Right on Time:
A Guide to Starting Palliative Care in Cancer Patients

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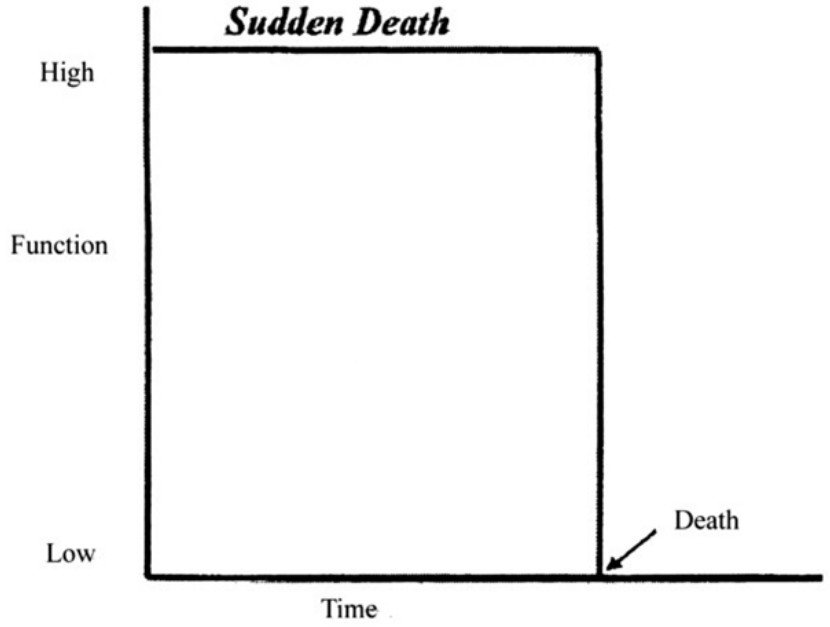
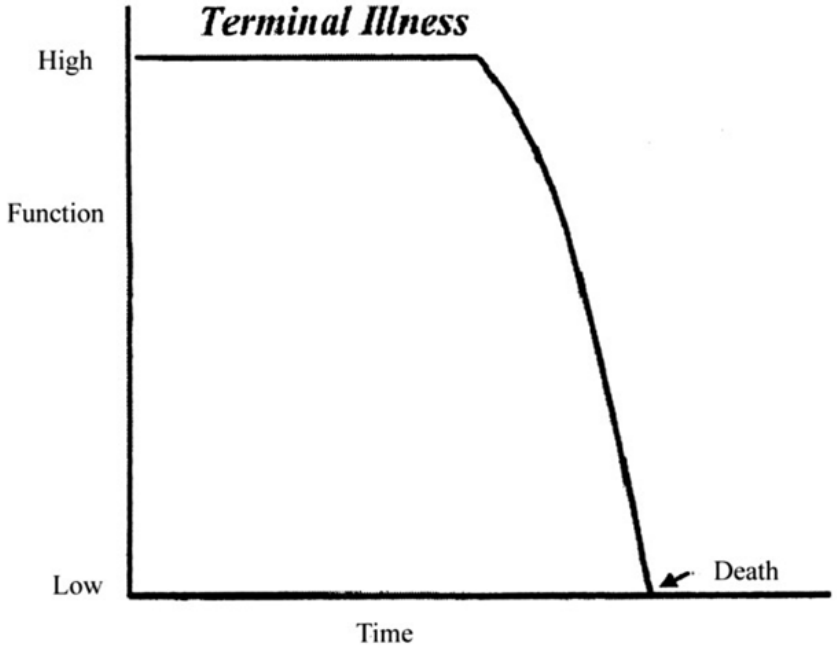
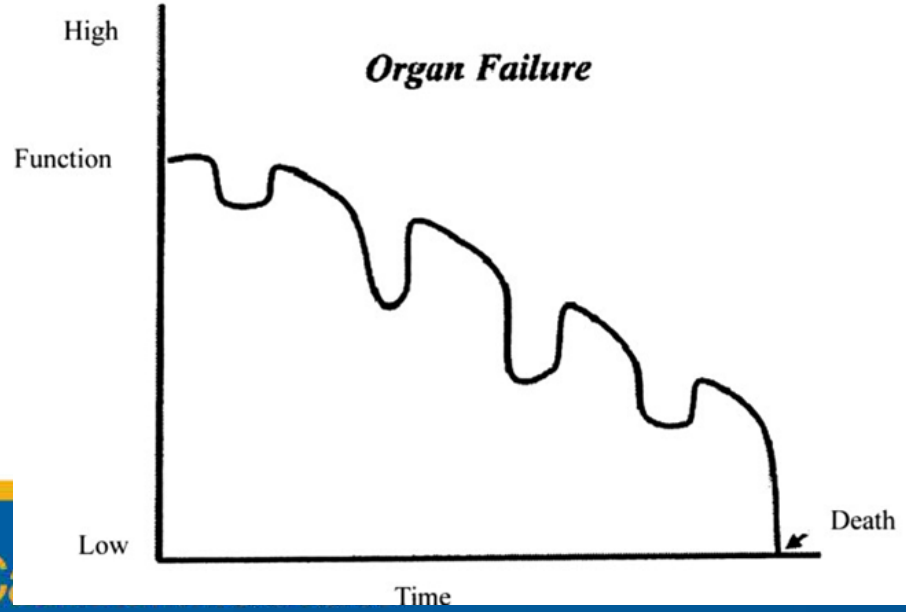
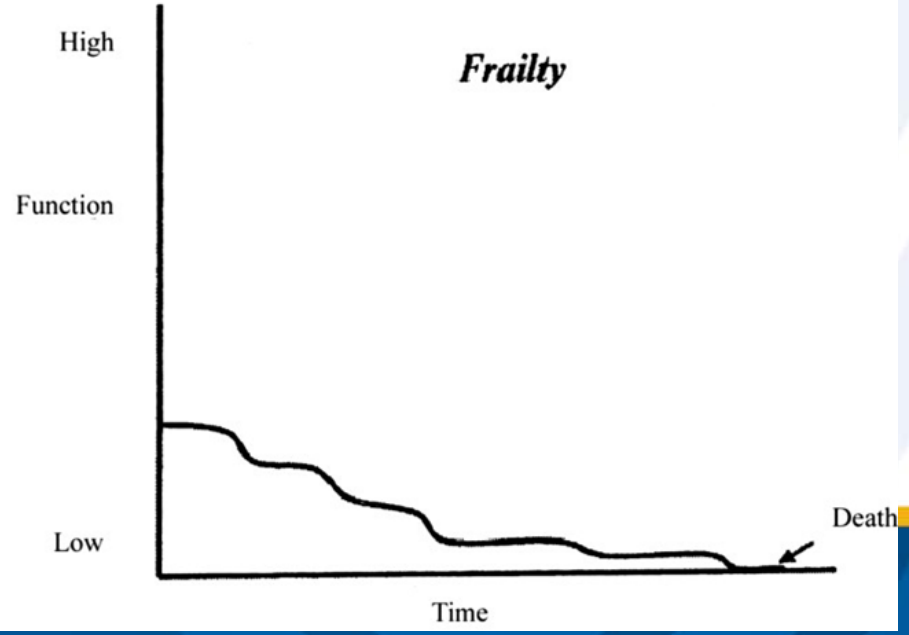
Objectives

