Meeting the Palliative Care Needs of Older Hospitalized Patients: Nursing is Doing It!

Susan M. Lee, PhD, RN, CNP
Senior Nurse Scientist, NICHE Coordinator, Brigham and Women’s Hospital, Boston, MA,
Palliative Care NP, Hebrew Senior Life, Boston, MA
Deborah Marks Conley, MSN, APRN-CNS, GCNS-BC, FNGNA
Gerontological Clinical Nurse Specialist, Assistant Professor, and NICHE Program and AgeWISE Director
Methodist Hospital in Omaha, NE

Objectives

• The learner will be able to describe a framework for generalist geropalliative care.

• The learning will be able to describe nurse-led interventions to prepare the nursing workforce for geropalliative care.

Palliative Care (WHO)

• Palliative care is an approach that improves the 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, psychosocial and spiritual.
Problem: Older Adults Less Likely to Receive Palliative Care

- Older people have a significant need for palliative care at the end of life yet may not receive it, particularly if their terminal illness is nonmalignant (Harris, Richard, Khanna, 2006).

### Problems

<table>
<thead>
<tr>
<th>Problem</th>
<th>Cause</th>
</tr>
</thead>
<tbody>
<tr>
<td>Timing is late</td>
<td>Terminal care rather than longitudinal</td>
</tr>
<tr>
<td>Care in silos</td>
<td>Specialist care; not well integrated</td>
</tr>
<tr>
<td>Uncertain</td>
<td>Prognosis less clear in non-malignant disease</td>
</tr>
<tr>
<td>Focus on physical</td>
<td>Less likely to have spiritual, psychosocial needs met</td>
</tr>
<tr>
<td>Complexity</td>
<td>Greater comorbidities, drug reactions</td>
</tr>
<tr>
<td>Clinicians' lack</td>
<td>Inadequate staff training</td>
</tr>
<tr>
<td>Dementia</td>
<td>Less likely to be able to communicate symptoms/needs</td>
</tr>
</tbody>
</table>

### Dimmer Switch: Continuum of Care

- **Curative / life-prolonging therapy**
- **Disease-Modifying Treatment**
- **Palliative Care**
- **Bereavement Support**
- **Death**
- **Terminal Phase of Illness**


Types of Palliative Care

- Primary: (Generalist) Basic palliative care delivered by all frontline clinicians
- Secondary: Specialist palliative care delivered by board-certified palliative care clinicians, often in interdisciplinary teams
- Tertiary: Specialized or disease-specific teams; inpatient palliative care units for uncontrolled symptoms; pain specialists

Solution:

- Educate a group of nurses from each unit to provide generalist palliative care
- Teach content in geriatrics and palliative care
- Promote culture change
- Conduct performance improvement projects
- With the goal of improving care to older adults and their families who are approaching end-of-life

AgeWISE™

- 12 - eight day seminars over 6 months
- Seminars every other week
- Inspire change

AgeWISE™ is described in Lee et al., (2012). AgeWISE: A national pilot. JONA. Palliative Care
AgeWISE at Methodist Hospital

- Collaborative partnership between Methodist Hospital and Nebraska Methodist College
- [https://www.youtube.com/watch?v=4sOcV6WkFm8](https://www.youtube.com/watch?v=4sOcV6WkFm8)

Invitation to Participate in AgeWISE

- Two cohorts per year (22 per cohort)
- Inpatient units and departments
- Paid to attend
- Eligibility
  - Nurses' with at least 18+ months experience
  - Work 24 – 40 hours/week
  - Intend to stay at Nebraska Methodist Hospital for at least another 2 years
- Nurse Managers are key!
  - Select and invite nurses who have demonstrated engagement, leadership and clinical expertise in caring for patients
  - Required to sit for certification (Gerontological or Hospice and Palliative Care) unit specialty within 6 months after AgeWISE
  - Waiting list

AgeWISE at Methodist Hospital

Seminars/Course/Curriculum

Provides:
- Implementing EBP in gerontological, palliative, and end-of-life nursing care
- Mentorship and coaching—novice and expert dyad
- Reflective practice skill building
- Assistance to develop portfolio for career advancement
- Certification preparation for ANCC Gerontological Nurse or Hospice and Palliative Nurse exams
- Transformative learning paradigm for adult learning
AgeWISE Curriculum* Crosswalk

<table>
<thead>
<tr>
<th>Physical Aspects</th>
<th>*Clinical Practice Guidelines for Palliative Care - 8 Domains</th>
<th>*End-of-Life Nursing Education Consortium (ELNEC) Modules</th>
<th>*Conley GEROS Modules</th>
</tr>
</thead>
<tbody>
<tr>
<td>Symptom Management</td>
<td>Cultural Aspects of Care</td>
<td>Falls</td>
<td>Promoting Function</td>
</tr>
<tr>
<td>AgeWISE Retreat 12 Seminars over 6 months (8 hrs each)</td>
<td>Healing Therapies</td>
<td>Pain Assessment &amp; Management</td>
<td>Skin Integrity</td>
</tr>
<tr>
<td>Interprofessional Community Faculty</td>
<td>Small Group Work - Domains of Practice</td>
<td>Pharmacology</td>
<td>Geriatric Syndromes</td>
</tr>
<tr>
<td>Nursing Journal Article Review</td>
<td>Reflective Practice Journaling</td>
<td>Delirium</td>
<td>Depression</td>
</tr>
<tr>
<td>AgeWISE Stories with Discussion</td>
<td>Community Clinical Experiences</td>
<td>Caregiving</td>
<td></td>
</tr>
<tr>
<td>Group Field Trips</td>
<td>DVDs with Reflection</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Graduation Celebration</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

AgeWISE Resident Engagement

- AgeWISE Retreat 2016: The Art of Aging Retreat

- Program Outcomes
  - 147 AgeWISE RNs
  - Geropalliative care content incorporated into BSN college curriculum
  - Increased AgeWISE RN certification rates
  - AgeWISE RNs lead Shared Governance Councils and sit on hospital committees
  - Nurse Excellence award winners
  - Daisy award winners
  - Enrolled in MSN and DNP programs
  - Developed cross unit friendships and collaboration
  - Increased inpatient palliative care team consults
  - AgeWISE is the geropalliative care standard of practice at Methodist
  - Patient care assignments – AgeWISE model
  - Biannual NICHE-AgeWISE Collaborative regional Gero conference
  - Quarterly AgeWISE Geriatric Education Seminars - AGES
AgeWISE Nurse Outcomes

- AgeWISE nurses report:
  - Increased knowledge and skills
  - Empowerment
  - Confidence
  - Advocacy skills
  - Unit cohesiveness
  - Professional and personal growth
  - Decreased moral distress
  - They are “AgeWISEING their units”

AgeWISE Nurse Stories

AgeWISE by Kim....

A Advocate alignment of care
G Geropalliative care
E Experience healing
W Well-being is our outcome
I Inspire, Intervene, Interdisciplinary
S Suffer no more
E Empowers and enlightens nurses
References