

WEBVTT

NOTE duration:"00:29:00"

NOTE recognizability:0.847

NOTE language:en-us

NOTE Confidence: 0.798327998181818

00:00:00.000 --> 00:00:02.160 Funding for Yale Cancer Answers is

NOTE Confidence: 0.798327998181818

00:00:02.160 --> 00:00:04.210 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.82098922875

00:00:06.340 --> 00:00:08.260 Welcome to Yale Cancer answers with

NOTE Confidence: 0.82098922875

00:00:08.260 --> 00:00:10.190 your host, Doctor Anish Chappar.

NOTE Confidence: 0.82098922875

00:00:10.190 --> 00:00:11.910 Yale Cancer answers features

NOTE Confidence: 0.82098922875

00:00:11.910 --> 00:00:14.010 the latest information on cancer

NOTE Confidence: 0.82098922875

00:00:14.010 --> 00:00:15.865 care by welcoming oncologists and

NOTE Confidence: 0.82098922875

00:00:15.865 --> 00:00:17.970 specialists who are on the forefront

NOTE Confidence: 0.82098922875

00:00:17.970 --> 00:00:19.818 of the battle to fight cancer.

NOTE Confidence: 0.82098922875

00:00:19.820 --> 00:00:21.660 This week it's a conversation

NOTE Confidence: 0.82098922875

00:00:21.660 --> 00:00:23.132 about palliative care with

NOTE Confidence: 0.82098922875

00:00:23.132 --> 00:00:24.620 Doctor Dimitri Kochetkov.

NOTE Confidence: 0.82098922875

00:00:24.620 --> 00:00:26.480 Dr Kashefi Nikov is an assistant

NOTE Confidence: 0.82098922875

00:00:26.480 --> 00:00:28.878 professor at the Yale School of Medicine,

NOTE Confidence: 0.82098922875

00:00:28.880 --> 00:00:30.700 where Doctor Chapparr is a

NOTE Confidence: 0.82098922875

00:00:30.700 --> 00:00:32.156 professor of surgical oncology.

NOTE Confidence: 0.888564673181818

00:00:34.220 --> 00:00:36.068 So, Dimitri, maybe we can start off

NOTE Confidence: 0.888564673181818

00:00:36.068 --> 00:00:38.292 by you telling us a little bit more

NOTE Confidence: 0.888564673181818

00:00:38.292 --> 00:00:40.090 about yourself and what exactly you do.

NOTE Confidence: 0.865248717

00:00:40.140 --> 00:00:42.548 I'm an internist by training in a

NOTE Confidence: 0.865248717

00:00:42.548 --> 00:00:44.351 palliative care physician, and what this

NOTE Confidence: 0.865248717

00:00:44.351 --> 00:00:45.893 means is that after medical school,

NOTE Confidence: 0.865248717

00:00:45.900 --> 00:00:48.938 I chose to specialize in internal medicine,

NOTE Confidence: 0.865248717

00:00:48.940 --> 00:00:51.628 giving me the training to treat a

NOTE Confidence: 0.865248717

00:00:51.628 --> 00:00:54.238 variety of diseases that affect adults.

NOTE Confidence: 0.865248717

00:00:54.240 --> 00:00:55.172 After graduation.

NOTE Confidence: 0.865248717

00:00:55.172 --> 00:00:58.434 Internists can either pursue work in general,

NOTE Confidence: 0.865248717

00:00:58.440 --> 00:01:00.395 medicine in the hospital or

NOTE Confidence: 0.865248717

00:01:00.395 --> 00:01:01.568 primary care practices,

NOTE Confidence: 0.865248717

00:01:01.570 --> 00:01:03.145 or they can continue their

NOTE Confidence: 0.865248717

00:01:03.145 --> 00:01:04.720 training by pursuing a fellowship.

NOTE Confidence: 0.865248717

00:01:04.720 --> 00:01:05.816 And specialties.

NOTE Confidence: 0.865248717

00:01:05.816 --> 00:01:08.008 Some specialties like cardiology,

NOTE Confidence: 0.865248717

00:01:08.010 --> 00:01:10.850 infectious disease and many others.

NOTE Confidence: 0.865248717

00:01:10.850 --> 00:01:13.610 And I was fascinated by the idea of

NOTE Confidence: 0.865248717

00:01:13.610 --> 00:01:15.230 specialty palliative care training,

NOTE Confidence: 0.865248717

00:01:15.230 --> 00:01:16.922 knowing that it would provide me

NOTE Confidence: 0.865248717

00:01:16.922 --> 00:01:19.044 with a unique skill set to help

NOTE Confidence: 0.865248717

00:01:19.044 --> 00:01:20.284 me provide patient centered,

NOTE Confidence: 0.865248717

00:01:20.290 --> 00:01:22.338 compassionate care to patients

NOTE Confidence: 0.865248717

00:01:22.338 --> 00:01:23.874 with serious illness.

NOTE Confidence: 0.865248717

00:01:23.880 --> 00:01:25.542 Palliative care is a type of

NOTE Confidence: 0.865248717

00:01:25.542 --> 00:01:27.000 specialized medical care for people

NOTE Confidence: 0.865248717

00:01:27.000 --> 00:01:28.495 living with a serious illness,

NOTE Confidence: 0.865248717

00:01:28.500 --> 00:01:30.516 and this type of care is focused

NOTE Confidence: 0.865248717

00:01:30.516 --> 00:01:32.037 on providing relief from the

NOTE Confidence: 0.865248717

00:01:32.037 --> 00:01:34.130 symptoms of the illness and also the

NOTE Confidence: 0.865248717

00:01:34.130 --> 00:01:35.819 stresses that come along with it.

NOTE Confidence: 0.865248717

00:01:35.820 --> 00:01:37.512 And the goal really is to

NOTE Confidence: 0.865248717

00:01:37.512 --> 00:01:38.640 help people live better.

NOTE Confidence: 0.865248717

00:01:38.640 --> 00:01:40.825 It's provided by a specially

NOTE Confidence: 0.865248717

00:01:40.825 --> 00:01:42.573 trained team of doctors,

NOTE Confidence: 0.865248717

00:01:42.580 --> 00:01:44.090 nurses and many other specialists

NOTE Confidence: 0.865248717

00:01:44.090 --> 00:01:45.600 who work together with the

NOTE Confidence: 0.865248717

00:01:45.650 --> 00:01:47.185 patient's other doctors to provide

NOTE Confidence: 0.865248717

00:01:47.185 --> 00:01:48.720 an extra layer of support.

NOTE Confidence: 0.8840792783333333

00:01:49.440 --> 00:01:52.792 So, you know, palliative care is one of

NOTE Confidence: 0.8840792783333333

00:01:52.792 --> 00:01:55.520 these things that is a little bit fuzzy,

NOTE Confidence: 0.8840792783333333

00:01:55.520 --> 00:01:58.063 I think, to many people.

NOTE Confidence: 0.8840792783333333

00:01:58.063 --> 00:02:01.909 Some people think of palliative care

NOTE Confidence: 0.884079278333333

00:02:01.909 --> 00:02:05.704 as Hospice. Some people think of

NOTE Confidence: 0.884079278333333

00:02:05.704 --> 00:02:08.334 palliative care as pain management.

NOTE Confidence: 0.884079278333333

00:02:08.340 --> 00:02:11.125 Some people think of palliative

NOTE Confidence: 0.884079278333333

00:02:11.125 --> 00:02:14.830 care as death panels.

NOTE Confidence: 0.884079278333333

00:02:14.830 --> 00:02:17.706 And yet palliative care,

NOTE Confidence: 0.884079278333333

00:02:17.706 --> 00:02:21.577 the way that you've described it just

NOTE Confidence: 0.884079278333333

00:02:21.577 --> 00:02:25.500 seems more like part of medical practice.

NOTE Confidence: 0.884079278333333

00:02:25.500 --> 00:02:30.156 So can you help kind of differentiate

NOTE Confidence: 0.884079278333333

00:02:30.156 --> 00:02:33.319 it from those other things?

NOTE Confidence: 0.922823590833333

00:02:34.050 --> 00:02:36.095 Absolutely. And I always emphasize

NOTE Confidence: 0.922823590833333

00:02:36.095 --> 00:02:38.486 that palliative care is really based

NOTE Confidence: 0.922823590833333

00:02:38.486 --> 00:02:40.467 on the needs of the patient and

NOTE Confidence: 0.922823590833333

00:02:40.467 --> 00:02:42.669 not the prognosis of the disease.

NOTE Confidence: 0.922823590833333

00:02:42.670 --> 00:02:44.370 It's appropriate at any age,

NOTE Confidence: 0.922823590833333

00:02:44.370 --> 00:02:46.953 in any stage of an illness and can be

NOTE Confidence: 0.922823590833333

00:02:46.953 --> 00:02:49.190 provided alongside curative treatments.

NOTE Confidence: 0.922823590833333

00:02:49.190 --> 00:02:50.560 Hospice is very different and

NOTE Confidence: 0.922823590833333

00:02:50.560 --> 00:02:52.347 there's a lot of overlap between

NOTE Confidence: 0.922823590833333

00:02:52.347 --> 00:02:53.807 palliative care and Hospice,

NOTE Confidence: 0.922823590833333

00:02:53.810 --> 00:02:56.018 but Hospice is really the benefit

NOTE Confidence: 0.922823590833333

00:02:56.018 --> 00:02:58.356 of that is additional support for

NOTE Confidence: 0.922823590833333

00:02:58.356 --> 00:03:00.726 patients who are living with a

NOTE Confidence: 0.922823590833333

00:03:00.726 --> 00:03:02.616 terminal illness and a prognosis

NOTE Confidence: 0.922823590833333

00:03:02.616 --> 00:03:05.010 many times of less than six months.

NOTE Confidence: 0.922823590833333

00:03:05.010 --> 00:03:07.738 So many of our patients in palliative care,

NOTE Confidence: 0.922823590833333

00:03:07.740 --> 00:03:09.048 especially in our clinic,

NOTE Confidence: 0.922823590833333

00:03:09.048 --> 00:03:10.683 are undergoing treatment for their

NOTE Confidence: 0.922823590833333

00:03:10.683 --> 00:03:12.529 cancer for different lengths of time,

NOTE Confidence: 0.922823590833333

00:03:12.530 --> 00:03:15.638 sometimes many years.

