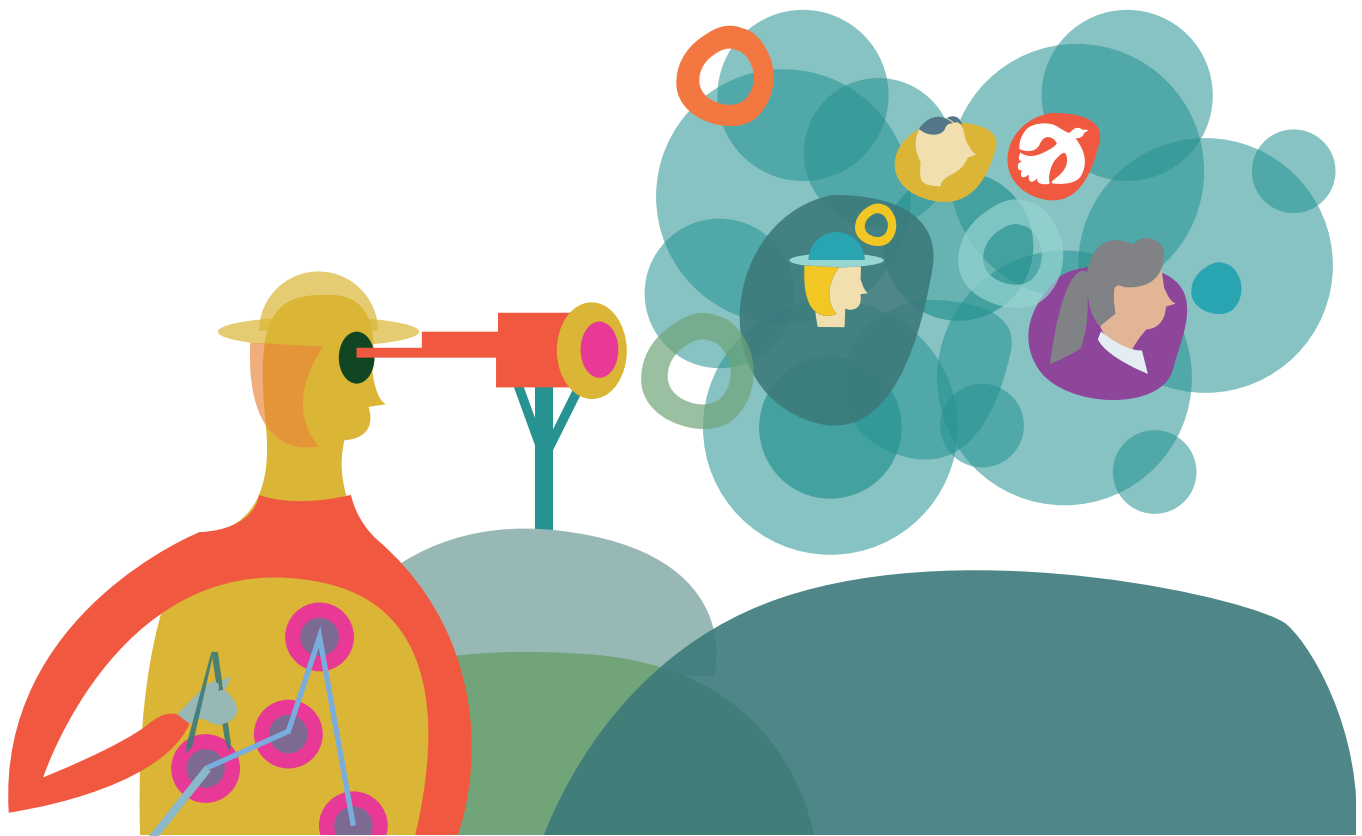


A Palliative Approach

Mapping a difficult journey



Managing a life-limiting illness or aging can be a complicated journey for individuals, and their families. As a disease or time progresses, they will face difficult decisions about care, including pain or symptom management, end-of-life care, and living well until dying.

Most people would like an opportunity to talk openly about their health, be truly informed about their illness and prognosis, share their hopes and fears, and discuss the possibility of dying when the time comes.



The Canadian Hospice Palliative Care Association and its 37 partners in the Quality End-of-Life Care Coalition of Canada have a collective goal to share The Way Forward, an integrated palliative approach to care that focuses on an individual's quality of life throughout their illness trajectory – not just at the end of life.

