Rachel Wiseman
Palliative Medicine Physician
Respiratory Physician, Christchurch Hospital

Friday, August 12, 2016
17:30 - 17:50  Endstage care

(Plenary)
Advanced COPD Management

Dr Rachel Wiseman Respiratory and Palliative Care Physician
Dr Amanda Landers Palliative Care Physician
Presentation Outline

• Setting the scene

  – Identification of patients
  – Coordination of care
  – Transition to a palliative approach
  – Integration of specialist palliative care
  – Advance Care Planning

• Conclusion and questions
Setting the scene

Living with, not dying from COPD.
Setting the scene

- COPD is a progressive, life-limiting illness
- One of the highest causes of death worldwide
- Significant symptom burden
- Psychological symptoms are prevalent
  - Increased rates of anxiety, depression and panic
  - Social isolation and loneliness well documented
  - Loss of intimacy and sexuality
- Impact on carers under-recognised
## Symptom Burden

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Cancer</th>
<th>COPD</th>
<th>ILD</th>
<th>CF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dyspnoea</td>
<td>10-70</td>
<td>90-95</td>
<td>98</td>
<td>64-100</td>
</tr>
<tr>
<td>Pain</td>
<td>35-96</td>
<td>34-77</td>
<td>36</td>
<td>63-84</td>
</tr>
<tr>
<td>Fatigue/malaise</td>
<td>32-90</td>
<td>68-80</td>
<td>29</td>
<td>54</td>
</tr>
<tr>
<td>Insomnia</td>
<td>9-69</td>
<td>55-65</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Anorexia/weight loss</td>
<td>30-92</td>
<td>35-67</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Headache</td>
<td></td>
<td></td>
<td></td>
<td>43</td>
</tr>
<tr>
<td>Cough/difficulty expectorating sputum</td>
<td></td>
<td></td>
<td></td>
<td>69-84</td>
</tr>
</tbody>
</table>
They live day by day

They have adapted over years

The past and the present merge in their memory

It's hard to visualise a different future

A “chaotic narrative” (Pinnock)
IDENTIFICATION OF PERSONS WITH ADVANCED COPD
Disease progression... identifying the ‘tipping point’

- How long have I got? years...months...weeks... days...hours?
- When is the patient approaching the ‘terminal phase?’
- Universally difficult in COPD patients
- No one has yet found an answer.....
Trajectory of non-malignant disease
Physicians are not good at estimating survival....

– SUPPORT study – 5 days before death, physicians estimated that >50% of COPD patients would be alive in 6 months, compared to <10% of lung cancer patients

– 44% of bereaved relatives of COPD patients were not aware their loved one might die
Clinical Indicators/ General

- Multiple co-morbidities
- Weight loss, 10% over 6 months
- General physical decline
- Serum Albumin < 25g/l
- Reducing performance status, < 50% dependence in most ADLs
Specific Clinical Indicators

- Disease assessed to be severe e.g. FEV1 < 30% predicted
- Recurrent hospital admissions (>3 admissions in 12 months)
- Fulfils LTOT criteria
- Signs and symptoms of right sided heart failure
- Combination of other factors e.g. anorexia previous ITU/NIV/resistant organism, depression
My ‘Red flags’

- “Antibiotics aren’t really helping anymore”
- “I panic”
- “Feel like I am smothering”
- “Too frightened to go to sleep because I may not wake up”
- “I don’t want to go to hospital anymore”
- “Am I going to choke to death?”
- “The inhalers aren’t helping any more”
Patient perceptions of severe COPD and transitions towards death: a qualitative study identifying milestones and developing key opportunities
Trajectory of Chronic Obstructive Pulmonary Disease

Six Milestones (in any order):
- Loss of recreation
- Location of care
- Episodes of acute care
- Panic attacks
- Oxygen treatment
- Loss of self-care

E = exacerbations
CO-ORDINATION OF CARE
TRANSITION TO A PALLIATIVE APPROACH
What is palliative care?

The World Health Organization (2003) defines palliative care as:

“An approach that improves the quality of life of individuals 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”.
Three Forms of Palliative Care

- Palliative approach
- Specialist Palliative Care Services
- End of life (terminal) care
The Three Triggers for Supportive/Palliative Care

1. The Surprise question
2. Clinical indicators
3. Choice/need
4. Milestones
INTEGRATION OF SPECIALIST PALLIATIVE CARE
New model of health care delivery?

Where does palliative care sit?

• PC offers a different approach which may be missing from other parts of the health system focussed on acute care

• Patients want more information about lung disease and trajectory
SPECIALIST PALLIATIVE CARE

General Practice

Patient and Family

Home-based care eg. Personal carer

Pharmacist

ARC

Internet

Community Groups

ED

St John’s

Respiratory Services

OPH Services

NGO’s

General Medicine

Allied Health

Acute Demand & CREST
ADVANCE CARE PLANNING
Advance Care Planning in COPD: the challenges

‘Talking about sex doesn’t make you pregnant, talking about dying doesn’t make you dead’

‘Right time, right place, right person’
Decision-making

• COPD patients find it hard to imagine future scenarios where their health may deteriorate
• Therefore they find it difficult to make ‘concrete’ decisions about care in advance

BUT:

• They are able to discuss general preferences for care
• Place of care is often strongly considered – influenced by previous experiences in hospital
Integration of ACP

• Little evidence about how and when to integrate ACP into COPD care

• 2 approaches:
  – Routinely discuss ACP at each opportunity
  – Discuss ACP when specific triggers arise
    • initiation of home oxygen, pulmonary rehabilitation, admission for BiPAP

• Prepare patients to make the best possible ‘in the moment’ decisions

• Creating opportunities
Conclusion

A journey with no beginning...... and thus no end.....