- Explore the barriers to palliative care involvement
- Discuss the current evidence on palliative care involvement
- Correlate aggressive symptom management and mortality

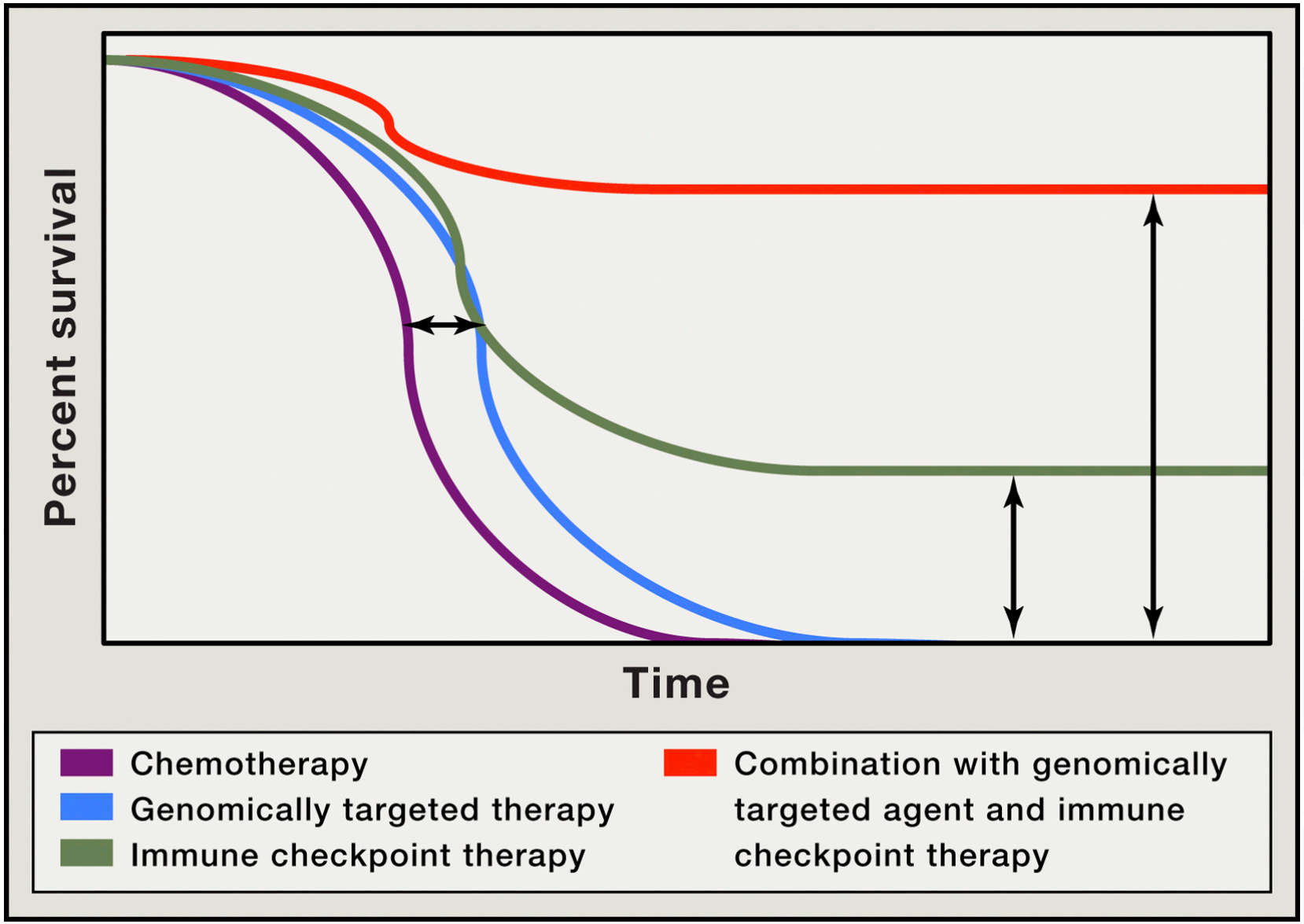






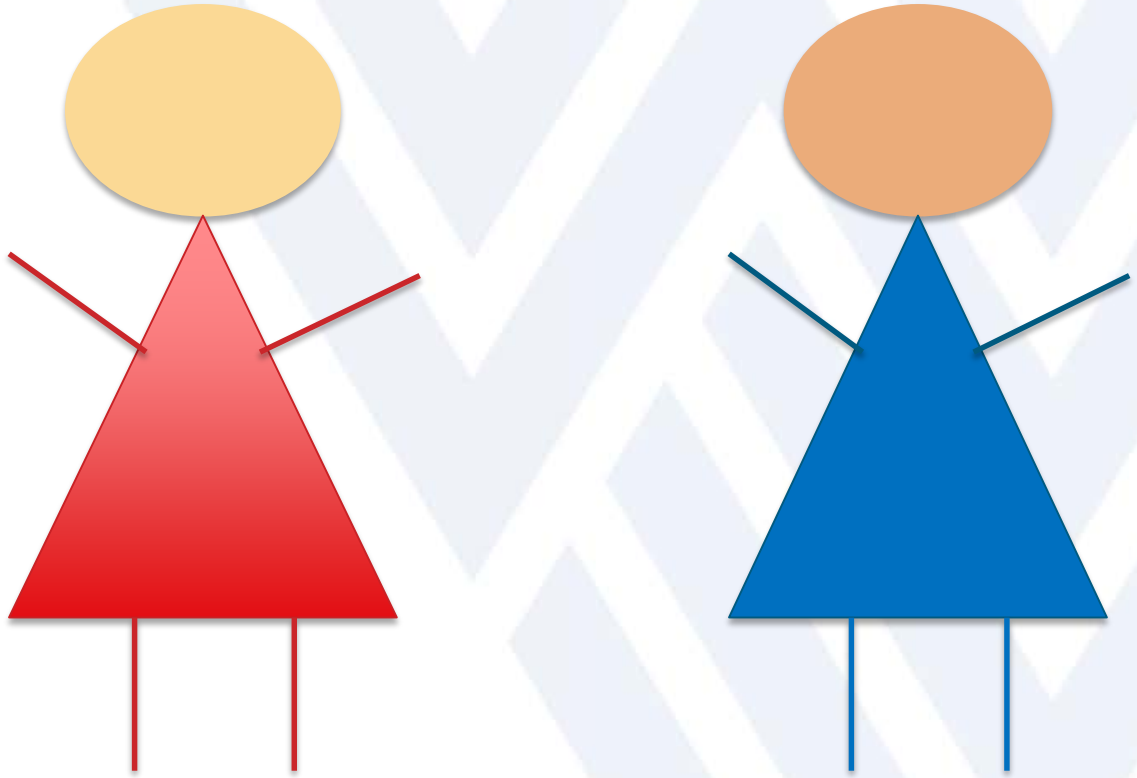


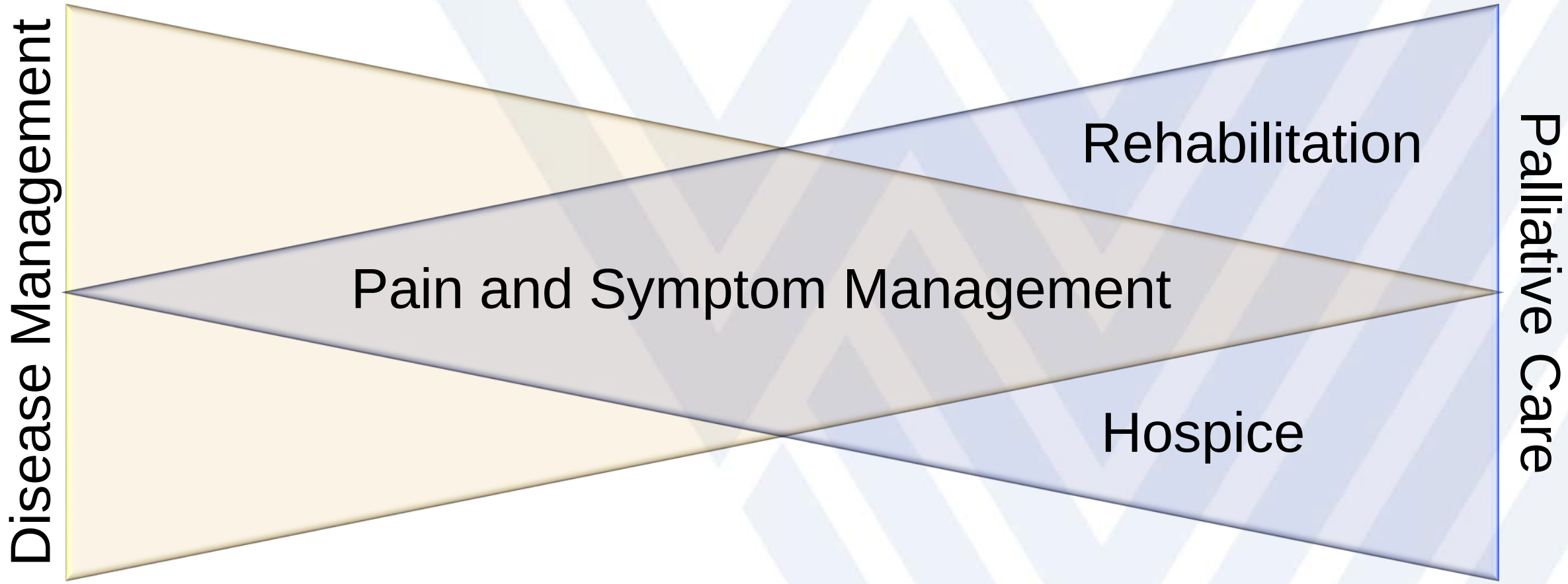
