WEBVTT 00:00:00.000 --> 00:00:02.470 Support for Yale Cancer Answers

NOTE Confidence: 0.8540766

00:00:02.470 --> 00:00:04.940 comes from AstraZeneca, dedicated

NOTE Confidence: 0.8540766

00:00:05.018 --> 00:00:07.373 to advancing options and providing

NOTE Confidence: 0.8540766

00:00:07.373 --> 00:00:10.340 hope for people living with cancer.

NOTE Confidence: 0.8540766

00:00:10.340 --> 00:00:13.548 More information at astrazeneca-us.com.

NOTE Confidence: 0.8540766

00:00:13.550 --> 00:00:15.368 Welcome to Yale Cancer Answers with

NOTE Confidence: 0.8540766

00:00:15.368 --> 00:00:17.392 your host doctor Anees Chagpar.

NOTE Confidence: 0.8540766

00:00:17.392 --> 00:00:19.267 Yale Cancer Answers features the

NOTE Confidence: 0.8540766

00:00:19.267 --> 00:00:21.493 latest information on cancer care by

NOTE Confidence: 0.8540766

00:00:21.493 --> 00:00:22.881 welcoming oncologists and specialists

NOTE Confidence: 0.8540766

00:00:22.881 --> 00:00:25.314 who are on the forefront of the

NOTE Confidence: 0.8540766

00:00:25.314 --> 00:00:27.390 battle to fight cancer. This week

NOTE Confidence: 0.8540766

00:00:27.390 --> 00:00:29.120 it's a conversation about palliative

NOTE Confidence: 0.8540766

00:00:29.120 --> 00:00:30.850 care with Doctor Laura Morrison.

NOTE Confidence: 0.8540766

00:00:30.850 --> 00:00:32.730 Doctor Morrison is an associate

NOTE Confidence: 0.8540766

00:00:32.730 --> 00:00:34.610 professor of medicine and geriatrics

NOTE Confidence: 0.8540766

00:00:34.673 --> 00:00:36.389 at the Yale School of Medicine,

NOTE Confidence: 0.8540766

00:00:36.390 --> 00:00:39.588 where Doctor Chagpar is a

NOTE Confidence: 0.8540766

00:00:39.588 --> 00:00:41.720 professor of surgical oncology.

NOTE Confidence: 0.8540766

00:00:41.720 --> 00:00:42.090 Laura,

NOTE Confidence: 0.89279264

00:00:42.090 --> 00:00:44.253 maybe we could start off by you

NOTE Confidence: 0.89279264

00:00:44.253 --> 00:00:46.946 telling us a little bit more about

NOTE Confidence: 0.89279264

00:00:46.946 --> 00:00:49.056 what exactly is palliative care.

NOTE Confidence: 0.89279264

00:00:49.060 --> 00:00:51.594 I get the sense that there are

NOTE Confidence: 0.89279264

00:00:51.594 --> 00:00:53.115 still some misperceptions about

NOTE Confidence: 0.89279264

00:00:53.115 --> 00:00:54.925 what the term really means.

NOTE Confidence: 0.871092

00:00:56.580 --> 00:00:59.868 That's a common point.

NOTE Confidence: 0.871092

00:00:59.870 --> 00:01:02.564 It's something that a lot of

NOTE Confidence: 0.871092

00:01:02.564 --> 00:01:04.360 people still wonder about,

NOTE Confidence: 0.871092

00:01:04.360 --> 00:01:07.508 so I'm really happy to

NOTE Confidence: 0.871092

00:01:07.508 --> 00:01:11.100 give another sense of what it is.

NOTE Confidence: 0.871092

00:01:11.100 --> 00:01:13.510 Palliative care is a medical

NOTE Confidence: 0.871092

00:01:13.510 --> 00:01:15.920 subspecialty that focuses on quality

NOTE Confidence: 0.871092

00:01:16.000 --> 00:01:18.358 of life for patients with serious

NOTE Confidence: 0.871092

00:01:18.358 --> 00:01:21.419 illness of any type and their families.

NOTE Confidence: 0.90808487

00:01:23.670 --> 00:01:26.729 And we also focus on relieving suffering,

NOTE Confidence: 0.90808487

00:01:26.730 --> 00:01:30.434 so again, it's really about quality of life

NOTE Confidence: 0.90808487

00:01:30.434 --> 00:01:33.718 and relieving suffering as much as we can.

NOTE Confidence: 0.90808487

00:01:33.720 --> 00:01:37.368 This all takes place in the setting of

NOTE Confidence: 0.90808487

00:01:37.368 --> 00:01:39.760 an interdisciplinary professional team.

NOTE Confidence: 0.90808487

00:01:39.760 --> 00:01:44.128 And we really focus on physical symptoms.

NOTE Confidence: 0.90808487

00:01:44.130 --> 00:01:46.764 Coping and the stress that patients

NOTE Confidence: 0.90808487

00:01:46.764 --> 00:01:49.482 and families deal with around serious

NOTE Confidence: 0.90808487

00:01:49.482 --> 00:01:52.555 illness as well as trying to streamline

NOTE Confidence: 0.90808487

00:01:52.555 --> 00:01:54.532 and support good communication

NOTE Confidence: 0.90808487

00:01:54.532 --> 00:01:57.442 for patients and families so they

NOTE Confidence: 0.90808487

00:01:57.442 --> 00:01:59.592 get their questions answered

NOTE Confidence: 0.90808487

00:01:59.592 --> 00:02:01.808 as well as possible.

NOTE Confidence: 0.87705433

00:02:03.280 --> 00:02:06.760 But that sounds like a

NOTE Confidence: 0.87705433

00:02:06.760 --> 00:02:09.740 combination of pain

NOTE Confidence: 0.87705433

00:02:09.740 --> 00:02:13.480 medicine and psychology and

NOTE Confidence: 0.87705433

00:02:13.480 --> 00:02:18.256 it's a bit of social work mixed in.

NOTE Confidence: 0.87705433

00:02:18.260 --> 00:02:21.492 Tell us more about how that works and

NOTE Confidence: 0.87705433

00:02:21.492 --> 00:02:23.853 how that's different from people's

NOTE Confidence: 0.87705433

00:02:23.853 --> 00:02:27.269 usual doctors who also may be very

NOTE Confidence: 0.87705433

00:02:27.362 --> 00:02:29.887 interested in their quality of

NOTE Confidence: 0.9001463

00:02:29.890 --> 00:02:33.338 life?

NOTE Confidence: 0.9001463

00:02:33.340 --> 00:02:35.570 First of all, you know,

NOTE Confidence: 0.9001463

00:02:35.570 --> 00:02:38.524 we really hope that all health care

NOTE Confidence: 0.9001463

00:02:38.524 --> 00:02:40.700 professionals get some training in

NOTE Confidence: 0.9001463

00:02:40.700 --> 00:02:43.190 palliative care and that they provide

NOTE Confidence: 0.9001463

00:02:43.190 --> 00:02:46.037 what we would call primary palliative

NOTE Confidence: 0.9001463

00:02:46.037 --> 00:02:48.462 care or basic palliative care.

NOTE Confidence: 0.9001463

00:02:53.770 --> 00:02:57.435 These are primary skills in addressing basic

NOTE Confidence: 0.9001463

00:02:57.435 --> 00:03:01.859 pain management and providing an

NOTE Confidence: 0.9001463

00:03:01.859 --> 00:03:06.367 initial level of support

NOTE Confidence: 0.9001463

00:03:06.367 --> 00:03:10.550 around coping as well as some

NOTE Confidence: 0.9001463

00:03:10.550 --> 00:03:12.406 nice early communication

NOTE Confidence: 0.9001463

00:03:12.406 --> 00:03:13.798 support as well.

NOTE Confidence: 0.9001463

00:03:13.800 --> 00:03:16.290 Palliative care goes beyond that

NOTE Confidence: 0.9001463

00:03:16.290 --> 00:03:19.328 in terms of being very specialized

NOTE Confidence: 0.9001463

00:03:19.328 --> 00:03:22.499 and part of that is because we

NOTE Confidence: 0.9001463

00:03:22.499 --> 00:03:25.397 do have a team model of care.

