Emerging horizons in palliative care research: special focus on spiritual aspects of care

April 2, 2014

Charles F. von Gunten, MD, PhD

Vice President, Medical Affairs Hospice & Palliative Care



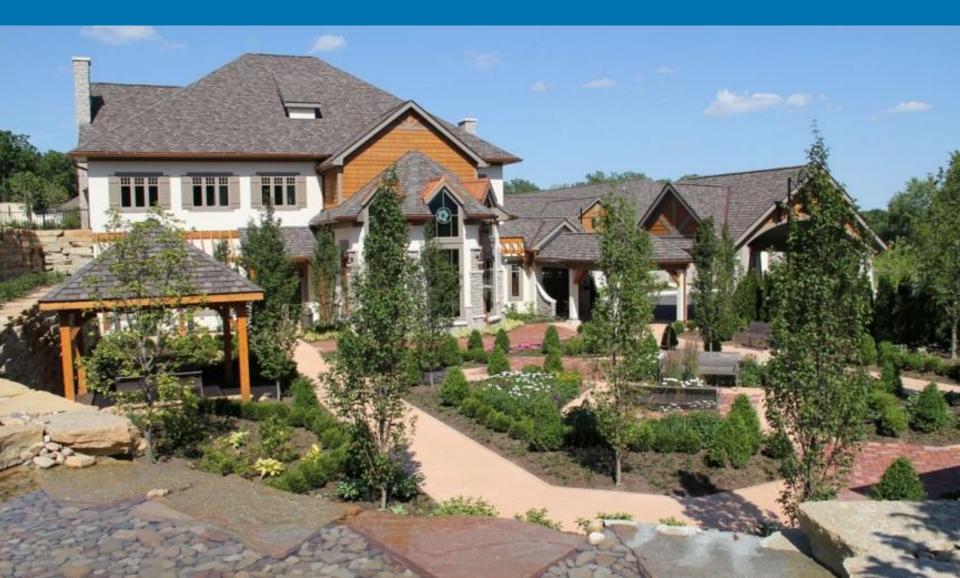


To prevent and relieve suffering, and promote quality of life at every stage of life



OhioHealth

BELIEVE IN WE



OhioHealth

Not-for-profit, faith-based health system

West Ohio Conference of United Methodist Church

18,000 staff

42+ sites

4,800 physicians

3,000 volunteers

19 hospitals

(member and managed)

124,000+ effective occupancy cases (inpatient admissions and observation stays)

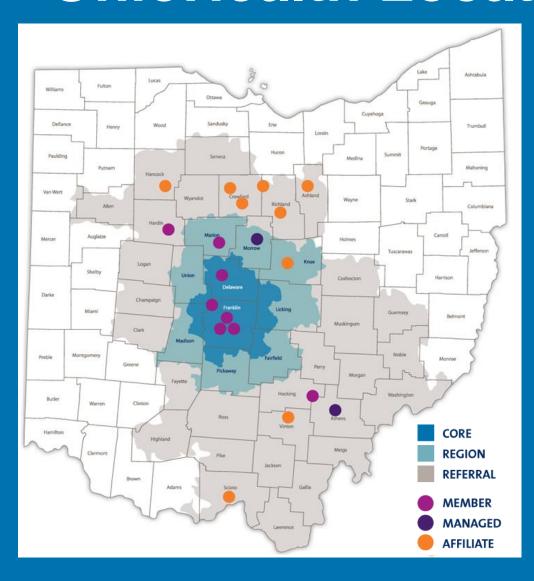
393,000 ED visits

1.8 million outpatient visits

(excluding Emergency Department)

