

State of the Science in Solid Organ Transplantation and Disability System and Clinical Challenges

# Palliative Care in Solid Organ Transplantation

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National Academies of Science Engineering and Medicine Workshop  
March 22 - 23, 2021



AIM

Define Palliative  
Care

Review outcomes  
associated with  
Palliative Care  
Integration

Discuss why Palliative  
Care is important in  
Transplant



World Health Organization

# Palliative Care

The World Health Organization

“An approach that improves quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychological and spiritual.”



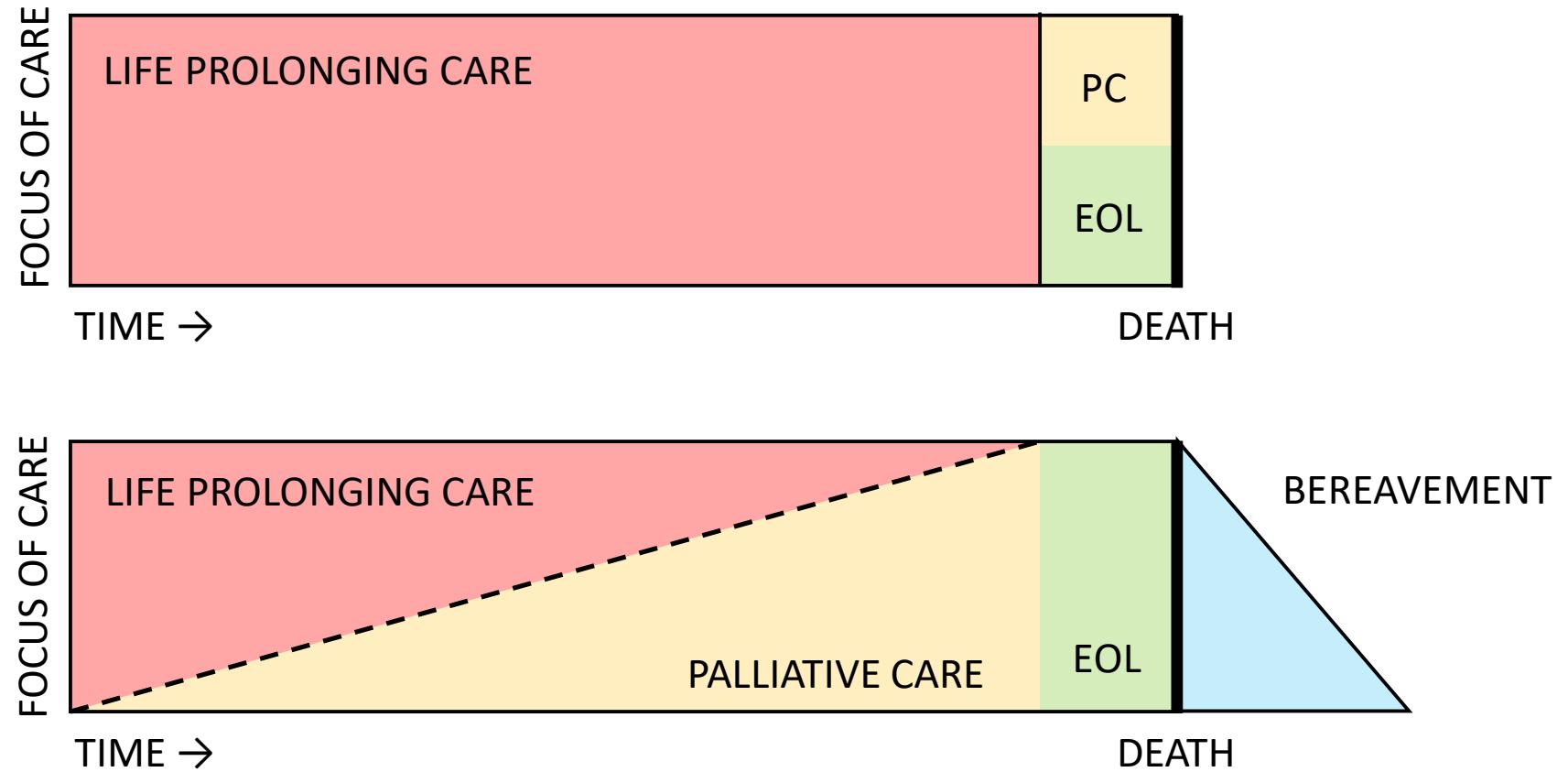
World Health Organization

## Palliative Care Definition

An approach that improves the quality of life of patients and their families facing the problems associated with illness

intends ***neither to hasten or postpone*** death  
integrates the ***psychological and spiritual*** aspects of patient care  
applicable ***early in the course of illness***, in conjunction with other therapies that are intended to prolong life