NOTE Confidence: 0.9001463

00:03:25.400 --> 00:03:27.256 Not all institutions are

NOTE Confidence: 0.9001463

00:03:27.256 --> 00:03:30.040 equal in terms of how many

NOTE Confidence: 0.9001463

00:03:30.040 --> 00:03:32.542 resource supports they are

NOTE Confidence: 0.9001463

00:03:32.542 --> 00:03:35.609 able to put toward palliative care,

NOTE Confidence: 0.9001463

00:03:35.610 --> 00:03:39.777 but in our setting at Smilow and across Yale,

00:03:41.154 --> 00:03:44.850 we're really focused on having a robust team,

NOTE Confidence: 0.9001463

00:03:44.850 --> 00:03:48.040 and for us that includes

NOTE Confidence: 0.9001463

00:03:48.040 --> 00:03:49.704 social work, chaplaincy, nursing,

NOTE Confidence: 0.9001463

00:03:49.704 --> 00:03:52.887 both at an RN and an advanced

NOTE Confidence: 0.9001463

00:03:52.887 --> 00:03:54.690 practice nurse level.

NOTE Confidence: 0.9001463

00:03:54.690 --> 00:03:58.071 We also are very fortunate to have

NOTE Confidence: 0.9001463

00:03:58.071 --> 00:04:00.972 our team psychologist as well as

NOTE Confidence: 0.9001463

00:04:00.972 --> 00:04:03.237 a pharmacist and art therapist,

NOTE Confidence: 0.9001463

00:04:03.240 --> 00:04:05.620 so this is

NOTE Confidence: 0.9001463

00:04:05.620 --> 00:04:07.604 a very broad approach,

NOTE Confidence: 0.9001463

00:04:07.604 --> 00:04:10.580 and I think the special part

NOTE Confidence: 0.9001463

00:04:10.687 --> 00:04:13.219 about it is that you know,

NOTE Confidence: 0.9001463

00:04:13.220 --> 00:04:16.289 we acknowledge that

NOTE Confidence: 0.9001463

00:04:16.290 --> 00:04:19.305 pain and other symptoms are

NOTE Confidence: 0.9001463

00:04:19.305 --> 00:04:22.320 sort of a total phenomenon,

NOTE Confidence: 0.9001463

00:04:22.320 --> 00:04:25.584 meaning that people can have pain

NOTE Confidence: 0.9001463

00:04:25.584 --> 00:04:28.548 and anxiety and depression

NOTE Confidence: 0.9001463

00:04:28.548 --> 00:04:31.968 that is in different domains,

NOTE Confidence: 0.9001463

00:04:31.970 --> 00:04:33.776 meaning the spiritual,

NOTE Confidence: 0.9001463

00:04:33.776 --> 00:04:34.980 the physical,

NOTE Confidence: 0.9001463

00:04:34.980 --> 00:04:38.000 emotional and so are different

NOTE Confidence: 0.9001463

00:04:38.000 --> 00:04:41.175 team members can play really

NOTE Confidence: 0.9001463

00:04:41.175 --> 00:04:44.350 important roles in addressing symptoms

NOTE Confidence: 0.9001463

00:04:44.449 --> 00:04:47.199 across this kind of spectrum

NOTE Confidence: 0.9001463

00:04:47.200 --> 00:04:49.145 of suffering and really trying

NOTE Confidence: 0.9001463

00:04:49.145 --> 00:04:51.500 to again improve quality of life.

NOTE Confidence: 0.8652718

00:04:52.520 --> 00:04:56.008 As you think about suffering,

NOTE Confidence: 0.8652718

00:04:56.010 --> 00:04:58.190 particularly of our cancer patients,

NOTE Confidence: 0.8652718

00:04:58.190 --> 00:05:00.800 and many of them have symptoms.

NOTE Confidence: 0.8652718

00:05:00.800 --> 00:05:03.055 Whether it's symptoms related to

NOTE Confidence: 0.8652718

00:05:03.055 --> 00:05:05.310 treatment or whether it's symptoms

NOTE Confidence: 0.8652718

00:05:05.385 --> 00:05:07.340 related to the cancer itself,

NOTE Confidence: 0.8652718

00:05:07.340 --> 00:05:10.814 one can't help but think that the whole Covid

NOTE Confidence: 0.8652718

00:05:10.814 --> 00:05:13.879 crisis kind of exacerbated that suffering,

NOTE Confidence: 0.8652718

00:05:13.880 --> 00:05:16.496 especially when you put it into

NOTE Confidence: 0.8652718

00:05:16.496 --> 00:05:18.680 those domains of

NOTE Confidence: 0.8652718

00:05:18.680 --> 00:05:20.855 not just the physical suffering,

NOTE Confidence: 0.8652718

00:05:20.860 --> 00:05:22.444 but emotional suffering.

NOTE Confidence: 0.8652718

00:05:22.444 --> 00:05:23.500 Financial suffering.

NOTE Confidence: 0.8652718

00:05:23.500 --> 00:05:26.216 All of the things that covid kind

NOTE Confidence: 0.8652718

00:05:26.216 --> 00:05:28.630 of brought to the forefront.

NOTE Confidence: 0.8652718

00:05:28.630 --> 00:05:31.838 Did you find an uptick in the need

NOTE Confidence: 0.8652718

00:05:31.838 --> 00:05:34.610 for palliative care during the crisis?

NOTE Confidence: 0.8782162

00:05:36.210 --> 00:05:38.555 You know, I think you're absolutely right.

NOTE Confidence: 0.8782162

00:05:38.560 --> 00:05:41.535 Covid sent us something that we were

NOTE Confidence: 0.8782162

00:05:41.540 --> 00:05:45.650 really challenged by

NOTE Confidence: 0.8782162

00:05:45.650 --> 00:05:48.390 especially initially figuring out

NOTE Confidence: 0.8782162

00:05:48.390 --> 00:05:53.223 how we could best support both our

NOTE Confidence: 0.8782162

00:05:53.223 --> 00:05:57.147 colleagues and our patients and families.

NOTE Confidence: 0.8782162

00:05:57.150 --> 00:06:00.170 I think the need shifted.

NOTE Confidence: 0.8782162

00:06:00.170 --> 00:06:03.690 I think at first we weren't sure because

NOTE Confidence: 0.8782162

00:06:03.690 --> 00:06:06.953 of just the exposure issues and how

NOTE Confidence: 0.8782162

00:06:06.953 --> 00:06:10.440 to still be as helpful as possible,

NOTE Confidence: 0.8782162

00:06:10.440 --> 00:06:13.242 but I think what really happened

NOTE Confidence: 0.8782162

00:06:13.242 --> 00:06:16.386 was of course, as we all know,

NOTE Confidence: 0.8782162

00:06:16.386 --> 00:06:19.581 in the earlier surge there was such

NOTE Confidence: 0.8782162

00:06:19.581 --> 00:06:23.046 a concern about how sick people were,

NOTE Confidence: 0.8782162

00:06:23.050 --> 00:06:26.564 and of course unfortunately a lot of

NOTE Confidence: 0.8782162

00:06:26.564 --> 00:06:30.250 people were sick enough that they were

NOTE Confidence: 0.8782162

00:06:30.250 --> 00:06:33.001 in a place where they were not

NOTE Confidence: 0.8782162

00:06:33.001 --> 00:06:36.428 able to get better and were dying.

NOTE Confidence: 0.8782162

00:06:36.430 --> 00:06:40.396 And so for us in particular,

NOTE Confidence: 0.8782162

00:06:40.400 --> 00:06:43.460 we were really brought in for

NOTE Confidence: 0.8782162

00:06:43.460 --> 00:06:44.990 physical symptom management,

NOTE Confidence: 0.8782162

00:06:44.990 --> 00:06:48.110 especially around shortness of breath.

NOTE Confidence: 0.8782162

00:06:48.110 --> 00:06:51.414 Which is where we saw COVID

NOTE Confidence: 0.8782162

00:06:51.414 --> 00:06:54.679 hit us all very hard.

NOTE Confidence: 0.8782162

00:06:54.680 --> 00:06:57.392 So managing shortness of breath for

NOTE Confidence: 0.8782162

00:06:57.392 --> 00:06:59.757 people that were really suffering

NOTE Confidence: 0.8782162

00:06:59.757 --> 00:07:03.082 with that and trying to improve their

NOTE Confidence: 0.8782162

00:07:03.082 --> 00:07:05.739 day-to-day and in cases where people

NOTE Confidence: 0.8782162

00:07:05.739 --> 00:07:08.783 were sick enough that they were dying,

NOTE Confidence: 0.8782162

00:07:08.783 --> 00:07:11.798 we were really pulled in to

00:07:13.224 --> 00:07:16.309 be present with them as much as possible,

NOTE Confidence: 0.8782162

00:07:16.310 --> 00:07:19.058 but to really be involved in

NOTE Confidence: 0.8782162

00:07:19.058 --> 00:07:21.810 reaching out to their families.

