



Professor Lutz Beckert

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Dr Amanda Landers

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Sunday, August 14, 2016

(Plenary)

12:00 - 12:30 Identifying Milestones in Severe COPD to Initiate End of Life Discussions

Identifying Milestones in Severe COPD to Initiate End of Life Discussions

Lutz Beckert Respiratory Physician

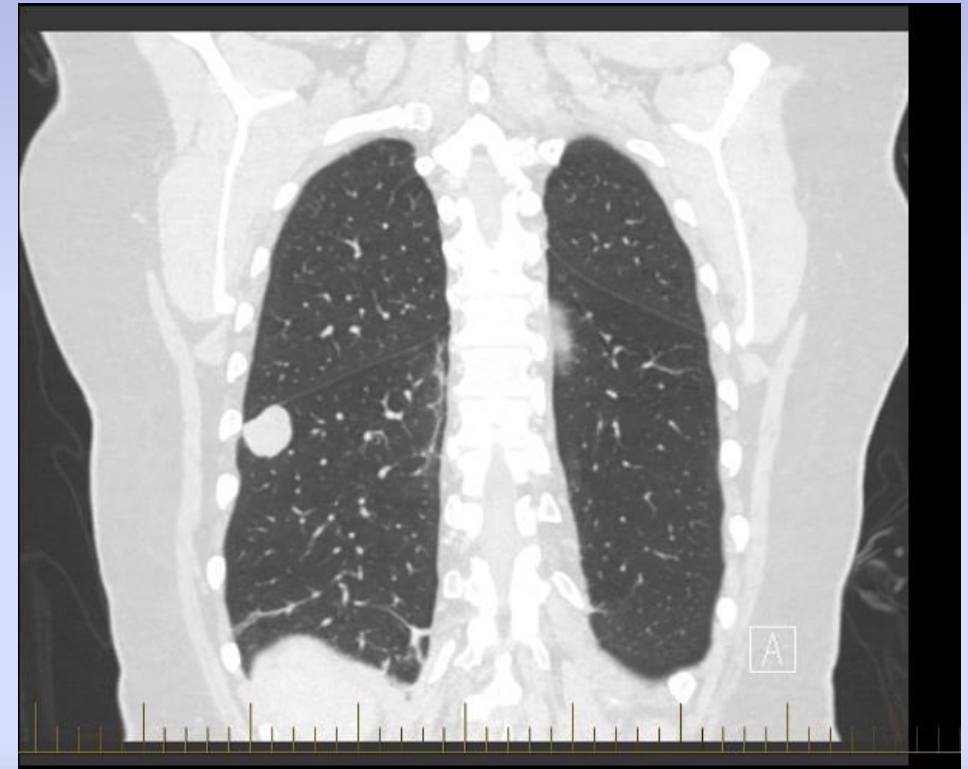
Amanda Landers Palliative Care Physician

Presentation Outline

- Setting the scene
 - Identification of patients
 - Coordination of care
 - Transition to a palliative approach
 - Integration of specialist palliative care
- Conclusion and questions



Setting the scene



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





They live day by day

**They have adapted over
years**

**The past and the present
merge in their memory**

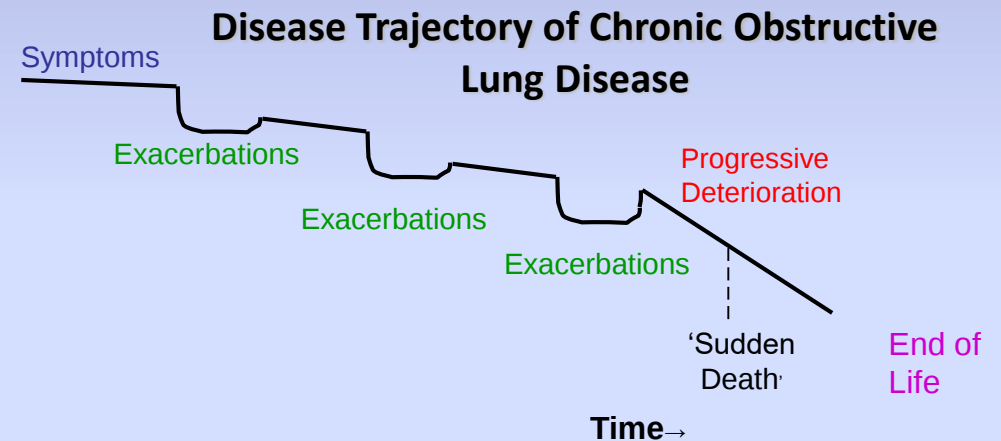
**Its hard to visualise a
different future**