NOTE Confidence: 0.922823590833333

00:03:15.640 --> 00:03:18.304 And while we see our patients in our clinic,

NOTE Confidence: 0.922823590833333

00:03:18.310 --> 00:03:20.557 valiative care can also be delivered in

NOTE Confidence: 0.922823590833333  
00:03:20.557 --> 00:03:22.339 multiple other settings like hospitals,  
NOTE Confidence: 0.922823590833333  
00:03:22.340 --> 00:03:25.010 nursing homes or even patients homes.  
NOTE Confidence: 0.849599099090909  
00:03:26.150 --> 00:03:28.880 And so, so it it seems to  
NOTE Confidence: 0.849599099090909  
00:03:28.880 --> 00:03:30.870 be different than Hospice.  
NOTE Confidence: 0.849599099090909  
00:03:30.870 --> 00:03:32.790 How is palliative care  
NOTE Confidence: 0.849599099090909  
00:03:32.790 --> 00:03:34.710 different from pain management?  
NOTE Confidence: 0.852364761  
00:03:35.730 --> 00:03:37.896 Yeah, pain management is certainly one  
NOTE Confidence: 0.852364761  
00:03:37.896 --> 00:03:40.495 of the aspects and domains of medical  
NOTE Confidence: 0.852364761  
00:03:40.495 --> 00:03:43.022 care that we cover in palliative care.  
NOTE Confidence: 0.852364761  
00:03:43.030 --> 00:03:47.524 There's so much to be said about  
NOTE Confidence: 0.852364761  
00:03:47.530 --> 00:03:50.760 physical symptoms that patients undergo  
NOTE Confidence: 0.852364761  
00:03:50.760 --> 00:03:53.990 and experience with their cancer,  
NOTE Confidence: 0.852364761  
00:03:53.990 --> 00:03:57.266 but also non physical symptoms like anxiety,  
NOTE Confidence: 0.852364761  
00:03:57.270 --> 00:03:58.166 depression, insomnia,  
NOTE Confidence: 0.852364761  
00:03:58.166 --> 00:04:01.302 these are all other things that we  
NOTE Confidence: 0.852364761

00:04:01.302 --> 00:04:04.168 screen for when patients come to see us.

NOTE Confidence: 0.852364761

00:04:04.170 --> 00:04:06.050 Pain management is something that.

NOTE Confidence: 0.852364761

00:04:06.050 --> 00:04:08.444 There's a strong focus on in the

NOTE Confidence: 0.852364761

00:04:08.444 --> 00:04:10.182 training and we're really proud

NOTE Confidence: 0.852364761

00:04:10.182 --> 00:04:12.422 of how well we can treat pain,

NOTE Confidence: 0.852364761

00:04:12.430 --> 00:04:14.094 especially given what's going

NOTE Confidence: 0.852364761

00:04:14.094 --> 00:04:16.590 on in the media with opioids.

NOTE Confidence: 0.852364761

00:04:16.590 --> 00:04:18.590 And we know how to do this safely

NOTE Confidence: 0.852364761

00:04:18.590 --> 00:04:20.618 and we put in place many measures

NOTE Confidence: 0.852364761

00:04:20.618 --> 00:04:22.928 to to make sure that patients are

NOTE Confidence: 0.852364761

00:04:22.928 --> 00:04:24.863 getting access to pain treatment

NOTE Confidence: 0.852364761

00:04:24.863 --> 00:04:26.838 for their cancer in a safe way.

NOTE Confidence: 0.744855674375

00:04:27.770 --> 00:04:29.990 But it seems like palliative care

NOTE Confidence: 0.744855674375

00:04:29.990 --> 00:04:32.320 is more than pain management and

NOTE Confidence: 0.744855674375

00:04:32.320 --> 00:04:34.674 it's kind of that extra layer

NOTE Confidence: 0.744855674375

00:04:34.674 --> 00:04:36.684 of support that you mentioned.



NOTE Confidence: 0.744855674375

00:04:36.690 --> 00:04:40.490 And and working with a team of doctors

NOTE Confidence: 0.744855674375

00:04:40.490 --> 00:04:44.588 and nurses and you know often chaplains

NOTE Confidence: 0.744855674375

00:04:44.588 --> 00:04:47.638 and pharmacists and social workers

NOTE Confidence: 0.744855674375

00:04:47.743 --> 00:04:51.040 and all kinds of people to really.

NOTE Confidence: 0.744855674375

00:04:51.040 --> 00:04:53.497 To assess and and help with the needs of

NOTE Confidence: 0.744855674375

00:04:53.497 --> 00:04:56.016 the patients in many different domains.

NOTE Confidence: 0.744855674375

00:04:56.020 --> 00:04:56.620 Is that right?

NOTE Confidence: 0.798817137777778

00:04:57.450 --> 00:04:59.005 That's totally right and he's

NOTE Confidence: 0.798817137777778

00:04:59.005 --> 00:05:01.206 palliative care is way more than just

NOTE Confidence: 0.798817137777778

00:05:01.206 --> 00:05:02.964 the pain management aspect of it.

NOTE Confidence: 0.798817137777778

00:05:02.970 --> 00:05:06.082 We we really do a lot for patients

NOTE Confidence: 0.798817137777778

00:05:06.082 --> 00:05:08.580 from the beginning and starting with

NOTE Confidence: 0.798817137777778

00:05:08.580 --> 00:05:10.470 basically getting to know who they are

NOTE Confidence: 0.798817137777778

00:05:10.525 --> 00:05:12.265 as people outside of their medical

NOTE Confidence: 0.798817137777778

00:05:12.265 --> 00:05:13.860 history and their medical records.

NOTE Confidence: 0.798817137777778

00:05:13.860 --> 00:05:15.284 So what things like,  
NOTE Confidence: 0.798817137777778

00:05:15.284 --> 00:05:17.064 what is important to them,  
NOTE Confidence: 0.798817137777778

00:05:17.070 --> 00:05:18.890 who is important to them,  
NOTE Confidence: 0.798817137777778

00:05:18.890 --> 00:05:20.034 what are their goals,  
NOTE Confidence: 0.798817137777778

00:05:20.034 --> 00:05:21.750 what are they looking forward to?  
NOTE Confidence: 0.798817137777778

00:05:21.750 --> 00:05:23.712 Because we know that it's only  
NOTE Confidence: 0.798817137777778

00:05:23.712 --> 00:05:25.836 once we learn about these vital  
NOTE Confidence: 0.798817137777778

00:05:25.836 --> 00:05:28.074 aspects of people's lives that we  
NOTE Confidence: 0.798817137777778

00:05:28.074 --> 00:05:30.329 can deliver the best care to them.  
NOTE Confidence: 0.798817137777778

00:05:30.330 --> 00:05:32.586 We also know that multidisciplinary care  
NOTE Confidence: 0.798817137777778

00:05:32.586 --> 00:05:35.183 has been shown to be more effective  
NOTE Confidence: 0.798817137777778

00:05:35.183 --> 00:05:37.584 than when we provide care in silos.  
NOTE Confidence: 0.798817137777778

00:05:37.590 --> 00:05:40.929 So when we work together in a team of  
NOTE Confidence: 0.798817137777778

00:05:40.929 --> 00:05:43.930 people that have different expertise,  
NOTE Confidence: 0.798817137777778

00:05:43.930 --> 00:05:44.905 as we do,  
NOTE Confidence: 0.798817137777778

00:05:44.905 --> 00:05:46.855 and and many other fields have

NOTE Confidence: 0.798817137777778  
00:05:46.855 --> 00:05:48.108 borrowed this as well,  
NOTE Confidence: 0.798817137777778  
00:05:48.110 --> 00:05:50.609 we find that we can uncover areas  
NOTE Confidence: 0.798817137777778  
00:05:50.609 --> 00:05:52.952 of distress that we may not have  
NOTE Confidence: 0.798817137777778  
00:05:52.952 --> 00:05:55.159 found if we just looked at it  
NOTE Confidence: 0.798817137777778  
00:05:55.159 --> 00:05:57.175 from one narrow point of view.  
NOTE Confidence: 0.848046746666667  
00:05:58.480 --> 00:05:59.629 You know, Dimitri,  
NOTE Confidence: 0.848046746666667  
00:05:59.629 --> 00:06:02.620 some may push back and say, you know,  
NOTE Confidence: 0.848046746666667  
00:06:02.620 --> 00:06:04.690 you talk about palliative care is  
NOTE Confidence: 0.848046746666667  
00:06:04.690 --> 00:06:07.016 providing the best quality of care  
NOTE Confidence: 0.848046746666667  
00:06:07.016 --> 00:06:08.981 for patients in a multidisciplinary  
NOTE Confidence: 0.848046746666667  
00:06:08.981 --> 00:06:11.693 approach and getting to know the patient  
NOTE Confidence: 0.848046746666667  
00:06:11.693 --> 00:06:13.716 beyond their medical diagnosis to kind  
NOTE Confidence: 0.848046746666667  
00:06:13.716 --> 00:06:15.522 of take care of the whole patient.  
NOTE Confidence: 0.848046746666667  
00:06:15.530 --> 00:06:17.438 But some may push back and say, well,  
NOTE Confidence: 0.848046746666667  
00:06:17.438 --> 00:06:19.286 I thought that's what doctors do.  
NOTE Confidence: 0.848046746666667

00:06:19.290 --> 00:06:21.684 I I thought that doctors, you know,  
NOTE Confidence: 0.848046746666667

00:06:21.684 --> 00:06:24.113 are supposed to get to know me as a  
NOTE Confidence: 0.848046746666667

00:06:24.113 --> 00:06:26.304 patient and and treat the whole patient.  
NOTE Confidence: 0.848046746666667

00:06:26.310 --> 00:06:28.956 Why do I need palliative care?  
NOTE Confidence: 0.848046746666667

00:06:28.960 --> 00:06:32.240 Why can't my doctor, uh,  
NOTE Confidence: 0.848046746666667

00:06:32.240 --> 00:06:33.872 who's managing my illness,  
NOTE Confidence: 0.848046746666667

00:06:33.872 --> 00:06:35.912 whatever that illness may be,  
NOTE Confidence: 0.848046746666667

00:06:35.920 --> 00:06:37.432 cancer or anything else,  
NOTE Confidence: 0.848046746666667

00:06:37.432 --> 00:06:40.310 do all of the things that you do?  
NOTE Confidence: 0.85021454375

00:06:41.150 --> 00:06:42.510 I'm glad you brought that up in ease.  
NOTE Confidence: 0.85021454375

00:06:42.510 --> 00:06:44.470 And one of the big challenges that we  
NOTE Confidence: 0.85021454375

00:06:44.470 --> 00:06:46.841 face is that there simply aren't enough  
NOTE Confidence: 0.85021454375

00:06:46.841 --> 00:06:49.048 palliative care specialists to care for  
NOTE Confidence: 0.85021454375

00:06:49.048 --> 00:06:51.004 all the patients with serious illness.  
NOTE Confidence: 0.85021454375

00:06:51.010 --> 00:06:53.998 One study in 2017 highlighted something  
NOTE Confidence: 0.85021454375

00:06:53.998 --> 00:06:56.530 pretty startling that there's estimated

NOTE Confidence: 0.85021454375

00:06:56.530 --> 00:06:59.266 1 oncologist for every 140 newly

NOTE Confidence: 0.85021454375

00:06:59.266 --> 00:07:01.924 diagnosed cancer patients in the US,

NOTE Confidence: 0.85021454375

00:07:01.930 --> 00:07:03.862 but there's only about 1 palliative

NOTE Confidence: 0.85021454375

00:07:03.862 --> 00:07:05.585 care physician for every 1200

NOTE Confidence: 0.85021454375

00:07:05.585 --> 00:07:07.089 patients with serious illness.