NOTE Confidence: 0.8782162

00:07:21.810 --> 00:07:24.530 Trying to help our medical

NOTE Confidence: 0.8782162

00:07:24.530 --> 00:07:27.250 colleagues in the ICU's with

NOTE Confidence: 0.8782162

00:07:27.250 --> 00:07:29.970 spending extra time

NOTE Confidence: 0.8782162

00:07:29.970 --> 00:07:32.146 being available to families,

NOTE Confidence: 0.8782162

00:07:32.150 --> 00:07:36.494 especially and to really try to help there.

NOTE Confidence: 0.8782162

00:07:36.500 --> 00:07:41.456 Be some contact before someone died.

NOTE Confidence: 0.8782162

00:07:41.460 --> 00:07:43.662 So that was challenging

NOTE Confidence: 0.8782162

00:07:43.662 --> 00:07:45.850 in a different way for sure.

NOTE Confidence: 0.8782162

00:07:45.850 --> 00:07:47.726 And fortunately I think,

NOTE Confidence: 0.8782162

00:07:47.726 --> 00:07:50.540 now that we've gotten on top

NOTE Confidence: 0.8782162

00:07:50.632 --> 00:07:53.200 of Covid and learned so much,

NOTE Confidence: 0.8782162

00:07:53.200 --> 00:07:55.546 and people are really

NOTE Confidence: 0.8782162

00:07:55.550 --> 00:07:57.520 doing a lot better now,

NOTE Confidence: 0.8782162

00:07:57.520 --> 00:08:00.264 certainly not as many people are dying,

NOTE Confidence: 0.8782162

00:08:00.270 --> 00:08:03.120 but we still have those roles

NOTE Confidence: 0.8782162

00:08:03.120 --> 00:08:04.545 currently trying to

NOTE Confidence: 0.8782162

00:08:04.550 --> 00:08:08.062 still be present to have these

NOTE Confidence: 0.8782162

00:08:08.062 --> 00:08:10.390 harder discussions and prepare patients

NOTE Confidence: 0.8782162

00:08:10.390 --> 00:08:13.120 and families for what can happen.

NOTE Confidence: 0.8782162

00:08:13.120 --> 00:08:17.216 I actually just took care of a patient a

NOTE Confidence: 0.8782162

00:08:17.216 --> 00:08:21.291 week ago who was in her 90s and

NOTE Confidence: 0.8782162

00:08:21.291 --> 00:08:24.779 dealing with covid and in isolation.

NOTE Confidence: 0.8782162

00:08:24.780 --> 00:08:27.797 And was actually in a mode where

NOTE Confidence: 0.8782162

00:08:27.797 --> 00:08:30.261 the patient and daughter were

NOTE Confidence: 0.8782162

00:08:30.261 --> 00:08:33.495 accepting that she might not live

NOTE Confidence: 0.8782162

00:08:33.495 --> 00:08:36.639 through this covid episode for her,

NOTE Confidence: 0.8782162

00:08:36.640 --> 00:08:40.064 but in fact she has been able to

NOTE Confidence: 0.8782162

00:08:40.064 --> 00:08:43.109 be stable and come through that

NOTE Confidence: 0.8782162

00:08:43.109 --> 00:08:46.229 and actually come out of sort

NOTE Confidence: 0.8782162

00:08:46.336 --> 00:08:48.986 of a comfort focused time.

NOTE Confidence: 0.8782162

00:08:48.990 --> 00:08:52.026 And now we're focusing on how

NOTE Confidence: 0.8782162

00:08:52.026 --> 00:08:54.510 to think about supporting her

NOTE Confidence: 0.8782162

00:08:54.510 --> 00:08:57.359 the best we can for her to

NOTE Confidence: 0.8782162

00:08:57.359 --> 00:08:59.420 ultimately try to recover.

NOTE Confidence: 0.8782162

00:08:59.420 --> 00:09:02.010 So things are a little different now.

NOTE Confidence: 0.88602483

00:09:03.660 --> 00:09:05.980 I can imagine that,

NOTE Confidence: 0.88602483

00:09:05.980 --> 00:09:08.548 particularly during the covid crisis and

NOTE Confidence: 0.88602483

00:09:08.548 --> 00:09:11.990 and even now for patients in isolation,

NOTE Confidence: 0.88602483

00:09:11.990 --> 00:09:14.305 that comfort and that support

NOTE Confidence: 0.88602483

00:09:14.305 --> 00:09:15.694 and that communication,

NOTE Confidence: 0.88602483

00:09:15.700 --> 00:09:17.548 particularly with the family,

NOTE Confidence: 0.88602483

00:09:17.548 --> 00:09:19.396 must be really difficult.

NOTE Confidence: 0.88602483

00:09:19.400 --> 00:09:21.720 I mean, how do you

NOTE Confidence: 0.88602483

00:09:21.720 --> 00:09:24.702 do that when both

NOTE Confidence: 0.88602483

00:09:24.702 --> 00:09:27.335 the family wants to be with

NOTE Confidence: 0.88602483

00:09:27.335 --> 00:09:29.837 their loved ones who are facing

NOTE Confidence: 0.88602483

00:09:29.837 --> 00:09:33.009 a potentially terminal crisis,

NOTE Confidence: 0.88602483

00:09:33.010 --> 00:09:38.176 and patients themselves are suffering.

NOTE Confidence: 0.88602483

00:09:38.180 --> 00:09:41.169 And dealing with more than

NOTE Confidence: 0.88602483

00:09:41.169 --> 00:09:44.362 the usual because not only do they

NOTE Confidence: 0.88602483

00:09:44.362 --> 00:09:46.647 have their physical symptoms,

NOTE Confidence: 0.88602483

00:09:46.650 --> 00:09:48.880 but also the emotional isolation.

00:09:50.134 --> 00:09:53.609 How do you kind of bridge that and

NOTE Confidence: 0.88602483

00:09:53.609 --> 00:09:56.745 be with with the patient and

NOTE Confidence: 0.88602483

00:09:56.745 --> 00:10:00.030 be there for the family as well?

00:10:02.910 --> 00:10:06.661 It's such a privileged place to be.

NOTE Confidence: 0.82976764

00:10:06.661 --> 00:10:08.646 It's awfully difficult as well,

NOTE Confidence: 0.82976764

00:10:08.650 --> 00:10:12.214 but I think all of us on the team,

NOTE Confidence: 0.82976764

00:10:12.220 --> 00:10:15.260 whether it's one of our chaplains

NOTE Confidence: 0.82976764

00:10:15.260 --> 00:10:18.524 or one of our social workers, our nurses,

NOTE Confidence: 0.82976764

00:10:18.524 --> 00:10:22.140 I think all of us just try to bring

NOTE Confidence: 0.82976764

00:10:22.140 --> 00:10:25.350 110% of our presence

NOTE Confidence: 0.82976764

00:10:25.350 --> 00:10:30.102 to open up conversations to just try to give

NOTE Confidence: 0.82976764

00:10:30.102 --> 00:10:34.565 people the space and opportunity to express

NOTE Confidence: 0.82976764

00:10:34.570 --> 00:10:36.922 the deepest part of what's

NOTE Confidence: 0.82976764

00:10:36.922 --> 00:10:39.168 weighing on them and what they are

NOTE Confidence: 0.82976764

00:10:39.170 --> 00:10:41.875 most worried about and

NOTE Confidence: 0.82976764

00:10:41.875 --> 00:10:44.039 to acknowledge the sadness.

NOTE Confidence: 0.82976764

00:10:44.040 --> 00:10:46.740 The heaviness of the situation.

NOTE Confidence: 0.82976764

00:10:46.740 --> 00:10:49.960 Sometimes we're able to be

NOTE Confidence: 0.82976764

00:10:49.960 --> 00:10:53.180 in person with the patient.

