

NAVIGATING PALLIATIVE CARE IN HEALTH SYSTEMS AND THE COMMUNITY

Stacy Fischer, MD

DISCLOSURES

- I will be presenting about work supported by the following funding sources:
 - Brookdale Foundation
 - National Institute of Aging and American Federation of Aging Research (5 K23 AG028957-02)
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- I have not received any financial support currently or in the past from industry



Palliative care provides relief from pain and other symptoms, supports quality of life, and is focused on patients with serious advanced illness and their families.

“WE DON’T CARRY THAT”



“I DON’T WANT TO GET ADDICTED TO
PAIN MEDICINES”



“WHAT EVER HAPPENS WILL HAPPEN,
ITS NOT GOOD TO TALK ABOUT IT.”



“I DON'T WANT TO BOTHER MY
DOCTOR ABOUT MY PAIN.”



HOSPICE? I WOULD NOT WANT TO JUST
SEND MY LOVED ONE AWAY TO SOME
PLACE.



APOYO CON CARÍÑO: A PATIENT NAVIGATOR INTERVENTION TO IMPROVE PALLIATIVE CARE FOR LATINOS



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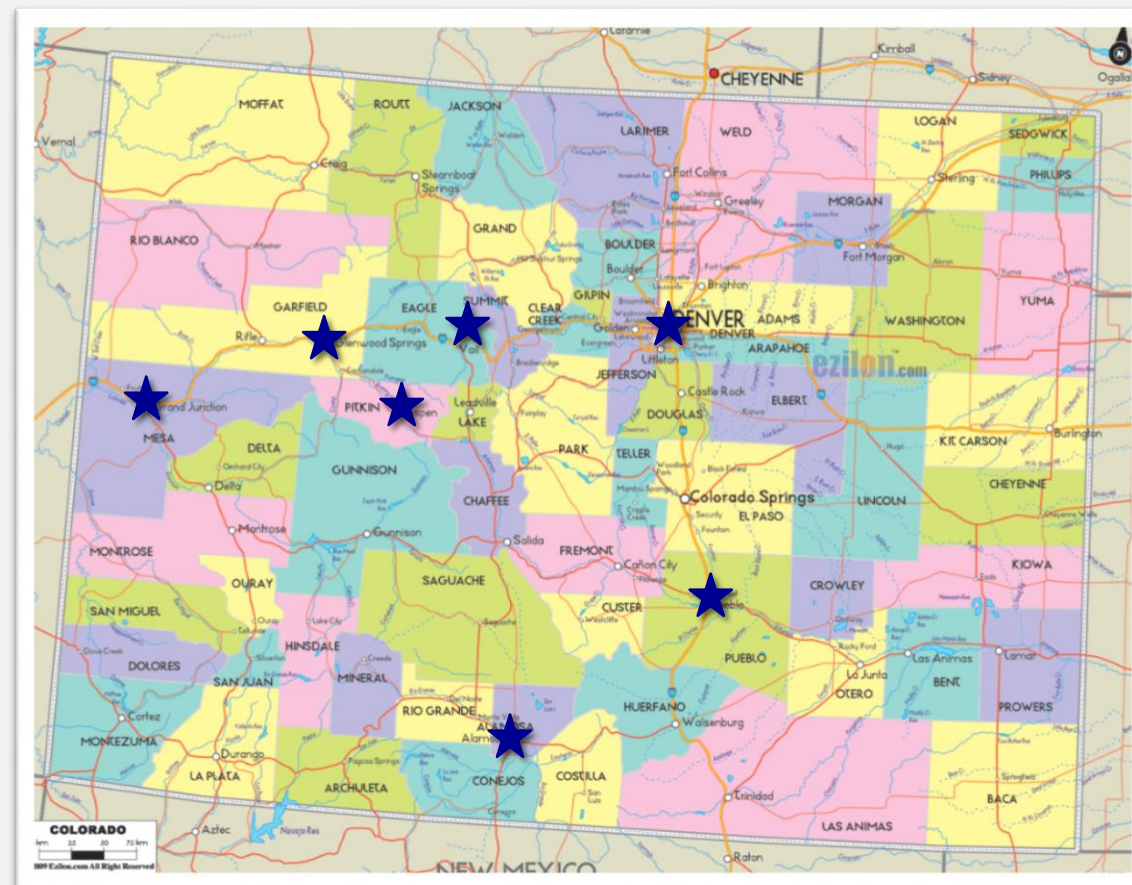
STUDY OBJECTIVE

To test the effect of a culturally tailored patient navigator intervention to improve advance care planning, pain and symptom management, and hospice utilization for Latino adults with advanced cancer.

