Integrative Approach to Health and Wellness Across the Lifespan

Jean S. Kutner, MD, MSPH
Professor of Medicine
Associate Dean for Clinical Affairs
University of Colorado School of Medicine
Chief Medical Officer, University of Colorado Hospital

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The Population Imperative

“One of the biggest mega trends impacting the world today is population aging.”

-Forbes, August 11, 2015
Demographic Imperative: Aging Population

America’s population over age 65 will double by 2030
IMPLICATIONS FOR HEALTH AND WELLNESS
Figure 15: Co-morbidity among Chronic Conditions for Medicare Fee-For-Service Beneficiaries: 2012

Toll on Family Caregivers

The Alzheimer’s Caregiver

Did you know... more than 15 million Americans care for someone with Alzheimer’s

17.5 billion hours of unpaid caregiving in the United States

23% are 65 years or older

62% are women

59% feel on duty 24 hours a day

39% suffer from depression

61% rate the emotional stress of caregiving as high - very high
Who Are You?

- 66% of family caregivers are female
- 67% care for someone 75+
- 49 years, the average age of the typical family caregiver
- 72% care for a parent, stepparent or in-law
- 14% care for a seriously ill or disabled child

What Is Caregiving Costing You?

- $303,880, the estimated loss in income & benefits over a lifetime for a family caregiver 50+
- 40% of unemployed family caregivers said family care affected their ability to look for or accept a job.
- There are 40 million family caregivers in the United States today.

What Are You Doing?

- 60% of family caregivers are employed elsewhere, either full- or part-time.
- 46% provide complex care such as wound care, medication management, injections, medical equipment operation and more.

What Is Your Caregiving Worth?

- $470 billion, the value of 37 billion hours of care per year—the equivalent of every caregiver in the US providing 18 hours of caregiving per week at $12.51 per hour.

5–9 medications, including injections, are administered by nearly half of all family caregivers each day.

How Are You Feeling?

- 55% Exhausted, physically and emotionally
- 83% View caregiving as a positive experience
Cost of Care

- 63% Medicare patients have ≥ 2 chronic conditions
  - Account for 95% of Medicare spending

- 31% families lost most or all life savings due to serious illness in a family member

Meier: Palliative Care: Transforming the Care of Serious Illness; 2010.
What Does Palliative Care have to do with Integrated Health and Wellness?
Quality of Life in Serious Illness: What People Want

- Pain and symptom control
- Achieve a sense of control
- Relieve burden on family
- Strengthen relationships with loved ones
- Avoid inappropriate prolongation of the dying process
"You've got six months, but with aggressive treatment we can help make that seem much longer."
What is Palliative Care?

Specialized medical care for people with serious illness and their families
Focused on improving quality of life as defined by patients and families.
Provided by an interdisciplinary team that works with patients, families, and other healthcare professionals to provide an added layer of support.
Appropriate at any age, for any diagnosis, at any stage in a serious illness, and provided together with disease treatments.

Definition from public opinion survey conducted by ACS CAN and CAPC  http://www.capc.org
Palliative Care Components

- Hospice Care
- Pain & Symptom Management
- Goals of Care
- Communication
- Decision making
- Advance Directives
Health and wellness at a point in the life trajectory that involves serious illness.
Palliative Care is *Concurrent and Integrated with Disease-Directed Therapies*
Palliative Care = Optimal Wellness in the setting of serious illness

- Focuses on health and well-being of BOTH patient and their family caregivers
- Available across care continuum
- Manages symptoms that cause suffering
- Explores values and patient-centered goals
- Helps patients assess risks, benefits, burdens
- Creates care plans (and back-ups) to meet goals
Palliative Care Improves Value

Quality improved
- Symptoms
- Quality of life
- Length of life
- Family satisfaction
- Family bereavement outcomes
- Clinician satisfaction

Costs reduced
- Hospital cost/day
- Use of hospital, ICU, ED
- 30 day readmissions
- Hospitality mortality
- Labs, imaging, pharmaceuticals
Palliative Care
Living as Well as Possible for as Long as Possible
How Do the University of Colorado and UCHealth Approach Wellness for People with Serious Illness?
2015 Report Card On Access To Palliative Care At US Hospitals


Two-thirds of states have a grade of A or B in 2015.

2008

2011

2015

Center to Advance Palliative Care (https://reportcard.capc.org/)
CO:
Grade = B
(75.7%)
Palliative Care Services Available at *all* UCHealth hospitals

- Interdisciplinary: Physicians, APPs, Chaplains, Social Work, Psychology, Creative Art Therapy
- Consult services in hospitals
- Outpatient clinics: cancer and neurology
- Telehealth (in development)

**Advance Care Planning**

- Group visits
- Patient portal and targeted outreach (in development)
- Collaboration with community initiatives

**Collaboration with community-based post-acute care** (e.g. LTACs, SNFs, hospice, community-based palliative care)

**Educational conferences – open to entire community:**

- Weekly palliative care conferences
- Annual palliative care clinical and research conferences
About the Palliative Care Program

The University of Colorado Denver’s Palliative Care Program is a collaborative project for the College of Nursing, School of Medicine, and the Skaggs School of Pharmacy and Pharmaceutical Sciences to expand education opportunities in palliative and end-of-life care to providers such as Nurses (including BSN and Advanced Practice Nurses), Physicians, Physician Assistants, and Pharmacists.

The program is offered in a hybrid learning format utilizing interactive online instruction. Three weekend-based intensives are scheduled across the 24 month program to further enhance learning. The program is designed for the practicing professional who desires to improve his/her knowledge and skills in palliative care.

Master of Science in Palliative Care

A 36-credit hour Master of Science program designed to be completed in 24 months of continuous study. Students may choose flexible completion options, but note that courses are currently offered once per academic year.

Education will include:
- Case-based learning and problem-solving methodologies within a caring framework of palliative care approaches encompassing the whole person
- Intensive education and practice in communication skills
- Pain and non-pain symptom assessment and management
- Interdisciplinary team support for psycho-social-spiritual distress
Where Can I Get More Information?
Palliative Care

What is palliative care?

Palliative care is the medical specialty focused on relief of pain, stress, and other debilitating symptoms of serious illness. The goal is to improve quality of life for you and your family.

We offer palliative care on an inpatient basis at Poudre Valley Hospital in Fort Collins and University of Colorado Hospital in metro Denver.

Our inpatient palliative care program helps you by:

- Identifying the full spectrum of physical, spiritual, and psychological care options available to you
- Matching your goals and values to a customized care plan
- Enhancing curative care with improved symptom control and relief
IOM Report: “Dying in America”

iom.edu/endoflife

Released 9/17/14
Right now an estimated 6,000,000 people in the US need palliative care.
“A life ended with much unfinished business or uncontrolled suffering has not been met with due respect, and does not leave good memories.”

Dame Cecily Saunders
Some day, we will all die, Snoopy!

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