



EvergreenHealth Palliative Medicine

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Today's Presentation Includes:

- Introduction
- What is Palliative Care
- Train Station Analogy
- Palliative Consult vs. Hospice Benefit
- Where you can receive palliative consult
- How to obtain referral
- Advance Care Planning

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- Palliative Medicine and Advance Care Planning Coordinator- EvergreenHealth



What is Palliative Care

- Palliate- to relieve, alleviate of symptoms and suffering
- Palliative Medicine is a service available to any patient with any serious illness, at any age and any stage.
- The contents of palliative consultations include: discussions about your goals for medical care, advance care planning, and symptom management.
 - Goals of care: decisions about further life-prolonging treatment, acceptability of returning to the hospital, code status, etc
 - Advance Care Planning: identifying power of attorney, reviewing POLST form that talks about CPR
 - Symptoms can include: pain, shortness of breath, nausea, fatigue, constipation, diarrhea, anxiety, depression.
- We work hard to get to know you as a person, so we can have a good understanding of what drives your medical decision making. This can include your hopes and fear, spiritual and religious affiliations, family dynamics, and more.

Train Station Analogy



Hospice

- Parallel track which focuses on comfort, being at home, avoidance of hospitalizations
- Prognosis of 6 months or less
- Not pursuing life prolonging measures/ interventions
- Hospice becomes your new 911
- Durable Medical Equipment
- Interdisciplinary team: nurse, social worker, bath aid, chaplain, team doctor, volunteers
 - Routine visits scheduled weekly, as the patient's needs increase, so do the visits
- Medication comfort kit
- Recertification periods
- Ability to revoke services at any time

Where you can receive palliative consult

- Outpatient Clinic- Evergreen Hospital Kirkland, WA
 - Face to Face with provider
 - Virtual appointments available
- Inpatient Hospital
 - Inpatient service is available 7 days a week to patients who have been admitted

How to obtain referral

- Call your provider directly
- Call our office directly, 425-899-3224. Once we agree palliative consult is a good next step in your care, I will reach out to your provider on your behalf to get referral and records we need

Advance Care Planning Workshop

- EvergreenHealth hosts free, virtual Advance Care Planning workshops monthly
- ACP facilitators review advance directives- how to identify a DPOA and review of the POLST form
- Please visit our website for current class offerings, or contact our Healthline at 425-899-3000 to schedule
- Contact our coordinator, Sam Clark, if you have questions 425-899-3224

Questions



Thank you.