NOTE Confidence: 0.85021454375

00:07:07.090 --> 00:07:09.586 So this projected growth

NOTE Confidence: 0.85021454375

00:07:09.586 --> 00:07:11.458 also looking forward.

NOTE Confidence: 0.85021454375

00:07:11.460 --> 00:07:13.882 It's only about 1% for of palliative

NOTE Confidence: 0.85021454375

00:07:13.882 --> 00:07:16.057 care specialists over the next 20 years.

NOTE Confidence: 0.85021454375

00:07:16.060 --> 00:07:18.204 So one of the main things and one

NOTE Confidence: 0.85021454375

00:07:18.204 --> 00:07:20.285 of the focuses that we have in

NOTE Confidence: 0.85021454375

00:07:20.285 --> 00:07:22.591 our work is to teach these skills

NOTE Confidence: 0.85021454375

00:07:22.591 --> 00:07:24.883 to our colleagues in other areas

NOTE Confidence: 0.85021454375

00:07:24.883 --> 00:07:27.156 of medicine like primary care,

NOTE Confidence: 0.85021454375

00:07:27.156 --> 00:07:28.160 critical care,

NOTE Confidence: 0.85021454375

00:07:28.160 --> 00:07:30.130 oncology and and other specialties.  
NOTE Confidence: 0.85021454375

00:07:30.130 --> 00:07:32.076 So they can help us address all  
NOTE Confidence: 0.85021454375

00:07:32.076 --> 00:07:34.492 of these needs that we as a nation  
NOTE Confidence: 0.85021454375

00:07:34.492 --> 00:07:36.406 faced with serious illness and the  
NOTE Confidence: 0.85021454375

00:07:36.406 --> 00:07:38.101 palliative care specialists like us  
NOTE Confidence: 0.85021454375

00:07:38.101 --> 00:07:40.824 can be called in to help in situations  
NOTE Confidence: 0.85021454375

00:07:40.824 --> 00:07:42.870 which would benefit from a higher.  
NOTE Confidence: 0.85021454375

00:07:42.870 --> 00:07:44.103 Level of expertise.  
NOTE Confidence: 0.85021454375

00:07:44.103 --> 00:07:45.747 So like you said,  
NOTE Confidence: 0.85021454375

00:07:45.750 --> 00:07:48.238 you know I I encourage everyone to ask  
NOTE Confidence: 0.85021454375

00:07:48.238 --> 00:07:50.276 whether palliative care is available to you,  
NOTE Confidence: 0.85021454375

00:07:50.280 --> 00:07:51.284 and if it is,  
NOTE Confidence: 0.85021454375

00:07:51.284 --> 00:07:52.539 please take advantage of it.  
NOTE Confidence: 0.85021454375

00:07:52.540 --> 00:07:54.396 If if you aren't sure if it's available,  
NOTE Confidence: 0.85021454375

00:07:54.400 --> 00:07:55.830 then ask your medical team.  
NOTE Confidence: 0.888616029

00:07:56.970 --> 00:07:59.810 And so how do you know if you're a patient?

NOTE Confidence: 0.888616029

00:07:59.810 --> 00:08:01.802 I mean because the way that

NOTE Confidence: 0.888616029

00:08:01.802 --> 00:08:03.130 you describe palliative care,

NOTE Confidence: 0.888616029

00:08:03.130 --> 00:08:04.822 it seems like everybody should want

NOTE Confidence: 0.888616029

00:08:04.822 --> 00:08:06.390 palliative care even if they're,

NOTE Confidence: 0.888616029

00:08:06.390 --> 00:08:09.000 you know, especially not at the

NOTE Confidence: 0.888616029

00:08:09.000 --> 00:08:11.919 end of a terminal illness, right.

NOTE Confidence: 0.888616029

00:08:11.919 --> 00:08:13.764 You mentioned that palliative care

NOTE Confidence: 0.888616029

00:08:13.764 --> 00:08:16.386 is something that can be used in

NOTE Confidence: 0.888616029

00:08:16.386 --> 00:08:17.826 addition to curative approaches,

NOTE Confidence: 0.888616029

00:08:17.830 --> 00:08:19.282 that it kind of takes care

NOTE Confidence: 0.888616029

00:08:19.282 --> 00:08:20.250 of the whole patient,

NOTE Confidence: 0.888616029

00:08:20.250 --> 00:08:21.870 that it looks at what your

NOTE Confidence: 0.888616029

00:08:21.870 --> 00:08:23.470 needs are in various domains.

NOTE Confidence: 0.888616029

00:08:23.470 --> 00:08:25.445 It seems like that should

NOTE Confidence: 0.888616029

00:08:25.445 --> 00:08:27.025 be something that everybody.

NOTE Confidence: 0.888616029

00:08:27.030 --> 00:08:30.950 Should want as part of standard medical care.

NOTE Confidence: 0.888616029

00:08:30.950 --> 00:08:34.174 So how do you know when palliative care

NOTE Confidence: 0.888616029

00:08:34.174 --> 00:08:37.149 is something that you particularly need?

NOTE Confidence: 0.888616029

00:08:37.150 --> 00:08:39.761 Or this higher end palliative care where

NOTE Confidence: 0.888616029

00:08:39.761 --> 00:08:42.938 you need a palliative care specialist?

NOTE Confidence: 0.86557766277778

00:08:44.360 --> 00:08:45.890 I think that palliative care can

NOTE Confidence: 0.86557766277778

00:08:45.890 --> 00:08:47.484 be introduced to a patient at

NOTE Confidence: 0.86557766277778

00:08:47.484 --> 00:08:49.056 any stage of a serious illness,

NOTE Confidence: 0.86557766277778

00:08:49.060 --> 00:08:50.520 you know, starting at diagnosis.

NOTE Confidence: 0.86557766277778

00:08:50.520 --> 00:08:53.439 But one of the challenges is trying

NOTE Confidence: 0.86557766277778

00:08:53.439 --> 00:08:55.911 to figure out when palliative

NOTE Confidence: 0.86557766277778

00:08:55.911 --> 00:08:57.836 care support is most helpful.

NOTE Confidence: 0.86557766277778

00:08:57.836 --> 00:09:00.220 And I think the studies that are

NOTE Confidence: 0.86557766277778

00:09:00.220 --> 00:09:02.187 being done now and and in the

NOTE Confidence: 0.86557766277778

00:09:02.187 --> 00:09:04.201 future are really kind of trying

NOTE Confidence: 0.86557766277778

00:09:04.201 --> 00:09:06.271 to figure out the optimal timing



NOTE Confidence: 0.865577662777778  
00:09:06.280 --> 00:09:08.580 of referral to palliative care.  
NOTE Confidence: 0.865577662777778  
00:09:08.580 --> 00:09:10.764 So what I would say is that anyone  
NOTE Confidence: 0.865577662777778  
00:09:10.764 --> 00:09:12.530 is eligible for palliative care  
NOTE Confidence: 0.865577662777778  
00:09:12.530 --> 00:09:14.460 services with a serious illness.  
NOTE Confidence: 0.865577662777778  
00:09:14.460 --> 00:09:18.360 From diagnosis throughout any point.  
NOTE Confidence: 0.865577662777778  
00:09:18.360 --> 00:09:19.760 But what makes most sense,  
NOTE Confidence: 0.865577662777778  
00:09:19.760 --> 00:09:21.120 especially because it's an extra  
NOTE Confidence: 0.865577662777778  
00:09:21.120 --> 00:09:22.780 visit and it's an extra team.  
NOTE Confidence: 0.865577662777778  
00:09:22.780 --> 00:09:25.348 What makes the most sense is really when  
NOTE Confidence: 0.865577662777778  
00:09:25.348 --> 00:09:27.778 patients have symptoms that are burdensome,  
NOTE Confidence: 0.865577662777778  
00:09:27.780 --> 00:09:30.078 that aren't being,  
NOTE Confidence: 0.865577662777778  
00:09:30.080 --> 00:09:33.164 that aren't being managed or have  
NOTE Confidence: 0.865577662777778  
00:09:33.164 --> 00:09:35.220 opportunities to manage better,  
NOTE Confidence: 0.865577662777778  
00:09:35.220 --> 00:09:37.925 and these symptoms are interfering  
NOTE Confidence: 0.865577662777778  
00:09:37.925 --> 00:09:40.089 with their day-to-day function  
NOTE Confidence: 0.865577662777778

00:09:40.089 --> 00:09:42.758 and what they want to actually

NOTE Confidence: 0.865577662777778

00:09:42.760 --> 00:09:43.940 achieve with their goals.

NOTE Confidence: 0.901948133

00:09:45.060 --> 00:09:47.100 And so, so talk a little bit more

NOTE Confidence: 0.901948133

00:09:47.100 --> 00:09:49.071 about the kinds of patients that you

NOTE Confidence: 0.901948133

00:09:49.071 --> 00:09:51.184 see and the kinds of symptoms that

NOTE Confidence: 0.901948133

00:09:51.184 --> 00:09:53.473 you treat because I can imagine that

NOTE Confidence: 0.901948133

00:09:53.473 --> 00:09:55.130 many people are listening to this

NOTE Confidence: 0.901948133

00:09:55.130 --> 00:09:56.922 kind of saying to themselves, well,

NOTE Confidence: 0.901948133

00:09:56.922 --> 00:09:59.694 you know, it sounds really great,

NOTE Confidence: 0.901948133

00:09:59.700 --> 00:10:02.496 but I really don't know still

NOTE Confidence: 0.901948133

00:10:02.496 --> 00:10:04.360 what what it entails.

NOTE Confidence: 0.901948133

00:10:04.360 --> 00:10:06.256 I mean when you say symptoms,

NOTE Confidence: 0.901948133

00:10:06.260 --> 00:10:09.074 do you mean things like, you know,

NOTE Confidence: 0.901948133

00:10:09.074 --> 00:10:11.059 why underwent chemotherapy and my

NOTE Confidence: 0.901948133

00:10:11.059 --> 00:10:13.660 hair fell out and that was really

NOTE Confidence: 0.901948133

00:10:13.660 --> 00:10:16.090 problematic for me or do you mean?

NOTE Confidence: 0.901948133

00:10:16.090 --> 00:10:18.510 Psychosocial distress where, you know,

NOTE Confidence: 0.901948133

00:10:18.510 --> 00:10:23.286 I was going through a cancer journey and

NOTE Confidence: 0.901948133

00:10:23.290 --> 00:10:25.636 found that some of the relationships

NOTE Confidence: 0.901948133

00:10:25.636 --> 00:10:28.667 that I thought I had were not as

NOTE Confidence: 0.901948133

00:10:28.667 --> 00:10:30.749 strong as they might have been.