NOTE Confidence: 0.82976764

00:10:53.180 --> 00:10:56.350 Occasionally, if someone really is

NOTE Confidence: 0.82976764

00:10:56.350 --> 00:10:59.948 seemingly in a place where they

NOTE Confidence: 0.82976764

00:10:59.948 --> 00:11:03.529 may be dying in the next hours,

NOTE Confidence: 0.82976764

00:11:03.530 --> 00:11:06.792 family may be able to visit

NOTE Confidence: 0.82976764

00:11:06.792 --> 00:11:10.410 briefly and we try to be present

NOTE Confidence: 0.82976764

00:11:10.410 --> 00:11:13.065 for those opportunities and to

NOTE Confidence: 0.82976764

00:11:13.065 --> 00:11:15.839 advocate for them when possible.

NOTE Confidence: 0.82976764

00:11:15.840 --> 00:11:18.923 We've also had the opportunity, obviously,

NOTE Confidence: 0.82976764

00:11:18.923 --> 00:11:23.027 to use technology and have families

NOTE Confidence: 0.82976764

00:11:23.030 --> 00:11:26.320 through FaceTime or through Zoom.

NOTE Confidence: 0.82976764

00:11:26.320 --> 00:11:29.506 and be able to

NOTE Confidence: 0.82976764

00:11:29.510 --> 00:11:31.418 see their loved one.

NOTE Confidence: 0.82976764

00:11:31.418 --> 00:11:33.803 Sometimes that person can respond

NOTE Confidence: 0.82976764

00:11:33.803 --> 00:11:36.088 and sometimes they can't.

00:11:38.500 --> 00:11:42.478 I think we try to always make it as

NOTE Confidence: 0.82976764

00:11:42.478 --> 00:11:45.229 personalized a situation as possible.

NOTE Confidence: 0.82976764

00:11:45.230 --> 00:11:47.960 Sometimes there's music that is meaningful

NOTE Confidence: 0.82976764

00:11:47.960 --> 00:11:50.999 to the patient or family members.

NOTE Confidence: 0.82976764

00:11:51.000 --> 00:11:56.285 Last week I had a patient who

NOTE Confidence: 0.82976764

00:11:56.290 --> 00:11:59.738 was dying and the family was able to

00:12:00.698 --> 00:12:04.051 let us know that that person really

NOTE Confidence: 0.82976764

00:12:04.051 --> 00:12:06.793 enjoyed jazz music and we were

NOTE Confidence: 0.82976764

00:12:06.793 --> 00:12:09.775 able to have that present and you

NOTE Confidence: 0.82976764

00:12:09.775 --> 00:12:12.663 know it seemed to be part of the

NOTE Confidence: 0.82976764

00:12:12.670 --> 00:12:16.436 quality that we could add to

NOTE Confidence: 0.82976764

00:12:16.440 --> 00:12:20.838 a sad situation for sure.

NOTE Confidence: 0.82976764

00:12:20.840 --> 00:12:24.515 I think earlier

NOTE Confidence: 0.82976764

00:12:24.515 --> 00:12:28.008 when we had more people who

NOTE Confidence: 0.82976764

00:12:28.008 --> 00:12:31.003 seemed to be facing death,

00:12:32.153 --> 00:12:34.058 we had a lot more technology

NOTE Confidence: 0.82976764

00:12:34.058 --> 00:12:36.858 and a lot more Zoom meetings,

NOTE Confidence: 0.82976764

00:12:36.860 --> 00:12:39.800 we would have occasionally a family who

NOTE Confidence: 0.82976764

00:12:39.800 --> 00:12:42.708 would get connected from around the world

NOTE Confidence: 0.82976764

00:12:42.710 --> 00:12:46.336 and Zoom together

NOTE Confidence: 0.82976764

00:12:46.336 --> 00:12:49.572 and sometimes they would stay on for

NOTE Confidence: 0.82976764

00:12:49.572 --> 00:12:52.979 12 or 24 hours with their loved one.

NOTE Confidence: 0.82976764

00:12:52.980 --> 00:12:56.628 Until they passed away.

00:12:58.531 --> 00:13:01.268 It's such a time to

NOTE Confidence: 0.82976764

00:13:01.268 --> 00:13:03.969 reflect on what matters to people

NOTE Confidence: 0.82976764

00:13:03.969 --> 00:13:07.506 and to try to help families be able

NOTE Confidence: 0.82976764

00:13:07.506 --> 00:13:10.346 to focus in on how much time we

NOTE Confidence: 0.82976764

00:13:10.350 --> 00:13:13.199 think we may have and

NOTE Confidence: 0.82976764

00:13:13.200 --> 00:13:15.685 what is possible to try to make

NOTE Confidence: 0.82976764

00:13:15.685 --> 00:13:18.270 things you know a little more

NOTE Confidence: 0.82976764

00:13:18.270 --> 00:13:19.707 meaningful to everybody.

NOTE Confidence: 0.86885756

NOTE Confidence: 0.86885756

00:13:20.480 --> 00:13:22.388 Yeah, it's so important,

NOTE Confidence: 0.86885756

00:13:22.388 --> 00:13:25.250 particularly at the end of life,

00:13:29.540 --> 00:13:32.900 and the suffering that the families go through

NOTE Confidence: 0.86885756

00:13:32.900 --> 00:13:36.220 doesn't end when their loved ones pass.

NOTE Confidence: 0.86885756

00:13:36.220 --> 00:13:39.622 In fact, sometimes is just starting

NOTE Confidence: 0.86885756

00:13:39.622 --> 00:13:43.377 to surge their own grief over the loss.

NOTE Confidence: 0.86885756

00:13:43.380 --> 00:13:46.236 What about palliative care for them?

NOTE Confidence: 0.86885756

00:13:46.240 --> 00:13:48.144 Does your role continue?

NOTE Confidence: 0.86885756

00:13:48.144 --> 00:13:50.524 Or how does that work?

NOTE Confidence: 0.919559840000001

00:13:51.350 --> 00:13:53.684 Yes, thank you for asking that

NOTE Confidence: 0.919559840000001

00:13:53.684 --> 00:13:55.752 question because it's so important

NOTE Confidence: 0.919559840000001

00:13:55.752 --> 00:13:58.380 to acknowledge

NOTE Confidence: 0.919559840000001

00:13:58.380 --> 00:14:00.880 that there's so much more

NOTE Confidence: 0.919559840000001

00:14:00.880 --> 00:14:03.094 to the journey for family members,

NOTE Confidence: 0.919559840000001

00:14:03.100 --> 00:14:06.540 especially, even after someone dies.

NOTE Confidence: 0.919559840000001

00:14:06.540 --> 00:14:09.180 So we're very fortunate within our

NOTE Confidence: 0.919559840000001

00:14:09.180 --> 00:14:11.933 Hospital system and

NOTE Confidence: 0.919559840000001

00:14:11.933 --> 00:14:14.208 Smilow that within our palliative

NOTE Confidence: 0.919559840000001

00:14:14.208 --> 00:14:17.330 care program we do have a bereavement

NOTE Confidence: 0.919559840000001

00:14:17.330 --> 00:14:20.298 service that's been really a critical part

NOTE Confidence: 0.919559840000001

00:14:20.298 --> 00:14:23.974 of what we do for a number of years now.

00:14:26.320 --> 00:14:28.810 We have two

NOTE Confidence: 0.919559840000001

00:14:28.810 --> 00:14:31.995 full time social workers,

NOTE Confidence: 0.919559840000001

00:14:31.995 --> 00:14:34.543 bereavement specialists, who work

NOTE Confidence: 0.919559840000001

00:14:34.543 --> 00:14:37.669 within our program and so when we

NOTE Confidence: 0.919559840000001

00:14:37.669 --> 00:14:40.789 do have a death on our service,

NOTE Confidence: 0.919559840000001

00:14:40.790 --> 00:14:44.198 we let our bereavement coordinators

NOTE Confidence: 0.919559840000001

00:14:44.198 --> 00:14:47.528 and specialists know about that particular

NOTE Confidence: 0.919559840000001

00:14:47.528 --> 00:14:51.730 family and then they are able to follow up.

