner. The text is centered on the pad. A black computer mouse is partially visible at the bottom right corner of the mousepad.

**PALLIATIVE CARE
ITS NOT ABOUT
DYING
ITS ABOUT LIVING**

When does 'End of Life Care' begin?

End of life care should begin when you need it and may last a few days, or for months or years.

GPs' workload - Average 20 deaths/GP/yr (approximate proportions)



The System-wide Vision for EoLC

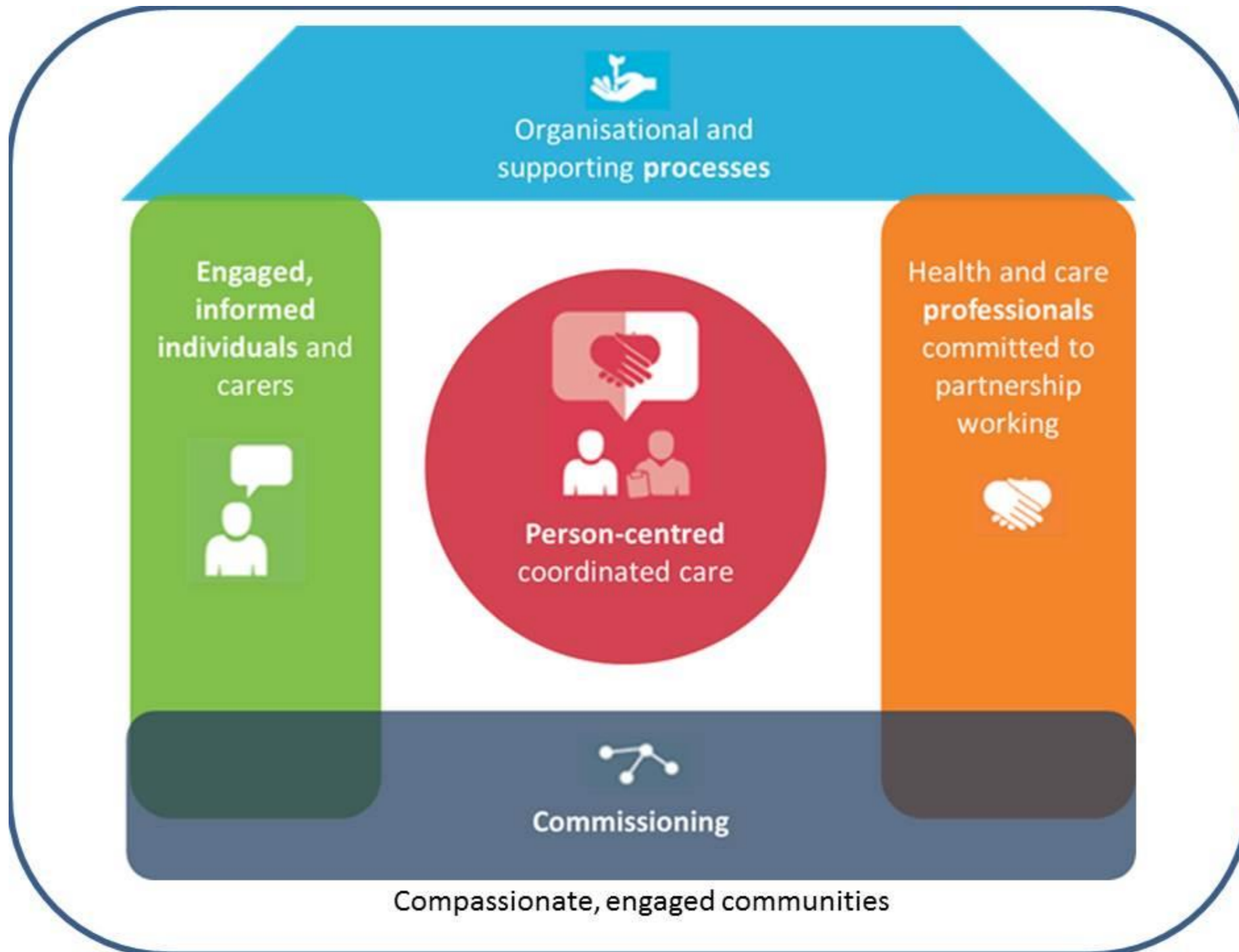
NHS England is one of the 27 partners who produced the ***'Palliative & End of Life Care Ambitions: National framework for local action 2015-2020'***.

Six ambitions to bring that vision about

- 01 Each person is seen as an individual
- 02 Each person gets fair access to care
- 03 Maximising comfort and wellbeing
- 04 Care is coordinated
- 05 All staff are prepared to care
- 06 Each community is prepared to help

"I can make the last stage of my life as good as possible because everyone works together confidently, honestly and consistently to help me and the people who are important to me, including my carer(s)."