NOTE Confidence: 0.901948133

00:10:30.750 --> 00:10:34.257 Or maybe it's financial distress is the

NOTE Confidence: 0.901948133

00:10:34.257 --> 00:10:38.038 thing that is most problematic to me.

NOTE Confidence: 0.901948133

00:10:38.040 --> 00:10:40.568 You talked a little bit about pain control.

NOTE Confidence: 0.901948133

00:10:40.570 --> 00:10:43.419 Tell us a little bit more about

NOTE Confidence: 0.901948133

00:10:43.419 --> 00:10:46.030 what exactly it is that you do.

NOTE Confidence: 0.873982244444445

00:10:46.990 --> 00:10:49.540 Yeah. So palliative care teams screen

NOTE Confidence: 0.873982244444445

00:10:49.540 --> 00:10:52.137 for common symptoms that are seen

NOTE Confidence: 0.873982244444445

00:10:52.137 --> 00:10:54.603 within the populations that they treat.

NOTE Confidence: 0.873982244444445

00:10:54.610 --> 00:10:56.866 So for example, at Smilow Cancer

NOTE Confidence: 0.873982244444445

00:10:56.866 --> 00:10:59.070 Hospital and our palliative care team,

NOTE Confidence: 0.873982244444445

00:10:59.070 --> 00:11:01.440 we assess patients for common  
NOTE Confidence: 0.873982244444445

00:11:01.440 --> 00:11:04.310 symptoms like in addition to pain,  
NOTE Confidence: 0.873982244444445

00:11:04.310 --> 00:11:06.191 nausea, fatigue, insomnia,  
NOTE Confidence: 0.873982244444445

00:11:06.191 --> 00:11:09.326 mood issues like anxiety and  
NOTE Confidence: 0.873982244444445

00:11:09.326 --> 00:11:12.549 depression and existential distress.  
NOTE Confidence: 0.873982244444445

00:11:12.550 --> 00:11:14.839 And all of these could either be  
NOTE Confidence: 0.873982244444445

00:11:14.839 --> 00:11:16.850 coming from the cancer itself.  
NOTE Confidence: 0.873982244444445

00:11:16.850 --> 00:11:18.872 Or from the treatment that is  
NOTE Confidence: 0.873982244444445

00:11:18.872 --> 00:11:22.650 being given for the cancer, so.  
NOTE Confidence: 0.873982244444445

00:11:22.650 --> 00:11:25.210 You know, when we run into things like  
NOTE Confidence: 0.873982244444445

00:11:25.210 --> 00:11:27.058 spiritual distress and actually screen  
NOTE Confidence: 0.873982244444445

00:11:27.058 --> 00:11:28.968 for them proactively and financial  
NOTE Confidence: 0.873982244444445

00:11:28.968 --> 00:11:31.130 distress like you mentioned, we are,  
NOTE Confidence: 0.873982244444445

00:11:31.130 --> 00:11:33.330 if we find that the earlier that we  
NOTE Confidence: 0.873982244444445

00:11:33.401 --> 00:11:35.291 uncover these sources of distress  
NOTE Confidence: 0.873982244444445

00:11:35.291 --> 00:11:37.913 the better we can provide support to

NOTE Confidence: 0.873982244444445

00:11:37.913 --> 00:11:40.244 address them and also make it much

NOTE Confidence: 0.873982244444445

00:11:40.244 --> 00:11:42.338 easier for patients to get through their

NOTE Confidence: 0.873982244444445

00:11:42.338 --> 00:11:44.230 treatments which is our optimal goal.

NOTE Confidence: 0.832566415714286

00:11:44.660 --> 00:11:47.635 So you know I can imagine that.

NOTE Confidence: 0.832566415714286

00:11:47.640 --> 00:11:50.376 Well let me ask you this.

NOTE Confidence: 0.832566415714286

00:11:50.380 --> 00:11:53.180 In in in cancer centers it seems

NOTE Confidence: 0.832566415714286

00:11:53.180 --> 00:11:56.673 to me that not all cancer patients

NOTE Confidence: 0.832566415714286

00:11:56.673 --> 00:11:59.418 would be offered palliative care

NOTE Confidence: 0.832566415714286

00:11:59.418 --> 00:12:02.880 is particularly given the paucity

NOTE Confidence: 0.832566415714286

00:12:02.880 --> 00:12:05.730 of of availability of palliative

NOTE Confidence: 0.832566415714286

00:12:05.730 --> 00:12:08.780 care specialists as you mentioned.

NOTE Confidence: 0.832566415714286

00:12:08.780 --> 00:12:12.668 So it is that something that.

NOTE Confidence: 0.832566415714286

00:12:12.670 --> 00:12:14.510 Should be routine that every

NOTE Confidence: 0.832566415714286

00:12:14.510 --> 00:12:16.830 cancer patient should at least be

NOTE Confidence: 0.832566415714286

00:12:16.830 --> 00:12:18.478 introduced to palliative care?

NOTE Confidence: 0.832566415714286

00:12:18.480 --> 00:12:22.890 Or is it something where?  
NOTE Confidence: 0.832566415714286

00:12:22.890 --> 00:12:25.914 You you would recommend that only  
NOTE Confidence: 0.832566415714286

00:12:25.914 --> 00:12:29.918 when a primary care team or medical  
NOTE Confidence: 0.832566415714286

00:12:29.918 --> 00:12:33.068 team cannot manage particular issues,  
NOTE Confidence: 0.832566415714286

00:12:33.070 --> 00:12:34.580 palliative care is called in.  
NOTE Confidence: 0.859691549

00:12:36.000 --> 00:12:38.429 Ideal World, I really wish that every  
NOTE Confidence: 0.859691549

00:12:38.429 --> 00:12:40.517 cancer patient could be introduced to  
NOTE Confidence: 0.859691549

00:12:40.517 --> 00:12:42.491 palliative care team and that would  
NOTE Confidence: 0.859691549

00:12:42.491 --> 00:12:45.034 be really wonderful model of care and  
NOTE Confidence: 0.859691549

00:12:45.034 --> 00:12:47.276 that's something maybe we can strive  
NOTE Confidence: 0.859691549

00:12:47.276 --> 00:12:49.694 towards at least screening for the  
NOTE Confidence: 0.859691549

00:12:49.694 --> 00:12:52.244 patients that would be highest would  
NOTE Confidence: 0.859691549

00:12:52.244 --> 00:12:54.746 benefit the most from palliative care.  
NOTE Confidence: 0.859691549

00:12:54.750 --> 00:12:57.675 What we find is that we just end up  
NOTE Confidence: 0.859691549

00:12:57.675 --> 00:12:59.960 working together with the patient's  
NOTE Confidence: 0.859691549

00:12:59.960 --> 00:13:03.273 primary medical team to figure out what

NOTE Confidence: 0.859691549

00:13:03.273 --> 00:13:06.600 issues are well sort of fall within.

NOTE Confidence: 0.859691549

00:13:06.600 --> 00:13:09.018 The primary palliative care skill center

NOTE Confidence: 0.859691549

00:13:09.018 --> 00:13:11.396 or skills that everyone in medicine

NOTE Confidence: 0.859691549

00:13:11.396 --> 00:13:13.825 should have and which ones require a

NOTE Confidence: 0.859691549

00:13:13.825 --> 00:13:15.988 little bit more expertise and and those

NOTE Confidence: 0.859691549

00:13:15.988 --> 00:13:18.483 are the patients that we really love to

NOTE Confidence: 0.859691549

00:13:18.483 --> 00:13:20.464 to be involved with because you know,

NOTE Confidence: 0.859691549

00:13:20.470 --> 00:13:22.126 you know we were so proud of the

NOTE Confidence: 0.859691549

00:13:22.126 --> 00:13:23.845 training that we have and also the

NOTE Confidence: 0.859691549

00:13:23.845 --> 00:13:25.105 interdisciplinary team that we have

NOTE Confidence: 0.859691549

00:13:25.150 --> 00:13:26.590 to address much of these things.

NOTE Confidence: 0.870239475294117

00:13:27.200 --> 00:13:29.856 You know what as you talk about palliative

NOTE Confidence: 0.870239475294117

00:13:29.856 --> 00:13:32.546 care and all of the things that you do.

NOTE Confidence: 0.870239475294117

00:13:32.550 --> 00:13:35.070 I think about people who may be

NOTE Confidence: 0.870239475294117

00:13:35.070 --> 00:13:37.556 getting care out in the community

NOTE Confidence: 0.870239475294117

00:13:37.556 --> 00:13:40.208 where there are not these resources.  
NOTE Confidence: 0.870239475294117

00:13:40.210 --> 00:13:42.562 And after we come back from taking  
NOTE Confidence: 0.870239475294117

00:13:42.562 --> 00:13:45.108 a brief break for a medical minute,  
NOTE Confidence: 0.870239475294117

00:13:45.110 --> 00:13:47.812 I want to talk about how those  
NOTE Confidence: 0.870239475294117

00:13:47.812 --> 00:13:49.951 people can get kind of palliative  
NOTE Confidence: 0.870239475294117

00:13:49.951 --> 00:13:51.913 care where they live as well.  
NOTE Confidence: 0.8170822015

00:13:52.450 --> 00:13:54.778 Funding for Yale Cancer answers comes  
NOTE Confidence: 0.8170822015

00:13:54.778 --> 00:13:56.766 from Smilow Cancer Hospital hosting  
NOTE Confidence: 0.8170822015

00:13:56.766 --> 00:13:59.022 an event in honor of colorectal  
NOTE Confidence: 0.8170822015

00:13:59.022 --> 00:14:01.554 Cancer Awareness Month, March 16th.  
NOTE Confidence: 0.8170822015

00:14:01.554 --> 00:14:03.660 Register at Yale.  
NOTE Confidence: 0.8170822015

00:14:03.660 --> 00:14:05.079 Cancercenter.org or e-mail  
NOTE Confidence: 0.8170822015

00:14:05.079 --> 00:14:09.100 cancer answers at yale.edu.  
NOTE Confidence: 0.8170822015

00:14:09.100 --> 00:14:11.585 There are over 16.9 million  
NOTE Confidence: 0.8170822015

00:14:11.585 --> 00:14:14.531 cancer survivors in the US and  
NOTE Confidence: 0.8170822015

00:14:14.531 --> 00:14:16.452 over 240,000 here in Connecticut.



NOTE Confidence: 0.8170822015

00:14:16.452 --> 00:14:18.004 Completing treatment for cancer

NOTE Confidence: 0.8170822015

00:14:18.004 --> 00:14:20.279 is a very exciting milestone,

NOTE Confidence: 0.8170822015

00:14:20.280 --> 00:14:22.254 but cancer and its treatment can

NOTE Confidence: 0.8170822015

00:14:22.254 --> 00:14:24.350 be a life changing experience.

