Palliative Care in Long-Term Care Update: Practical Pointers, Policies, Programs, and Regulatory Pitfalls (P13)

Kimberly Curseen, MD, University of Arkansas for Medical Sciences, Little Rock, AR
William Smucker, MD CMD, Summa Health Care System; NE Ohio University, Westfield Center, OH
Jessica Kalender-Rich, MD, University of Kansas Medical Center, Overland Park, KS
Betty Lim, MD, Icahn School of Medicine at Mount Sinai, New York, NY
Paula Sanders, JD, American Health Lawyers Association, Harrisburg, PA
Cari Levy, MD, University of Colorado School of Medicine, Denver, CO

Objectives

• Apply evidence-based practical guidelines for palliative care symptom management and advance care planning in the long-term care setting; list how palliative care can positively affect hospital readmission rates and can impact transition of care to long-term/postacute care settings; and be able to compare and contrast two successful practice models for delivery of palliative care in long-term care.

• Identify and list important CMS regulations and legal issues that specifically affect how palliative care is delivered in long-term care, with and without hospice; apply this information to their own practice settings.

• Apply a practical framework for providing palliative care in nontraditional long-term care settings, including assisted living facilities, medical foster homes, and group homes.

• Identify barriers to palliative care practice in these setting and how to negotiate these barriers to provide care.

In the United States, people aged 65 and older have a 40% chance of living in a long-term care (LTC) setting during their lifetime. Palliative care programs are being developed in LTC to fill gaps in patient transitions from acute care to long-term/postacute care and as a way to reduce 30-day hospital readmission rates for frail older adults. In order to do this effectively, palliative care providers will have to be adept at navigating the regulatory barriers and culture of traditional and nontraditional LTC environments. This preconference workshop will bring together a panel of experts who have both academic and private-sector experience in providing quality palliative care to this population. This will be a case-based, interactive workshop.

Part I focuses on practical ways to provide palliative symptom management within the culture and regulatory environment of LTC. This section will address the issues surrounding providing palliative care with and without hospice. This section will also introduce the audience to successful models for LTC consultation as well as show how palliative care can affect patient care transitions and hospital readmissions.

Part II will focus on regulations and legal issues with which every healthcare provider who provides palliative care in LTC should be familiar. Often lack of familiarity with the regulatory environment is a barrier to providing successful palliative care in an LTC setting. Part II will be delivered by an expert in LTC regulation and litigation.

Part III of the workshop goes beyond the traditional LTC. These environments have their own culture and regulations, which must be understood to develop and execute effective treatment plans. This section will discuss providing palliative care within the unique framework of medical foster homes, assisted living facilities, and group homes.