Challenges

- Demographic – ageing population
- Not all end of life is specialist
- Workforce
- 30% mortality in 1yr for all current hospital In Patients
- 2014/2015 Solihull Place of Death – Hospital 48%, Home 22%, NH/Care Home 20%, Hospice 8%
- Nationally 25% of trust beds are used for people in the last year of their life
- If adequate support were available more than half could be cared for elsewhere
- C1800 patients referred to the palliative care team last year. 32% referrals led to death.
- Royal College of Physicians National Audit results
- Care homes with increasingly complex needs (87% admissions via 999 calls, 44% admissions OOH, 21% no DNA CPR ?ACP)
- Focus on health based system – Configured for admission avoidance not prevention

What have we been doing at HEFT?

- Specialist Palliative Care 7 days a week 9-5
- Access to Specialist Palliative Care telephone advice service 24/07
- Recognition, uncertainty, last days of life – Pilots
- Rapid discharge to die at home protocol
- Profile
- Education
- Solihull vanguard – single coordinated response hub
- Gap analysis of End of Life care June 2016
- Integrated Palliative and End of Life Care Strategy
- Carers Forum
- Volunteer workforce/EOLC Workforce

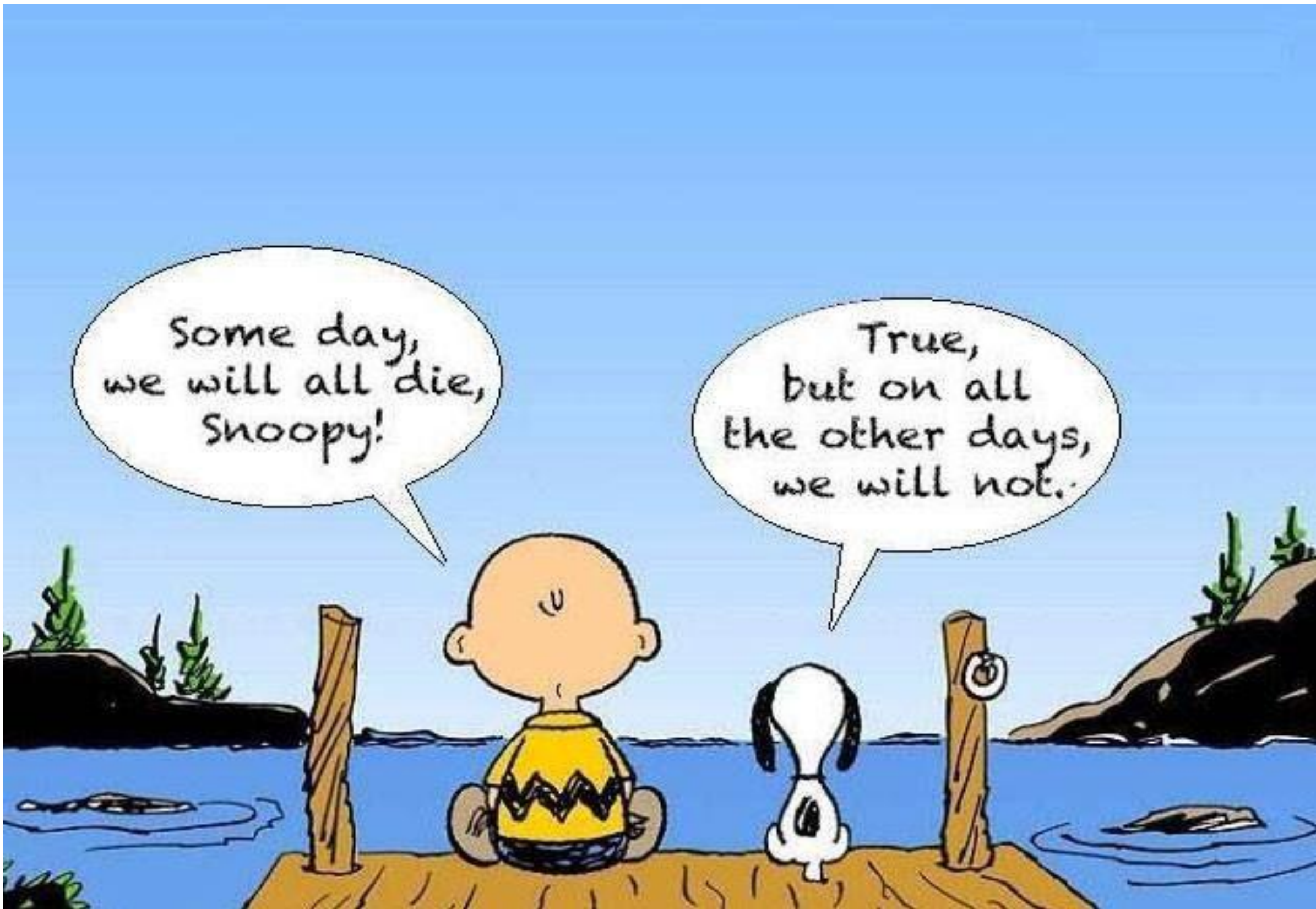


Transforming EOLC in Acute Trusts

5 Key Enablers:

- Advanced Care Planning – What Matters Most to you?
- Amber Care Bundle – Recovery Uncertain
- Care in the last days of life
- Rapid Discharge
- EPaCCs (Electronic Palliative Care Coordination System) – Patients approaching EOLC

**“You only get one chance
to get it right.”**



Some day,
we will all die,
Snoopy!

True,
but on all
the other days,
we will not.