NOTE Confidence: 0.8170822015

00:14:24.350 --> 00:14:26.370 The return to normal activities

NOTE Confidence: 0.8170822015

00:14:26.370 --> 00:14:28.390 and relationships may be difficult

NOTE Confidence: 0.8170822015

00:14:28.457 --> 00:14:30.232 and cancer survivors may face

NOTE Confidence: 0.8170822015

00:14:30.232 --> 00:14:32.503 other long term side effects of

NOTE Confidence: 0.8170822015

00:14:32.503 --> 00:14:34.219 cancer including heart problems,

NOTE Confidence: 0.8170822015

00:14:34.220 --> 00:14:35.912 osteoporosis, fertility issues,

NOTE Confidence: 0.8170822015

00:14:35.912 --> 00:14:39.860 and an increased risk of second cancers.

NOTE Confidence: 0.8170822015

00:14:39.860 --> 00:14:42.310 Resources for cancer survivors are

NOTE Confidence: 0.8170822015

00:14:42.310 --> 00:14:44.270 available at federally designated

NOTE Confidence: 0.8170822015

00:14:44.270 --> 00:14:45.719 Comprehensive cancer centers,

NOTE Confidence: 0.8170822015

00:14:45.720 --> 00:14:47.790 such as the Yale Cancer Center

NOTE Confidence: 0.8170822015

00:14:47.790 --> 00:14:49.860 and its Milo Cancer Hospital,  
NOTE Confidence: 0.8170822015

00:14:49.860 --> 00:14:51.870 to keep cancer survivors well  
NOTE Confidence: 0.8170822015

00:14:51.870 --> 00:14:53.880 and focused on healthy living.  
NOTE Confidence: 0.8170822015

00:14:53.880 --> 00:14:56.185 The Smilow Cancer Hospital Survivorship  
NOTE Confidence: 0.8170822015

00:14:56.185 --> 00:14:58.490 Clinic focuses on providing guidance  
NOTE Confidence: 0.8170822015

00:14:58.551 --> 00:15:00.735 and direction to empower survivors to  
NOTE Confidence: 0.8170822015

00:15:00.735 --> 00:15:03.039 take steps to maximize their health,  
NOTE Confidence: 0.8170822015

00:15:03.040 --> 00:15:04.456 quality of life,  
NOTE Confidence: 0.8170822015

00:15:04.456 --> 00:15:05.400 and longevity.  
NOTE Confidence: 0.8170822015

00:15:05.400 --> 00:15:08.320 More information is available at  
NOTE Confidence: 0.8170822015

00:15:08.320 --> 00:15:10.124 yalecancercenter.org you're listening to.  
NOTE Confidence: 0.8170822015

00:15:10.124 --> 00:15:11.477 Connecticut public radio.  
NOTE Confidence: 0.823334678333333

00:15:12.190 --> 00:15:14.266 Welcome back to Yale Cancer answers.  
NOTE Confidence: 0.823334678333333

00:15:14.270 --> 00:15:15.810 This is doctor Anish Chappar,  
NOTE Confidence: 0.823334678333333

00:15:15.810 --> 00:15:17.889 and I'm joined tonight by my guest,  
NOTE Confidence: 0.823334678333333

00:15:17.890 --> 00:15:19.147 Doctor Dimitri Kochenkov.

NOTE Confidence: 0.823334678333333

00:15:19.147 --> 00:15:22.080 We are learning about the field of

NOTE Confidence: 0.823334678333333

00:15:22.154 --> 00:15:25.088 palliative care in the outpatient setting.

NOTE Confidence: 0.823334678333333

00:15:25.090 --> 00:15:26.790 And right before the break,

NOTE Confidence: 0.823334678333333

00:15:26.790 --> 00:15:28.284 Dimitri, you know,

NOTE Confidence: 0.823334678333333

00:15:28.284 --> 00:15:31.770 you were talking a lot about palliative

NOTE Confidence: 0.823334678333333

00:15:31.865 --> 00:15:35.225 care and the fact that there is a

NOTE Confidence: 0.823334678333333

00:15:35.225 --> 00:15:37.638 nationwide capacity of palliative care

NOTE Confidence: 0.823334678333333

00:15:37.638 --> 00:15:39.626 specialists that really palliative

NOTE Confidence: 0.823334678333333

00:15:39.626 --> 00:15:42.685 care in the ideal world would be

NOTE Confidence: 0.823334678333333

00:15:42.685 --> 00:15:45.030 introduced to every patient who had.

NOTE Confidence: 0.823334678333333

00:15:45.030 --> 00:15:47.984 A critical illness and that this really

NOTE Confidence: 0.823334678333333

00:15:47.984 --> 00:15:50.743 is much more than simply Hospice

NOTE Confidence: 0.823334678333333

00:15:50.743 --> 00:15:53.557 or pain control in this country.

NOTE Confidence: 0.823334678333333

00:15:53.560 --> 00:15:56.662 We have people being diagnosed every

NOTE Confidence: 0.823334678333333

00:15:56.662 --> 00:16:00.160 day in every center in America,

NOTE Confidence: 0.823334678333333

00:16:00.160 --> 00:16:02.548 and some of those are blessed  
NOTE Confidence: 0.8233346783333333

00:16:02.548 --> 00:16:04.860 to be large academic centers,  
NOTE Confidence: 0.8233346783333333

00:16:04.860 --> 00:16:07.716 but there are people who are being  
NOTE Confidence: 0.8233346783333333

00:16:07.716 --> 00:16:10.043 diagnosed in smaller centers and yet  
NOTE Confidence: 0.8233346783333333

00:16:10.043 --> 00:16:13.180 they may have some of the same symptoms,  
NOTE Confidence: 0.8233346783333333

00:16:13.180 --> 00:16:15.432 issues and other crises.  
NOTE Confidence: 0.8233346783333333

00:16:15.432 --> 00:16:17.970 Of other cancer patients in  
NOTE Confidence: 0.8233346783333333

00:16:17.970 --> 00:16:19.370 some of these smaller centers,  
NOTE Confidence: 0.8233346783333333

00:16:19.370 --> 00:16:22.016 they will try to piece together  
NOTE Confidence: 0.8233346783333333

00:16:22.016 --> 00:16:24.978 a palliative care team that's not  
NOTE Confidence: 0.8233346783333333

00:16:24.978 --> 00:16:27.210 really called palliative care.  
NOTE Confidence: 0.8233346783333333

00:16:27.210 --> 00:16:30.661 They might bring in a pain management  
NOTE Confidence: 0.8233346783333333

00:16:30.661 --> 00:16:33.610 specialist from anesthesia to deal with pain.  
NOTE Confidence: 0.8233346783333333

00:16:33.610 --> 00:16:36.250 They might have a social worker  
NOTE Confidence: 0.8233346783333333

00:16:36.250 --> 00:16:38.770 to deal with financial issues  
NOTE Confidence: 0.8233346783333333

00:16:38.770 --> 00:16:40.789 and psychosocial distress.

NOTE Confidence: 0.8233346783333333  
00:16:40.790 --> 00:16:43.786 They may have a chaplain to deal  
NOTE Confidence: 0.8233346783333333  
00:16:43.786 --> 00:16:46.240 with existential crises and.  
NOTE Confidence: 0.8233346783333333  
00:16:46.240 --> 00:16:47.830 In this.  
NOTE Confidence: 0.8233346783333333  
00:16:47.830 --> 00:16:51.120 Issue of of spirituality that  
NOTE Confidence: 0.8233346783333333  
00:16:51.120 --> 00:16:53.752 some cancer patients face.  
NOTE Confidence: 0.8233346783333333  
00:16:53.760 --> 00:16:55.587 What are your thoughts on on that?  
NOTE Confidence: 0.8233346783333333  
00:16:55.590 --> 00:16:57.726 It is that helpful for patients.  
NOTE Confidence: 0.8396379333333333  
00:16:58.410 --> 00:17:00.174 You know palliative care has been  
NOTE Confidence: 0.8396379333333333  
00:17:00.174 --> 00:17:02.074 one of the fastest growing fields  
NOTE Confidence: 0.8396379333333333  
00:17:02.074 --> 00:17:04.066 in medicine as so many patients,  
NOTE Confidence: 0.8396379333333333  
00:17:04.070 --> 00:17:05.926 clinicians, payers and policymakers  
NOTE Confidence: 0.8396379333333333  
00:17:05.926 --> 00:17:08.246 have really recognized its potential  
NOTE Confidence: 0.8396379333333333  
00:17:08.246 --> 00:17:10.772 to improve quality of care for  
NOTE Confidence: 0.8396379333333333  
00:17:10.772 --> 00:17:12.368 patients with serious illness.  
NOTE Confidence: 0.8396379333333333  
00:17:12.370 --> 00:17:14.122 Unfortunately, we're still in a place  
NOTE Confidence: 0.8396379333333333

00:17:14.122 --> 00:17:16.183 where there are areas in the country  
NOTE Confidence: 0.8396379333333333

00:17:16.183 --> 00:17:17.851 that don't have access to palliative  
NOTE Confidence: 0.8396379333333333

00:17:17.851 --> 00:17:19.494 care and I think that's where  
NOTE Confidence: 0.8396379333333333

00:17:19.494 --> 00:17:21.524 advocacy comes in within our field,  
NOTE Confidence: 0.8396379333333333

00:17:21.524 --> 00:17:24.380 especially with recent legislation.  
NOTE Confidence: 0.8396379333333333

00:17:24.380 --> 00:17:26.816 That is being worked on to attack  
NOTE Confidence: 0.8396379333333333

00:17:26.816 --> 00:17:29.278 this issue from multiple angles #1.  
NOTE Confidence: 0.8396379333333333

00:17:29.280 --> 00:17:31.920 Increase the funding for education  
NOTE Confidence: 0.8396379333333333

00:17:31.920 --> 00:17:34.032 of palliative care specialists,  
NOTE Confidence: 0.8396379333333333

00:17:34.040 --> 00:17:37.022 also not only positive care specialists  
NOTE Confidence: 0.8396379333333333

00:17:37.022 --> 00:17:40.141 but also general primary care palliative  
NOTE Confidence: 0.8396379333333333

00:17:40.141 --> 00:17:43.285 skills that any clinician should have.  
NOTE Confidence: 0.8396379333333333

00:17:43.290 --> 00:17:44.538 And #2.  
NOTE Confidence: 0.8396379333333333

00:17:44.538 --> 00:17:47.658 Increase ways that we can,  
NOTE Confidence: 0.8396379333333333

