



# ***Osteopathic EPEC***

**Education for Osteopathic Physicians on End-of-Life Care**

*Based on The EPEC Project, created by the American Medical Association and supported by the Robert Wood Johnson Foundation. Adapted by the American Osteopathic Association for educational use.*



AMERICAN OSTEOPATHIC ASSOCIATION

**American Osteopathic Association**  
**AOA: Treating our Family and Yours**

## **Plenary 3**

# **Elements and Models of End-of-Life Care**



# Objectives

- Describe conceptions of suffering
- Describe elements of end-of-life care
- Define palliative care
- Describe hospice, palliative care program standards
- *Define the osteopathic difference*



# Conceptions of suffering

- Fragmentation of personhood - Cassell
- Broken stories - Brody
- *Challenge to meaning* - Byock
- Total pain - Saunders



# ...Conceptions of suffering

- *Man's search for meaning -- Frankl*
- *Distinction between pain and suffering -- A. T. Still*



# The broad perspective

- A narrow focus will miss the target
  - Depression affects experience of pain
  - Medication useless if can't get it
  - Spiritual strength may enhance tolerance
  - Feeling abandoned may be expressed as physical suffering
- *The body is a unit*



# Elements of end-of-life experience

- Fixed characteristics of the patient
- Modifiable dimensions of the patient's experience
- Care-system interventions
- Outcomes - overall experience of the dying process



