



**Institute for Palliative Care**

AT CALIFORNIA STATE UNIVERSITY LONG BEACH

**A STATEWIDE INITIATIVE TO IMPROVE  
PALLIATIVE CARE:  
THE CALIFORNIA STATE UNIVERSITY  
INSTITUTE FOR PALLIATIVE CARE**

Joy R Goebel RN PhD FPCN  
Associate Professor of Nursing  
Faculty Director  
California State University Institute for Palliative Care  
Long Beach

# OBJECTIVES

- Review palliative care concepts
- Identify health challenges that palliative care may mitigate
- Discuss the California State University Institute for Palliative Care

p2.gg/fah

*Which is the palliative care **fact**?*

1. You must to be close to death for palliative care
2. Palliative care is not reimbursed by insurance
3. Palliative care is a board specialization for some disciplines
4. Palliative care is widely understood by the community

# THE TRIPLE AIM



Better care  
for  
Individuals



Better  
health for  
Populations



Lower Cost



- Usually needs treatment, ie drugs
- Cause variable degrees of distress
- Interferes with other aspects of life

Physical

- Guilt/remorse
- Fear of what happens after death
- Sense of connectedness

Spiritual

- Distress over family members/carers
- Loss of role
- Participation issues

Social

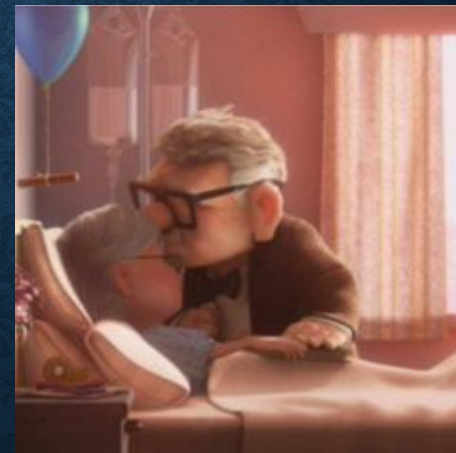
- Adjustment disorders, anxiety and depression
- Frustration and hopelessness

Emotional



*"It is thornlike in appearance, but I need to order a battery of tests."*

# PALLIATIVE CARE AFFIRMS LIFE AND REGARDS DEATH AS A NORMAL PROCESS



# CARDS



*msrevis*



Baldwin



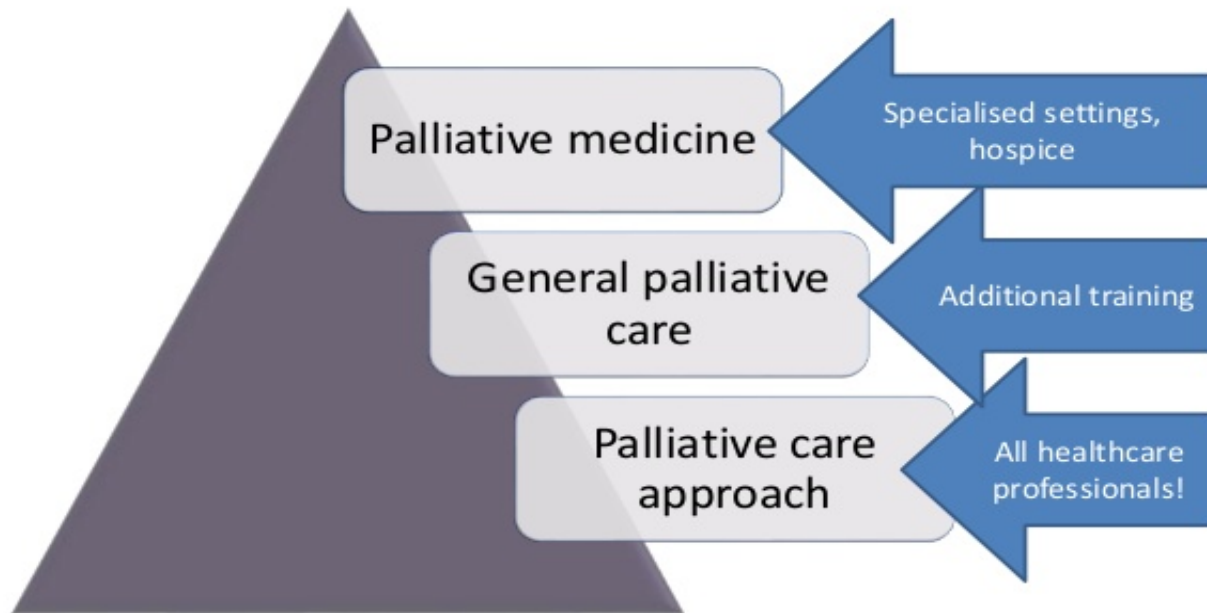
“You’ve got six months, but with aggressive treatment we can help make that seem much longer.”