Lunney JR 2002


Percent survival
Time
Chemotherapy
Genomically targeted therapy
Immune checkpoint therapy
Combination with genomically targeted agent and immune checkpoint therapy

Sharma 2015

Tale of Two Patients




Disease Management
Rehabilitation
Pain and Symptom Management
Hospice
Palliative Care

Hawley 2014

Palliative Care and Mortality

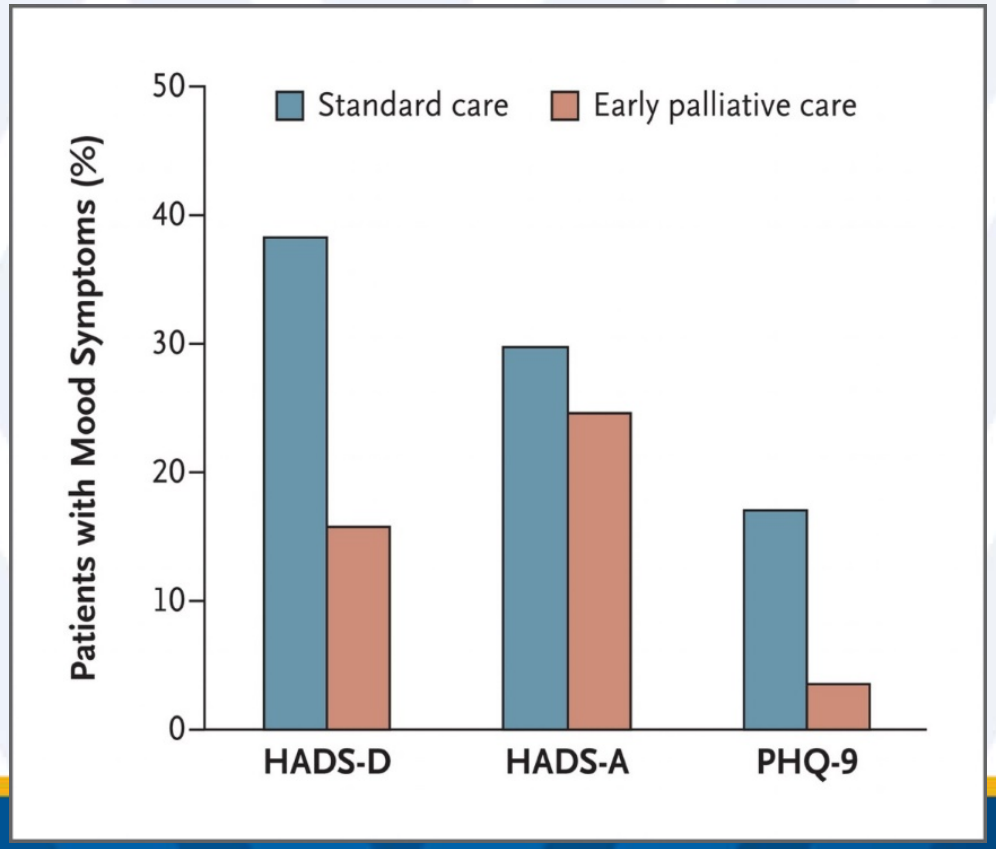
In patients with life-limiting illnesses, is there a difference in mortality between those receiving standard of care and those receiving palliative care?

