

THE INSTITUTE FOR  
PALLIATIVE MEDICINE

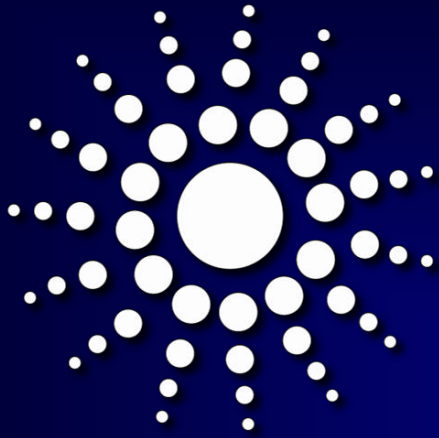
*at San Diego Hospice*

**To prevent and  
relieve suffering,  
and promote quality of  
life at every stage of life**

**[www.PalliativeMed.org](http://www.PalliativeMed.org)**

**[www.IPCRC.net](http://www.IPCRC.net)**





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*at San Diego Hospice*

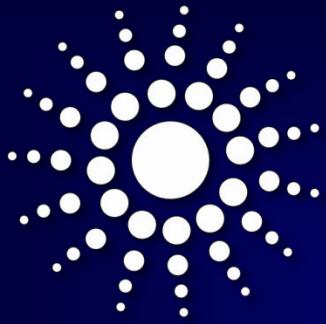
# Overview & International Programs

**Frank D. Ferris, MD, FAAHPM, FAACE**

**Institute for Palliative Medicine  
at San Diego Hospice**

**University of California San Diego**

**University of Toronto**



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# San Diego County...