STUDY SITE PARTNERS

Denver Health and Hospital Authority
University of Colorado Cancer Center
St Joseph's Comprehensive Cancer Center
San Luis Valley Regional Medical Center
Rocky Mountain Cancer Center in Pueblo
Western Slope

- Shaw Regional Cancer Center – Vail Valley Medical Center
- Calaway - Young Cancer Center at Valley View Hospital
- Aspen Valley Hospital
- Grand River Hospital in Rifle
- St. Mary's in Grand Junction



STUDY OVERVIEW

- Randomized Controlled Trial involving 223 Latino adults (\geq 18 years) with advanced (Stage III or IV) cancer

ALL PATIENTS RECEIVED...

- Rural/mountain sites received educational enrichment
- Culturally tailored, linguistically appropriate materials covering the palliative care domains of interest
- Grounded in core Latino values
- Developed in partnership with a Community Advisory Panel

EXAMPLES OF WRITTEN MATERIALS



Hospice brochure

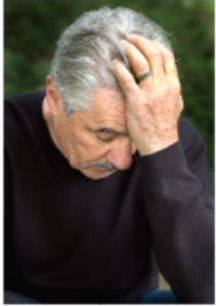
A form titled "Instrucción anticipada de atención de salud de California" in Spanish. It explains the purpose of the form and its three parts. The text is in Spanish, and the form includes illustrations of people and a stethoscope. The form is divided into three sections: Parte 1: Escoger a un apoderado de atención de salud. Parte 2: Tomar sus propias decisiones en cuanto a su atención de salud. Parte 3: Firmar el formulario. The form also includes instructions on how to fill it out and a note about signing it.

Advance directive

2

When pain is not treated, you may be:

- Tired
- Depressed
- Angry
- Worried
- Lonely
- Stressed



Pain medication works best when taken regularly and as directed before pain becomes severe.

When pain is treated, you can:

- help or take care of your family
- enjoy activities
- sleep better
- improve your appetite
- prevent depression



Page of pain brochure

PATIENT NAVIGATOR INTERVENTION

- 5 home visits to deliver the intervention
- Culturally tailored discussions focusing on
 - Advance care planning
 - Pain and symptom management
 - Hospice