# Palliative Care



# Elements of Palliative Care

Optimal Symptom Management

Support of Family

Advance Care Planning

Care-Coordination

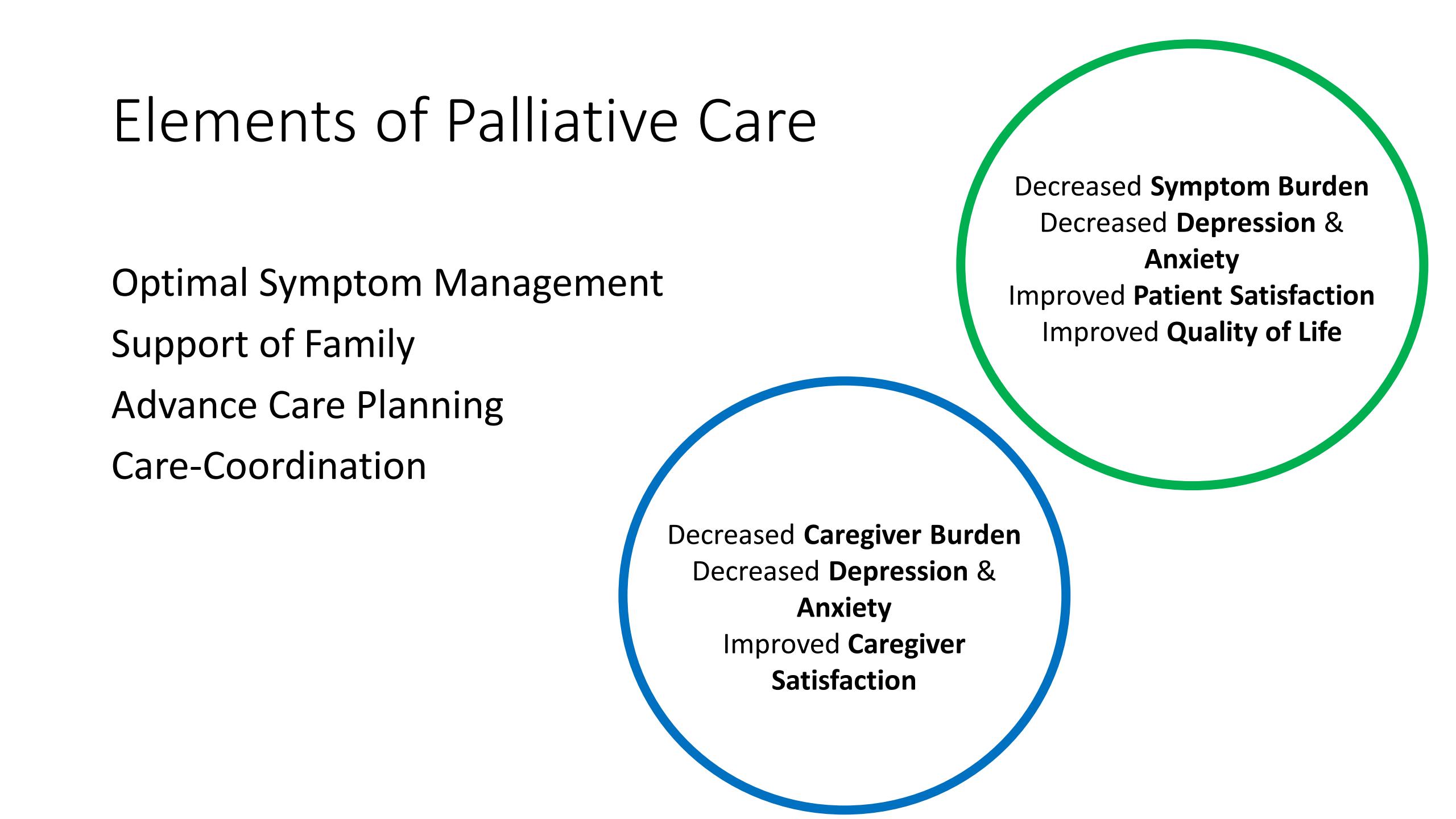
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Support of Family