**11,721 km<sup>2</sup> = 4,526 sq miles**

**County = 3.1 million**

**City = 1.25 million**





# San Diego County Mortality

**2008      19,408 deaths**

**24.5 %      Heart disease**

**24.3 %      Cancer**

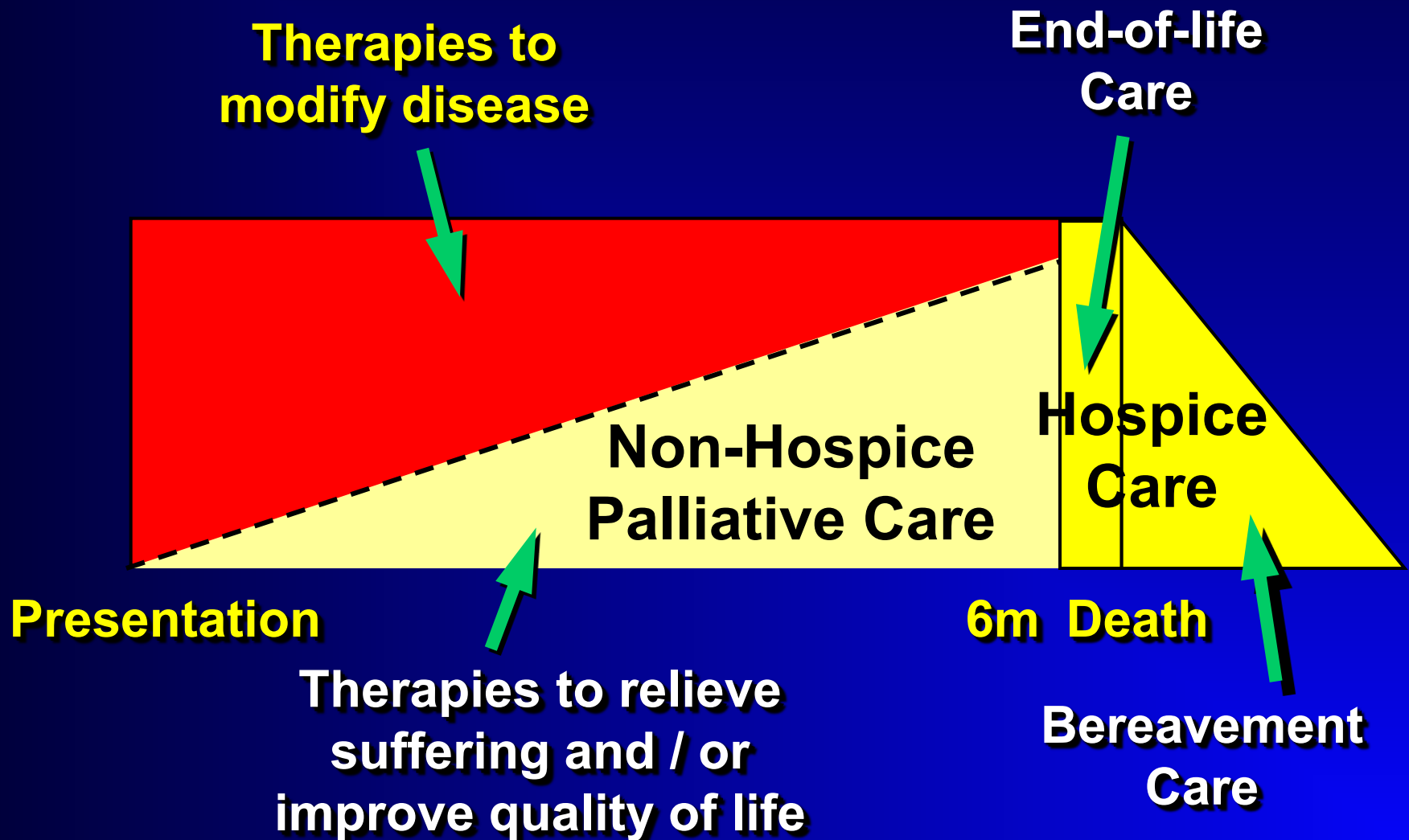
**5.9 %      Alzheimer's disease**

**5.8 %      Cerebrovascular disease**

**5.4 %      Chronic Lower Respiratory  
disease**

**4.8 %      Accidents**

# Palliative Care



# Medicare Hospice Benefit...

## Capitated Daily Funding

- Since 1982

Routine care  $\approx$  \$140 / day

Respite care  $\approx$  \$140 / day ( 5 days )

Inpatient care  $\approx$  \$800 / day  
( costs \$1200-\$1400 )

Continuous / crisis care  $\approx$  \$800 / day

# ...Medicare Hospice Benefit Covers

- **Interdisciplinary team care**
  - Nurse
  - Medical counselor  
( advanced degree )
  - Spiritual counselor
  - Volunteer
  - Other services as  
needed
- Medication / therapy  
related to terminal  
diagnosis
- **Equipment**
- **Supplies**



# Hospices in San Diego County

- 16 hospices
  - 10 Not-for-profit
  - 6 For-profit

# San Diego Hospice...

- **Founded 1977 - Dr. Doris Howell**

**Community-owned**

**Not-for-profit**

**Academic**

**Education**

**Research**

**Advocacy**

- **Campus 1991**

**Gift of Joan Kroc**





# SAN DIEGO HOSPICE

*and The Institute for Palliative Medicine*



We believe  
no one  
should die  
feeling  
alone.



Children  
deserve  
to have  
their grief  
honored  
and their  
lives  
celebrated.



We believe  
no one  
should live  
in pain.



# Beliefs

Everyone  
deserves the  
right to be  
a partner in  
his/her care,  
not just  
a patient.



No one  
should live  
in fear.



We are  
changing  
the way  
people face  
living, dying  
and death...  
...for the  
better.