New Trajectories Complicate Care

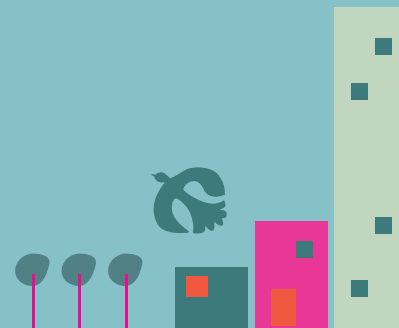
Hospice palliative care has traditionally been provided to patients whose death is somewhat predictable and where it is expected that they might live six months or less. But our illness trajectories are changing.

Thanks to advances in medical treatment, people who are aging or who are diagnosed with life-limiting illnesses can now live many years with their condition — or they could die suddenly. Their time of death is often difficult to predict, which means that many are never identified as being at risk of dying or offered the benefits of hospice palliative care programs or services throughout their illness.

Being close to death should no longer be the trigger for services that can enhance the health and well-being of Canadians.



● **10%**
of people die suddenly¹



● Between
16% - 27%
of deaths occur
in long-term care
facilities²

¹ "Initiative for a Palliative Approach in Nursing: Evidence and Leadership," Initiative for a Palliative Approach in Nursing Evidence and Leadership, accessed January 20, 2012, <http://www.ipanel.ca>.

² "Health Care at the End of Life in Atlantic Canada," Canadian Institute for Health Information, last modified May 17, 2011, https://secure.cihi.ca/free_products/end_of_life_2011_en.pdf. "Health Care Use at the End of Life in Western Canada," Canadian Institute for Health Information, last modified September 6, 2007, https://secure.cihi.ca/free_products/end_of_life_report_aug07_e.pdf.

Closing the Care Gap

Without important conversations, planning, and understanding, we create a care gap that is often felt as patients, their families, and various health care providers struggle to manage information, and transitions in care across care settings.

An integrated palliative approach can improve this process by looking at the whole person, providing holistic care that respects each person's values and preferences and optimizes health care resources to support better care across all care settings. It improves health and quality of life for people who are aging, frail or have a chronic illness; and integrates into all care settings within the community so people receive consistent seamless care.

By changing our approach to people who are frail, or living with a range of chronic illnesses, we can provide more individuals and their families with access to high quality, integrated palliative care services that reflect their goals, help them enjoy a good quality of life and ensure they have a stronger voice in their care. We can ensure their plans and wishes follow them, enabling seamless transitions from one care setting to another as needs change.

60-70% of Canadians die in the hospital.³ Although most Canadians say they would prefer to die at home.⁴

³ Canada. Statistics Canada. "Table 102-0509 - Deaths in hospital and elsewhere, Canada, provinces and territories, annual". CANSIM (102-0509), accessed November 14, 2014, <http://cansim2.statcan.gc.ca/cgi-win/cnsmcgi.pgm>.

⁴ "Health Care Use at the End of Life in Western Canada," Canadian Institute for Health Information, last modified September 6, 2007, https://secure.cihi.ca/free_products/end_of_life_report_aug07_e.pdf.

Benefits of a Palliative Approach



More control for patients

By providing better communication and information we can support individuals to make informed care decisions.

Better health outcomes

Faced with progressive illness, an individual's goals of care may change over time. Giving them the opportunity to discuss values and wishes earlier and often will ensure their care goals are met.

Seamless transitions

Creating an Advance Care Plan and identifying goals of care means that a person's wishes will travel with them and should be respected in all care settings.

Better use of resources





We can deliver better quality of life for individuals living with chronic diseases, and make better use of palliative resources by having more health care providers integrating a palliative approach with chronic disease management.



More Effective Use of Resources

An integrated palliative approach is a cost-effective way to close a gap in care and meet the increasingly complex health and psychosocial needs of Canadians and their families within their communities. A palliative approach can transform the health care system, creating less need for emergency visits and unplanned hospitalizations, make more effective use of health resources, and have care provided by any health professional depending on an individual’s medical needs.

What do we have to gain?

 <p>Less</p>	 <p>More</p>	 <p>Fewer</p>	 <p>Reduced</p>
<p>burden on caregivers</p>	<p>appropriate and efficient use of the small number of palliative care experts/services in Canada</p>	<p>emergency room visits and hospital stays</p>	<p>use of intensive care services</p> <p><small>Lussier et al, "Management of End-Stage Dementia," Primary Care: Clinics in Office Practice 38, no. 2 (June 2011): 247–264.</small></p>

Please visit these sites to learn more:

The Way Forward and a palliative approach:
www.hpcintegration.ca

Palliative care education and resources:
www.pallium.ca

Advance Care Planning:
www.advancecareplanning.ca
 (including workbooks and tools by province)

Hospice palliative care:
www.chpca.net

Production of this document has been made possible through a financial contribution from the Government of Canada. The views expressed herein do not necessarily represent the views of the Government of Canada.