

WEBVTT

00:00:00.000 --> 00:00:02.154 Funding for Yale Cancer Answers is

NOTE Confidence: 0.897156323636364

00:00:02.154 --> 00:00:04.190 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.87929245125

00:00:06.310 --> 00:00:07.582 Welcome to Yale Cancer

NOTE Confidence: 0.87929245125

00:00:07.582 --> 00:00:08.854 Answers with your host

NOTE Confidence: 0.87929245125

00:00:08.860 --> 00:00:10.984 Doctor Anees Chagpar. Yale Cancer

NOTE Confidence: 0.87929245125

00:00:10.984 --> 00:00:12.400 Answers features the latest

NOTE Confidence: 0.87929245125

00:00:12.463 --> 00:00:14.593 information on cancer care by

NOTE Confidence: 0.87929245125

00:00:14.593 --> 00:00:16.297 welcoming oncologists and specialists

NOTE Confidence: 0.87929245125

00:00:16.297 --> 00:00:18.587 who are on the forefront of the

NOTE Confidence: 0.87929245125

00:00:18.587 --> 00:00:20.410 battle to fight cancer. This week,

NOTE Confidence: 0.87929245125

00:00:20.410 --> 00:00:21.960 it's a conversation about palliative

NOTE Confidence: 0.87929245125

00:00:21.960 --> 00:00:23.669 care with Doctor Dmitry Kozhevnikov.

NOTE Confidence: 0.87929245125

00:00:23.670 --> 00:00:25.818 Doctor Kozhevnikov is an

NOTE Confidence: 0.87929245125

00:00:25.818 --> 00:00:28.009 assistant professor at the Yale School

NOTE Confidence: 0.87929245125

00:00:28.009 --> 00:00:30.085 of Medicine where Doctor Chagpar is

NOTE Confidence: 0.87929245125

00:00:30.085 --> 00:00:32.098 a professor of surgical oncology.

NOTE Confidence: 0.888055238636363

00:00:34.190 --> 00:00:36.182 So Dimitry, maybe we can start off by

NOTE Confidence: 0.888055238636363

00:00:36.182 --> 00:00:38.359 you telling us a little bit more about

NOTE Confidence: 0.888055238636363

00:00:38.359 --> 00:00:39.860 yourself and what exactly you do.

NOTE Confidence: 0.918416609

00:00:40.010 --> 00:00:42.474 I'm an internist by training and a

NOTE Confidence: 0.918416609

00:00:42.474 --> 00:00:44.044 palliative care physician, and what

NOTE Confidence: 0.918416609

00:00:44.044 --> 00:00:45.843 this means is that after medical school,

NOTE Confidence: 0.918416609

00:00:45.850 --> 00:00:48.895 I chose to specialize in internal medicine,

NOTE Confidence: 0.918416609

00:00:48.900 --> 00:00:51.609 giving me the training to treat a

NOTE Confidence: 0.918416609

00:00:51.609 --> 00:00:54.229 variety of diseases that affect adults.

NOTE Confidence: 0.918416609

00:00:54.230 --> 00:00:55.138 After graduation.

NOTE Confidence: 0.918416609

00:00:55.138 --> 00:00:57.408 Internists can either pursue work

NOTE Confidence: 0.918416609

00:00:57.408 --> 00:00:59.993 in general medicine in the hospital

NOTE Confidence: 0.918416609

00:00:59.993 --> 00:01:01.529 or primary care practices,

NOTE Confidence: 0.918416609

00:01:01.530 --> 00:01:03.889 or they can continue their training by

NOTE Confidence: 0.918416609

00:01:03.889 --> 00:01:05.860 pursuing a fellowship and specialties.

NOTE Confidence: 0.918416609

00:01:05.860 --> 00:01:08.080 Some specialties like cardiology,

NOTE Confidence: 0.918416609

00:01:08.080 --> 00:01:10.855 infectious disease and many others.

NOTE Confidence: 0.918416609

00:01:10.860 --> 00:01:13.572 And I was fascinated by the idea of

NOTE Confidence: 0.918416609

00:01:13.572 --> 00:01:15.170 specialty palliative care training.