NOTE Confidence: 0.919559840000001

00:14:51.730 --> 00:14:56.224 We have a number of really wonderful

NOTE Confidence: 0.919559840000001

00:14:56.230 --> 00:14:57.934 support group opportunities

NOTE Confidence: 0.919559840000001

00:14:57.934 --> 00:15:01.036 as well as the option for

NOTE Confidence: 0.919559840000001

00:15:01.036 --> 00:15:03.381 a referral for more formalized

NOTE Confidence: 0.919559840000001

00:15:03.381 --> 00:15:05.700 counseling or psychotherapy as well

NOTE Confidence: 0.919559840000001

00:15:05.700 --> 00:15:07.960 within our community,

NOTE Confidence: 0.919559840000001

00:15:07.960 --> 00:15:10.792 but I think the really important

NOTE Confidence: 0.919559840000001

00:15:10.792 --> 00:15:14.111 first step is just to make sure

NOTE Confidence: 0.919559840000001

00:15:14.111 --> 00:15:17.219 that we do have that follow through

NOTE Confidence: 0.919559840000001

00:15:17.320 --> 00:15:20.239 to be able to check on families

NOTE Confidence: 0.919559840000001

00:15:20.239 --> 00:15:23.254 and to really check in with them

NOTE Confidence: 0.919559840000001

00:15:23.254 --> 00:15:25.459 specifically weeks after to just

NOTE Confidence: 0.919559840000001

00:15:25.459 --> 00:15:28.068 see how they're coping.

NOTE Confidence: 0.919559840000001

00:15:28.070 --> 00:15:29.252 and to acknowledge

NOTE Confidence: 0.919559840000001

00:15:29.252 --> 00:15:32.010 all the normal parts of

NOTE Confidence: 0.919559840000001

00:15:32.089 --> 00:15:34.969 grief and the bereavement process.

NOTE Confidence: 0.919559840000001

00:15:34.970 --> 00:15:37.685 So that's absolutely critical to

NOTE Confidence: 0.919559840000001

00:15:37.685 --> 00:15:40.858 our community and something that I

NOTE Confidence: 0.919559840000001

00:15:40.858 --> 00:15:43.434 think is unique that we are able

NOTE Confidence: 0.919559840000001

00:15:43.434 --> 00:15:46.010 to provide in that regard.

NOTE Confidence: 0.87994

00:15:46.790 --> 00:15:49.100 Great, we're going to take a

NOTE Confidence: 0.87994

00:15:49.100 --> 00:15:51.290 short break for a medical minute.

NOTE Confidence: 0.87994

00:15:51.290 --> 00:15:53.456 Please stay tuned to learn more

NOTE Confidence: 0.87994

00:15:53.456 --> 00:15:54.900 information about palliative care

NOTE Confidence: 0.87994

00:15:54.962 --> 00:15:56.820 with my guest Dr. Laura Morrison.

NOTE Confidence: 0.8371914

00:15:57.440 --> 00:15:59.990 Support for Yale Cancer Answers

NOTE Confidence: 0.8371914

00:15:59.990 --> 00:16:03.026 comes from AstraZeneca working to

NOTE Confidence: 0.8371914

00:16:03.026 --> 00:16:05.854 eliminate cancer as a cause of death.

NOTE Confidence: 0.8371914

00:16:05.860 --> 00:16:09.608 Learn more at astrazeneca-us.com.

NOTE Confidence: 0.8371914

00:16:09.610 --> 00:16:12.858 This is a medical minute about lung cancer.

NOTE Confidence: 0.8371914

00:16:12.860 --> 00:16:15.408 More than 85% of lung cancer diagnosis

NOTE Confidence: 0.8371914

00:16:15.408 --> 00:16:18.336 are related to smoking and quitting even

NOTE Confidence: 0.8371914

00:16:18.336 --> 00:16:20.976 after decades of use can significantly

NOTE Confidence: 0.8371914

00:16:21.049 --> 00:16:23.443 reduce your risk of developing lung

NOTE Confidence: 0.8371914

00:16:23.443 --> 00:16:25.421 cancer. For lung cancer patients

NOTE Confidence: 0.8371914

00:16:25.421 --> 00:16:27.326 clinical trials are currently underway

NOTE Confidence: 0.8371914

00:16:27.326 --> 00:16:29.500 to test innovative new treatments.

NOTE Confidence: 0.8371914

00:16:29.500 --> 00:16:32.506 Advances are being made by utilizing

NOTE Confidence: 0.8371914

00:16:32.506 --> 00:16:34.510 targeted therapies and immunotherapies.

NOTE Confidence: 0.8371914

00:16:34.586 --> 00:16:36.644 The BATTLE II trial aims to learn

NOTE Confidence: 0.8371914

00:16:36.644 --> 00:16:39.230 if a drug or combination of drugs

NOTE Confidence: 0.8371914

00:16:39.230 --> 00:16:41.678 based on personal biomarkers can help

NOTE Confidence: 0.8371914

00:16:41.680 --> 00:16:44.676 to control non small cell lung cancer.

NOTE Confidence: 0.8371914

00:16:44.680 --> 00:16:47.455 More information is available

NOTE Confidence: 0.8371914

00:16:47.455 --> 00:16:48.565 at yalecancercenter.org.

NOTE Confidence: 0.8371914

00:16:48.570 --> 00:16:52.908 You're listening to Connecticut Public Radio.

NOTE Confidence: 0.8371914

00:16:52.910 --> 00:16:53.300 Welcome

NOTE Confidence: 0.85918725

00:16:53.300 --> 00:16:55.270 back to Yale Cancer Answers.

NOTE Confidence: 0.85918725

00:16:55.270 --> 00:16:57.628 This is doctor Anees Chagpar

NOTE Confidence: 0.85918725

00:16:57.630 --> 00:16:59.802 and I'm joined tonight by

NOTE Confidence: 0.85918725

00:16:59.802 --> 00:17:01.950 my guest doctor Laura Morrison.

NOTE Confidence: 0.85918725

00:17:01.950 --> 00:17:03.518 We're talking about palliative

NOTE Confidence: 0.85918725

00:17:03.518 --> 00:17:05.380 care and Laura,

NOTE Confidence: 0.85918725

00:17:05.380 --> 00:17:08.100 before the break we were talking a lot

NOTE Confidence: 0.85918725

00:17:08.174 --> 00:17:11.100 about how palliative care has a role

NOTE Confidence: 0.85918725

00:17:11.100 --> 00:17:13.350 in supporting patients and families,

NOTE Confidence: 0.85918725

00:17:13.350 --> 00:17:14.758 particularly at

NOTE Confidence: 0.85918725

00:17:14.758 --> 00:17:17.841 the time of of death and when

NOTE Confidence: 0.85918725

00:17:17.841 --> 00:17:19.625 patients are really suffering.

NOTE Confidence: 0.85918725

00:17:19.630 --> 00:17:22.388 But I think one of the misconceptions

NOTE Confidence: 0.85918725

00:17:22.388 --> 00:17:24.040 is this whole idea

NOTE Confidence: 0.85918725

00:17:24.040 --> 00:17:26.652 of palliative care versus

NOTE Confidence: 0.85918725

00:17:26.652 --> 00:17:29.264 Hospice versus death panels.

NOTE Confidence: 0.85918725

00:17:29.270 --> 00:17:33.526 Can you clarify where palliative

NOTE Confidence: 0.85918725

00:17:33.526 --> 00:17:37.768 care sits in this whole spectrum?

NOTE Confidence: 0.88739294

00:17:39.120 --> 00:17:40.186 Yes, absolutely.

NOTE Confidence: 0.88739294

00:17:40.186 --> 00:17:42.318 It's an important distinction,

NOTE Confidence: 0.88739294

00:17:42.320 --> 00:17:46.470 so palliative care again is for any patient

NOTE Confidence: 0.88739294

00:17:46.470 --> 00:17:50.310 with a serious illness in their family.

NOTE Confidence: 0.88739294

00:17:50.310 --> 00:17:52.980 That's a pretty broad group,

NOTE Confidence: 0.88739294

00:17:52.980 --> 00:17:58.636 but not everyone is referred to us so

NOTE Confidence: 0.88739294

00:17:58.640 --> 00:18:01.790 theoretically, anyone with a serious

NOTE Confidence: 0.88739294

00:18:01.790 --> 00:18:04.310 illness could request palliative

NOTE Confidence: 0.88739294

00:18:04.310 --> 00:18:08.980 care through their physician

NOTE Confidence: 0.88739294

00:18:08.980 --> 00:18:12.436 so palliative care can be involved

NOTE Confidence: 0.88739294

00:18:12.440 --> 00:18:15.308 for that extra attention

NOTE Confidence: 0.88739294

00:18:15.308 --> 00:18:17.810 to really improving quality of

NOTE Confidence: 0.88739294

00:18:17.810 --> 00:18:19.818 life and relieving suffering.