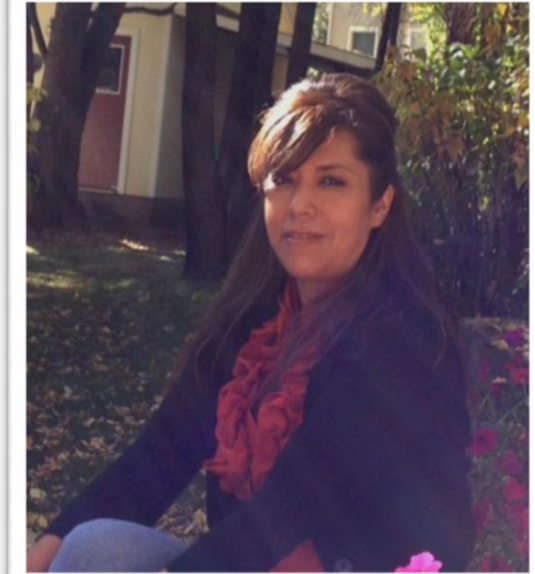
MEET OUR NAVIGATORS



Rose Martinez
Alamosa



Claudia Camacho
Denver

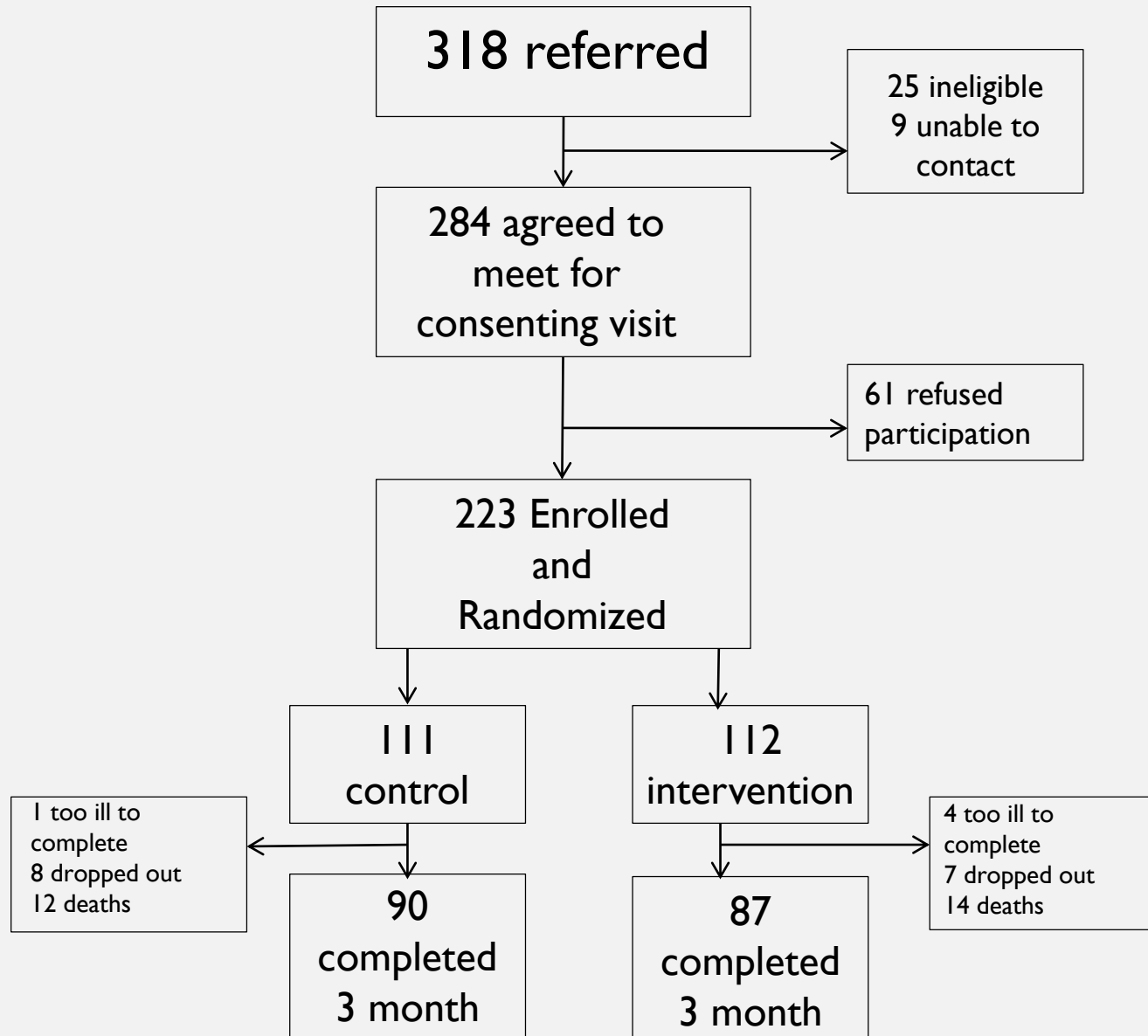


Diane Pacheco