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Decreased **Caregiver Burden**  
Decreased Depression & Anxiety  
Improved Caregiver Satisfaction

Decreased **Symptom Burden**  
Decreased Depression & Anxiety  
Improved Patient Satisfaction  
Improved Quality of Life

# Elements of Palliative Care

Optimal Symptom Management

Support of Family

Advance Care Planning

Care-Coordination

Improved **Frequency of Goals of Care Conversations**

Increased **Goal Concordant Care**

Decreased **ER Visits**

Decreased **Hospital Admissions**

Improved **Lengths of Stay**

Decreased **ICU care**

Decreased **Health Care Costs**



SPC referral  
rates for organ  
failure are  
**LOW**

Organ failure  
makes up only **6-8%**  
of referrals for hospitalized  
American patients to  
palliative care.

Symptom Burden  
of patients with  
Organ Failure



Patients  
with  
Cancer

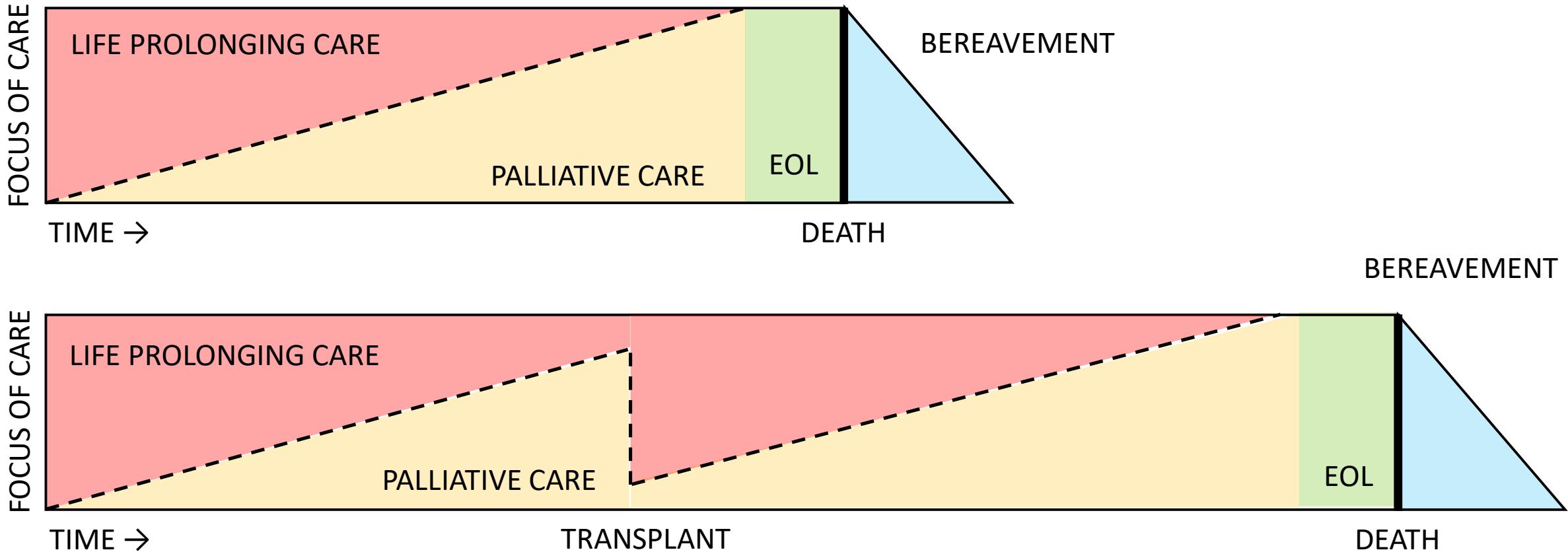
Patients with organ  
failure make up  
**5-25%**  
of all hospice deaths