NOTE Confidence: 0.918416609

00:01:15.170 --> 00:01:16.988 Knowing that it would provide me

NOTE Confidence: 0.918416609

00:01:16.988 --> 00:01:18.916 with a unique skillset to help

NOTE Confidence: 0.918416609

00:01:18.916 --> 00:01:20.236 me provide patient centered,

NOTE Confidence: 0.918416609

00:01:20.240 --> 00:01:22.280 compassionate care to patients

NOTE Confidence: 0.918416609

00:01:22.280 --> 00:01:23.810 with serious illness.

NOTE Confidence: 0.918416609

00:01:23.810 --> 00:01:25.484 Palliative care is a type of

NOTE Confidence: 0.918416609

00:01:25.484 --> 00:01:26.957 specialized medical care for people

NOTE Confidence: 0.918416609

00:01:26.957 --> 00:01:28.467 living with a serious illness,

NOTE Confidence: 0.918416609

00:01:28.470 --> 00:01:30.493 and this type of care is focused

NOTE Confidence: 0.918416609

00:01:30.493 --> 00:01:32.017 on providing relief from the

NOTE Confidence: 0.918416609

00:01:32.017 --> 00:01:33.817 symptoms of the illness and also

NOTE Confidence: 0.918416609

00:01:33.817 --> 00:01:35.810 the stresses that come along with it,

NOTE Confidence: 0.918416609

00:01:35.810 --> 00:01:37.466 and the goal really is to

NOTE Confidence: 0.918416609

00:01:37.466 --> 00:01:38.570 help people live better.

NOTE Confidence: 0.918416609

00:01:38.570 --> 00:01:40.780 It's provided by a specially

NOTE Confidence: 0.918416609

00:01:40.780 --> 00:01:42.548 trained team of doctors,

NOTE Confidence: 0.918416609

00:01:42.550 --> 00:01:44.460 nurses and many other specialists

NOTE Confidence: 0.918416609

00:01:44.460 --> 00:01:46.120 who work together with the

NOTE Confidence: 0.918416609

00:01:46.120 --> 00:01:47.395 patients other doctors to provide

NOTE Confidence: 0.918416609

00:01:47.395 --> 00:01:48.699 an extra layer of support.

NOTE Confidence: 0.858963118

00:01:49.350 --> 00:01:50.960 So you know palliative care

NOTE Confidence: 0.858963118

00:01:50.960 --> 00:01:52.570 is one of these things.

NOTE Confidence: 0.858963118

00:01:52.570 --> 00:01:55.426 That is a little bit fuzzy.

NOTE Confidence: 0.858963118

00:01:55.430 --> 00:01:58.860 I think too many people.

NOTE Confidence: 0.858963118

00:01:58.860 --> 00:02:01.024 Some people think of

NOTE Confidence: 0.858963118

00:02:01.024 --> 00:02:03.132 palliative care as Hospice.

NOTE Confidence: 0.858963118

00:02:03.132 --> 00:02:05.687 Some people think of palliative

NOTE Confidence: 0.858963118

00:02:05.687 --> 00:02:08.320 care as pain management.

NOTE Confidence: 0.858963118

00:02:08.320 --> 00:02:11.095 Some people think of palliative

NOTE Confidence: 0.858963118

00:02:11.095 --> 00:02:14.710 care as death panels.

NOTE Confidence: 0.858963118

00:02:14.710 --> 00:02:17.328 And yet palliative care,

NOTE Confidence: 0.858963118

00:02:17.328 --> 00:02:19.423 the way that you've described

NOTE Confidence: 0.858963118

00:02:19.423 --> 00:02:23.443 it just seems more like a

NOTE Confidence: 0.858963118

00:02:23.443 --> 00:02:27.127 part of medical practice.

NOTE Confidence: 0.858963118

00:02:27.130 --> 00:02:29.190 So can you help?

NOTE Confidence: 0.858963118

00:02:29.190 --> 00:02:31.250 Kind of differentiate it

NOTE Confidence: 0.858963118

00:02:31.250 --> 00:02:33.300 from those other things?