Western Slope



Danielle Kline
Project Manager—Supports Navigators

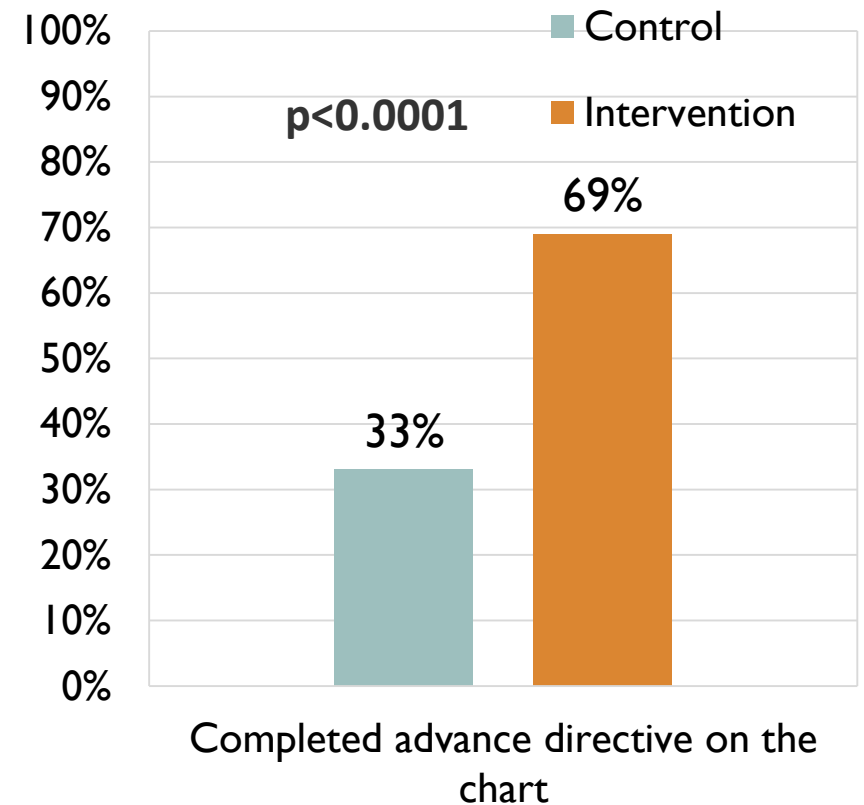
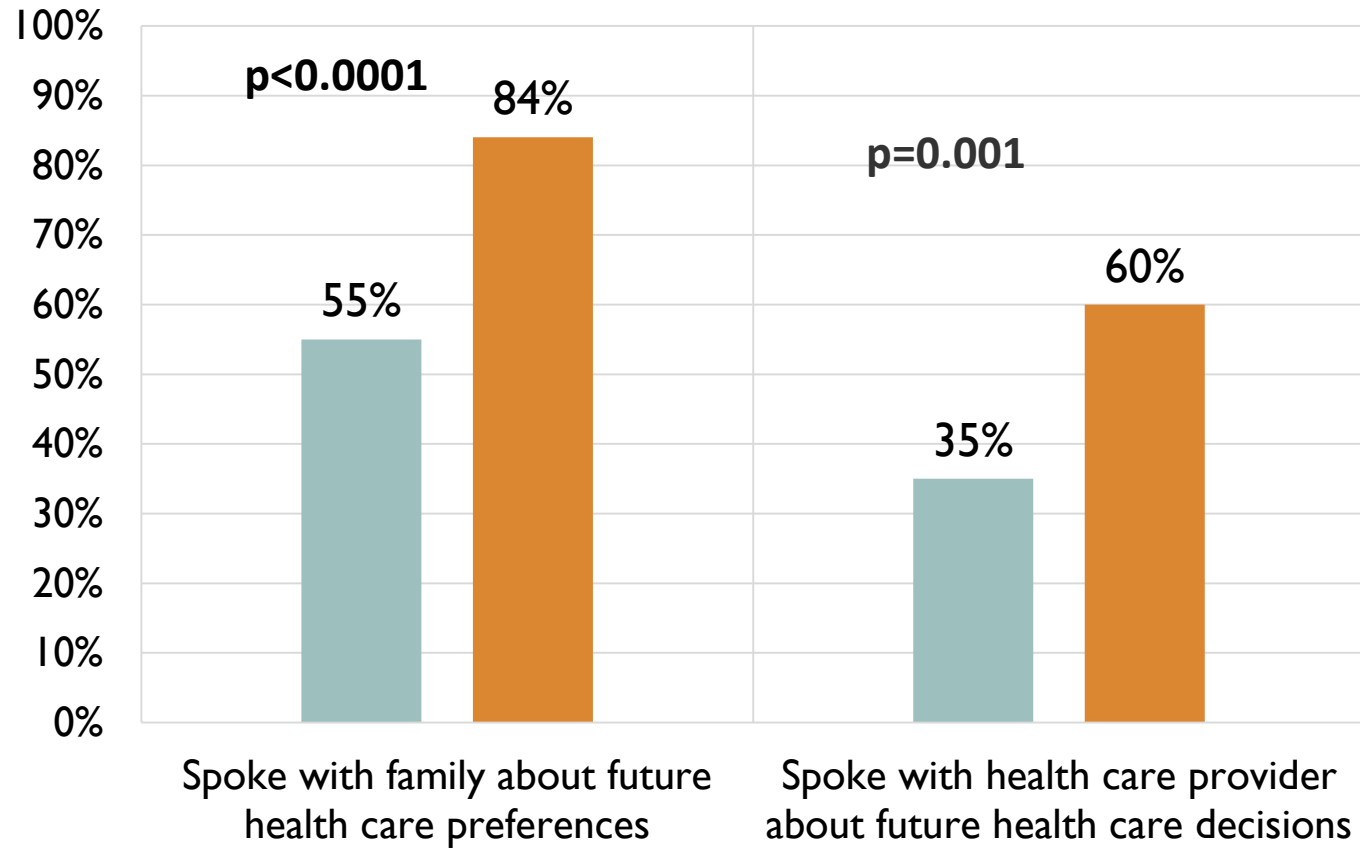
Accrual for Apoyo con Cariño