# MYTHS AND MISCONCEPTIONS

- Palliative Care is only for those who are dying
- Palliative Care is only for those who have no chance for cure
- Palliative Care means giving up hope
- Patients who choose palliative care die faster
- Pain relief from palliative care creates addiction

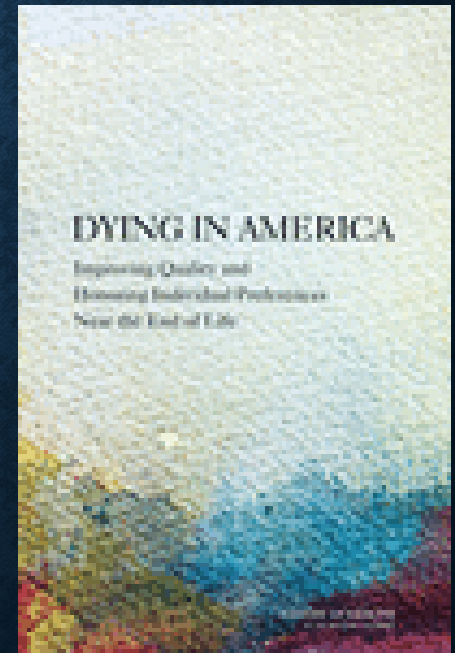
# WHERE IS PALLIATIVE CARE GIVEN?

## Types of palliative care



# INSTITUTE OF MEDICINE (IOM) REPORT ON DYING IN AMERICA

- *Approaching Death: Improving Care at the End of Life 2014*
- Incorporates
  - Latest research
  - Technologies
  - Affordable Care Act legislation and initiatives
  - Increased focus on quality



# PROFESSIONAL EDUCATION & DEVELOPMENT

- Palliative care knowledge gains have not transferred to most clinicians caring for people with advanced serious illness
- Palliative care generally absent from the usual curricula of medical and nursing schools
  - Single professional silos

# RECOMMENDATIONS

- All clinicians across disciplines who care for people with serious illness
  - should be competent in basic palliative care, including communication
- Educational institutions and professional societies should provide training in palliative care throughout professional's career;
- Accrediting organizations should require palliative care education and clinical experience in programs for all specialties

# RECOMMENDATIONS

- Include palliative care in certification & licensure requirements
- Create pathways for palliative care training



The California  
State University

Institute for Palliative Care

- Increasing access to and awareness of palliative care by
  - Educating current professionals
  - Educating the future workforce
  - Building community awareness and advocacy
- Originated at CSU San Marcos

***The first and only statewide initiative  
focused on palliative care workforce  
development***



The California  
State University

Institute for Palliative Care



**CSU**

The California  
State University

**Institute for Palliative Care**

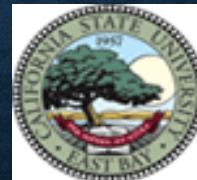
AT CALIFORNIA STATE UNIVERSITY LONG BEACH



**SAN FRANCISCO  
STATE UNIVERSITY**



**CALIFORNIA STATE UNIVERSITY  
FULLERTON**



**CALIFORNIA STATE  
UNIVERSITY  
EAST BAY**

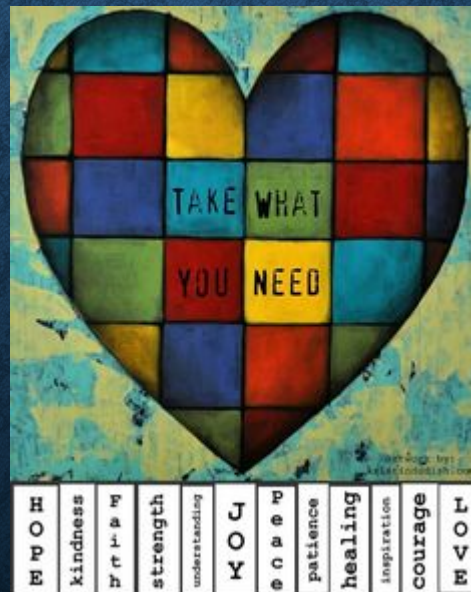


**CALIFORNIA STATE UNIVERSITY  
Monterey Bay**

**CSU** The California  
State University

**Institute for Palliative Care**





- <http://dyinginamerica.org/interviews/>
- <https://www.youtube.com/watch?v=tY7mq1g9pGk&t=113s>  
(perinatal hospice)
- <https://www.youtube.com/watch?v=NAInRHicgWs> (Zzdog)
- <http://www.washingtonpost.com/wp-srv/special/business/hospice-quality/>
- <http://www.washingtonpost.com/sf/business/collection/business-of-dying/>

# QUESTIONS?