# ...San Diego Hospice ( SDH )...

**≈ 800 staff      ≈ 700 volunteers**

**Budget ≈ \$82 million**

<b>Hospice Care Prognosis &lt; 6 months</b>	<b>Non-Hospice Care Any time</b>
<b>≈ 4,500 new patients per year</b>	<b>≈ 1,500 new consults per year</b>



# ...SDH Hospice Care

- **Avg. Census > 1,000 patients / day**

**Home care                      9 branches                      500 – 550 / d**

**Long-term care              4 branches                      300 – 350 / d**

**3 Acute inpatient units                                      36 beds**

**Pediatric team    25 – 30 / d**

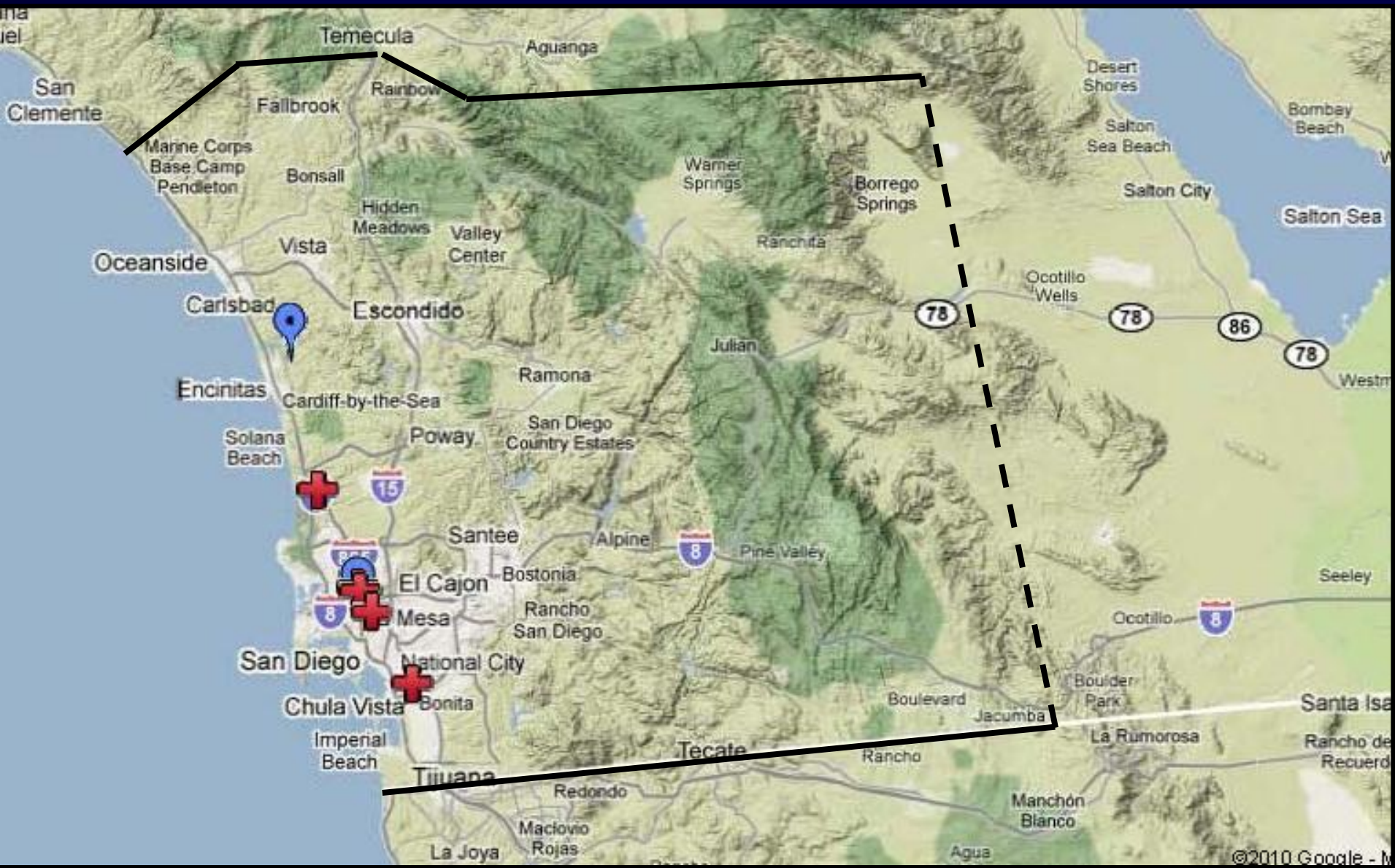
**Ambulatory outpatient clinic**

**Team 7 – Px < 7 days**

**Triage Nurses**

**Extended care – nights, weekends**

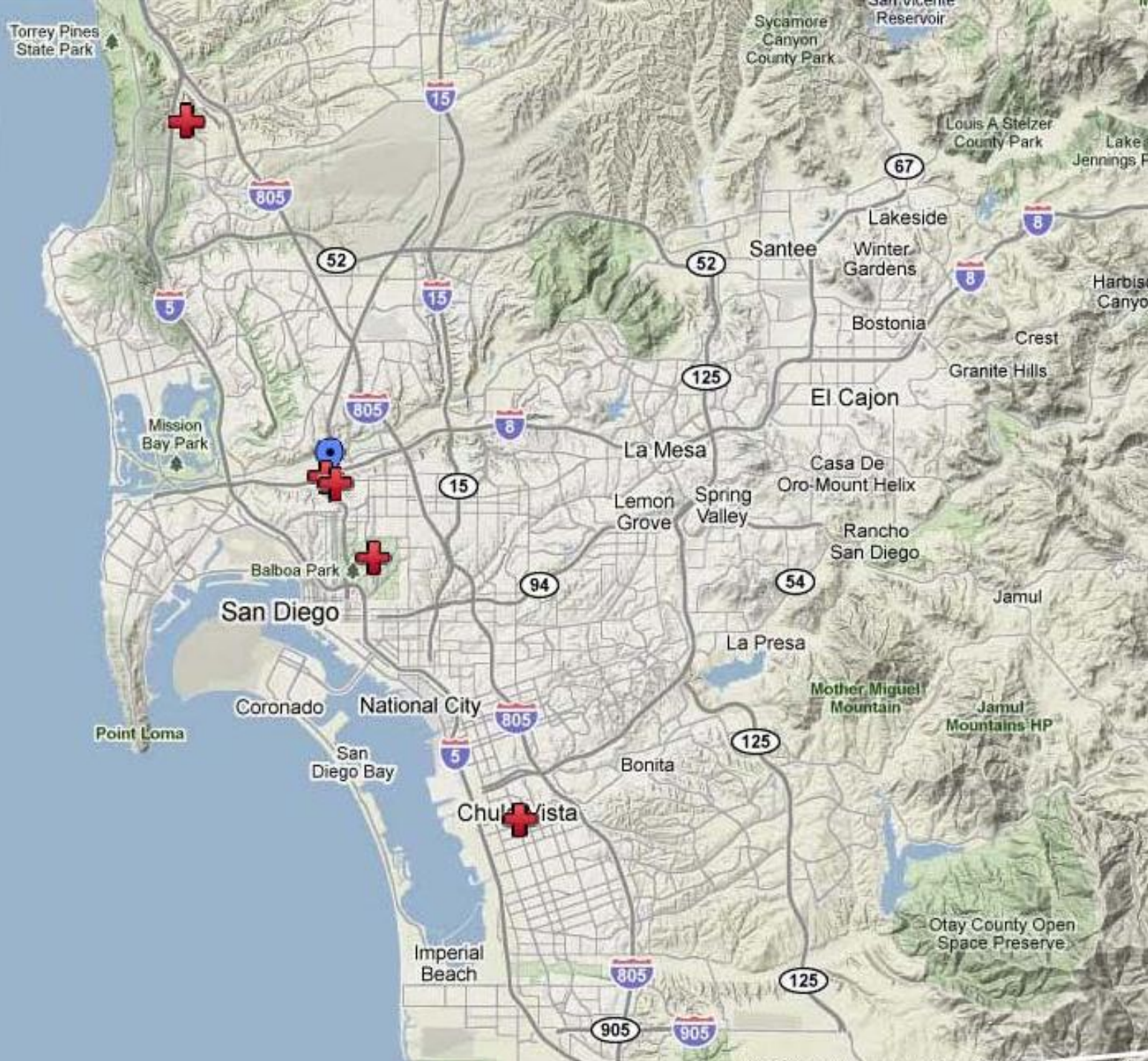




# **SDH Non-Hospice Care...**

- **4 hospital-based consult services each seeing 5-15 / day**
  - UCSD Cancer Center La Jolla**
  - UCSD Hillcrest**
  - Scripps Mercy Hospital**
  - Scripps Chula Vista Hospital**
- **Ambulatory outpatient clinics**
- **AIDS case management  $\approx$  120 / d**