NOTE Confidence: 0.88739294

00:18:19.820 --> 00:18:22.874 That's part of many people's experience

NOTE Confidence: 0.88739294

00:18:22.874 --> 00:18:25.905 with serious illness and so with

NOTE Confidence: 0.88739294

00:18:25.905 --> 00:18:28.180 palliative care we

NOTE Confidence: 0.88739294

00:18:28.180 --> 00:18:30.820 coexist and Co manage our

NOTE Confidence: 0.88739294

00:18:30.820 --> 00:18:33.202 patients together with their

NOTE Confidence: 0.88739294

00:18:33.202 --> 00:18:35.362 specialists and physicians

NOTE Confidence: 0.88739294

00:18:35.362 --> 00:18:37.522 and primary care doctors.

NOTE Confidence: 0.88739294

00:18:37.530 --> 00:18:39.526 So for Smilow patients,

NOTE Confidence: 0.88739294

00:18:39.526 --> 00:18:42.021 that means that we're

NOTE Confidence: 0.88739294

00:18:42.021 --> 00:18:44.842 often Co managing with the

NOTE Confidence: 0.88739294

00:18:44.842 --> 00:18:47.078 oncologist or the hematologist.

NOTE Confidence: 0.88739294

00:18:47.080 --> 00:18:52.810 Hospice is a separate entity.

NOTE Confidence: 0.88739294

00:18:52.810 --> 00:18:54.478 Hospice is an opportunity

NOTE Confidence: 0.88739294

00:18:54.478 --> 00:18:56.146 for patients and families

NOTE Confidence: 0.88739294

00:18:56.150 --> 00:18:59.278 when a patient is coming to a time

NOTE Confidence: 0.88739294

00:18:59.278 --> 00:19:02.606 in their illness where their life is

NOTE Confidence: 0.88739294

00:19:02.606 --> 00:19:05.879 likely going to be limited in time.

NOTE Confidence: 0.88739294

00:19:05.880 --> 00:19:10.236 And so if someone has six months or

NOTE Confidence: 0.88739294

00:19:10.236 --> 00:19:14.327 less in their disease course, they

00:19:15.047 --> 00:19:18.632 may become eligible for Hospice and

NOTE Confidence: 0.88739294

00:19:18.632 --> 00:19:22.360 that happens in conjunction with

NOTE Confidence: 0.88739294

00:19:22.360 --> 00:19:25.360 making decisions usually to

NOTE Confidence: 0.88739294

00:19:25.360 --> 00:19:28.402 steer away from more therapies

NOTE Confidence: 0.88739294

00:19:28.402 --> 00:19:30.430 that would prolong life,

NOTE Confidence: 0.88739294

00:19:30.430 --> 00:19:33.720 and so it's a time when people

NOTE Confidence: 0.88739294

00:19:33.720 --> 00:19:36.760 are really focused on comfort and

NOTE Confidence: 0.88739294

00:19:36.760 --> 00:19:39.814 really having as their primary aim

NOTE Confidence: 0.88739294

00:19:39.814 --> 00:19:43.110 the quality of life and comfort,

00:19:43.646 --> 00:19:46.326 and potentially no longer pursuing

NOTE Confidence: 0.88739294

00:19:46.326 --> 00:19:49.700 curative or life prolonging therapy and so

NOTE Confidence: 0.88739294

00:19:49.700 --> 00:19:52.724 Hospice is a time when usually people

NOTE Confidence: 0.88739294

00:19:52.724 --> 00:19:56.236 are not as involved with their

NOTE Confidence: 0.88739294

00:19:56.236 --> 00:19:59.064 oncologist or hematologist anymore.

00:20:00.345 --> 00:20:02.895 And really palliative care

NOTE Confidence: 0.88739294

00:20:02.895 --> 00:20:05.728 can enter at any time and stay with

NOTE Confidence: 0.88739294

00:20:05.728 --> 00:20:08.979 people even if they are able to be cured.

NOTE Confidence: 0.88739294

00:20:08.980 --> 00:20:12.466 Or just have a long period of

NOTE Confidence: 0.88739294

00:20:12.466 --> 00:20:14.890 time in their illness

NOTE Confidence: 0.8786743

00:20:14.890 --> 00:20:18.106 course, and so I think that

NOTE Confidence: 0.8786743

00:20:18.106 --> 00:20:19.714 that's really important,

NOTE Confidence: 0.8786743

00:20:19.720 --> 00:20:22.828 because palliative care then does not

NOTE Confidence: 0.8786743

00:20:22.828 --> 00:20:27.181 mean that there is any sense that your

NOTE Confidence: 0.8786743

00:20:27.181 --> 00:20:30.457 life expectancy is somewhat limited.

NOTE Confidence: 0.8786743

00:20:30.460 --> 00:20:34.756 It simply means that you have some suffering,

NOTE Confidence: 0.8786743

00:20:34.760 --> 00:20:37.440 whether that is physical suffering,

NOTE Confidence: 0.8786743

00:20:37.440 --> 00:20:39.936 emotional suffering, spiritual suffering,

NOTE Confidence: 0.8786743

00:20:39.936 --> 00:20:44.838 or other needs in terms

NOTE Confidence: 0.8786743

00:20:44.838 --> 00:20:47.498 of communication or spiritual

NOTE Confidence: 0.8786743

00:20:47.498 --> 00:20:51.715 needs that could use the services of

NOTE Confidence: 0.8786743

00:20:51.715 --> 00:20:54.239 a dedicated interdisciplinary team?

NOTE Confidence: 0.8786743

00:20:54.240 --> 00:20:56.019 Is that right?

NOTE Confidence: 0.89611644

00:20:56.020 --> 00:21:00.688 That's absolutely right, yes.

NOTE Confidence: 0.89611644

00:21:00.688 --> 00:21:03.640 I think it often starts just

NOTE Confidence: 0.89611644

00:21:03.722 --> 00:21:06.515 with acknowledging what a change it

NOTE Confidence: 0.89611644

00:21:06.515 --> 00:21:09.905 is for people to be diagnosed with a

NOTE Confidence: 0.89611644

00:21:09.905 --> 00:21:12.764 serious illness and how stressful that is,

NOTE Confidence: 0.89611644

00:21:12.764 --> 00:21:15.368 and simply the stresses of being in

NOTE Confidence: 0.89611644

00:21:15.368 --> 00:21:18.193 the hospital and not being in your

NOTE Confidence: 0.89611644

00:21:18.193 --> 00:21:21.098 own realm of control in the same way.

NOTE Confidence: 0.89611644

00:21:21.100 --> 00:21:23.660 So it really starts at that very basic

NOTE Confidence: 0.89611644

00:21:23.660 --> 00:21:26.083 human level of just acknowledging that

NOTE Confidence: 0.89611644

00:21:26.083 --> 00:21:28.657 things are really changing for somebody.

NOTE Confidence: 0.89611644

00:21:28.660 --> 00:21:32.354 And as you pointed out, we do have that.

NOTE Confidence: 0.89611644

00:21:35.060 --> 00:21:38.543 And it may be that one member of

NOTE Confidence: 0.89611644

00:21:38.543 --> 00:21:41.641 our team is a little more relevant

NOTE Confidence: 0.89611644

00:21:41.641 --> 00:21:44.260 at one time or another,

NOTE Confidence: 0.89611644

00:21:44.260 --> 00:21:48.640 but we do have the full team to draw upon.

NOTE Confidence: 0.89611644

00:21:48.640 --> 00:21:51.699 So for instance, we have some patients,

NOTE Confidence: 0.89611644

00:21:51.700 --> 00:21:53.890 many patients in active treatment,

NOTE Confidence: 0.89611644

00:21:53.890 --> 00:21:56.898 and sometimes our real goal is just to

NOTE Confidence: 0.89611644

00:21:56.898 --> 00:21:59.846 get them through their active treatment

NOTE Confidence: 0.89611644

00:21:59.846 --> 00:22:03.014 in the best supported way possible.

NOTE Confidence: 0.89611644

00:22:03.020 --> 00:22:05.348 And that may mean that they're

NOTE Confidence: 0.89611644

00:22:05.348 --> 00:22:08.140 coming to an art therapy group.

NOTE Confidence: 0.89611644

00:22:08.140 --> 00:22:10.565 You know, while they're getting

NOTE Confidence: 0.89611644

00:22:10.565 --> 00:22:12.990 treatment for their breast cancer

NOTE Confidence: 0.89611644

00:22:13.070 --> 00:22:15.460 or their acute myeloid leukemia.

