Death and Dying in Oregon
A Hospice Perspective

May 8, 2013
Portland State University

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Death and Dying in Oregon: A Hospice Perspective

- Oregon Hospice Association
- What is hospice and palliative care?
- Hospice history
- Dying in Oregon
- Advance Care Planning
- Death With Dignity Act (DWDA)
- Me, Too
- Questions and Discussion
Oregon Hospice Association

• A public benefit, charitable membership organization and accrediting body for hospices
  – Dedicated to ensuring that all Oregonians have high quality hospice and palliative care
  – Participate in research about end of life care in Oregon
  – Provide public and professional education
  – Support open and honest conversation about all end of life choices
Hospice and Palliative Care

• Objective of hospice is to ensure people live well until they die.
• A philosophy of care – not a place
• For people who have an illness that is likely to end life in about 6 months
  – Palliative care can be provided to individuals with chronic, serious illness
• Medical specialty
Hospice and Palliative Care

• Interdisciplinary team care:
  – Physician
  – Nurse
  – Hospice Aid
  – Social worker
  – Spiritual counselor (chaplain)
  – Volunteers

• Care includes:
  • Physical, emotional, psychosocial, and spiritual components – as the patient and family desire it to be.
  • Equipment and treatments – like oxygen or a hospital bed and medicine related to the terminal illness.
Hospice History

• 1948 - Dame Cicely Saunders founded the modern hospice movement
• 1974 - Hospice came to the United States
• 1983 - Hospice Medicare Benefit
  • Reimbursement for hospice care
  • Created a nation-wide consistent model of care
Hospice Use by State
(Medicare Hospice Deaths/Total Medicare Deaths - 2011)

OR #6: 51.7%
National: 42.9%
Oregon – A leader in end-of-life care

- **Oregonians use hospice**
  - Oregonians use more hospice than to people in 45 other states
  - Over half – nearly 52% - of Oregonians on Medicare are using hospice when they die compared to 43% of Americans

- **Oregonians have half as many:**
  - Deaths in nursing homes,
  - Hospital days (last 6 months of life)
  - ICU days (last 6 months of life)
  - Specialist visits (last 6 months of life)

- **Oregonians do Advance Care Planning**
  - First state to implement POLST, POLST Registry
  - 88% of Oregonians with advanced age have an Advance Directive
What Do Oregonians on Hospice Die From?

• Hospice is not just for people with cancer.
  – **Cancer deaths**
    Oregon and USA 31%
  – **Non cancer deaths**
    Oregon and USA 69%
Honoring Patients’ Wishes

I’m afraid it can no longer breathe on its own.
<table>
<thead>
<tr>
<th>For whom</th>
<th>ADVANCE DIRECTIVE</th>
<th>POLST</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>For all adults</td>
<td>For persons of any age with advanced illness</td>
</tr>
<tr>
<td>Purpose</td>
<td>To express values and appoint a surrogate (future wishes)</td>
<td>Medical orders which turn a patient’s values into action (applies today)</td>
</tr>
<tr>
<td>Guide actions by Emergency Medical Personnel</td>
<td>Usually not</td>
<td>Yes</td>
</tr>
<tr>
<td>Guide treatment decisions in the hospital</td>
<td>Yes</td>
<td>Yes</td>
</tr>
</tbody>
</table>
How Advance Directives and POLST Work Together

All Adults

Complete an Advance Directive

Update Advance Directive Periodically

Diagnosed with Advanced Illness or Frailty *(at any age)*

Complete a POLST Form

Update POLST as Health Status Changes

Treatment Wishes Honored

Adapted with permission from California POLST Education Program
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National POLST Paradigm Programs

Endorsed Programs
Developing Programs
No Program (Contacts)

*As of February 2012
• Study of 180 nursing home residents requesting comfort measures only, transfer to hospital only if comfort measures fail, and do not resuscitate:
• two percent were hospitalized to extend their lives
• none were resuscitated against their wishes
  – [www.polst.org](http://www.polst.org) for more references
Death With Dignity

• Oregon statute implemented October 1997
• Washington statute implemented March 2009
• Montana – District Court Case allows DWD December 2008
Oregon Death with Dignity Act (ODDA)

• In the 14 years between 1998 and 2012:
  – 673 people have died under the terms of the law (77 in 2012)
  – 23.5 DWDA deaths per 10,000 total deaths (2012)

• Why ODDA?
  – Loss of autonomy (93.5%)
  – Decreased ability to participate in activities that make life enjoyable (92.2%)
  – Loss of dignity (77.9%)

• ODDA Profile
  – Age 65 or older (67.5%) -- White (97.4%)
  – College education (42.9%) -- Died at home (97.4%)
  – Have health insurance -- On hospice (97%)
    • Private (51.4%) -- Cancer (75.3%)
    • Medicare (48.6%)
• A program supporting children and families who have experienced the death of a family member or friend.

• Offers support groups for the whole family.

• All groups are professionally facilitated by Masters level clinicians and specially trained volunteers.
• An eight-week child and family grief support program
• Serves children, teens and their parents or guardians.
• Collaboration between Legacy Hospice Services, Providence Hospice Programs and the Oregon Hospice Association.
• Kids Groups – Age 5 and up

• Kids are invited to express their thoughts and feelings through play, art and talking activities.
• Teens Groups – Up to age 18

• In the company of peers, teens participate in a talking circle and expressive arts activities.
Adults Groups – Age 19 and older

- Adults receive support for their own grieving process and learn how to better understand and support their grieving children.
Questions/Comments

Contact Information:
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Resources

• [http://www.oregonhospice.org](http://www.oregonhospice.org)
  -- Oregon Hospice Association

• [http://www.ohsu.edu/ethics](http://www.ohsu.edu/ethics)
  -- Center for Ethics in Health Care at OHSU

• [http://www.dhs.state.or.us/publichealth/chs/pas/pas/cfm](http://www.dhs.state.or.us/publichealth/chs/pas/pas/cfm)
  -- Oregon’s Office of Disease Prevention and Epidemiology

• [http://www.polst.org](http://www.polst.org)
  -- Physician Orders for Life Sustaining Treatment

• [http://www.compassionoforegon.org/](http://www.compassionoforegon.org/)
  -- Compassion and Choices of Oregon