**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”

CO-ORDINATION OF CARE

Patient perceptions of severe COPD and transitions towards death: a qualitative study identifying milestones and developing key opportunities

Research Team

Dr Amanda Landers

Dr Rachel Wiseman

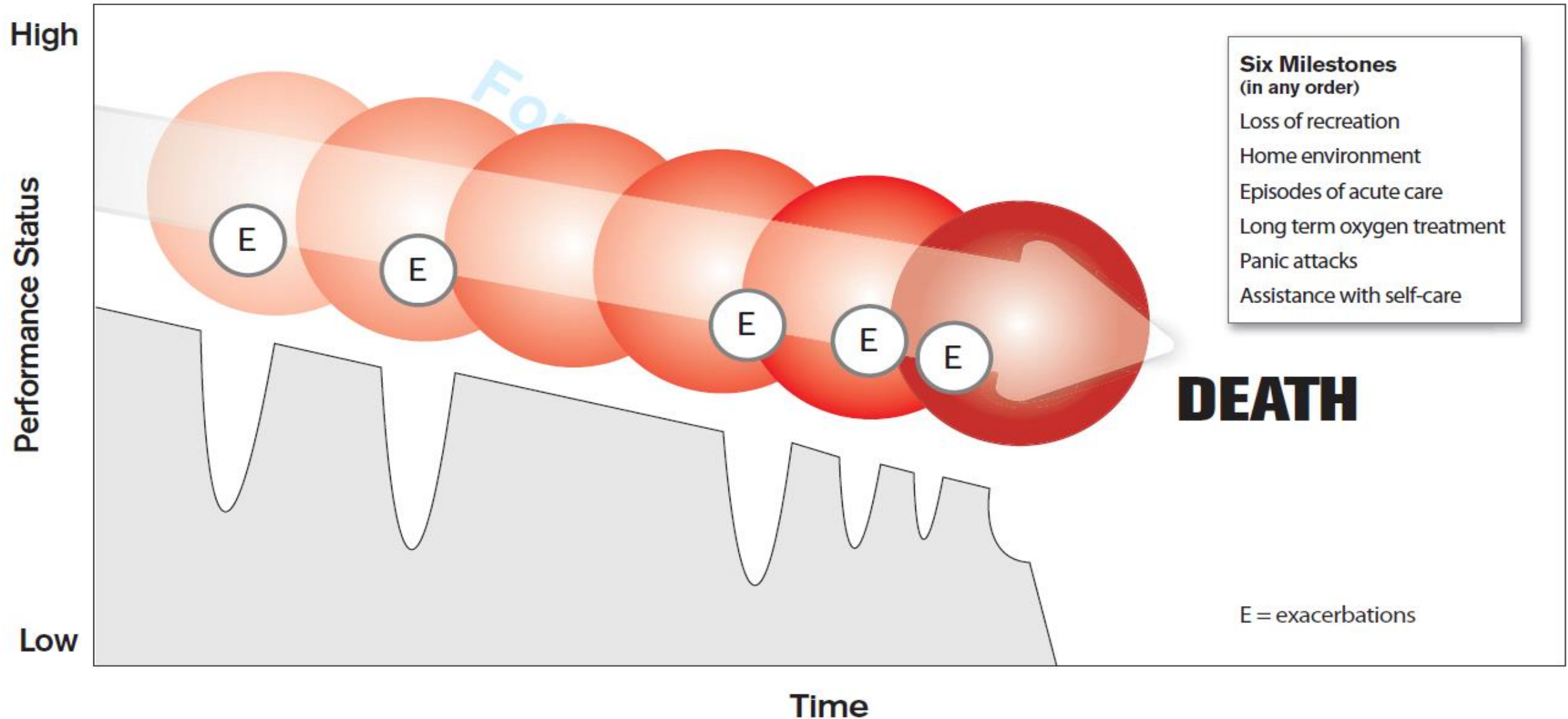
Dr Suzanne Pitama

Prof Lutz Beckert

- Qualitative study between April and August 2012
- Patients with COPD admitted requiring non-invasive ventilation (NIV)
- All GOLD Stage III-IV classification.
- Two weeks post-discharge interviews conducted



