PALLIATIVE and END-OF-LIFE CARE FRAMEWORK – LAST 12 MONTHS OF LIFE



Important aspects of clinical care settings Ф all car across

At risk of dying

- prognosis less than 12 months, but timing may be uncertain
- Acknowledgement of uncertainty of prognosis and individual need
- If not already commenced, begin advance care planning
- Ongoing active treatment ± palliative approach
- Medication review and deprescribing as appropriate
- · Continue clinical management while monitoring for indicators of deteriorating health
- Care coordination and liaison across hospital and community services

Likely to die soon

- medium term, but timing may be uncertain
- Review by treating clinician: care focus now palliative
- Review advance care planning and patient-centred goal setting
- Clear medical management planning (including limitations of medical treatment) after episodes of acute deterioration
- Medication review and deprescribing as appropriate
- Palliative approach for symptom management and psychosocial and family support (treating team ± specialist palliative care service)
- Care coordination and liaison across hospital and community services

Dying

- short term, timing may be uncertain but likely within one week
- · Review by treating clinician
- · Review advance care planning and goal setting, if appropriate
- Clear management planning (including limitations of medical treatment) relevant to preferred place of death
- Interventions for symptom control, meeting spiritual and individual needs, family support, etc.
- Medications only for symptom control
- Provision of culturally appropriate terminal care
- Begin bereavement care for significant others

Clinical improvement

Clinical deterioration

Clinical improvement

Clinical deterioration

Clinical improvement

Death

- Adapted from: 1. Australian Commission on Safety and Quality in Health Care. National Consensus Statement: essential elements for safe and high-quality end of life care. Sydney: ACSQHC, 2015
 - 2. Alfred Health. Guideline End of Life Care Management. Alfred Health Prompt Doc No. AHG0001555 v1.0, February 2015
 - 3. Reymond L et al. End-of-life care: Proactive clinical management of older Australians in the community. AFP 2016; 45(1-2)