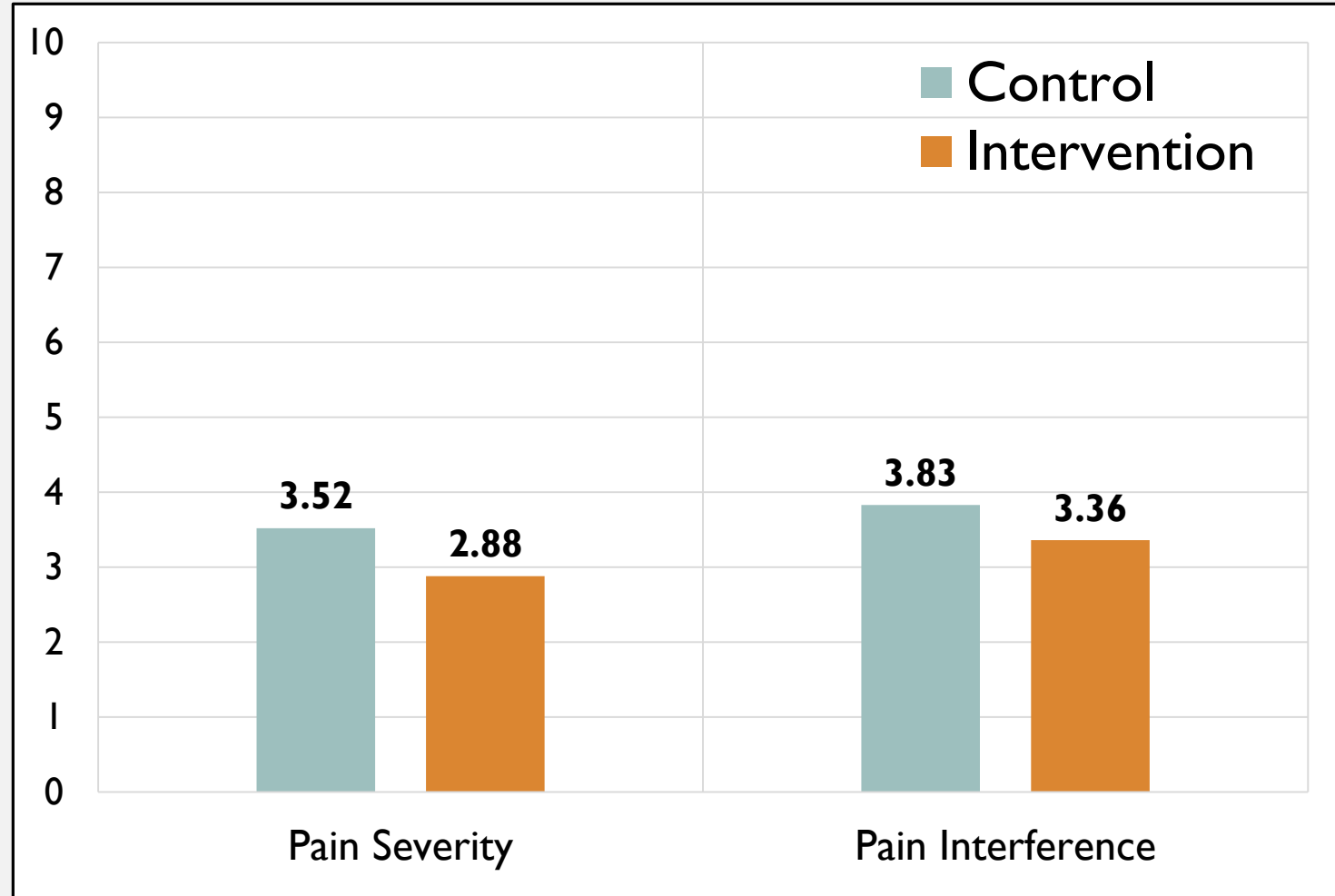