# **Fixed characteristics of the patient**

**Diagnosis, prognosis**

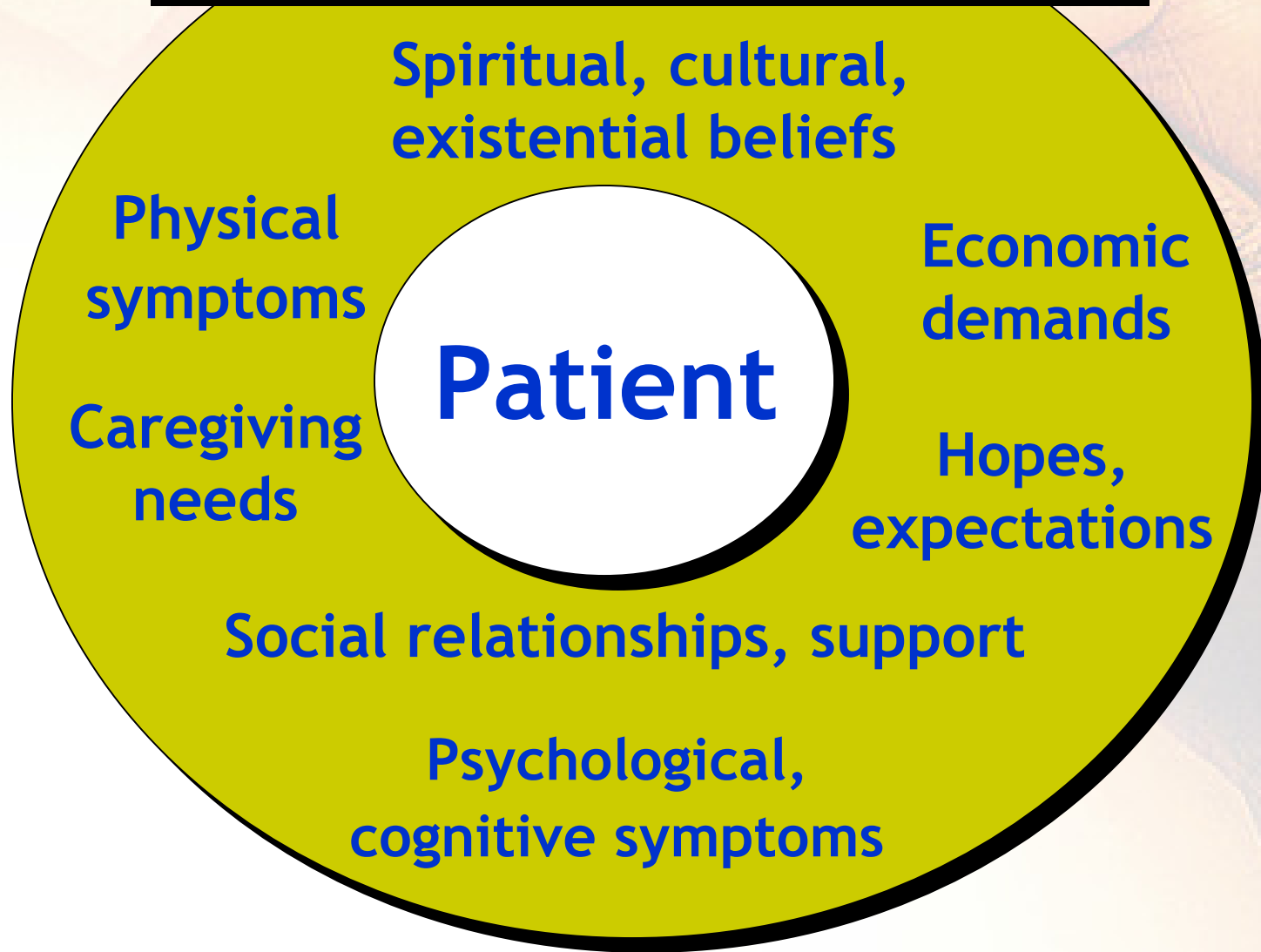
**Race, ethnicity  
and culture**

**Religion**

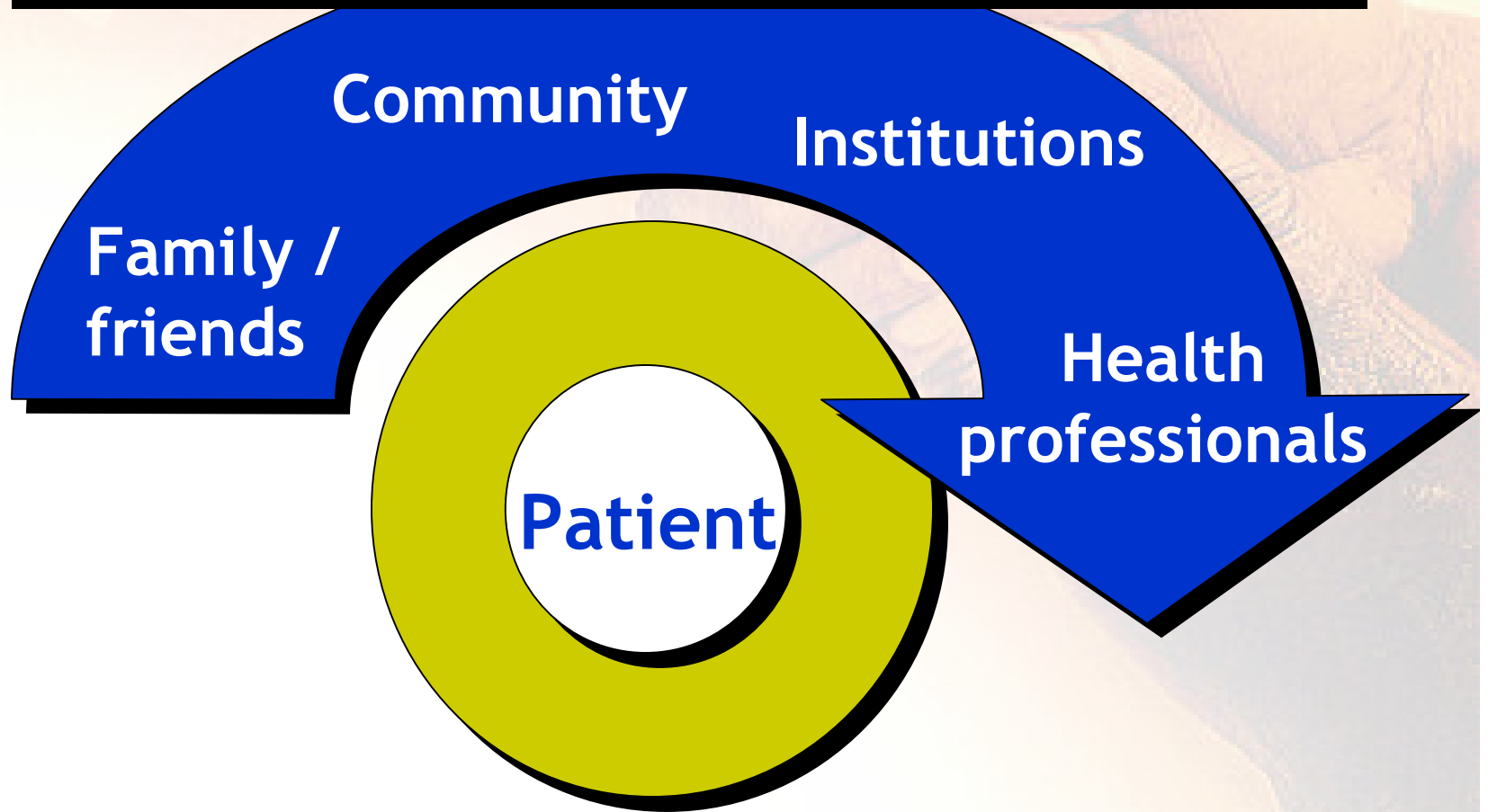
**Socioeconomic  
class**



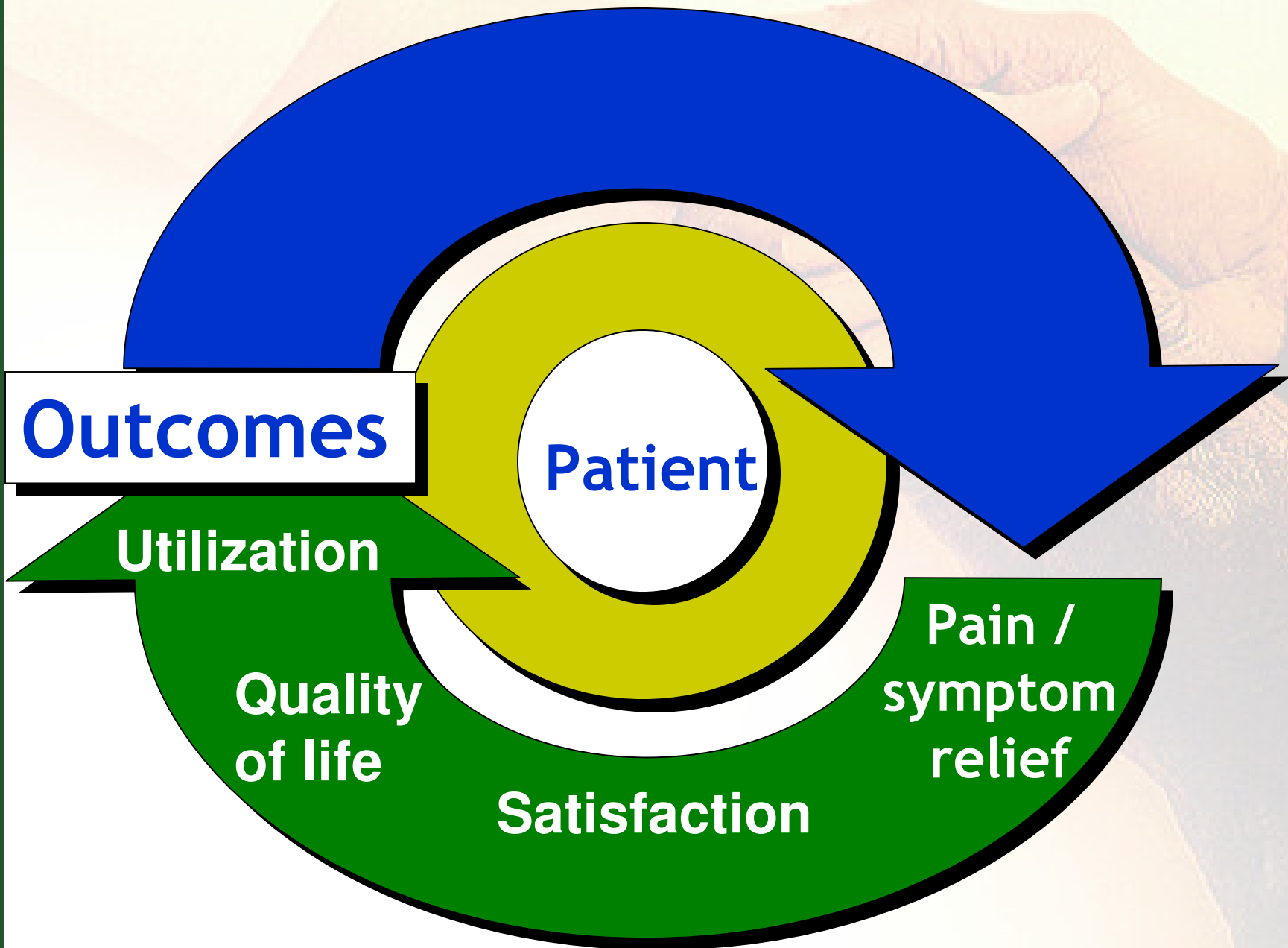
# **Modifiable dimensions**



# Health System Interventions



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# Hospice in the US

- A place
- An organization or program
- An approach to or philosophy of care
- A system of reimbursement



# Palliative care

- Relieving suffering
- Improving quality of life



# Palliative care - definition 1

“Palliative care seeks to prevent, relieve, reduce or soothe the symptoms of disease or disorder without effecting a cure... Palliative care in this broad sense is not restricted to those who are dying or those enrolled in hospice programs... It attends closely to the emotional, spiritual, and practical needs and goals of patients and those close to them.”

**Institute of Medicine 1998**



# Palliative care - definition 2

“... an approach that improves the quality of life of patients and their families facing the problems 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.”

