

East West Forum Death & Dying

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Overview

- Cultural barriers to a person centered and holistic approach to end of life
- Palliative Care
- Advanced care planning/Having the conversations

The Dominant Culture

Aggressive Life-
Sustaining
Treatment

Palliative
Care &
Hospice

Disease Progression

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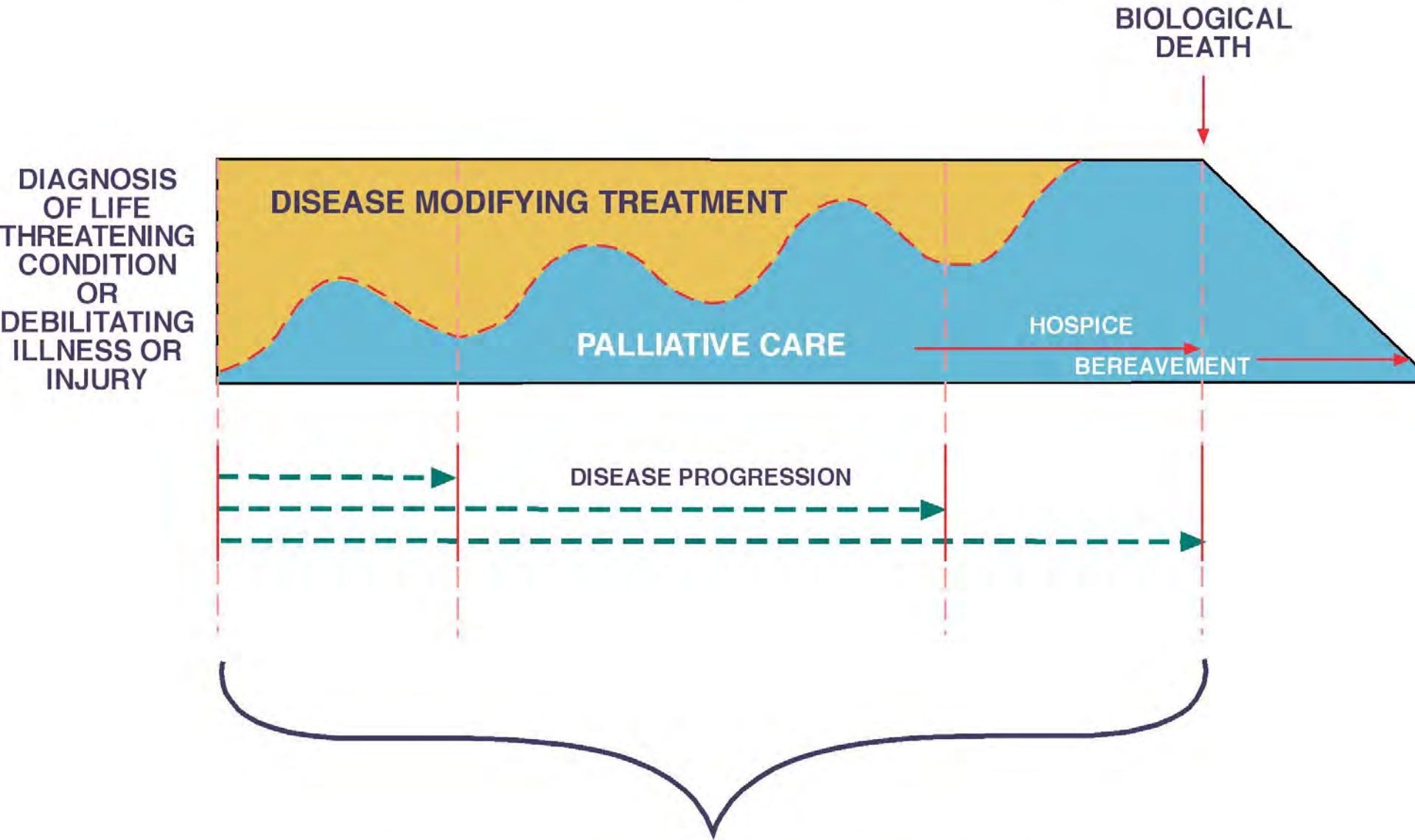
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We are always called
to heal, to comfort and to care
for the *whole* person regardless
of our ability to cure...

“Healing transcends survival.”

– Betty Ferrell, City of Hope, Los Angeles

ASCENSION HEALTH PALLIATIVE CARE MODEL



Palliative Care

- ▲ Palliative Care is an interdisciplinary healthcare approach
- ▲ which focuses on improving quality of life
- ▲ for persons living with or affected by chronic or life-threatening conditions,
- ▲ through the prevention, assessment, and relief of pain and other physical, psychosocial and spiritual symptoms,
- ▲ from the time of diagnosis throughout the process of living and dying.

Palliative Care

- ▲ Such excellent care will be provided according to need
- ▲ either concurrently with life-prolonging treatment or as the main focus of care,
- ▲ respecting the values and goals of individuals, their families and other loved ones.
- ▲ It will assist them to live fully in community, optimize function, facilitate goals and decision-making, provide opportunities for personal growth and healing,
- ▲ and will support families, other survivors and communities in their bereavement.

ADVANCE CARE PLANNING IS:

- Thinking about your preferences for medical treatment and care
- If you develop a chronic or life-threatening illness

ADVANCE CARE PLANNING IS:

- Talking about your wishes and options in the face of such illness with family and friends, *AND*
- Completing documents called Advance Directives to make your choices known

WHY?

- You may not be able to speak for yourself
- Your loved ones may not know what YOU want
- It is easier to respect YOUR wishes when they are known
- Talking will help you think about what you want
- Talking may even bring your family closer together

ABOUT WHAT?

- What it means to live well with illness
- Who you would want to make decisions for you if you cannot
- What your values and goals are
- What treatments/care you might want and might not want

ABOUT THIS

- What you most value about who you are and what you do
- What your concerns are about having a serious illness
- What your concerns are about end of life

AND ABOUT THIS

- What gives your life its purpose and meaning
- How important your spiritual/religious life is
- What you need for comfort and support as you journey through illness
- What priorities or values you want others to know

ABOUT YOUR CHOICES IF YOU:

- No longer can recognize/talk with loved ones
- No longer can think or talk clearly
- No longer can respond to commands/requests
- No longer can walk or are bed-ridden
- No longer can leave the house

HOW TO BEGIN TALKING

- No “right” way or “right” time to start exists
- The conversation does not have to be somber or mournful
- Just start with a story of someone’s experience
- Acknowledge the discomfort of talking