

Symptom Management In The Seriously Ill Patient: Resources and Training

Center to
Advance
Palliative Care™

capc

Learning Outcomes

Describe the burden of symptoms in serious illness

Apply standardized screening to seriously ill patients

Develop a plan for training using available resources

Symptom Burden In Serious Illness

- Community based patients with serious illness have high symptom burden and poor quality of life
 - Prevalence of symptoms in patients with serious illness:
 - Anxiety 25-50%
 - Depression 30-50%
 - Pain 29%
 - Dyspnea 11%

<https://my.clevelandclinic.org/health/articles/9288-chronic-illness-and-depression>

J Pain Symptom Manage 2019 May;57(5):880-889.

Screening

- You need to ask about both physical and emotional symptoms
 - If you don't ask, they probably won't tell you
- Use validated screens
 - Which ones you use are less important

Physical Symptoms ESAS-r



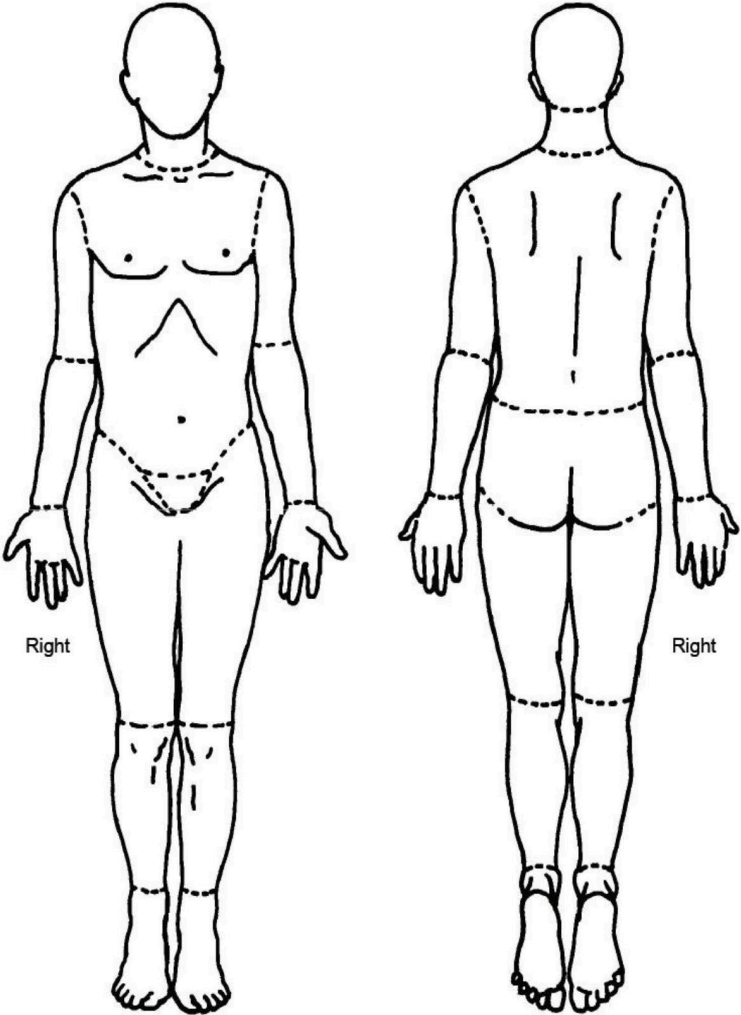
Affix patient label within this box

Edmonton Symptom Assessment System Revised (ESAS-r)

Please circle the number that best describes how you feel NOW:

No Pain	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Pain
No Tiredness <i>(Tiredness = lack of energy)</i>	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Tiredness
No Drowsiness <i>(Drowsiness = feeling sleepy)</i>	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Drowsiness
No Nausea	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Nausea
No Lack of Appetite	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Lack of Appetite
No Shortness of Breath	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Shortness of Breath
No Depression <i>(Depression = feeling sad)</i>	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Depression
No Anxiety <i>(Anxiety = feeling nervous)</i>	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Anxiety
Best Wellbeing <i>(Wellbeing = how you feel overall)</i>	0	1	2	3	4	5	6	7	8	9	10	Worst Possible Wellbeing
No _____ Other Problem <i>(For example constipation)</i>	0	1	2	3	4	5	6	7	8	9	10	Worst Possible

Please mark on these pictures where it is that you hurt:



Patient Name _____	Completed by <i>(Check one)</i> <input type="checkbox"/> Patient <input type="checkbox"/> Family Caregiver <input type="checkbox"/> Health Care Professional Caregiver <input type="checkbox"/> Caregiver-assisted
Date <i>(yyyy-Mon-dd)</i> _____	
Time <i>(hh:mm)</i> _____	
Body Diagram on Reverse	

Emotional Symptoms: PHQ-4

PHQ-4

Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems? (Use "✓" to indicate your answer)	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Little interest or pleasure in doing things	0	1	2	3
4. Feeling down, depressed, or hopeless	0	1	2	3

Scoring

PHQ-4 total score ranges from 0 to 12, with categories of psychological distress being:

- None 0-2
- Mild 3-5
- Moderate 6-8
- Severe 9-12

Anxiety subscale = sum of items 1 and 2 (score range, 0 to 6)

Depression subscale = sum of items 3 and 4 (score range, 0 to 6)

On each subscale, a score of 3 or greater is considered positive for screening purposes

CAPC Training

Pain Management: 14 course

Symptom Management: 5 courses

Disease Specific courses: 3

Managing patients on LTOT: 5 (coming soon)

Dementia: 7 courses

Reducing risks in older adults: 1 course

Communication Skills Training: 5 courses

Advance Care Planning: 3 courses

CAPC Training

Over **700,000** courses taken

13,304 MOC points earned

Total CEU's earned **633,273**

Avg courses taken per user **8.2**

Other CAPC Resources

Billing support : 12 modules

Telehealth Toolkit

Webinars: 24 (or more) per year

Master Clinician: 12 per year

Virtual Office Hours: 2-4 per month

Other Helpful Resources

[Fast Facts](#)

[getpalliativecare](#)

Training Recommendations By Discipline

[Physicians](#)

[Advanced Practice Providers](#)

[Registered Nurses](#)

[Social Workers](#)

[Chaplains](#)

[Clinical Care Managers](#)

[Speech-Language Pathologists](#)

Learning Pathways

Find CAPC-curated courses and tools based on your specialty, discipline, or area of interest.

CAPC courses provide free continuing education credits for all staff at member organizations, and ABIM MOC points for physicians.

Customizable Learning Pathways

Your organization can create custom Learning Pathways and assign them

Discussion/Questions