Trajectory of Chronic Obstructive Pulmonary Disease



The Milestones

Loss of recreation



- Have you felt there are activities/hobbies you can no longer do?
- Possible solution: **Information about community groups, other activities**

The Milestones

Home Environment



- Have you recently downsized your house or discussed moving into residential care with family?
- Possible solutions: **Information about ElderNet, residential care funding and options**

The Milestones

Episodes of Acute Care



- Have you been admitted to hospital more than twice in the last year?
- Possible solutions: **Acute plan for the emergency department and ambulance**

The Milestones

Long Term Oxygen Therapy



- Have you been started on oxygen therapy in the last 6 months?
- Possible solutions: **Respiratory team has access to Acute Plan. Education and Information about oxygen, offered ACP**

The Milestones

Panic Attacks



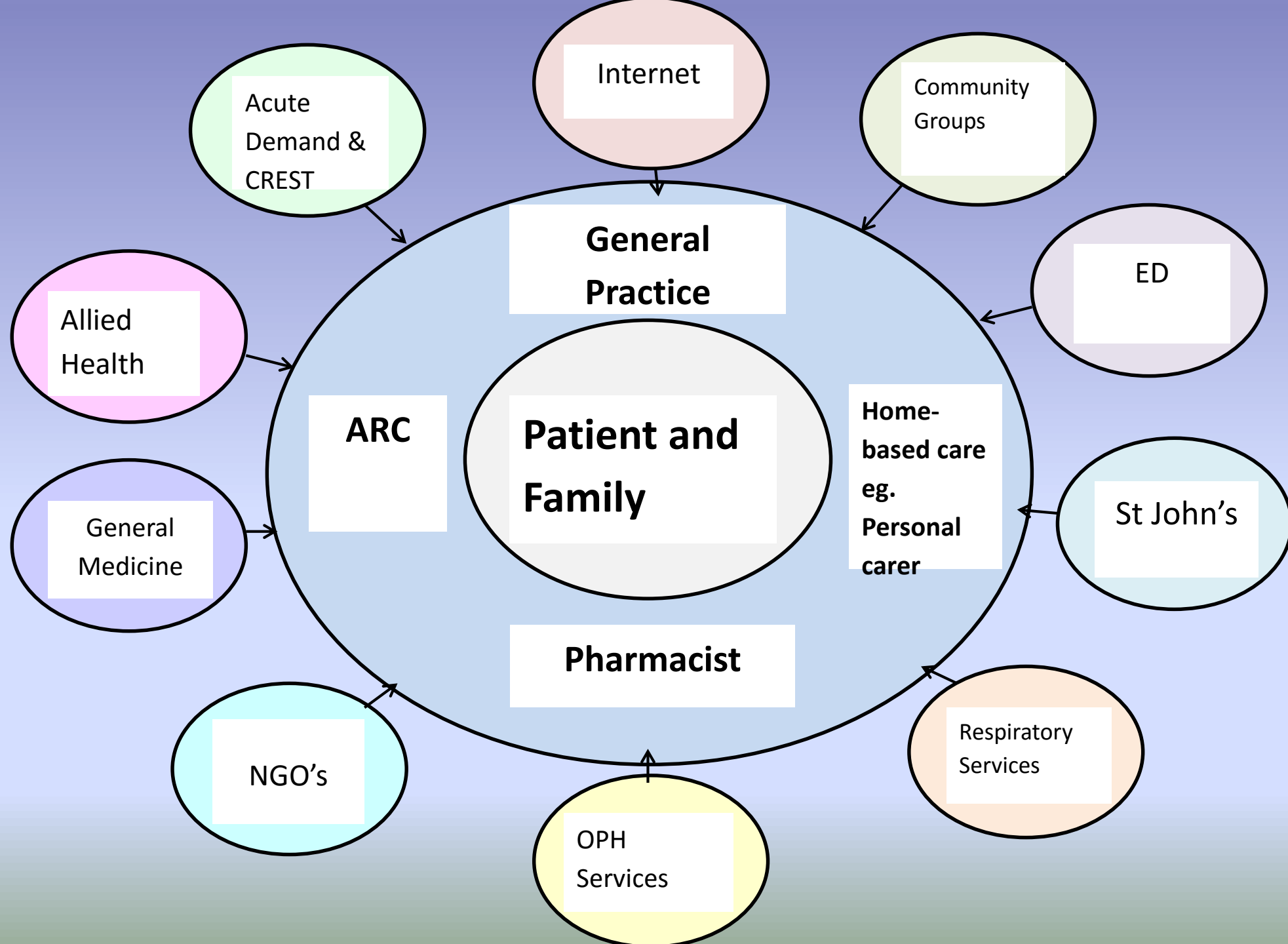
- Do you have episodes of high anxiety with your breathing or panic attacks more than once a week?
- Possible solutions: **Tailored breathlessness crisis plan if patient able**