NOTE Confidence: 0.93770390625

00:02:33.970 --> 00:02:35.985 Absolutely. And I always emphasize

NOTE Confidence: 0.93770390625

00:02:35.985 --> 00:02:38.344 that palliative care is really based

NOTE Confidence: 0.93770390625

00:02:38.344 --> 00:02:40.297 on the needs of the patient and

NOTE Confidence: 0.93770390625

00:02:40.297 --> 00:02:42.467 not the prognosis of the disease.

NOTE Confidence: 0.93770390625

00:02:42.470 --> 00:02:43.770 It's appropriate at any age

NOTE Confidence: 0.93770390625

00:02:43.770 --> 00:02:45.570 and any stage of an illness,  
NOTE Confidence: 0.93770390625

00:02:45.570 --> 00:02:48.140 and can be provided alongside  
NOTE Confidence: 0.93770390625

00:02:48.140 --> 00:02:49.168 curative treatments.  
NOTE Confidence: 0.93770390625

00:02:49.170 --> 00:02:50.540 Hospice is very different and  
NOTE Confidence: 0.93770390625

00:02:50.540 --> 00:02:52.327 there's a lot of overlap between  
NOTE Confidence: 0.93770390625

00:02:52.327 --> 00:02:53.787 palliative care and Hospice,  
NOTE Confidence: 0.93770390625

00:02:53.790 --> 00:02:55.890 but Hospice is really the benefit  
NOTE Confidence: 0.93770390625

00:02:55.890 --> 00:02:58.090 of that is additional support for  
NOTE Confidence: 0.93770390625

00:02:58.090 --> 00:03:00.340 patients who are living with a  
NOTE Confidence: 0.93770390625

00:03:00.416 --> 00:03:02.291 terminal illness and a prognosis  
NOTE Confidence: 0.93770390625

00:03:02.291 --> 00:03:04.980 many times of less than six months.  
NOTE Confidence: 0.93770390625

00:03:04.980 --> 00:03:07.676 So many of our patients in palliative care,  
NOTE Confidence: 0.93770390625

00:03:07.680 --> 00:03:08.976 especially in our clinic,  
NOTE Confidence: 0.93770390625

00:03:08.976 --> 00:03:10.596 are undergoing treatment for their  
NOTE Confidence: 0.93770390625

00:03:10.596 --> 00:03:12.419 cancer for different lengths of time,  
NOTE Confidence: 0.93770390625

00:03:12.420 --> 00:03:15.579 sometimes many years.

NOTE Confidence: 0.93770390625

00:03:15.580 --> 00:03:18.253 And while we see our patients in our clinic,

NOTE Confidence: 0.93770390625

00:03:18.260 --> 00:03:20.452 value of care can also be delivered in

NOTE Confidence: 0.93770390625

00:03:20.452 --> 00:03:22.299 multiple other settings like hospitals,

NOTE Confidence: 0.93770390625

00:03:22.300 --> 00:03:24.928 nursing homes or even patients homes.

NOTE Confidence: 0.747869229090909

00:03:26.070 --> 00:03:28.786 And so so it it seems to

NOTE Confidence: 0.747869229090909

00:03:28.786 --> 00:03:30.790 be different than Hospice.

NOTE Confidence: 0.747869229090909

00:03:30.790 --> 00:03:32.734 How is palliative care

NOTE Confidence: 0.747869229090909

00:03:32.734 --> 00:03:34.678 different from pain management?

NOTE Confidence: 0.897903474

00:03:35.670 --> 00:03:37.842 Yeah, pain management is certainly one

NOTE Confidence: 0.897903474

00:03:37.842 --> 00:03:40.448 of the aspects and domains of medical

NOTE Confidence: 0.897903474

00:03:40.448 --> 00:03:42.982 care that we cover in palliative care.