00:17:47.660 --> 00:17:48.574 you know,  
NOTE Confidence: 0.8396379333333333

00:17:48.574 --> 00:17:51.316 really promote a healthcare system that

NOTE Confidence: 0.8396379333333333  
00:17:51.320 --> 00:17:54.547 rewards us for the quality of care.  
NOTE Confidence: 0.8396379333333333  
00:17:54.550 --> 00:17:57.301 That we can give to our patients  
NOTE Confidence: 0.8396379333333333  
00:17:57.301 --> 00:17:59.426 rather than rewarding us for the  
NOTE Confidence: 0.8396379333333333  
00:17:59.426 --> 00:18:01.430 number of patients that we see.  
NOTE Confidence: 0.8396379333333333  
00:18:01.430 --> 00:18:03.516 And so you know despite this growth,  
NOTE Confidence: 0.8396379333333333  
00:18:03.520 --> 00:18:06.130 you know unfortunately there are still  
NOTE Confidence: 0.8396379333333333  
00:18:06.130 --> 00:18:07.870 barriers to accessing palliative  
NOTE Confidence: 0.8396379333333333  
00:18:07.938 --> 00:18:09.960 care for millions of patients and  
NOTE Confidence: 0.8396379333333333  
00:18:09.960 --> 00:18:11.793 this really varies by hospital  
NOTE Confidence: 0.8396379333333333  
00:18:11.793 --> 00:18:13.888 size and geography and staffing.  
NOTE Confidence: 0.8396379333333333  
00:18:13.890 --> 00:18:16.482 But what I would say is that the  
NOTE Confidence: 0.8396379333333333  
00:18:16.482 --> 00:18:17.515 interdisciplinary approach that  
NOTE Confidence: 0.8396379333333333  
00:18:17.515 --> 00:18:19.489 you mentioned even if there isn't  
NOTE Confidence: 0.8396379333333333  
00:18:19.489 --> 00:18:21.180 a official palliative care team  
NOTE Confidence: 0.8396379333333333  
00:18:21.180 --> 00:18:22.785 that's been well developed yet,  
NOTE Confidence: 0.8396379333333333

00:18:22.790 --> 00:18:24.686 that's a start and I think that that's  
NOTE Confidence: 0.8396379333333333

00:18:24.686 --> 00:18:26.540 a really. Step in the right direction.  
NOTE Confidence: 0.878994755384615

00:18:26.750 --> 00:18:29.529 When do you think patients who may  
NOTE Confidence: 0.878994755384615

00:18:29.529 --> 00:18:33.283 be at a smaller center and may be  
NOTE Confidence: 0.878994755384615

00:18:33.283 --> 00:18:36.365 getting kind of this piece meal  
NOTE Confidence: 0.878994755384615

00:18:36.365 --> 00:18:39.570 palliative care ought to ask for  
NOTE Confidence: 0.878994755384615

00:18:39.570 --> 00:18:43.854 referral to a larger Center for a  
NOTE Confidence: 0.878994755384615

00:18:43.854 --> 00:18:46.310 particular palliative care consultation?  
NOTE Confidence: 0.878994755384615

00:18:46.310 --> 00:18:48.155 Is that something that people  
NOTE Confidence: 0.878994755384615

00:18:48.155 --> 00:18:50.727 should be thinking about or is that  
NOTE Confidence: 0.878994755384615

00:18:50.727 --> 00:18:52.713 not really something that is done  
NOTE Confidence: 0.75957165

00:18:53.370 --> 00:18:55.860 well, I can't speak for.  
NOTE Confidence: 0.75957165

00:18:55.860 --> 00:18:57.617 All of the programs across the country.  
NOTE Confidence: 0.75957165

00:18:57.620 --> 00:19:00.324 But what I can say is that it's  
NOTE Confidence: 0.75957165

00:19:00.324 --> 00:19:02.451 quite challenging for a program to  
NOTE Confidence: 0.75957165

00:19:02.451 --> 00:19:04.521 take on patients from outside the



NOTE Confidence: 0.75957165

00:19:04.590 --> 00:19:07.116 system unless the patient is already

NOTE Confidence: 0.75957165

00:19:07.116 --> 00:19:09.167 getting care within that system.

NOTE Confidence: 0.75957165

00:19:09.167 --> 00:19:11.736 So I think it comes down to

NOTE Confidence: 0.75957165

00:19:11.736 --> 00:19:13.620 a continuity of care issue.

NOTE Confidence: 0.75957165

00:19:13.620 --> 00:19:16.059 It's so helpful for us to work so closely

NOTE Confidence: 0.75957165

00:19:16.059 --> 00:19:18.225 with our colleagues here in oncology

NOTE Confidence: 0.75957165

00:19:18.225 --> 00:19:20.451 and the outpatient setting and then

NOTE Confidence: 0.75957165

00:19:20.451 --> 00:19:22.803 all of the other specialties in the

NOTE Confidence: 0.75957165

00:19:22.803 --> 00:19:25.524 hospital because we all just communicate.

NOTE Confidence: 0.75957165

00:19:25.524 --> 00:19:26.546 Very smoothly.

NOTE Confidence: 0.75957165

00:19:26.550 --> 00:19:29.506 We all know the patient and it really

NOTE Confidence: 0.75957165

00:19:29.506 --> 00:19:31.466 promotes this patient centered care.

NOTE Confidence: 0.75957165

00:19:31.470 --> 00:19:34.950 I think the best way to approach that

NOTE Confidence: 0.75957165

00:19:34.950 --> 00:19:37.842 issue is really to for physicians,

NOTE Confidence: 0.75957165

00:19:37.842 --> 00:19:38.534 nurses,

NOTE Confidence: 0.75957165

00:19:38.534 --> 00:19:41.994 nurse practitioners and others within  
NOTE Confidence: 0.75957165

00:19:41.994 --> 00:19:44.175 each system's healthcare system,  
NOTE Confidence: 0.75957165

00:19:44.175 --> 00:19:47.145 local system to really advocate for  
NOTE Confidence: 0.75957165

00:19:47.145 --> 00:19:50.073 this kind of support for their patients  
NOTE Confidence: 0.75957165

00:19:50.073 --> 00:19:52.909 and that that might really make the  
NOTE Confidence: 0.75957165

00:19:52.909 --> 00:19:55.904 difference over the long term and leadership.  
NOTE Confidence: 0.75957165

00:19:55.904 --> 00:19:58.360 Putting resources towards dedicated  
NOTE Confidence: 0.75957165

00:19:58.360 --> 00:20:01.430 palliative care teams that can,  
NOTE Confidence: 0.75957165

00:20:01.430 --> 00:20:01.866 you know,  
NOTE Confidence: 0.75957165

00:20:01.866 --> 00:20:03.174 add an extra layer of support  
NOTE Confidence: 0.814795798571429

00:20:03.450 --> 00:20:07.370 and and you know to that end.  
NOTE Confidence: 0.814795798571429

00:20:07.370 --> 00:20:09.626 All of the healthcare administrators who  
NOTE Confidence: 0.814795798571429

00:20:09.626 --> 00:20:12.428 are are listening to us are thinking yes,  
NOTE Confidence: 0.814795798571429

00:20:12.430 --> 00:20:16.714 that's yet another expense in an  
NOTE Confidence: 0.814795798571429

00:20:16.714 --> 00:20:20.500 already very tight healthcare system.  
NOTE Confidence: 0.814795798571429

00:20:20.500 --> 00:20:23.844 So talk to us a little bit more

NOTE Confidence: 0.814795798571429

00:20:23.844 --> 00:20:26.566 about evidence based outcomes of

NOTE Confidence: 0.814795798571429

00:20:26.566 --> 00:20:29.592 palliative care services and whether

NOTE Confidence: 0.814795798571429

00:20:29.592 --> 00:20:34.016 there is in fact data that supports

NOTE Confidence: 0.814795798571429

00:20:34.020 --> 00:20:37.280 palliative care services as improving.

NOTE Confidence: 0.814795798571429

00:20:37.280 --> 00:20:41.910 Quality of care, perhaps longevity

NOTE Confidence: 0.814795798571429

00:20:41.910 --> 00:20:45.828 doesn't and and and even further,

NOTE Confidence: 0.814795798571429

00:20:45.830 --> 00:20:48.285 is there any evidence for

NOTE Confidence: 0.814795798571429

00:20:48.285 --> 00:20:49.758 its cost effectiveness?

NOTE Confidence: 0.84625988

00:20:50.370 --> 00:20:51.935 Yeah, we have some fascinating

NOTE Confidence: 0.84625988

00:20:51.935 --> 00:20:53.500 evidence to support the early

NOTE Confidence: 0.84625988

00:20:53.556 --> 00:20:55.252 involvement of palliative care

NOTE Confidence: 0.84625988

00:20:55.252 --> 00:20:56.948 particularly in oncology patients,

NOTE Confidence: 0.84625988

00:20:56.950 --> 00:20:59.926 but in other diseases as well.

NOTE Confidence: 0.84625988

00:20:59.930 --> 00:21:01.680 And one of the pivotal studies in

NOTE Confidence: 0.84625988

00:21:01.680 --> 00:21:03.683 our field was published in the New

NOTE Confidence: 0.84625988

00:21:03.683 --> 00:21:05.471 England Journal of Medicine in 2010  
NOTE Confidence: 0.84625988

00:21:05.532 --> 00:21:07.394 and this was led by our colleagues.  
NOTE Confidence: 0.84625988

00:21:07.400 --> 00:21:08.321 At mass general,  
NOTE Confidence: 0.84625988

00:21:08.321 --> 00:21:10.470 Doctor Temel and her team and the  
NOTE Confidence: 0.84625988

00:21:10.539 --> 00:21:12.825 researchers recruited a group of patients  
NOTE Confidence: 0.84625988

00:21:12.825 --> 00:21:15.638 with lung cancer who volunteered to be  
NOTE Confidence: 0.84625988

00:21:15.638 --> 00:21:17.673 randomized to two different groups.  
NOTE Confidence: 0.84625988

00:21:17.680 --> 00:21:19.192 One group receives standard  
NOTE Confidence: 0.84625988

00:21:19.192 --> 00:21:21.460 oncology care and the other group,  
NOTE Confidence: 0.84625988

00:21:21.460 --> 00:21:22.960 that comparison group,  
NOTE Confidence: 0.84625988

00:21:22.960 --> 00:21:24.960 receives standard oncology care  
NOTE Confidence: 0.84625988

00:21:24.960 --> 00:21:26.860 plus early palliative care.  
NOTE Confidence: 0.84625988

00:21:26.860 --> 00:21:28.836 And what they found was sort of incredible.  
NOTE Confidence: 0.84625988

00:21:28.840 --> 00:21:31.090 The patients in the early palliative  
NOTE Confidence: 0.84625988

00:21:31.090 --> 00:21:33.699 care group had better symptom control.  
NOTE Confidence: 0.84625988

00:21:33.700 --> 00:21:35.448 They had better mood,

NOTE Confidence: 0.84625988

00:21:35.448 --> 00:21:37.633 better quality of life scores.