The Milestones

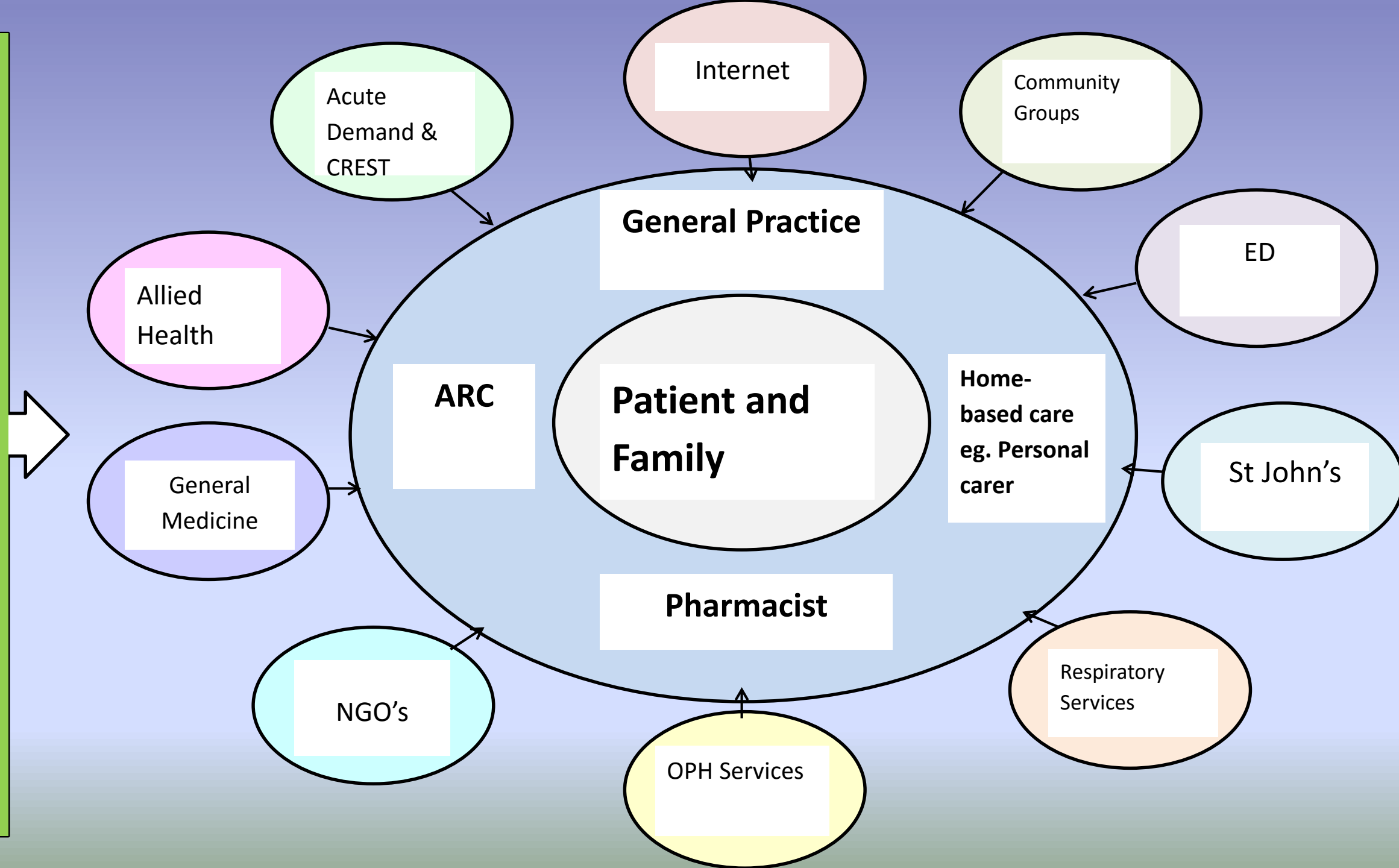
Assistance with Self Care



- Do you now need help with shopping, washing, cleaning or showering?
- Possible solutions: **Needs assessment from OPH for domestic assistance or community nursing**