NOTE Confidence: 0.897903474

00:03:42.990 --> 00:03:47.410 There's so much to be said about

NOTE Confidence: 0.897903474

00:03:47.410 --> 00:03:50.285 physical symptoms that patients undergo

NOTE Confidence: 0.897903474

00:03:50.285 --> 00:03:53.739 and experience with their cancer,

NOTE Confidence: 0.897903474

00:03:53.740 --> 00:03:57.184 but also non physical symptoms like anxiety,

NOTE Confidence: 0.897903474

00:03:57.190 --> 00:03:58.080 depression, insomnia.  
NOTE Confidence: 0.897903474

00:03:58.080 --> 00:04:01.195 These are all other things that we  
NOTE Confidence: 0.897903474

00:04:01.195 --> 00:04:04.047 screen for when patients come to see us.  
NOTE Confidence: 0.897903474

00:04:04.050 --> 00:04:05.990 Pain management is something that.  
NOTE Confidence: 0.897903474

00:04:05.990 --> 00:04:08.405 There's a strong focus on in the  
NOTE Confidence: 0.897903474

00:04:08.405 --> 00:04:10.156 training and we're really proud  
NOTE Confidence: 0.897903474

00:04:10.156 --> 00:04:12.417 of how well we can treat pain,  
NOTE Confidence: 0.897903474

00:04:12.420 --> 00:04:14.076 especially given what's going  
NOTE Confidence: 0.897903474

00:04:14.076 --> 00:04:16.560 on in the media with opioids,  
NOTE Confidence: 0.897903474

00:04:16.560 --> 00:04:18.600 and we know how to do this safely  
NOTE Confidence: 0.897903474

00:04:18.600 --> 00:04:20.678 and we put in place many measures  
NOTE Confidence: 0.897903474

00:04:20.678 --> 00:04:23.010 to to make sure that patients are  
NOTE Confidence: 0.897903474

00:04:23.010 --> 00:04:24.585 getting access to pain treatment  
NOTE Confidence: 0.897903474

00:04:24.585 --> 00:04:26.750 for their cancer in a safe way.  
NOTE Confidence: 0.854402958181818

00:04:27.740 --> 00:04:29.234 But it seems like palliative care  
NOTE Confidence: 0.854402958181818

00:04:29.234 --> 00:04:30.820 is more than pain management,



NOTE Confidence: 0.854402958181818  
00:04:30.820 --> 00:04:34.666 and it's kind of that extra layer  
NOTE Confidence: 0.854402958181818  
00:04:34.666 --> 00:04:36.656 of support that you mentioned.  
NOTE Confidence: 0.854402958181818  
00:04:36.660 --> 00:04:38.526 And and and working with a  
NOTE Confidence: 0.854402958181818  
00:04:38.526 --> 00:04:40.320 team of doctors and nurses.  
NOTE Confidence: 0.854402958181818  
00:04:40.320 --> 00:04:44.508 And, you know, often chaplains and  
NOTE Confidence: 0.854402958181818  
00:04:44.510 --> 00:04:46.822 pharmacists and social workers  
NOTE Confidence: 0.854402958181818  
00:04:46.822 --> 00:04:51.110 and all kinds of people to really.  
NOTE Confidence: 0.854402958181818  
00:04:51.110 --> 00:04:53.630 Assess and and help with the needs of  
NOTE Confidence: 0.854402958181818  
00:04:53.630 --> 00:04:55.969 the patients in many different domains.  
NOTE Confidence: 0.854402958181818  
00:04:55.970 --> 00:04:56.528 Is that right?  
NOTE Confidence: 0.768453778333333  
00:04:57.450 --> 00:04:58.380 That's totally right,  
NOTE Confidence: 0.768453778333333  
00:04:58.380 --> 00:05:00.895 and he's palliative care is way more than  
NOTE Confidence: 0.768453778333333  
00:05:00.895 --> 00:05:02.904 just the pain management aspect of it.  
NOTE Confidence: 0.768453778333333  
00:05:02.910 --> 00:05:05.612 We we really do a lot for  
NOTE Confidence: 0.768453778333333  
00:05:05.612 --> 00:05:07.760 patients from the beginning,  
NOTE Confidence: 0.768453778333333

00:05:07.760 --> 00:05:09.392 starting with basically getting to know  
NOTE Confidence: 0.7684537783333333

00:05:09.392 --> 00:05:11.845 who they are as people outside of their  
NOTE Confidence: 0.7684537783333333