# **SDH Integrative Palliative Care**

- **Acupuncture**
- **Aromatherapy**
- **Art therapy**
- **Dignity therapy**
- **Energy therapy**
- **Art therapy**
- **Hypnotherapy**
- **Massage therapy**
- **Music therapy**

# Other SDH Clinical Services

- **Palliative medicine providers**

17 staff physicians

10 palliative medicine fellows

6 nurse practitioners

- **Wound care**

- **Ethics consults**

- **Palliative care psychiatry**

5 psychiatrists

1 psychologist

- **Center for grief care and education**

> 12,000 / yr

# SDH Outcomes

	SDH	US ( 2009 )
• Avg. length of stay	82	69.0 days
< 7 days	33 %	34.4 %
• Median length of stay	19	21.1 days



# Outcomes...

## San Diego County

- 2008: 19,408 deaths
- % dying enroll in hospice

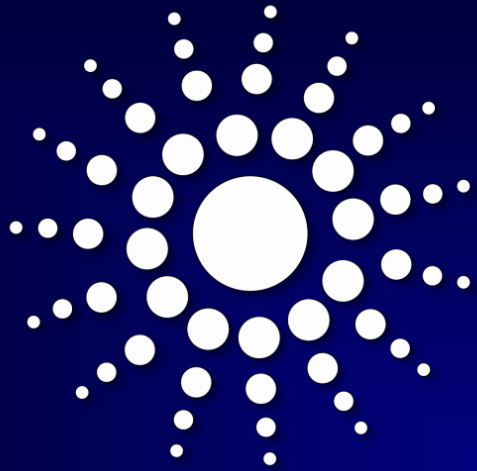
US  $\approx 39\%$

San Diego  $\approx 70\%$

# **Outcomes...**

## **San Diego vs. Los Angeles**

	<b>San Diego County</b>	<b>Los Angeles County</b>
<b>Use of Hospice Care</b>	<b>70 %</b>	<b>25 %</b>
<b>Cost of Hospice Care</b>		<b>50 % higher than San Diego County</b>
<b>Last 2 yrs of life</b>	<b>&lt; \$29,000</b>	<b>&gt; \$43,000</b>



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**To discover,  
demonstrate and  
disseminate strategies  
for palliative care**

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# Education

American Medical Association  
Physicians dedicated to the health of America



# The EPEC Education for Physicians on End-of-life Care Project

An initiative of the American Medical Association's Institute for Ethics  
Supported by a grant from The Robert Wood Johnson Foundation

National Cancer Institute

## EPEC™-O

EDUCATION IN PALLIATIVE  
AND END-OF-LIFE CARE FOR ONCOLOGY

the **CD-Rom & DVD**  
Self-Study Modules and Materials for Trainers



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
National Institutes of Health