NOTE Confidence: 0.89611644

00:22:15.460 --> 00:22:18.444 Maybe at a later time they're

NOTE Confidence: 0.89611644

00:22:18.444 --> 00:22:20.911 coming into our clinic when they

NOTE Confidence: 0.89611644

00:22:20.911 --> 00:22:23.371 come in to see their hematologist,

NOTE Confidence: 0.89611644

00:22:23.380 --> 00:22:25.355 because we're helping them with

NOTE Confidence: 0.89611644

00:22:25.355 --> 00:22:26.935 pain or their fatigue.

NOTE Confidence: 0.89611644

00:22:26.940 --> 00:22:29.316 So we do have an inpatient,

NOTE Confidence: 0.89611644

00:22:29.320 --> 00:22:31.696 and an outpatient presence as well.

NOTE Confidence: 0.87789816

00:22:32.970 --> 00:22:36.530 I think that that's so important,

NOTE Confidence: 0.87789816

00:22:36.530 --> 00:22:38.860 particularly now during covid when

NOTE Confidence: 0.87789816

00:22:38.860 --> 00:22:42.558 you know the real thrust was to try

NOTE Confidence: 0.87789816

00:22:42.558 --> 00:22:45.120 to manage patients in an outpatient

NOTE Confidence: 0.87789816

00:22:45.120 --> 00:22:47.208 setting as much as possible.

NOTE Confidence: 0.87789816

00:22:47.210 --> 00:22:50.770 So for patients who are not in hospital,

NOTE Confidence: 0.87789816

00:22:50.770 --> 00:22:54.540 who may be at home,

NOTE Confidence: 0.87789816

00:22:54.540 --> 00:22:58.047 tell us more about how the outpatient

NOTE Confidence: 0.87789816

00:22:58.047 --> 00:23:00.040 palliative care services work.

NOTE Confidence: 0.87789816

00:23:00.040 --> 00:23:02.770 It seemed from our earlier

NOTE Confidence: 0.87789816

00:23:02.770 --> 00:23:05.270 discussion that the inpatient

NOTE Confidence: 0.87789816

00:23:05.270 --> 00:23:08.040 service was

NOTE Confidence: 0.87789816

00:23:08.040 --> 00:23:09.540 this multidisciplinary service

NOTE Confidence: 0.87789816

00:23:09.540 --> 00:23:12.040 integrated with the managing team,

NOTE Confidence: 0.87789816

00:23:12.040 --> 00:23:14.040 the oncologist, and together

NOTE Confidence: 0.87789816

00:23:14.040 --> 00:23:16.540 managing patients in the hospital.

NOTE Confidence: 0.87789816

00:23:16.540 --> 00:23:21.540 But for patients who are at home, how do you do that?

00:23:24.040 --> 00:23:28.130 Is tha by virtual visits.

NOTE Confidence: 0.87789816

00:23:28.130 --> 00:23:30.750 How does that really manifest?

NOTE Confidence: 0.84425384

00:23:32.050 --> 00:23:35.542 We have a really vibrant palliative

NOTE Confidence: 0.84425384

00:23:35.542 --> 00:23:39.827 care clinic that is located in New

NOTE Confidence: 0.84425384

00:23:39.827 --> 00:23:43.960 Haven within Smilow, so people come

NOTE Confidence: 0.84425384

00:23:43.960 --> 00:23:49.280 into the 4th or 8th floor usually.

NOTE Confidence: 0.84425384

00:23:49.280 --> 00:23:52.264 And then we also have one of our

NOTE Confidence: 0.84425384

00:23:52.264 --> 00:23:54.120 colleagues see patients as well

NOTE Confidence: 0.84425384

00:23:54.120 --> 00:23:57.220 at a number of the care centers

NOTE Confidence: 0.84425384

00:23:57.220 --> 00:24:00.664 around New Haven in North

NOTE Confidence: 0.84425384

00:24:00.664 --> 00:24:03.500 Haven and Guilford and Trumbull.

NOTE Confidence: 0.84425384

00:24:03.500 --> 00:24:05.978 Torrington, so there's

NOTE Confidence: 0.84425384

00:24:05.980 --> 00:24:08.878 a fairly good access to our services.

NOTE Confidence: 0.84425384

00:24:08.880 --> 00:24:10.472 As you're pointing out,

NOTE Confidence: 0.84425384

00:24:10.472 --> 00:24:12.860 the Covid situation has altered our

NOTE Confidence: 0.84425384

00:24:12.930 --> 00:24:15.090 practice patterns there as well,

NOTE Confidence: 0.84425384

00:24:15.090 --> 00:24:17.340 and we've come

NOTE Confidence: 0.84425384

00:24:17.340 --> 00:24:19.650 in and out of virtual

NOTE Confidence: 0.84425384

00:24:19.650 --> 00:24:22.471 and in person visits a couple of

NOTE Confidence: 0.84425384

00:24:22.471 --> 00:24:24.610 different times with the surges.

NOTE Confidence: 0.84425384

00:24:24.610 --> 00:24:26.278 But you know, eventually,

NOTE Confidence: 0.84425384

00:24:26.278 --> 00:24:28.363 obviously we hope to be

NOTE Confidence: 0.84425384

00:24:28.363 --> 00:24:30.407 back to mostly in person,

NOTE Confidence: 0.84425384

00:24:30.410 --> 00:24:32.960 but I think we all acknowledge

NOTE Confidence: 0.84425384

00:24:32.960 --> 00:24:35.449 that virtual visits are going to

NOTE Confidence: 0.84425384

00:24:35.450 --> 00:24:37.568 carry forward with us.

NOTE Confidence: 0.84425384

00:24:37.568 --> 00:24:39.686 At the moment,

NOTE Confidence: 0.84425384

00:24:39.690 --> 00:24:41.800 the majority of our clinic

NOTE Confidence: 0.84425384

00:24:41.800 --> 00:24:44.390 visits are virtual at this time,

NOTE Confidence: 0.84425384

00:24:44.390 --> 00:24:47.540 but you know you schedule an

NOTE Confidence: 0.84425384

00:24:47.540 --> 00:24:50.228 appointment with us just like

NOTE Confidence: 0.84425384

00:24:50.228 --> 00:24:53.114 you do with any other clinic

NOTE Confidence: 0.84425384

00:24:53.120 --> 00:24:55.330 if they are in person,

NOTE Confidence: 0.84425384

00:24:55.330 --> 00:24:57.878 then we often try to pair them

NOTE Confidence: 0.84425384

00:24:57.878 --> 00:25:00.051 up with someone's oncology or

NOTE Confidence: 0.84425384

00:25:00.051 --> 00:25:02.556 hematology visit so that people

NOTE Confidence: 0.84425384

00:25:02.556 --> 00:25:04.590 aren't making multiple trips,

NOTE Confidence: 0.84425384

00:25:04.590 --> 00:25:07.198 so we really do try to be wary

NOTE Confidence: 0.84425384

00:25:07.198 --> 00:25:10.174 of those extra burden

NOTE Confidence: 0.84425384

00:25:10.174 --> 00:25:12.964 issues for patients and families.

NOTE Confidence: 0.7894994

00:25:14.180 --> 00:25:17.264 So when you pull up caring

NOTE Confidence: 0.7894994

00:25:17.264 --> 00:25:19.320 and alleviation of suffering,

NOTE Confidence: 0.7894994

00:25:19.320 --> 00:25:22.302 whether that's pain or fatigue or

NOTE Confidence: 0.7894994

00:25:22.302 --> 00:25:25.489 nausea or any number of symptoms,

NOTE Confidence: 0.7894994

00:25:25.490 --> 00:25:28.958 physical, emotional or otherwise,

NOTE Confidence: 0.7894994

00:25:28.960 --> 00:25:31.683 some patients may be at

NOTE Confidence: 0.7894994

00:25:31.683 --> 00:25:34.549 home and suffering that way.

NOTE Confidence: 0.7894994

00:25:34.550 --> 00:25:37.130 Is there such a thing as

NOTE Confidence: 0.7894994

00:25:37.130 --> 00:25:38.420 home palliative care?

NOTE Confidence: 0.7894994

00:25:38.420 --> 00:25:40.982 Where people can

NOTE Confidence: 0.7894994

00:25:40.982 --> 00:25:43.150 deliver therapies at home?