NOTE Confidence: 0.84625988

00:21:37.640 --> 00:21:39.488 And they had less intensive care

NOTE Confidence: 0.84625988

00:21:39.488 --> 00:21:42.210 at the end of life and they also

NOTE Confidence: 0.84625988

00:21:42.210 --> 00:21:44.340 lived on average two months longer

NOTE Confidence: 0.84625988

00:21:44.409 --> 00:21:46.754 than the patients who did not have

NOTE Confidence: 0.84625988

00:21:46.754 --> 00:21:48.580 any exposure to palliative care.

NOTE Confidence: 0.84625988

00:21:48.580 --> 00:21:51.860 And this was really a huge aha moment

NOTE Confidence: 0.84625988

00:21:51.945 --> 00:21:55.088 for our field when we really could

NOTE Confidence: 0.84625988

00:21:55.088 --> 00:21:57.120 demonstrate the specific benefits

NOTE Confidence: 0.84625988

00:21:57.120 --> 00:21:58.420 of palliative care involvement when

NOTE Confidence: 0.84625988

00:21:58.420 --> 00:22:00.050 it comes to things that really

NOTE Confidence: 0.84625988

00:22:00.050 --> 00:22:00.908 matter to patients.

NOTE Confidence: 0.780844402941176

00:22:01.140 --> 00:22:04.436 And so with that less intense use of

NOTE Confidence: 0.780844402941176

00:22:04.436 --> 00:22:07.948 resources at the end of life did that study.

NOTE Confidence: 0.780844402941176

00:22:07.950 --> 00:22:10.025 There any other study demonstrate

NOTE Confidence: 0.780844402941176

00:22:10.025 --> 00:22:12.100 cost effectiveness of palliative care.

NOTE Confidence: 0.780844402941176

00:22:12.100 --> 00:22:15.588 In other words, was there an offset in

NOTE Confidence: 0.780844402941176

00:22:15.588 --> 00:22:19.598 terms of the cost of hiring palliative

NOTE Confidence: 0.780844402941176

00:22:19.598 --> 00:22:22.368 care specialists versus the cost

NOTE Confidence: 0.780844402941176

00:22:22.368 --> 00:22:25.980 of treatments at the end of life,

NOTE Confidence: 0.780844402941176

00:22:25.980 --> 00:22:27.726 which may not have been helpful.

NOTE Confidence: 0.8122204222222222

00:22:28.240 --> 00:22:30.915 Yeah, there's some really strong

NOTE Confidence: 0.8122204222222222

00:22:30.915 --> 00:22:33.786 data to support the the support,

NOTE Confidence: 0.8122204222222222

00:22:33.786 --> 00:22:35.964 the resources of having a palliative

NOTE Confidence: 0.8122204222222222

00:22:35.964 --> 00:22:38.388 care team in the hospital which has

NOTE Confidence: 0.8122204222222222

00:22:38.388 --> 00:22:40.158 shown in multiple different studies.

NOTE Confidence: 0.8122204222222222

00:22:40.160 --> 00:22:41.489 To minimize healthcare

NOTE Confidence: 0.8122204222222222

00:22:41.489 --> 00:22:44.147 utilization at the end of life,

NOTE Confidence: 0.8122204222222222

00:22:44.150 --> 00:22:46.950 which saves the system money.

NOTE Confidence: 0.8122204222222222

00:22:46.950 --> 00:22:48.222 But that's not really what we

NOTE Confidence: 0.8122204222222222

00:22:48.222 --> 00:22:49.852 focus on and that that's not the

NOTE Confidence: 0.8122204222222222  
00:22:49.852 --> 00:22:51.067 most important part of this.  
NOTE Confidence: 0.8122204222222222  
00:22:51.070 --> 00:22:52.965 The, the real important part  
NOTE Confidence: 0.8122204222222222  
00:22:52.965 --> 00:22:55.430 of this is that we align,  
NOTE Confidence: 0.8122204222222222  
00:22:55.430 --> 00:22:57.523 we align what's important to the patients  
NOTE Confidence: 0.8122204222222222  
00:22:57.523 --> 00:22:59.886 with what the care that they receive is.  
NOTE Confidence: 0.8122204222222222  
00:22:59.890 --> 00:23:01.336 So for example,  
NOTE Confidence: 0.8122204222222222  
00:23:01.336 --> 00:23:04.228 patients who want to spend whatever  
NOTE Confidence: 0.8122204222222222  
00:23:04.228 --> 00:23:07.158 time they have at home and not be  
NOTE Confidence: 0.8122204222222222  
00:23:07.158 --> 00:23:08.934 in the hospital back and forth,  
NOTE Confidence: 0.8122204222222222  
00:23:08.940 --> 00:23:09.332 you know,  
NOTE Confidence: 0.8122204222222222  
00:23:09.332 --> 00:23:11.070 which obviously is a burden to a lot of.  
NOTE Confidence: 0.8122204222222222  
00:23:11.070 --> 00:23:11.655 People,  
NOTE Confidence: 0.8122204222222222  
00:23:11.655 --> 00:23:15.165 those patients receive care that is  
NOTE Confidence: 0.8122204222222222  
00:23:15.165 --> 00:23:17.964 aligned with that and that's that's  
NOTE Confidence: 0.8122204222222222  
00:23:17.964 --> 00:23:20.400 really our our motivation and our daily  
NOTE Confidence: 0.8122204222222222

00:23:20.470 --> 00:23:22.976 focus and we're rewarding nature of this,  
NOTE Confidence: 0.8122204222222222

00:23:22.980 --> 00:23:23.808 of this field.  
NOTE Confidence: 0.764022944285714

00:23:24.100 --> 00:23:26.137 Yeah, no, I get that completely Dimitri.  
NOTE Confidence: 0.764022944285714

00:23:26.140 --> 00:23:28.100 But the healthcare administrators  
NOTE Confidence: 0.764022944285714

00:23:28.100 --> 00:23:31.040 who are looking at hiring palliative  
NOTE Confidence: 0.764022944285714

00:23:31.114 --> 00:23:33.284 care specialists and are thinking  
NOTE Confidence: 0.764022944285714

00:23:33.284 --> 00:23:35.961 about the additional cost of doing  
NOTE Confidence: 0.764022944285714

00:23:35.961 --> 00:23:38.999 so are often also thinking about its  
NOTE Confidence: 0.764022944285714

00:23:38.999 --> 00:23:41.103 cost effectiveness. So it's nice.  
NOTE Confidence: 0.764022944285714

00:23:41.103 --> 00:23:43.158 When you can provide evidence  
NOTE Confidence: 0.764022944285714

00:23:43.158 --> 00:23:46.273 that not only does palliative care  
NOTE Confidence: 0.764022944285714

00:23:46.273 --> 00:23:48.485 align with patients interests,  
NOTE Confidence: 0.764022944285714

00:23:48.490 --> 00:23:52.602 but it also aligns with the healthcare  
NOTE Confidence: 0.764022944285714

00:23:52.602 --> 00:23:55.232 systems interests in terms of  
NOTE Confidence: 0.764022944285714

00:23:55.232 --> 00:23:57.556 reducing healthcare costs while at  
NOTE Confidence: 0.764022944285714

00:23:57.556 --> 00:23:59.522 the same time improving quality.



NOTE Confidence: 0.764022944285714

00:23:59.522 --> 00:24:03.410 So the next question I have is this.

NOTE Confidence: 0.764022944285714

00:24:03.410 --> 00:24:06.966 You know you did a fellowship in

NOTE Confidence: 0.764022944285714

00:24:06.966 --> 00:24:09.854 palliative care in order for a

NOTE Confidence: 0.764022944285714

00:24:09.854 --> 00:24:11.718 healthcare system to provide.

NOTE Confidence: 0.764022944285714

00:24:11.720 --> 00:24:13.510 Tell you to care services,

NOTE Confidence: 0.764022944285714

00:24:13.510 --> 00:24:16.295 do they need fellowship trained

NOTE Confidence: 0.764022944285714

00:24:16.295 --> 00:24:18.523 palliative care specialists like

NOTE Confidence: 0.764022944285714

00:24:18.523 --> 00:24:21.690 you or is it possible for them to

NOTE Confidence: 0.764022944285714

00:24:21.690 --> 00:24:24.419 train up their existing workforce,

NOTE Confidence: 0.764022944285714

00:24:24.420 --> 00:24:28.224 whether it's nurses or physicians to

NOTE Confidence: 0.764022944285714

00:24:28.224 --> 00:24:31.309 provide them some palliative care

NOTE Confidence: 0.764022944285714

00:24:31.309 --> 00:24:34.893 training that so that they may be able

NOTE Confidence: 0.764022944285714

00:24:34.893 --> 00:24:38.638 to provide these kinds of resources

NOTE Confidence: 0.764022944285714

00:24:38.638 --> 00:24:42.162 to their patients without going through?

NOTE Confidence: 0.764022944285714

00:24:42.162 --> 00:24:43.174 A fellowship,

NOTE Confidence: 0.764022944285714

00:24:43.174 --> 00:24:43.680 training,  
NOTE Confidence: 0.764022944285714

00:24:43.680 --> 00:24:45.996 or hiring somebody who who has  
NOTE Confidence: 0.764022944285714

00:24:45.996 --> 00:24:47.910 fellowship training in palliative care.  
NOTE Confidence: 0.910147106666666

00:24:49.310 --> 00:24:51.830 Yeah, the the standard of care  
NOTE Confidence: 0.910147106666666

00:24:51.830 --> 00:24:54.800 really is to have board certified  
NOTE Confidence: 0.910147106666666

00:24:54.800 --> 00:24:58.406 palliative care physicians on the team.  
NOTE Confidence: 0.910147106666666

00:24:58.410 --> 00:25:00.146 But that being said,  
NOTE Confidence: 0.910147106666666

00:25:00.146 --> 00:25:02.750 there are many ways that healthcare  
NOTE Confidence: 0.910147106666666

00:25:02.837 --> 00:25:06.260 systems can invest in their current staff  
NOTE Confidence: 0.910147106666666

00:25:06.260 --> 00:25:08.885 by providing training for for example,  
NOTE Confidence: 0.910147106666666

00:25:08.885 --> 00:25:11.195 the nurses in the hospital taking  
NOTE Confidence: 0.910147106666666

00:25:11.195 --> 00:25:13.480 care of patients on different in  
NOTE Confidence: 0.910147106666666

00:25:13.480 --> 00:25:14.880 different settings and whether  
NOTE Confidence: 0.910147106666666

00:25:14.880 --> 00:25:16.974 it's in the middle of critical  
NOTE Confidence: 0.910147106666666

00:25:16.974 --> 00:25:19.256 care unit or on the normal regular.  
NOTE Confidence: 0.910147106666666