SPECIALIST PALLIATIVE CARE

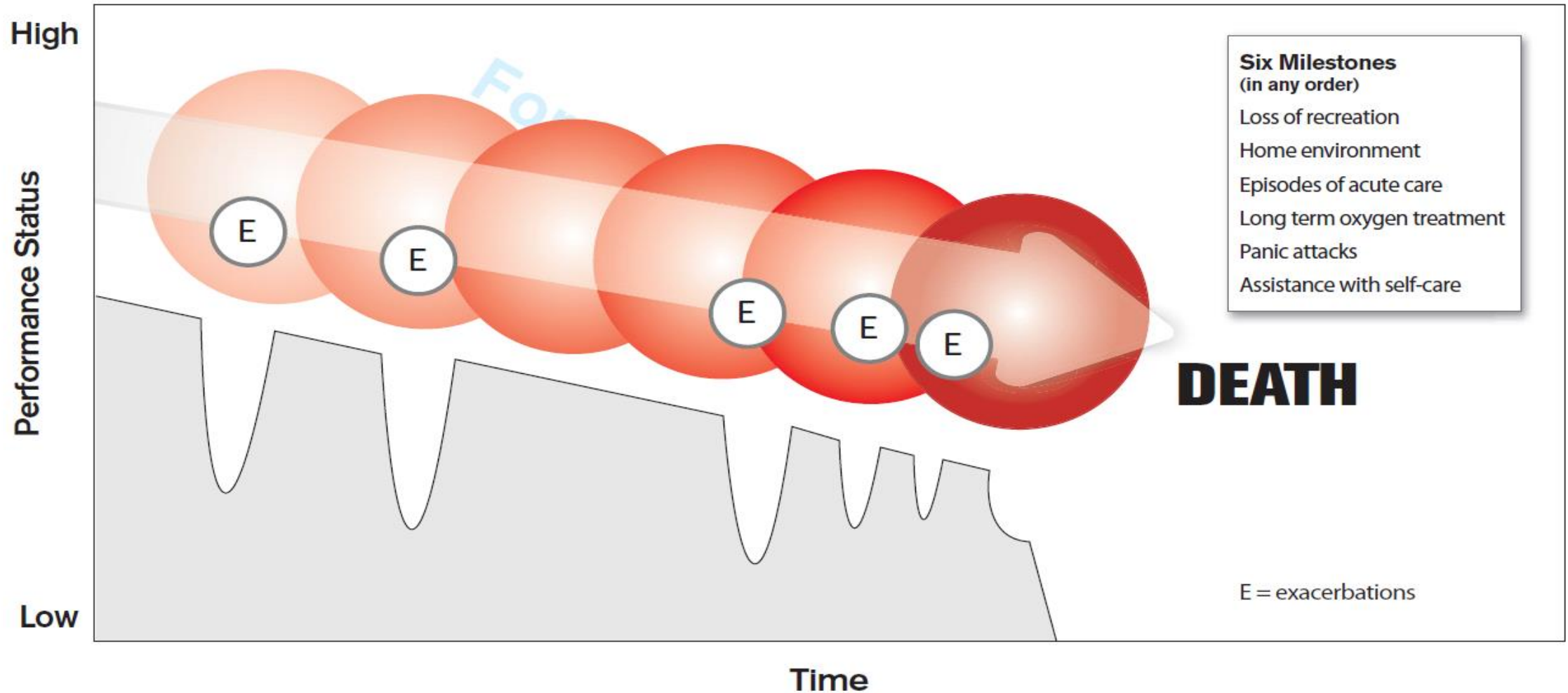


Conclusion



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

Trajectory of Chronic Obstructive Pulmonary Disease



ScholarOne, 375 Greenbrier Drive, Charlottesville, VA, 22901

Landers, Amanda, Rachel Wiseman, Suzanne Pitama, and Lutz Beckert. "Patient perceptions of severe COPD and transitions towards death: a qualitative study identifying milestones and developing key opportunities." *NPJ primary care respiratory medicine* 25 (2015): 15043.