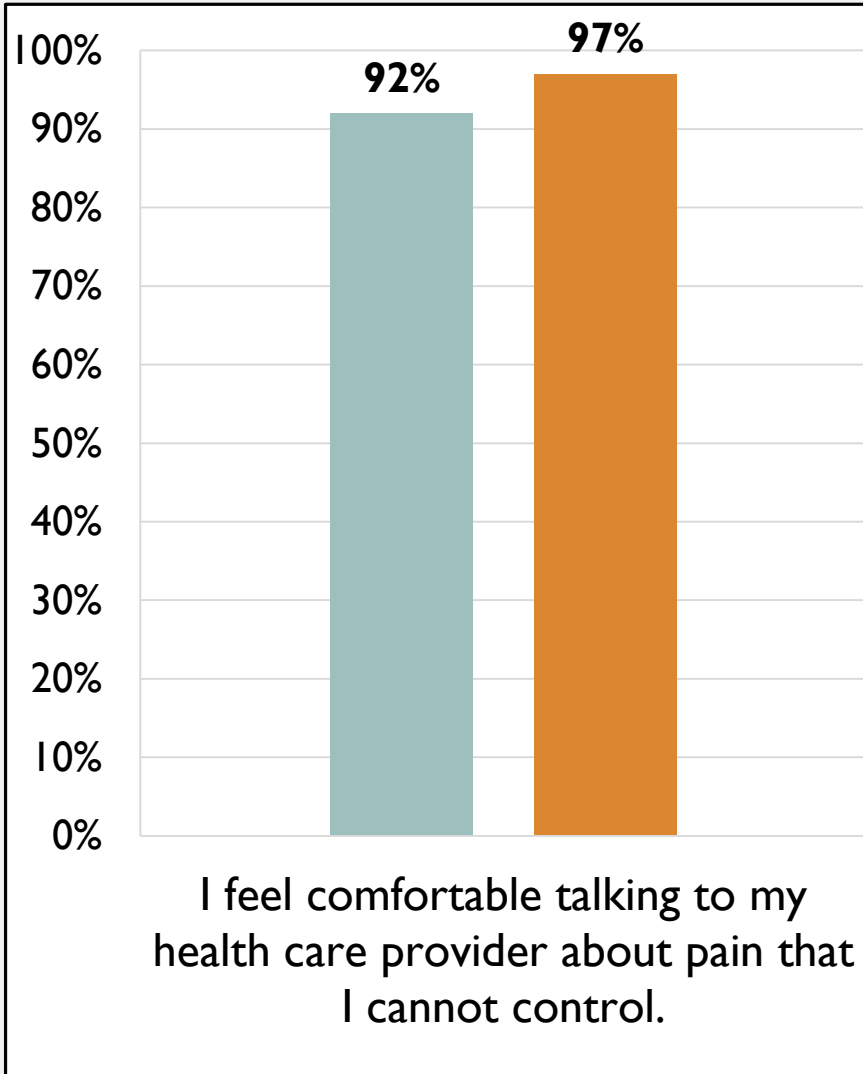
DEMOGRAPHICS BASELINE