NOTE Confidence: 0.88842165

00:25:44.110 --> 00:25:48.716 Yes, so it follows a model that is

NOTE Confidence: 0.88842165

00:25:48.716 --> 00:25:51.968 similar to home nursing services that

NOTE Confidence: 0.88842165

00:25:51.968 --> 00:25:55.885 we typically get through Medicare

NOTE Confidence: 0.88842165

00:25:55.885 --> 00:26:00.386 or private insurance so people can have

NOTE Confidence: 0.88842165

00:26:00.386 --> 00:26:03.776 what is called home palliative care.

NOTE Confidence: 0.88842165

00:26:03.780 --> 00:26:06.548 It's typically through the

NOTE Confidence: 0.88842165

00:26:06.548 --> 00:26:09.316 same kind of agency

NOTE Confidence: 0.88842165

00:26:09.320 --> 00:26:13.504 that regular home nurse would be set up,

NOTE Confidence: 0.88842165

00:26:13.510 --> 00:26:17.178 but these are specialized groups within that,

NOTE Confidence: 0.88842165

00:26:17.180 --> 00:26:20.295 so a number of our local organizations

NOTE Confidence: 0.88842165

00:26:20.295 --> 00:26:22.964 in the community around Connecticut

NOTE Confidence: 0.88842165

00:26:22.964 --> 00:26:26.084 have home palliative care services,

NOTE Confidence: 0.88842165

00:26:26.090 --> 00:26:30.500 and what that looks like for patients

NOTE Confidence: 0.88842165

00:26:30.500 --> 00:26:35.431 and families is really at the most a

NOTE Confidence: 0.88842165

00:26:35.431 --> 00:26:39.878 daily visit for an hour or two perhaps.

NOTE Confidence: 0.88842165

00:26:39.880 --> 00:26:42.370 They can also include physical and

NOTE Confidence: 0.88842165

00:26:42.370 --> 00:26:44.390 occupational therapy services within that,

NOTE Confidence: 0.88842165

00:26:44.390 --> 00:26:46.030 but the nursing component

NOTE Confidence: 0.88842165

00:26:46.030 --> 00:26:47.670 often isn't even everyday.

NOTE Confidence: 0.88842165

00:26:47.670 --> 00:26:51.342 It's sort of based on what the need of

NOTE Confidence: 0.88842165

00:26:51.342 --> 00:26:55.244 the patient is as far as the frequency.

NOTE Confidence: 0.88842165

00:26:55.250 --> 00:26:57.825 But these are typically nurses

NOTE Confidence: 0.88842165

00:26:57.825 --> 00:27:01.772 who may have had a prior

NOTE Confidence: 0.88842165

00:27:01.772 --> 00:27:05.558 opportunity to do some Hospice work.

NOTE Confidence: 0.88842165

00:27:05.560 --> 00:27:09.000 Or may have a particular interest or training

NOTE Confidence: 0.88842165

00:27:09.000 --> 00:27:12.216 in more on the palliative care side,

NOTE Confidence: 0.88842165

00:27:12.220 --> 00:27:14.614 and those skill sets are quite

NOTE Confidence: 0.88842165

00:27:14.614 --> 00:27:17.669 similar and they bring a more

NOTE Confidence: 0.88842165

00:27:17.669 --> 00:27:19.969 holistic approach to really assessing

NOTE Confidence: 0.88842165

00:27:19.969 --> 00:27:22.429 and trying to manage symptoms.

NOTE Confidence: 0.88842165

00:27:22.430 --> 00:27:24.985 The management part is still

NOTE Confidence: 0.88842165

00:27:24.985 --> 00:27:27.029 handled by a physician

NOTE Confidence: 0.88842165

00:27:27.030 --> 00:27:29.346 who is

NOTE Confidence: 0.88842165

00:27:29.346 --> 00:27:32.820 covering and supporting that Nurse.

00:27:36.410 --> 00:27:39.392 Offering that kind of nursing service

NOTE Confidence: 0.88842165

00:27:39.392 --> 00:27:43.569 would exist on its own for some patients

NOTE Confidence: 0.88842165

00:27:43.569 --> 00:27:46.713 that might then later transition into

NOTE Confidence: 0.88842165

00:27:46.801 --> 00:27:49.909 a Hospice type of approach as well.

NOTE Confidence: 0.88120526

00:27:51.360 --> 00:27:53.598 And so you mentioned insurance briefly,

NOTE Confidence: 0.88120526

00:27:53.600 --> 00:27:56.705 but expand on that a little bit more in

NOTE Confidence: 0.88120526

00:27:56.705 --> 00:27:59.587 terms of palliative care you had said,

NOTE Confidence: 0.88120526

00:27:59.590 --> 00:28:01.970 anyone who has a serious

NOTE Confidence: 0.88120526

00:28:01.970 --> 00:28:04.080 illness can request palliative care,

NOTE Confidence: 0.88120526

00:28:04.080 --> 00:28:06.324 but I'm sure many of our

NOTE Confidence: 0.88120526

00:28:06.324 --> 00:28:07.820 listeners might be thinking,

NOTE Confidence: 0.88120526

00:28:07.820 --> 00:28:10.060 it sounds like this is yet another cost

NOTE Confidence: 0.88120526

00:28:10.060 --> 00:28:12.680 with a specialized interdisciplinary team.

NOTE Confidence: 0.88120526

00:28:12.680 --> 00:28:14.816 Whether it's in the inpatient or

NOTE Confidence: 0.88120526

00:28:14.816 --> 00:28:17.170 the outpatient or the home setting,

NOTE Confidence: 0.88120526

00:28:17.170 --> 00:28:19.270 is that yet another medical bill

NOTE Confidence: 0.88120526

00:28:19.270 --> 00:28:22.012 that's going to add to the financial

NOTE Confidence: 0.88120526

00:28:22.012 --> 00:28:23.704 suffering that people have?

NOTE Confidence: 0.88120526

00:28:23.710 --> 00:28:25.430 Are these services generally

NOTE Confidence: 0.88120526

00:28:25.430 --> 00:28:26.720 covered by insurance?

NOTE Confidence: 0.87188923

00:28:28.070 --> 00:28:30.800 Thankfully, yes.

NOTE Confidence: 0.87188923

00:28:30.800 --> 00:28:33.648 Palliative care is considered

NOTE Confidence: 0.87188923

00:28:33.648 --> 00:28:35.784 a medical subspecialty,

NOTE Confidence: 0.87188923

00:28:35.790 --> 00:28:38.642 just as infectious disease,

NOTE Confidence: 0.87188923

00:28:38.642 --> 00:28:42.408 cardiology, neurology. So

NOTE Confidence: 0.87188923

00:28:42.408 --> 00:28:45.586 that part of the financial picture is

NOTE Confidence: 0.87188923

00:28:45.586 --> 00:28:48.846 really handled in a billing fashion

NOTE Confidence: 0.87188923

00:28:48.846 --> 00:28:51.556 just like any other subspecialty.

NOTE Confidence: 0.87188923

00:28:51.560 --> 00:28:54.170 Even similar to oncology or hematology.

00:28:55.277 --> 00:28:57.860 For the most part that would be

NOTE Confidence: 0.87188923

00:28:57.943 --> 00:29:00.203 covered by a private insurance

NOTE Confidence: 0.87188923

00:29:00.203 --> 00:29:03.310 as well as Medicare and Medicaid.

NOTE Confidence: 0.88112503

00:29:03.960 --> 00:29:06.192 Doctor Laura Morrison is an associate

NOTE Confidence: 0.88112503

00:29:06.192 --> 00:29:08.100 professor of medicine and geriatrics

NOTE Confidence: 0.88112503

00:29:08.100 --> 00:29:10.224 at the Yale School of Medicine.

NOTE Confidence: 0.88112503

00:29:10.230 --> 00:29:11.710 If you have questions,

NOTE Confidence: 0.88112503

00:29:11.710 --> 00:29:13.190 the address is canceranswers@yale.edu

NOTE Confidence: 0.88112503

00:29:13.190 --> 00:29:15.235 and past editions of the program

NOTE Confidence: 0.88112503

00:29:15.235 --> 00:29:17.101 are available in audio and written

NOTE Confidence: 0.88112503

00:29:17.162 --> 00:29:18.719 form at yalecancercenter.org.

NOTE Confidence: 0.88112503

00:29:18.720 --> 00:29:21.392 We hope you'll join us next week to

NOTE Confidence: 0.88112503

00:29:21.392 --> 00:29:23.994 learn more about the fight against

NOTE Confidence: 0.88112503

00:29:23.994 --> 00:29:26.784 cancer here on Connecticut Public Radio.