\$2.5B in net revenue

OhioHealth Locations



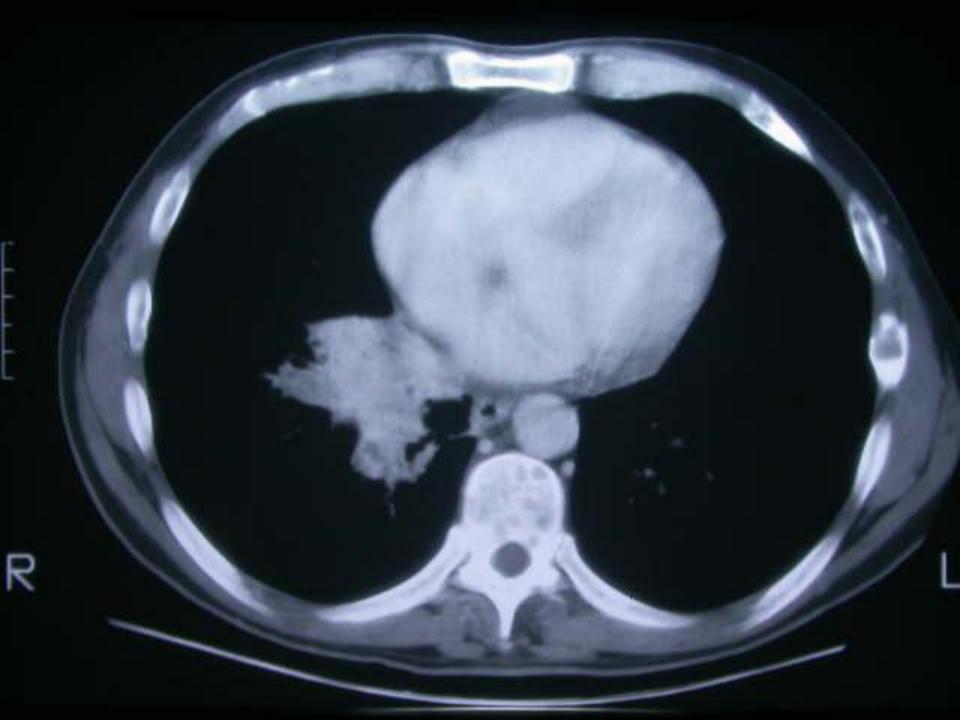
Coverage

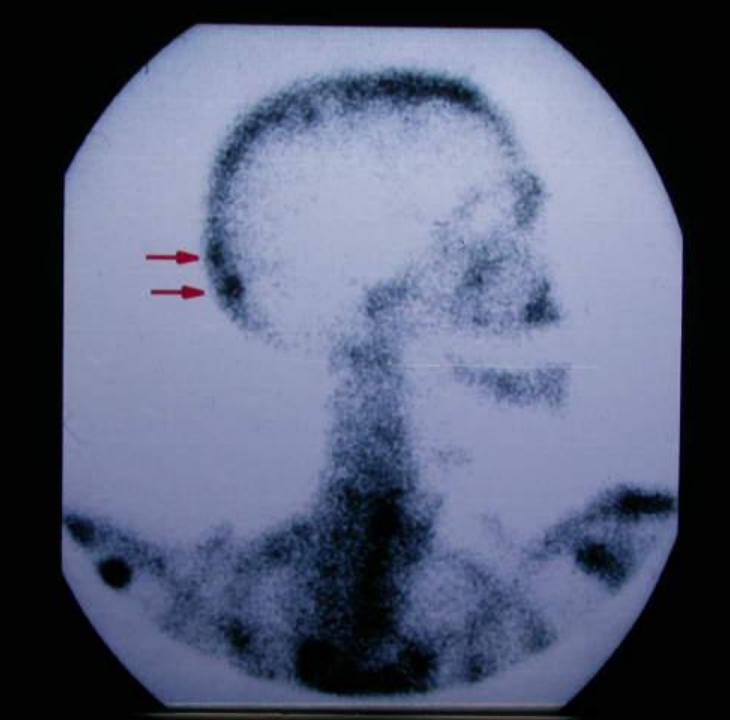
40 county market area serving 3.5M people