00:05:11.845 --> 00:05:13.807 medical history and their medical records.  
NOTE Confidence: 0.7684537783333333

00:05:13.810 --> 00:05:15.585 So what things like what  
NOTE Confidence: 0.7684537783333333

00:05:15.585 --> 00:05:17.005 is important to them?  
NOTE Confidence: 0.7684537783333333

00:05:17.010 --> 00:05:18.850 Who is important to them?  
NOTE Confidence: 0.7684537783333333

00:05:18.850 --> 00:05:19.998 What are their goals?  
NOTE Confidence: 0.7684537783333333

00:05:19.998 --> 00:05:21.720 What are they looking forward to?  
NOTE Confidence: 0.7684537783333333

00:05:21.720 --> 00:05:23.790 Because we know that it's only  
NOTE Confidence: 0.7684537783333333

00:05:23.790 --> 00:05:25.999 once we learn about these vital  
NOTE Confidence: 0.7684537783333333

00:05:25.999 --> 00:05:28.000 aspects of people's lives that we  
NOTE Confidence: 0.7684537783333333

00:05:28.000 --> 00:05:30.230 can deliver the best care to them.  
NOTE Confidence: 0.7684537783333333

00:05:30.230 --> 00:05:32.522 We also know that multidisciplinary care  
NOTE Confidence: 0.7684537783333333

00:05:32.522 --> 00:05:35.170 has been shown to be more effective  
NOTE Confidence: 0.7684537783333333

00:05:35.170 --> 00:05:37.613 than when we provide care in silos.  
NOTE Confidence: 0.7684537783333333

00:05:37.620 --> 00:05:40.334 So when we work together in a

NOTE Confidence: 0.768453778333333  
00:05:40.334 --> 00:05:43.256 team of people that have different  
NOTE Confidence: 0.768453778333333  
00:05:43.256 --> 00:05:46.025 expertise as we do and and many other  
NOTE Confidence: 0.768453778333333  
00:05:46.025 --> 00:05:47.959 fields have borrowed this as well,  
NOTE Confidence: 0.768453778333333  
00:05:47.960 --> 00:05:50.403 we find that we can uncover areas  
NOTE Confidence: 0.768453778333333  
00:05:50.403 --> 00:05:52.694 of distress that we may not have  
NOTE Confidence: 0.768453778333333  
00:05:52.694 --> 00:05:54.854 found if we just looked at it  
NOTE Confidence: 0.768453778333333  
00:05:54.854 --> 00:05:56.828 from one narrow point of view.  
NOTE Confidence: 0.75948659  
00:05:57.780 --> 00:05:59.910 And so you know Dimitri.  
NOTE Confidence: 0.75948659  
00:05:59.910 --> 00:06:01.896 Some may push back and say,  
NOTE Confidence: 0.75948659  
00:06:01.900 --> 00:06:04.126 you know you talk about palliative care.  
NOTE Confidence: 0.75948659  
00:06:04.130 --> 00:06:06.377 Is providing the best quality of care  
NOTE Confidence: 0.75948659  
00:06:06.377 --> 00:06:08.216 for patients in a multidisciplinary  
NOTE Confidence: 0.75948659  
00:06:08.216 --> 00:06:11.044 approach and getting to know the patient  
NOTE Confidence: 0.75948659  
00:06:11.050 --> 00:06:13.030 beyond their medical diagnosis to kind  
NOTE Confidence: 0.75948659  
00:06:13.030 --> 00:06:15.519 of take care of the whole patient.  
NOTE Confidence: 0.75948659

00:06:15.520 --> 00:06:17.375 But some may push back and say, well,

NOTE Confidence: 0.75948659

00:06:17.375 --> 00:06:19.510 I thought that's what doctors do I.

NOTE Confidence: 0.75948659

00:06:19.510 --> 00:06:21.701 I thought that doctors you know are

NOTE Confidence: 0.75948659

00:06:21.701 --> 00:06:24.219 supposed to get to know me as a patient

NOTE Confidence: 0.75948659

00:06:24.219 --> 00:06:26.149 and and treat the whole patient.

NOTE Confidence: 0.75948659

00:06:26.150 --> 00:06:28.760 Why do I need palliative care?