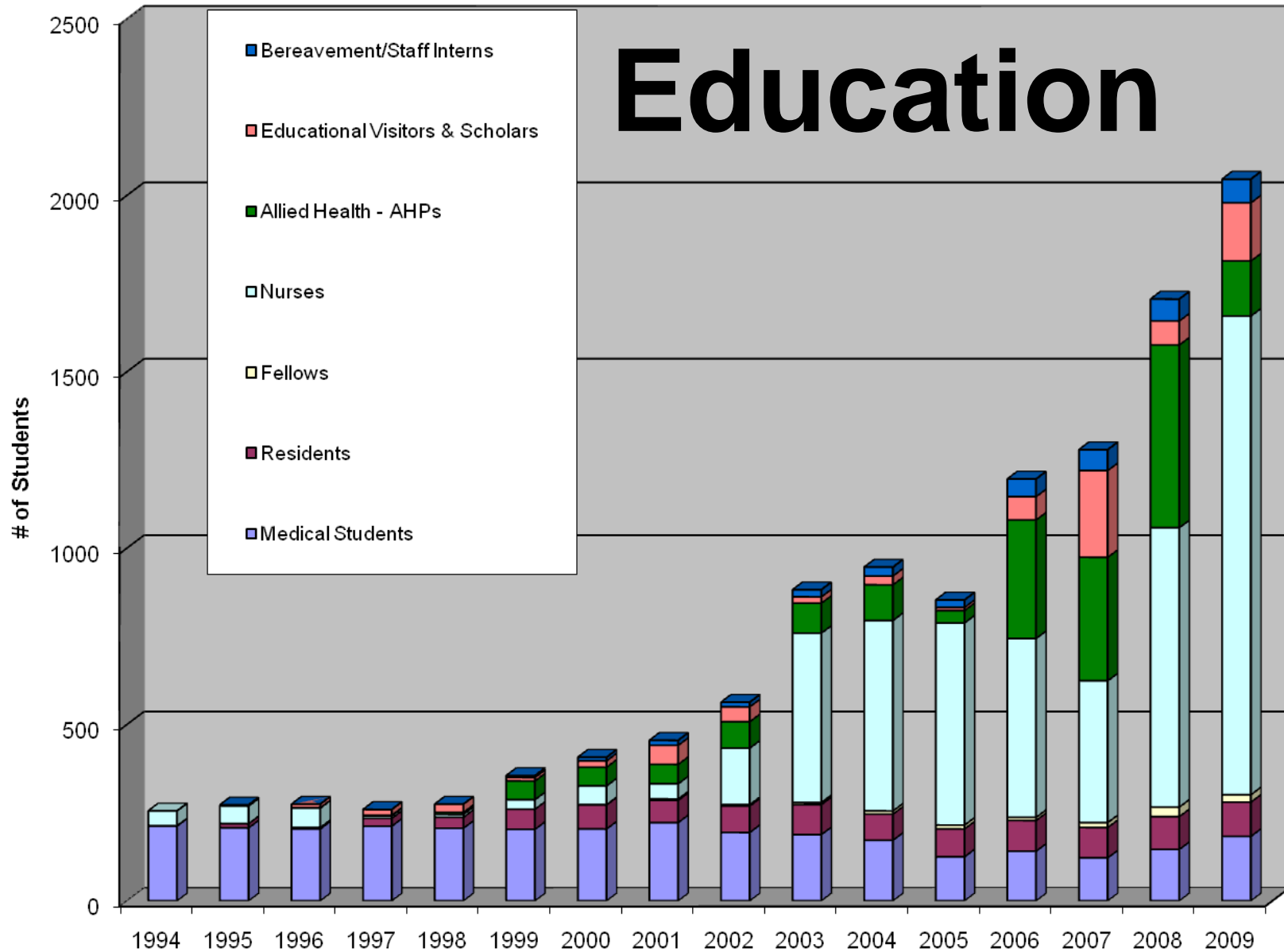


# US Palliative Medicine Fellowship

- 2006 ABMS Subspecialty  
10 of the 24 parent boards
- 12 month fellowship, > 57 graduates



# Education



Note: 2005 numbers decreased slightly due to an emphasis on expanding staff education course offerings, which increased from 241 in 2004 to more than 600 in 2005.

**2010 > 4,000 Trainees**





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# For Healthcare Professionals

**PAL**  **MED**  
**CONNECT**

PALLIATIVE MEDICINE  
RESOURCE HOTLINE

Have palliative care questions call...