Case: Frank

- 58 yo man
- Fever, cough
- Emergency Department
- Pneumonia



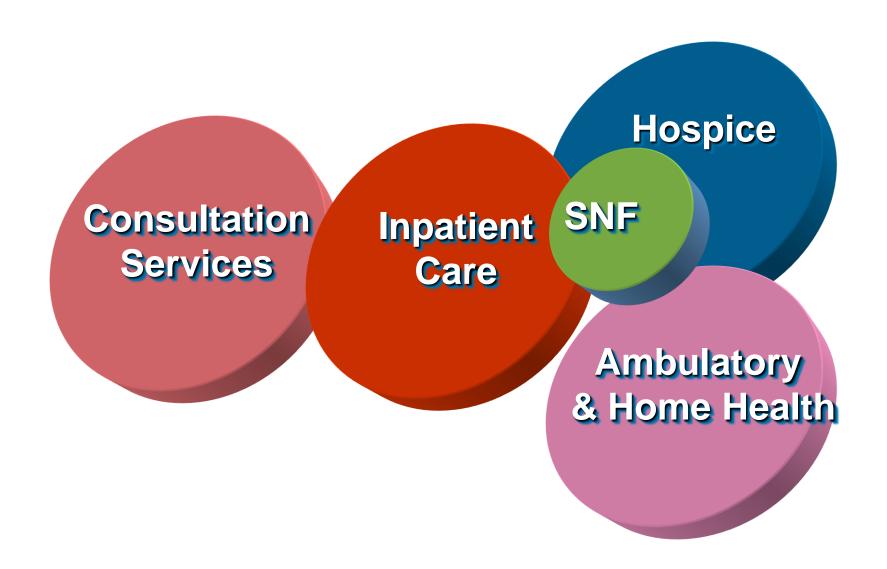




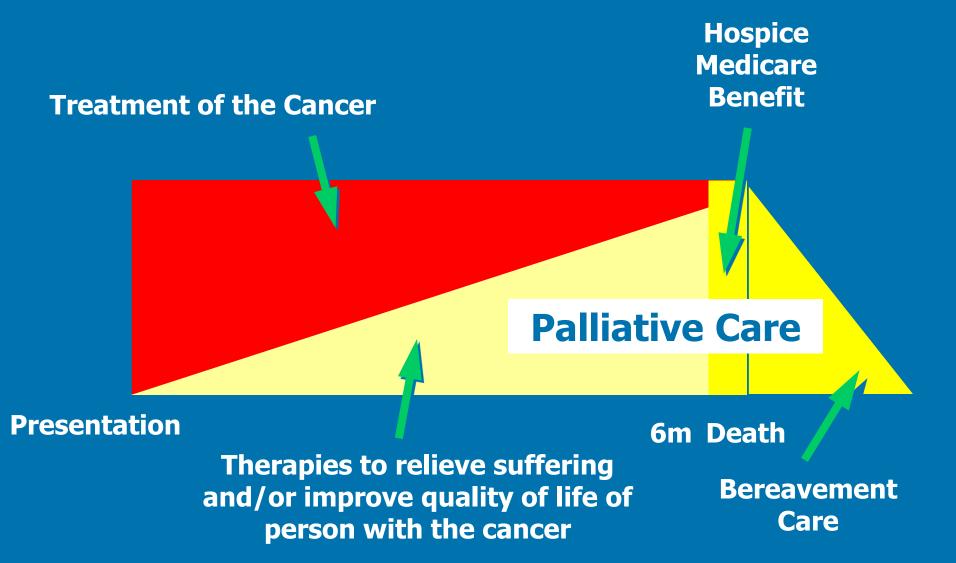
Case: Frank

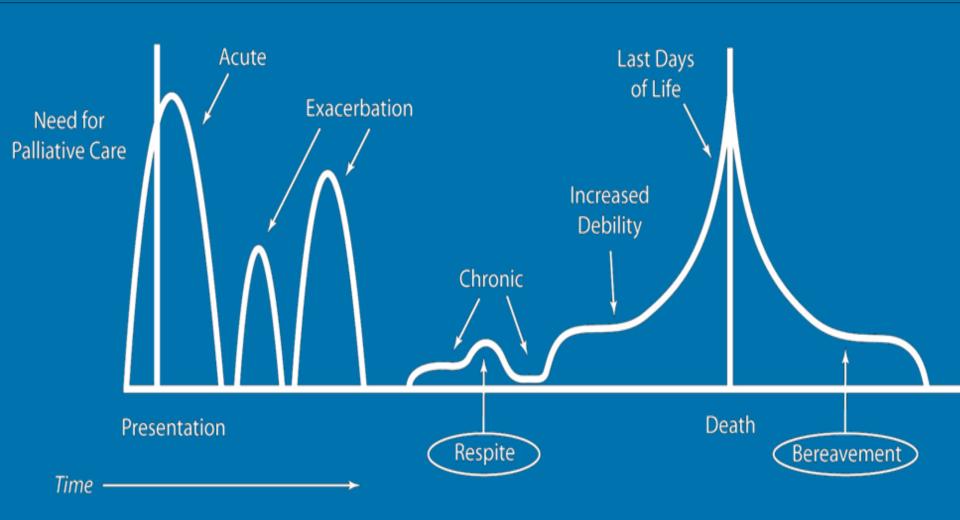
- Metastatic Lung Cancer
- Post obstructive pneumonia