Mean age in years	58.1 \pm 14
Female gender	55.6% (124)
Spanish speaking	47.5% (106)
US born	54.3% (121)
Married	55.6% (124)
Currently employed	11.8% (26)
Annual income < \$15,000	53.6% (118)
Less than high school education	50.2% (112)

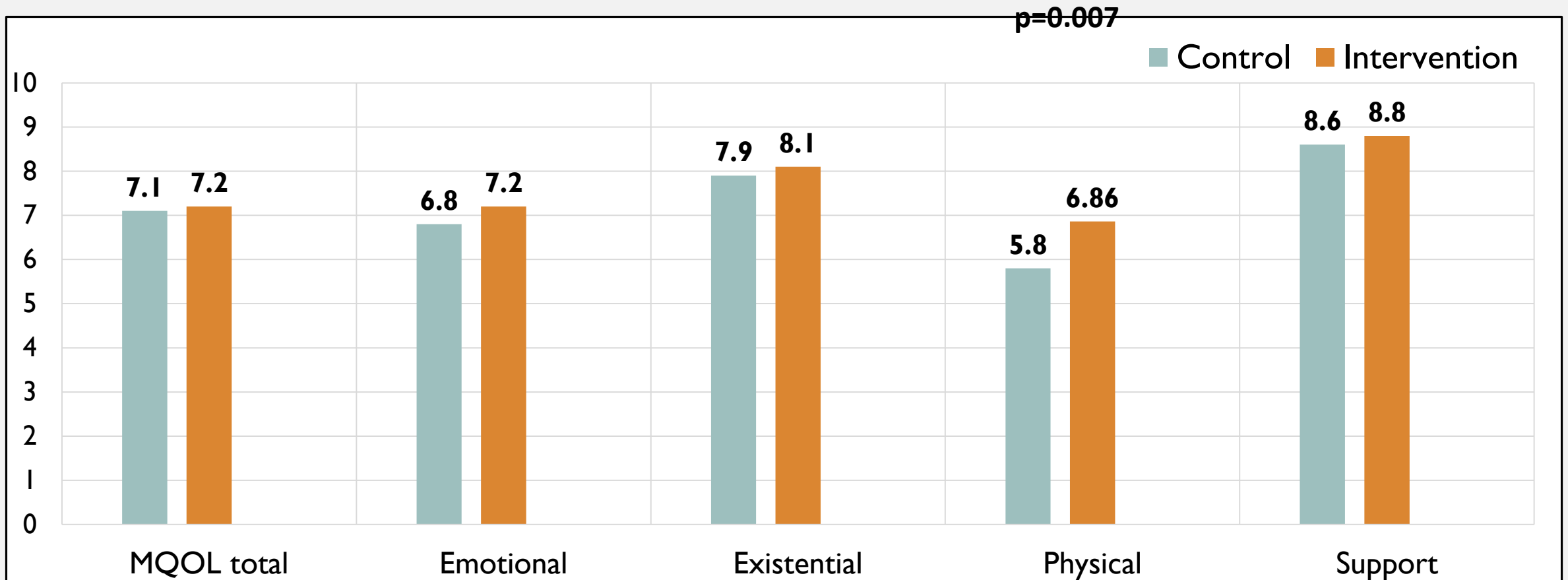
RESULTS: ADVANCE CARE PLANNING



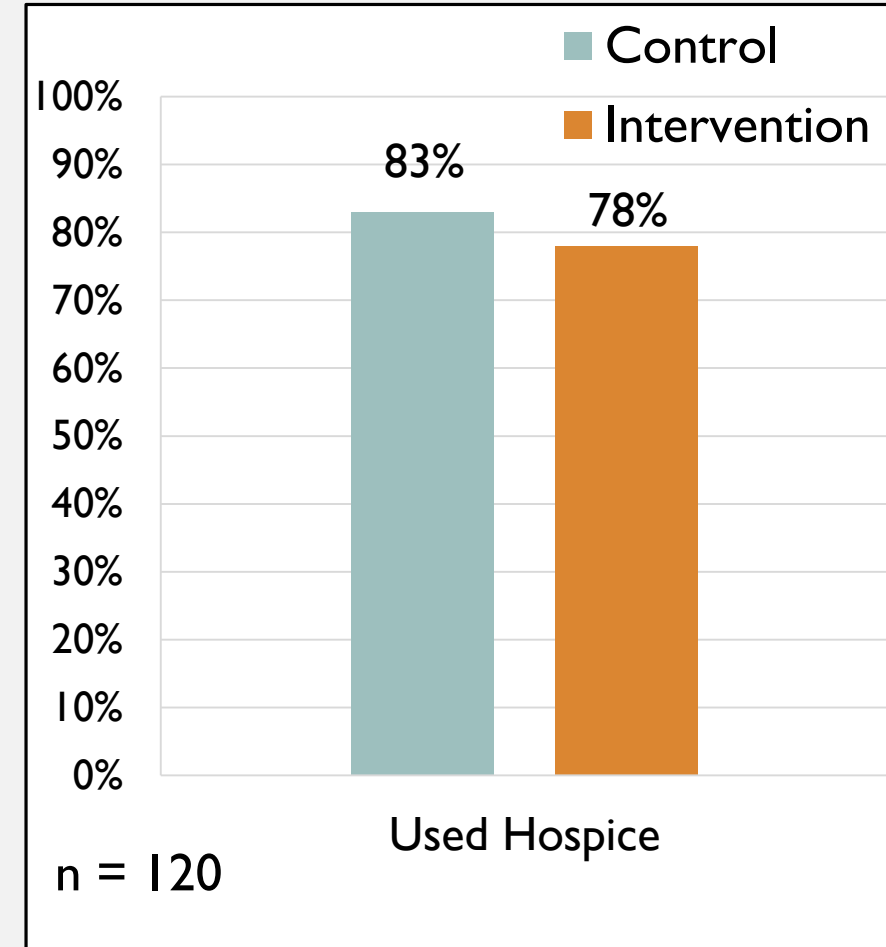
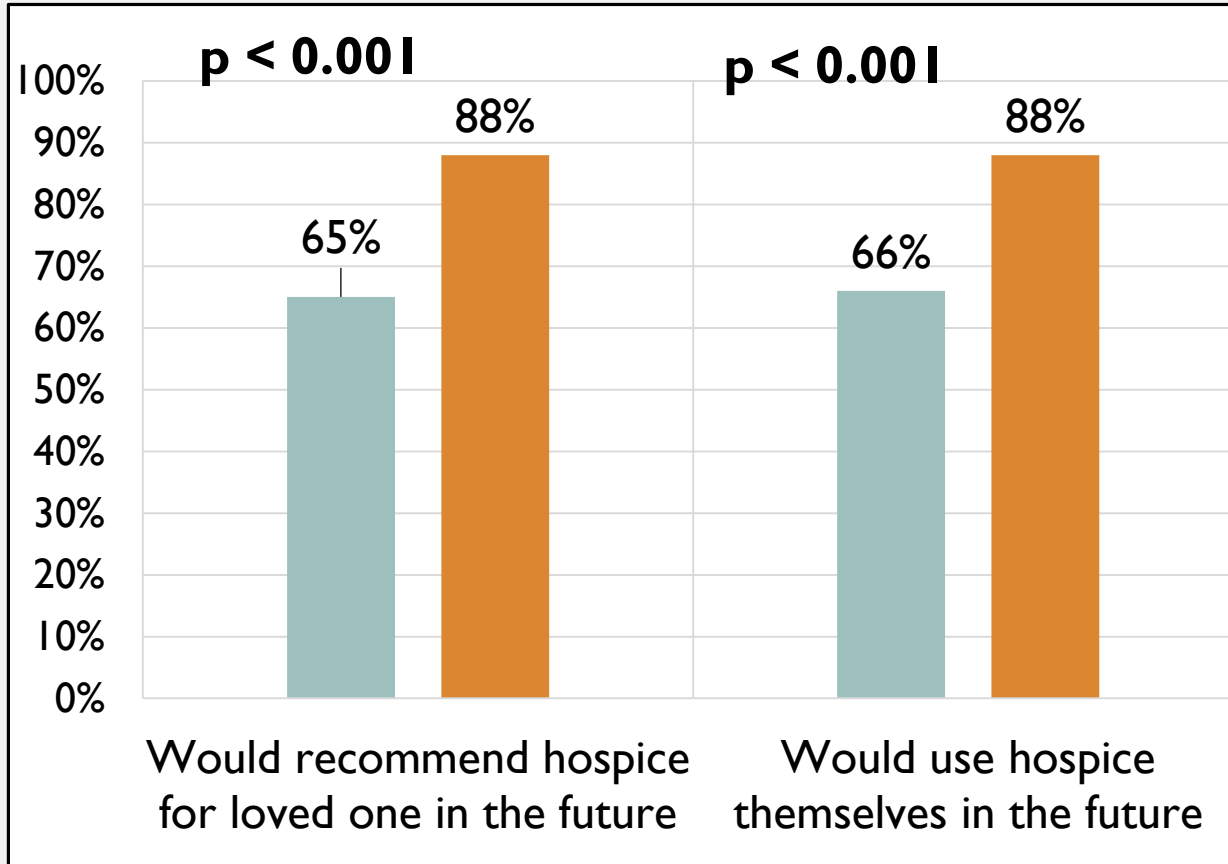
RESULTS: PAIN MANAGEMENT



RESULTS: QUALITY OF LIFE



RESULTS: HOSPICE AND EOL UTILIZATION-PROCESS



CONCLUSIONS/IMPLICATIONS

Contamination (culture change), especially at rural/mountain sites with 1-2 oncologists and highly engaged clinic staff may explain these negative results.

The patient navigator intervention effective for increasing advance care planning and improving overall symptom control.

No demonstrated effect on pain severity, pain interference, or on hospice utilization.

GREATEST THANKS TO OUR APOYO FAMILY



IN GRATITUDE

- Mentors:

- Jean Kutner, MD, MSPH
- Angela Sauaia, MD, PhD
- Andrew Kramer, MD
- Tim Byers, MD, MPH
- Al Marcus, PhD

- Collaborators and team

- Regina Fink, RN, PhD, AOCN, FAAN
- Danielle Kline, MS
- Max Min, PhD
- Sonia Okuyama, MD
- Rose Martinez, BS
- Diane Pacheco
- Claudia Camacho, BA
- Jose Parra-Gonzales, BS
- Jesus Tovar-Bustamante, MD
- Jeanette Rodriguez, BS
- John Himberger, FNP
- Carrie McDermott, MSN, PhD
- Joseph Lopez, MD