00:25:19.260 --> 00:25:22.134 Floor investing in them to provide

NOTE Confidence: 0.9101471066666666  
00:25:22.134 --> 00:25:24.696 training on the primary palliative  
NOTE Confidence: 0.9101471066666666  
00:25:24.696 --> 00:25:28.125 care skills that could really help  
NOTE Confidence: 0.9101471066666666  
00:25:28.125 --> 00:25:31.174 them provide aligned care and then  
NOTE Confidence: 0.9101471066666666  
00:25:31.174 --> 00:25:33.286 really patient centered care at all  
NOTE Confidence: 0.9101471066666666  
00:25:33.286 --> 00:25:35.468 levels and all stages of disease.  
NOTE Confidence: 0.9101471066666666  
00:25:35.470 --> 00:25:38.606 And so obviously we would all love  
NOTE Confidence: 0.9101471066666666  
00:25:38.606 --> 00:25:40.890 to have you know board certified  
NOTE Confidence: 0.9101471066666666  
00:25:40.890 --> 00:25:42.960 physicians on staff and but you  
NOTE Confidence: 0.9101471066666666  
00:25:43.029 --> 00:25:44.955 know that's really been a challenge  
NOTE Confidence: 0.9101471066666666  
00:25:44.955 --> 00:25:47.357 and I think it's going to be  
NOTE Confidence: 0.9101471066666666  
00:25:47.357 --> 00:25:48.765 a challenge looking forward.  
NOTE Confidence: 0.9101471066666666  
00:25:48.770 --> 00:25:49.880 I think we can address that.  
NOTE Confidence: 0.9101471066666666  
00:25:49.880 --> 00:25:51.720 Through investing in other ways  
NOTE Confidence: 0.813104376  
00:25:52.270 --> 00:25:54.770 and so you know you,  
NOTE Confidence: 0.813104376  
00:25:54.770 --> 00:25:56.414 you mentioned that palliative care can  
NOTE Confidence: 0.813104376

00:25:56.414 --> 00:25:58.578 be offered in a variety of settings,  
NOTE Confidence: 0.813104376

00:25:58.580 --> 00:26:01.205 so certainly in the critical care units  
NOTE Confidence: 0.813104376

00:26:01.205 --> 00:26:03.907 on the oncology units in the hospital,  
NOTE Confidence: 0.813104376

00:26:03.910 --> 00:26:07.450 but your main area is,  
NOTE Confidence: 0.813104376

00:26:07.450 --> 00:26:08.930 is in the outpatient clinic.  
NOTE Confidence: 0.813104376

00:26:08.930 --> 00:26:11.086 Is that right and can you tell  
NOTE Confidence: 0.813104376

00:26:11.086 --> 00:26:13.847 us a little bit more about how  
NOTE Confidence: 0.813104376

00:26:13.847 --> 00:26:15.768 palliative care differs from  
NOTE Confidence: 0.813104376

00:26:15.768 --> 00:26:18.160 inpatient services to outpatient?  
NOTE Confidence: 0.920648151

00:26:20.260 --> 00:26:22.577 So I'm, I'm, I'm lucky enough to  
NOTE Confidence: 0.920648151

00:26:22.577 --> 00:26:25.370 actually have a few weeks a year where  
NOTE Confidence: 0.920648151

00:26:25.370 --> 00:26:27.644 I'm working in the hospital with our  
NOTE Confidence: 0.920648151

00:26:27.644 --> 00:26:29.276 inpatient palliative care team as well.  
NOTE Confidence: 0.920648151

00:26:29.280 --> 00:26:31.352 So I'm able to see patients both  
NOTE Confidence: 0.920648151

00:26:31.352 --> 00:26:33.300 in the clinic setting and then  
NOTE Confidence: 0.920648151

00:26:33.300 --> 00:26:35.274 also help them when they're in

NOTE Confidence: 0.920648151

00:26:35.274 --> 00:26:37.539 the hospital with an acute issue.

NOTE Confidence: 0.920648151

00:26:37.540 --> 00:26:40.546 And that there is a lot of overlap between

NOTE Confidence: 0.920648151

00:26:40.546 --> 00:26:43.395 the work that we do in the clinic and

NOTE Confidence: 0.920648151

00:26:43.395 --> 00:26:46.040 the work that we do in the hospital.

NOTE Confidence: 0.920648151

00:26:46.040 --> 00:26:47.713 One of the beautiful things is that

NOTE Confidence: 0.920648151

00:26:47.713 --> 00:26:49.816 when one of our patients, you know,

NOTE Confidence: 0.920648151

00:26:49.816 --> 00:26:53.199 we know and and they know us has an issue

NOTE Confidence: 0.920648151

00:26:53.200 --> 00:26:55.018 and they're admitted to the hospital,

NOTE Confidence: 0.920648151

00:26:55.020 --> 00:26:57.268 they have a team that already knows them

NOTE Confidence: 0.920648151

00:26:57.268 --> 00:26:59.205 and has developed a relationship with

NOTE Confidence: 0.920648151

00:26:59.205 --> 00:27:01.880 them to come and and check in on them,

NOTE Confidence: 0.920648151

00:27:01.880 --> 00:27:03.524 see what's going on,

NOTE Confidence: 0.920648151

00:27:03.524 --> 00:27:05.990 see if there are unaddressed symptoms

NOTE Confidence: 0.920648151

00:27:06.064 --> 00:27:08.404 or other aspects of their palliative

NOTE Confidence: 0.920648151

00:27:08.404 --> 00:27:11.167 care needs that we could add on to.

NOTE Confidence: 0.920648151

00:27:11.170 --> 00:27:13.890 So what the primary medical team is doing,  
NOTE Confidence: 0.920648151

00:27:13.890 --> 00:27:16.170 the main difference is really between  
NOTE Confidence: 0.920648151

00:27:16.170 --> 00:27:18.468 the two settings is that obviously  
NOTE Confidence: 0.920648151

00:27:18.468 --> 00:27:21.096 in the outpatient setting we're able  
NOTE Confidence: 0.920648151

00:27:21.096 --> 00:27:23.109 to develop relationships over longer  
NOTE Confidence: 0.920648151

00:27:23.109 --> 00:27:25.629 periods of time and and that really is,  
NOTE Confidence: 0.920648151

00:27:25.630 --> 00:27:26.710 is very rewarding to me.  
NOTE Confidence: 0.896854106470588

00:27:27.890 --> 00:27:30.044 And presumably the other issue is  
NOTE Confidence: 0.896854106470588

00:27:30.044 --> 00:27:32.460 that going back to something that  
NOTE Confidence: 0.896854106470588

00:27:32.460 --> 00:27:34.730 you mentioned before the break,  
NOTE Confidence: 0.896854106470588

00:27:34.730 --> 00:27:37.362 you know not all of these patients that  
NOTE Confidence: 0.896854106470588

00:27:37.362 --> 00:27:39.754 you see particularly in the outpatient  
NOTE Confidence: 0.896854106470588

00:27:39.754 --> 00:27:42.869 setting are quote at the end of life.  
NOTE Confidence: 0.896854106470588

00:27:42.870 --> 00:27:45.759 And so some of these may be you know  
NOTE Confidence: 0.896854106470588

00:27:45.759 --> 00:27:49.213 dealing with symptoms that they may have  
NOTE Confidence: 0.896854106470588

00:27:49.213 --> 00:27:51.253 developed undergoing active treatment

NOTE Confidence: 0.896854106470588

00:27:51.332 --> 00:27:53.822 for curative intent and you're you're

NOTE Confidence: 0.896854106470588

00:27:53.822 --> 00:27:56.254 kind of seeing them through that

NOTE Confidence: 0.896854106470588

00:27:56.254 --> 00:27:58.928 process where they're able to come to.

NOTE Confidence: 0.896854106470588

00:27:58.930 --> 00:28:01.606 An outpatient clinic and avail themselves

NOTE Confidence: 0.896854106470588

00:28:01.606 --> 00:28:03.589 of your services, is that right?

NOTE Confidence: 0.911350439

00:28:04.400 --> 00:28:06.059 Yeah. So many of our patients are

NOTE Confidence: 0.911350439

00:28:06.059 --> 00:28:08.335 with us for years and years and they

NOTE Confidence: 0.911350439

00:28:08.335 --> 00:28:09.840 are living with serious illness.

NOTE Confidence: 0.911350439

00:28:09.840 --> 00:28:12.768 For example, cancers like breast cancer

NOTE Confidence: 0.911350439

00:28:12.768 --> 00:28:15.434 with which have which have amazing

NOTE Confidence: 0.911350439

00:28:15.434 --> 00:28:17.632 treatments that are coming out over the

NOTE Confidence: 0.911350439

00:28:17.632 --> 00:28:19.506 last few years really impacting patients

NOTE Confidence: 0.911350439

00:28:19.506 --> 00:28:21.620 lives and allowing them to live longer.

NOTE Confidence: 0.911350439

00:28:21.620 --> 00:28:23.966 And other hematologic cancers for example

NOTE Confidence: 0.911350439

00:28:23.966 --> 00:28:26.345 are are more like chronic illnesses

NOTE Confidence: 0.911350439

00:28:26.345 --> 00:28:29.313 that people live with for a long time.  
NOTE Confidence: 0.911350439

00:28:29.320 --> 00:28:31.553 So we've really found our niche in  
NOTE Confidence: 0.911350439

00:28:31.553 --> 00:28:33.240 helping those patients live better.  
NOTE Confidence: 0.795261600714286

00:28:33.470 --> 00:28:34.890 Doctor Dmitri Kashefi Nikov  
NOTE Confidence: 0.795261600714286

00:28:34.890 --> 00:28:36.665 is an assistant professor at  
NOTE Confidence: 0.795261600714286

00:28:36.665 --> 00:28:38.507 the Yale School of Medicine.  
NOTE Confidence: 0.795261600714286

00:28:38.510 --> 00:28:40.634 If you have questions,  
NOTE Confidence: 0.795261600714286

00:28:40.634 --> 00:28:42.688 the address is canceranswers@yale.edu,  
NOTE Confidence: 0.795261600714286

00:28:42.688 --> 00:28:45.436 and past editions of the program  
NOTE Confidence: 0.795261600714286

00:28:45.436 --> 00:28:47.821 are available in audio and written  
NOTE Confidence: 0.795261600714286

00:28:47.821 --> 00:28:48.757 form at yalecancercenter.org.  
NOTE Confidence: 0.795261600714286

00:28:48.757 --> 00:28:51.213 We hope you'll join us next week to  
NOTE Confidence: 0.795261600714286

00:28:51.213 --> 00:28:53.093 learn more about the fight against  
NOTE Confidence: 0.795261600714286

00:28:53.093 --> 00:28:54.950 cancer here on Connecticut Public Radio.  
NOTE Confidence: 0.795261600714286

00:28:54.950 --> 00:28:57.542 Funding for Yale Cancer Answers is  
NOTE Confidence: 0.795261600714286

00:28:57.542 --> 00:29:00.000 provided by Smilow Cancer Hospital.