# 1-877-PAL-MED4

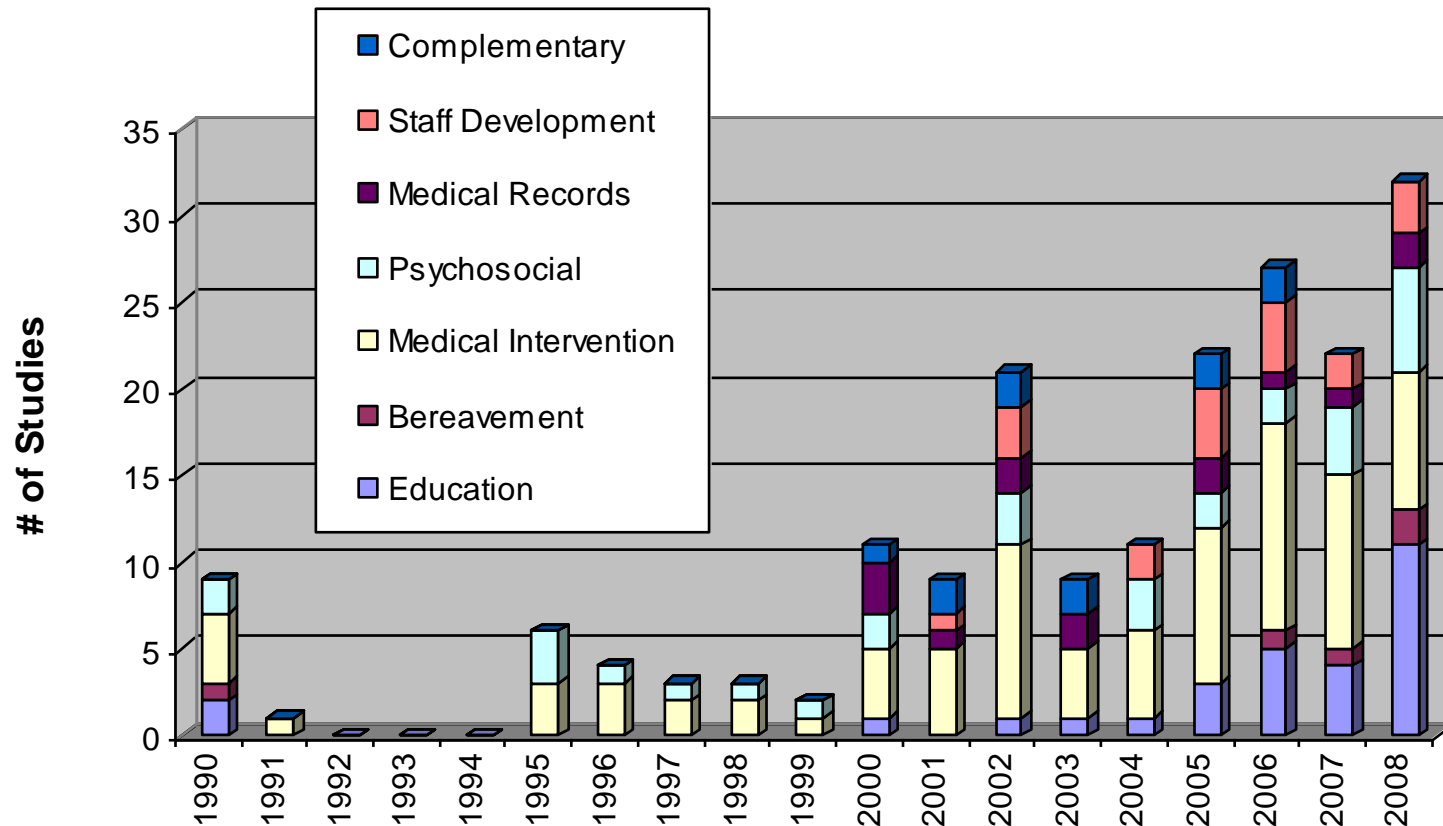
1-877-725-6334

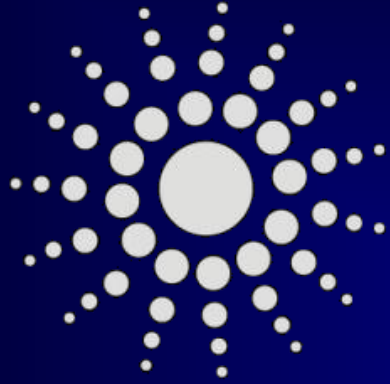
[www.palmedconnect.org](http://www.palmedconnect.org)