Most patients  
with organ failure  
are referred only  
**days**  
before death

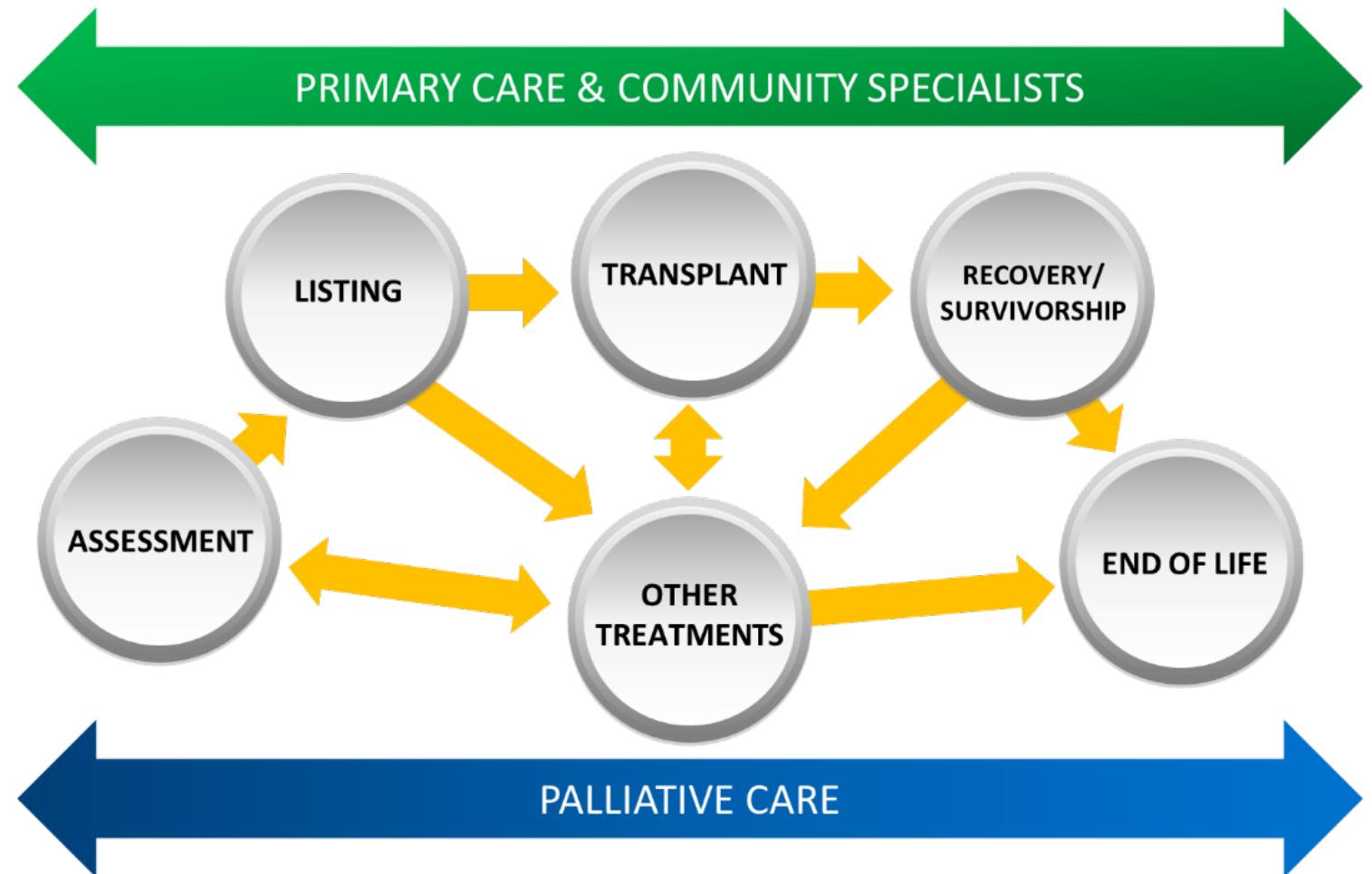
# Palliative Care in Transplantation



# Palliative Care



# Palliative Care in Transplant



# Importance of Palliative Care Integration

**Transplant populations**

Advanced disease

Significant Symptom Burden

Focus on aggressive medical management

High mortality

# Importance of Palliative Care Integration

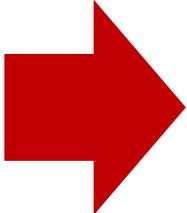
Patients exposed to transplant

Increased ICU admissions

More aggressive interventions at EOL

Likely to die in hospital

Poor hospice enrollment



**Transplant populations**

Advanced disease

Significant Symptom Burden

Focus on aggressive medical management

High mortality

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# References

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