**WHO 2002**



# Palliative care - expanded definition

- Provides relief from pain and other distressing symptoms
- Affirms life and regards dying as a normal process
- Intends neither to hasten nor postpones death
- Integrates psychological and spiritual aspects of patient care



# ... Palliative care - expanded definition

- Offers a support system to help patients live as actively as possible until death
- Uses a team approach to address the needs of patients and their families, including bereavement counseling, if necessary
- Will enhance quality of life, and may positively influence the course of illness

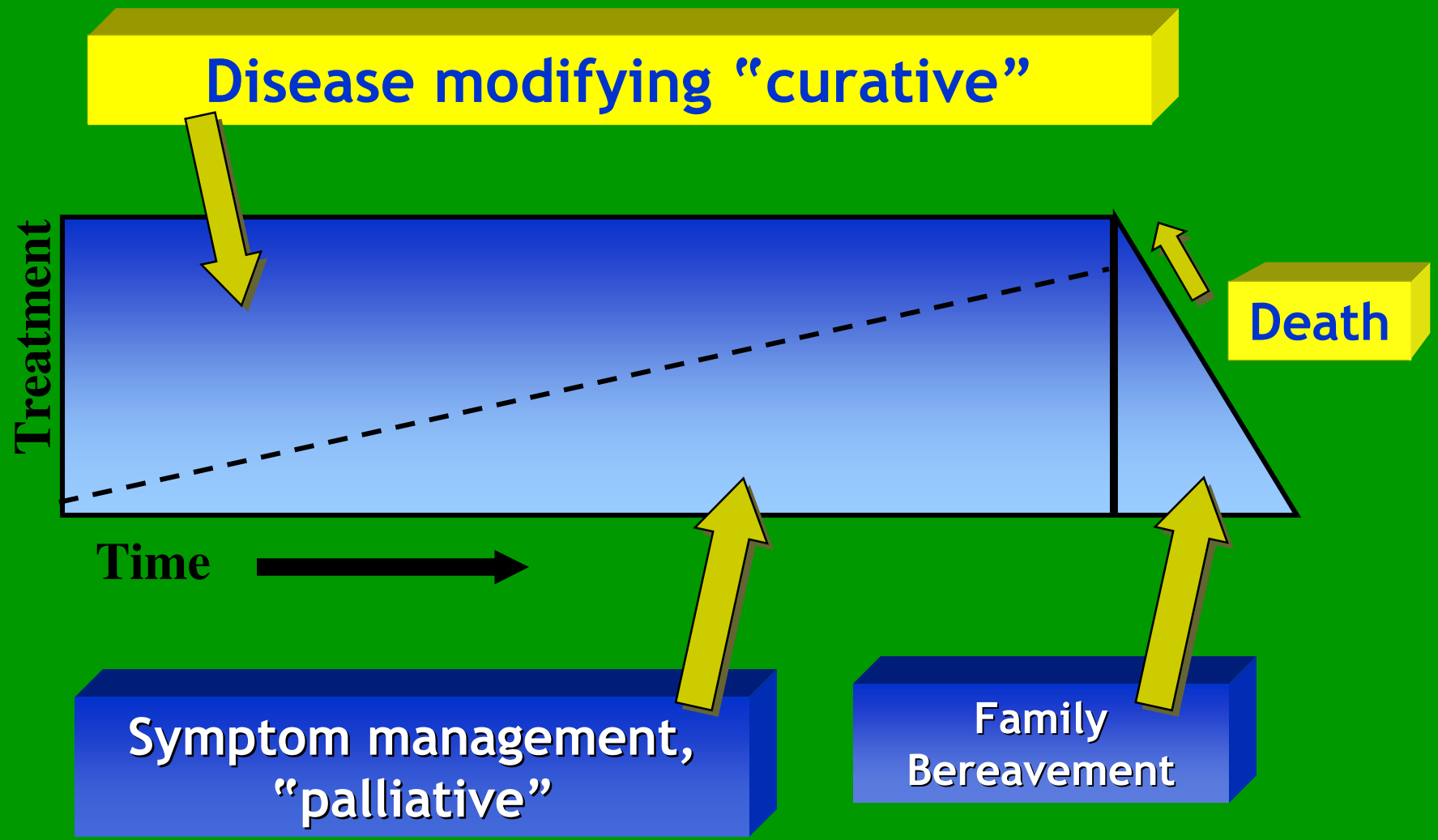


# ... Palliative care - expanded definition

- Is applicable early in the course of illness, in conjunction with other therapies that are intended to prolong life, such as chemotherapy or radiation therapy, and includes those investigations needed to better understand and manage distressing clinical complications.

WHO 2005





Lynn, J, Adamson, DM. *Living well at the end of life: Adapting health care to serious chronic illness in old age*. Arlington, VA, Rand Health, 2003.

# Standards for hospice and palliative care . . .

- Access to care, delivery of care
- Informed choices
- Symptom management
- Psychological, social and spiritual support



# **. . Standards for hospice and palliative care**

- Grief, bereavement support**
- Continuity between care settings**
- Evaluation, research, education**



# **Elements and Models of End-of-Life Care**

## **Summary**