Clinical Palliative Care



Oncology with palliative care





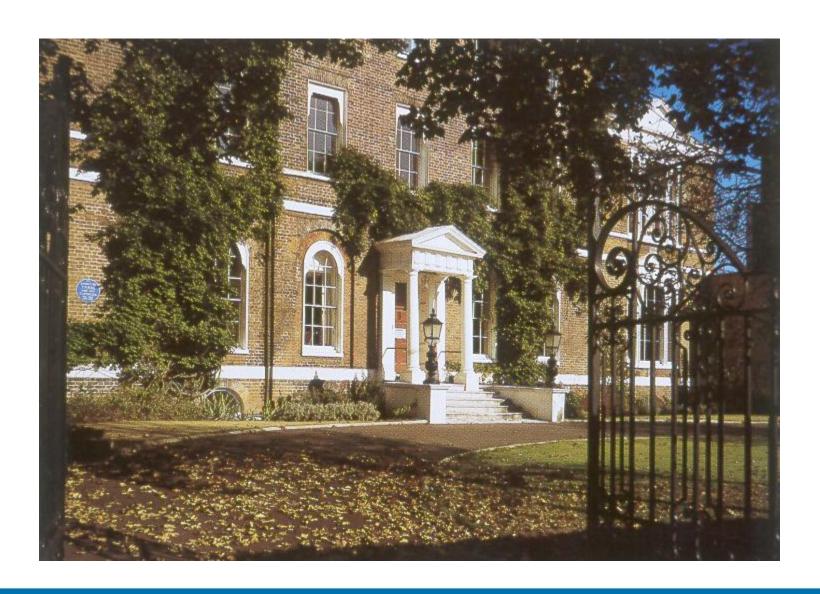
Research

- The discovery of new knowledge. Basic research.
- Clinical Research: The discovery of new knowledge that helps us provide better health care for human beings. Applied research.



Dr. Cicely Saunders Timeline

- 1940's trained as nurse
- 1950's worked as social worker on surgical cancer ward
 - Patients sent to hospice homes, e.g. St Joseph's, to die.
- Trained as a physician ('read medicine'); ineffective as nurse and social worker to effect change
- 1960's Published ideas, began 'hospice movement' with purpose-built St. Christopher's



VIDEO: CICELY SAUNDERS, MD

Advice to Physicians about Palliative Medicine

'Total Pain' Addressed by Palliative Care

- Physical
 - Pain, other symptoms
 - Disease and its Rx
- Emotional
 - Response to illness
 - Coping Style, Skills
- Practical
 - Family system
 - Work, \$, Plans
- Spiritual
 - Answer, 'Why?'

- Physician
- Nurse

Social Work

Chaplain

Does Research support Saunders' model?

- 6-site study, representative of US citizens
- Prognosis < 6 months
- 988 consented, 96% living at home
- 89% little or no stress to interviews
- Reproduced Saunder's Model

Emanuel E, New Engl J Med 1999;341:965-63 Emanuel E, Arch Intern Med 2004;164:1999-204

Spiritual Screening Questions

- Your relationship with God contributes to your sense of well being
- You have a spiritual or religious community that helps in your personal spiritual journey
- How religious or spiritual do you consider yourself to be?
- Prayer or meditation has helped me cope with this illness.
- During times of illness, my religious or spiritual beliefs have been strengthened.