# Research

## IPM - Open Research Studies by Year 1990 - 2008





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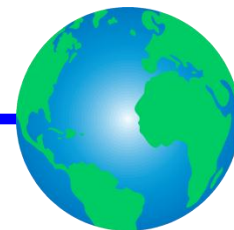
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INTERNATIONAL PROGRAM

**Transforming Healthcare  
Internationally...**

# International Palliative Care Resource Center



Palliative Care Concepts

Clinical Resources

WHO Strategy

Policy / Advocacy

Drug Availability

Education

Program Implementation

Developing a Program

Quality Improvement

Organizations

Meetings

Funding Sources

Publications / Other Resources

For Patients / Caregivers

What's new on IPCRC?



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 [view site map](#)

## IPCRC.NET

International Palliative  
Care Resource Center

[Home](#) | [About IPM](#) | [OIA](#) | [NCI](#) | [Contact](#) | [Disclosure](#)

Welcome to IPCRC.NET  
The International Palliative Care Resource Center

**We are dedicated to:**

- Making palliative care resources accessible for health care professionals
- Building palliative care capacity worldwide
- Providing a dynamic and constantly expanding website

*From the International Program at The Institute for Palliative Medicine  
in collaboration with the Office for International Affairs, National Cancer Institute.*

**Here you will find:**

Access to an extensive array of palliative care resources including comfort, supportive, hospice, end-of-life, terminal and bereavement care. With a layout based on the Conceptual Framework of Palliative Care, and the World Health Organization (WHO) Strategy for developing palliative care capacity.

**This website has been designed to be:**

1. **Educational:** Use the buttons in the *Table of Contents* to access the information you want.
2. **Informative:** Each link has a brief overview of the content at each website.
3. **Fast:** Downloads quickly even on a slow telephone connection.

*We welcome your suggestions for new resources. Send your suggestions for new resources to [newresources@IPCRC.net](mailto:newresources@IPCRC.net).*

Technical Issues? Contact [webmaster@IPCRC.net](mailto:webmaster@IPCRC.net)

Palliative Care Concepts

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What's new on IPCRC?



# International Programs

- Situation analyses
- Facilitation, strategic planning
- Education
  - Sensitization lectures
  - In-country courses
  - Expert training
  - Visitors
  - Leaders
- Program implementation





# International Visitors

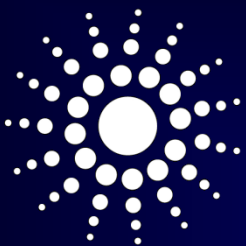
- Singapore – Dover Park & Assisi Hospices
- Australia
- Chile
- Ethiopia
- Japan
- Norway
- Sweden





# International Physician Fellows





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INTERNATIONAL PALLIATIVE CARE  
LEADERSHIP DEVELOPMENT INITIATIVE

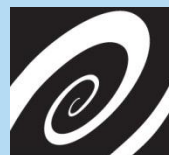
## 22 Participants, 8 Mentors

### Cohort 1

**22 Physicians  
8 Mentors**



2 Czech Republic Hungary  
Slovenia Moldova  
Jordan  
3 India  
3 Vietnam  
Nigeria  
Uganda 2 Kenya  
Tanzania  
Botswana  
2 South Africa  
Brazil  
Argentina



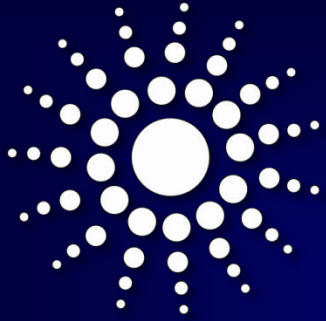
**OPEN SOCIETY  
FOUNDATIONS**



# Reach 2003 – 2010

		Patients	
	Participants	Each	Lives
• Presentations	> 9500	100	950 K
• Courses	> 300	2000	600 K
• Fellows	11	10,000+	110 K+
• Leaders	22	10,000+	220 K+

**> 1,880 K**



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# Questions ?