A) Yes, standard of care pts live longer
B) Yes, palliative care pts live longer
C) No, there's no difference in mortality
D) Unsure (there's no evidence)

Early Palliative Care: The Evidence

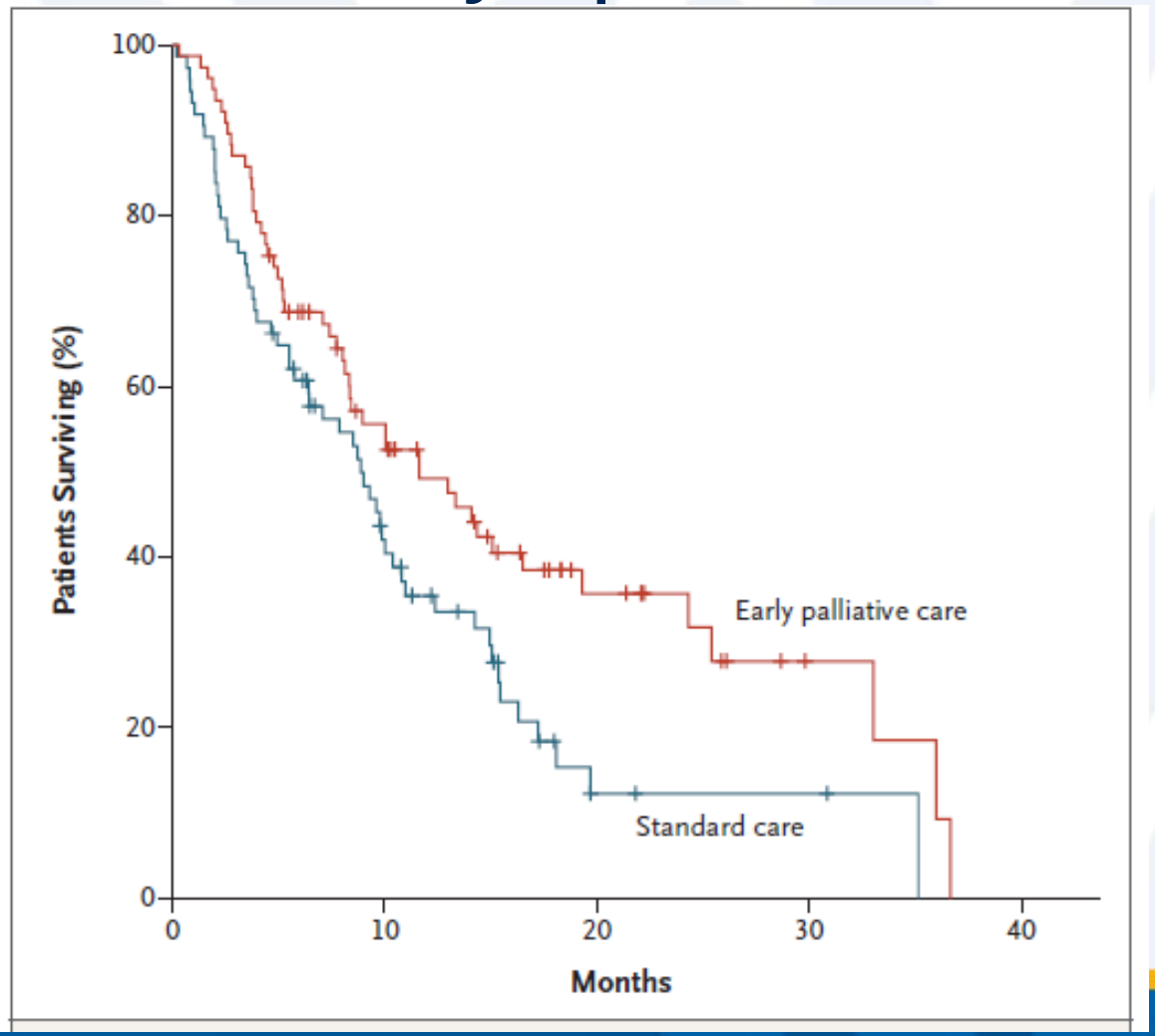
- 107/151 patients with newly diagnosed NSCLC randomized with baseline & 12 week assessments
  - FACT-L
  - Mood Assessment
- Primary Outcome:

  Change in anxiety and depression at 12 weeks



Temel 2010

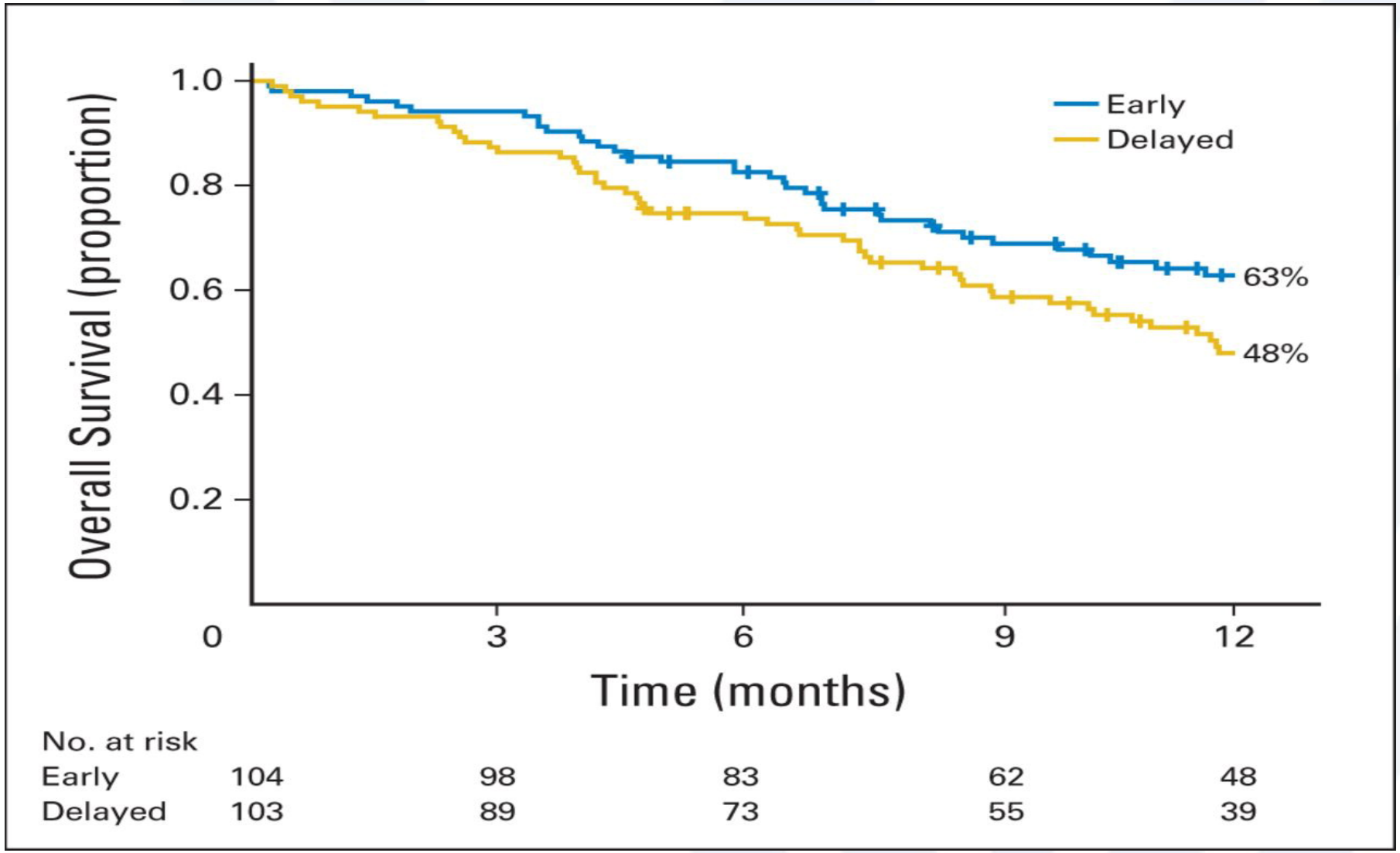
Palliative care extends survival and decreases symptom burden



Temel 2010

Early Versus Delayed Initiation of Concurrent Palliative Oncology Care: Patient Outcomes in the ENABLE III Randomized Controlled Trial

Marie A. Bakitas, Tor D. Tosteson, Zhigang Li, Kathleen D. Lyons, Jay G. Hull, Zhongze Li, J. Nicholas Dionne-Odom, Jennifer Frost, Konstantin H. Dragnev, Mark T. Hegel, Andres Azuero, and Tim A. Ahles