Emanuel LL J Palliat Med 2001;4:465-474

Where are emerging areas where spiritual care research is needed so that care will be improved?

- Patients
- Families
- Interdisciplinary Palliative Care Teams
- Learners

Kevin is 47 with neuroendocrine CA of Pancreas

PATIENT VIDEO

47 yo with Neuroendocrine CA Pancreas

- Living Naples, FL
- Treated Moffitt Cancer Center, Tampa
- Separated, bitter divorce over 2 children living with mother in Columbus, OH
- Admitted hospice care in Naples July 2012
 - Difficult pain, nausea, vomiting
- Transferred hospice care in Columbus, OH October 2012
 - Difficult pain, nausea, delirium
 - Living with mother-in-law caring for elderly father-in-law
- Dead November 2012



About which spiritual components do we need to discover new knowledge?

- Use of 'God' language
 - What does it mean?
- What sustains spiritual dimension? He says he was in a 'bad place'

Hilary is in her mid 40's with idiopathic heart failure on a transplant list. She is a single parent of a 6 yo daughter. No parents. No father of the child. Her friend is helping her.

FAMILY VIDEO



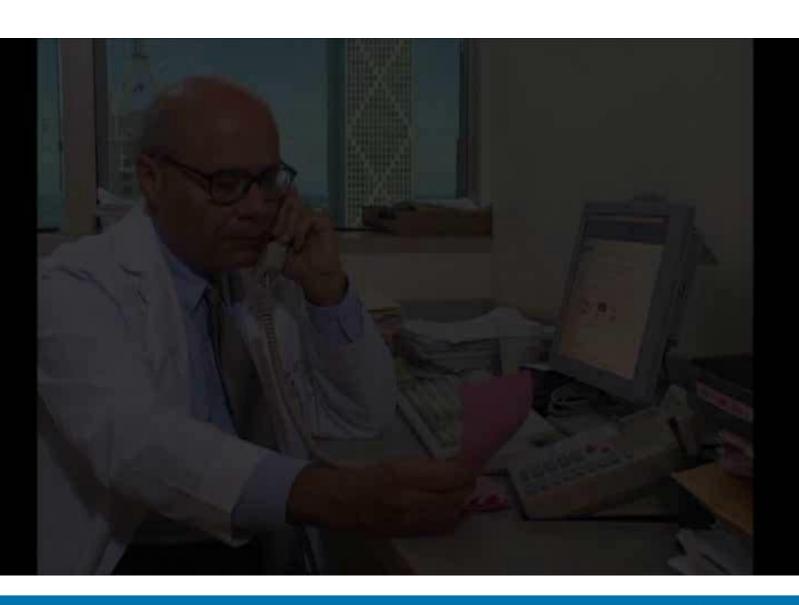
About which spiritual components do we need to discover new knowledge?

- Anger
- How to best respond?



Jim is in his late 50's. An oncologist, he's been short with patients and staff. A hapless oncologist tries to intervene.

PHYSICIAN VIDEO



About which spiritual components do we need to discover new knowledge?

- Is professional satisfaction related to spirituality?
 - Meaning
 - Calling

Learners

Physicians (and others) learn most by seeing and doing than from hearing







Personal Reflection Project

Do something that reflects your personal engagement with palliative care

What Hospice and Palliative Medicine Mean To Me

A Photographic Journey
By Kira Skavinski



In Loving Memory of Those who died with the comfort of Hospice care...



Mary Skavinski
Vascular Dementia
August 2007



Vange Stamoolis
Congestive Heart Failure
July 2005

...And those who did not.



First Lieutenant Joshua Palmer Shot in Fallujah Iraq April 2004



Sara Butters
Committed Suicide
January 2004



Trish Gazzero
Colon Cancer
April 2004



Mary "Nan "Sage Stroke September 2001

Hospice and Palliative Care is





























A special thank you to the children's team

Thank you for accepting me onto your team and taking the time to teach me

I am honored to learn from people who are able to comfort very sick children and their families

Children's Team



About which spiritual components do we need to discover new knowledge?

- Joy
- Transcendance?
- Alleviation of suffering in all dimensions?