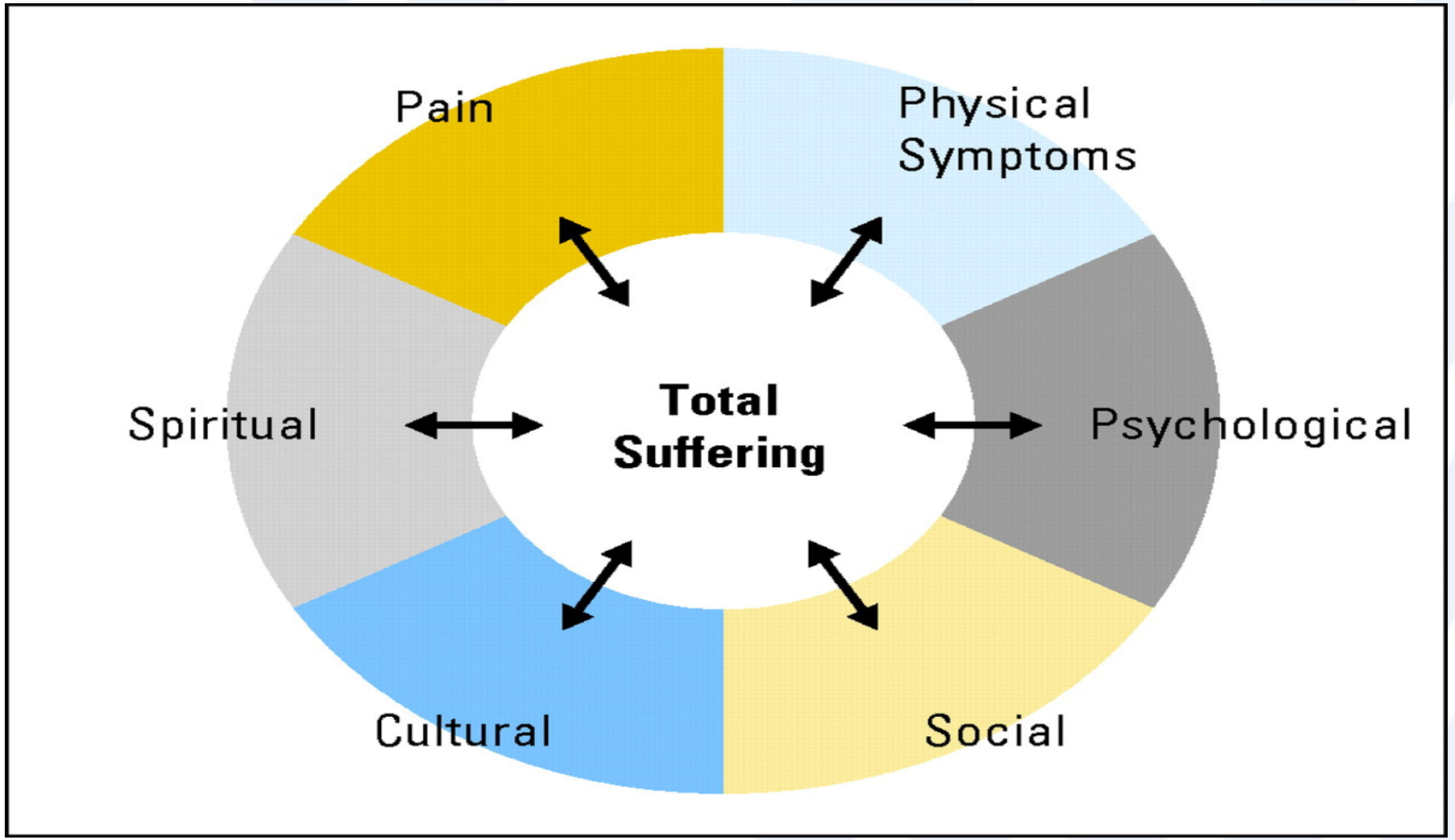
Bakitas 2015

Table 4. Decedents' Rate of Resource Use Over Study Period (n = 109)

Resource	Early Group (decedents, n = 50)*		Delayed Group (decedents, n = 59)*		Relative Rate†	95% CI	*P*
	Rate	95% CI	Rate	95% CI			
Hospital days							
Baseline (total sample)	0.69	0.4 to 1.18	1.39	0.97 to 1.97	0.5	0.26 to 0.94	.03
Total use	0.95	0.61 to 1.46	1.3	0.91 to 1.86	0.73	0.41 to 1.27	.26
ICU days							
Baseline (total sample)	0.52	0.28 to 0.95	0.22	0.1 to 0.5	2.32	0.85 to 6.37	.10
Total use	0.1	0.04 to 0.24	0.15	0.07 to 0.3	0.68	0.23 to 2.02	.49
ED visits							
Baseline (total sample)	0.16	0.1 to 0.25	0.21	0.15 to 0.31	0.75	0.41 to 1.34	.32
Total use	0.14	0.09 to 0.2	0.19	0.14 to 0.26	0.73	0.45 to 1.19	.21
Chemotherapy in last 2 weeks of life	0.08	0.03 to 0.2	0.05	0.02 to 0.15	1.57	0.37 to 6.7	.54
Hospice use	0.68	0.55 to 0.84	0.63	0.51 to 0.78	1.08	0.8 to 1.45	.62

Abbreviations: ED, emergency department; ICU, intensive care unit.
*Mean months from enrollment to death among decedents: early, 9.53 (standard deviation, 7.24); delayed, 7.82 (standard deviation, 6.25).
†Delayed group as reference.

Bakitas 2015


Pain
Physical Symptoms
Spiritual
Total Suffering
Psychological
Cultural
Social

Wein 2009

Table 1. Adolescents and Young Adults in Palliative Care: Clinical Domains

Clinical Domain
Physiologic
Adult
Healthy organs
Sexuality and fertility
Pharmacologic
Pharmacodynamics
Illicit drug use
Opioiphobia
Physical
Tumor symptoms
Treatment adverse effects
Survivorship
Psychological
Compliance
Fear of death
Loneliness
Independence
Regression
Guilt
Depression
Sociologic
Parents
Ethical unit
Family *v* individual
Decision making and truth telling
Support outside hospital
Family or friend; partners and peers
A wish to die at home
Hospital-in-the-home service
Home in the hospital
Computers, music machines, DVD players

Wein 2009

Edmonton Symptom Assessment System:
Numerical Scale
Regional Palliative Care Program

Please circle the number that best describes:

No pain	0	1	2	3	4	5	6	7	8	9	10	Worst possible pain
Not tired	0	1	2	3	4	5	6	7	8	9	10	Worst possible tiredness
Not nauseated	0	1	2	3	4	5	6	7	8	9	10	Worst possible nausea
Not depressed	0	1	2	3	4	5	6	7	8	9	10	Worst possible depression
Not anxious	0	1	2	3	4	5	6	7	8	9	10	Worst possible anxiety
Not drowsy	0	1	2	3	4	5	6	7	8	9	10	Worst possible drowsiness
Best appetite	0	1	2	3	4	5	6	7	8	9	10	Worst possible appetite
Best feeling of wellbeing	0	1	2	3	4	5	6	7	8	9	10	Worst possible feeling of wellbeing
No shortness of breath	0	1	2	3	4	5	6	7	8	9	10	Worst possible shortness of breath
Other problem	0	1	2	3	4	5	6	7	8	9	10	

Patient's Name _____

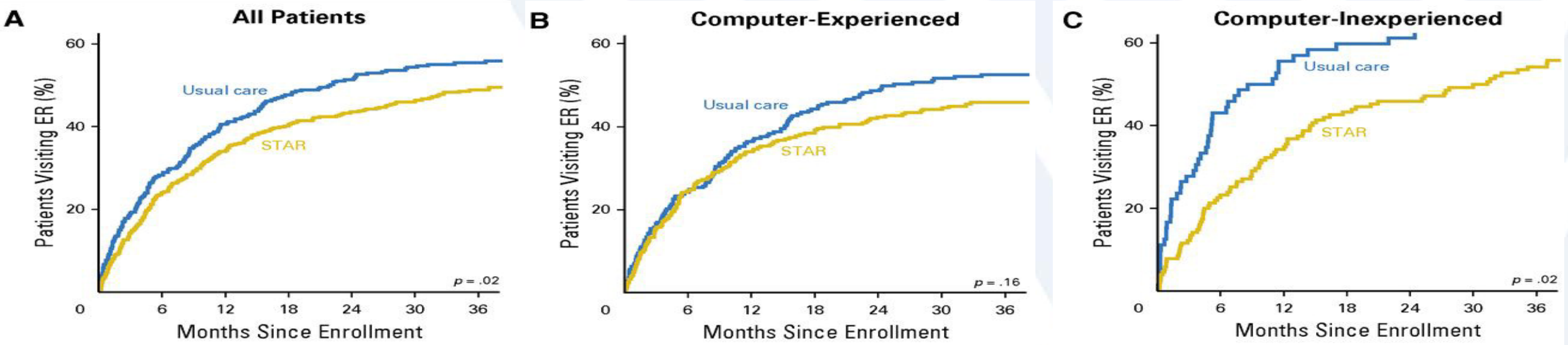
Date _____ Time _____

Complete by *(check one)*
- ☐ Patient
- ☐ Caregiver
- ☐ Caregiver assisted

Bruera 1991

Symptom Monitoring With Patient-Reported Outcomes During Routine Cancer Treatment: A Randomized Controlled Trial

Ethan Basch, Allison M. Deal, Mark G. Kris, Howard I. Scher, Clifford A. Hudis, Paul Sabbatini, Lauren Rogak, Antonia V. Bennett, Amylou C. Dueck, Thomas M. Atkinson, Joanne F. Chou, Dorothy Dulko, Laura Sit, Allison Barz, Paul Novotny, Michael Fruscione, Jeff A. Sloan, and Deborah Schrag



No. At Risk							
Total	766	533	412	337	289	228	182
STAR	441	323	254	209	179	144	109
Usual Care	325	210	158	128	110	84	73

Basch 2016

Take Home

- Barriers to palliative care are present and changing
- Palliative care decreases mortality
- Aggressive symptom management is quickly becoming standard of care

Max. Capacidad
2 personas.
OSPREY

Questions?

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