NOTE Confidence: 0.75948659

00:06:28.760 --> 00:06:31.504 Why can't my doctor?

NOTE Confidence: 0.75948659

00:06:31.504 --> 00:06:34.248 Who's managing my illness?

NOTE Confidence: 0.75948659

00:06:34.250 --> 00:06:35.850 Whatever that illness may be,

NOTE Confidence: 0.75948659

00:06:35.850 --> 00:06:37.374 cancer or anything else?

NOTE Confidence: 0.75948659

00:06:37.374 --> 00:06:40.279 Do all of the things that you do.

NOTE Confidence: 0.932961427

00:06:41.070 --> 00:06:42.758 I'm glad you brought that up in Nice

NOTE Confidence: 0.932961427

00:06:42.758 --> 00:06:44.609 and one of the big challenges that we

NOTE Confidence: 0.932961427

00:06:44.609 --> 00:06:46.501 face is that there simply aren't enough

NOTE Confidence: 0.932961427

00:06:46.501 --> 00:06:48.343 palliative care specialists to care for

NOTE Confidence: 0.932961427

00:06:48.343 --> 00:06:50.850 all of patients with serious illness.

NOTE Confidence: 0.932961427

00:06:50.850 --> 00:06:53.586 One study in 2017 highlighted something

NOTE Confidence: 0.932961427

00:06:53.586 --> 00:06:56.082 pretty startling that there's estimated

NOTE Confidence: 0.932961427

00:06:56.082 --> 00:06:59.230 1 oncologist for every 140 newly

NOTE Confidence: 0.932961427

00:06:59.230 --> 00:07:01.930 diagnosed cancer patients in the US.

NOTE Confidence: 0.932961427

00:07:01.930 --> 00:07:03.850 But there's only about 1 palliative

NOTE Confidence: 0.932961427

00:07:03.850 --> 00:07:05.556 care physician for every 1200

NOTE Confidence: 0.932961427

00:07:05.556 --> 00:07:07.048 patients with serious illness,

NOTE Confidence: 0.932961427

00:07:07.050 --> 00:07:10.734 so this projected growth also looking

NOTE Confidence: 0.932961427

00:07:10.734 --> 00:07:13.120 forward, is only about 1% for.

NOTE Confidence: 0.932961427

00:07:13.120 --> 00:07:14.408 Of palliative care specialists

NOTE Confidence: 0.932961427

00:07:14.408 --> 00:07:16.018 over the next 20 years,

NOTE Confidence: 0.932961427

00:07:16.020 --> 00:07:18.148 so one of the main things and one

NOTE Confidence: 0.932961427

00:07:18.148 --> 00:07:20.500 of the focuses that we have in our

NOTE Confidence: 0.932961427

00:07:20.500 --> 00:07:23.281 work is to teach these skills to our

NOTE Confidence: 0.932961427

00:07:23.281 --> 00:07:25.591 colleagues in other areas of medicine,

NOTE Confidence: 0.932961427

00:07:25.600 --> 00:07:27.100 like primary care,  
NOTE Confidence: 0.932961427

00:07:27.100 --> 00:07:28.100 critical care,  
NOTE Confidence: 0.932961427

00:07:28.100 --> 00:07:29.655 oncology and and other specialties  
NOTE Confidence: 0.932961427

00:07:29.655 --> 00:07:32.065 so they can help us address all of  
NOTE Confidence: 0.932961427

00:07:32.065 --> 00:07:33.920 these needs that we as a nation  
NOTE Confidence: 0.932961427

00:07:33.979 --> 00:07:35.909 faced with serious illness and  
NOTE Confidence: 0.932961427

00:07:35.909 --> 00:07:37.453 the palliative care specialists  
NOTE Confidence: 0.932961427

00:07:37.453 --> 00:07:39.968 like us can be called in to help  
NOTE Confidence: 0.932961427

00:07:39.968 --> 00:07:41.714 in situations which would benefit  
NOTE Confidence: 0.932961427

00:07:41.714 --> 00:07:44.000 from a higher level of expertise.  
NOTE Confidence: 0.932961427

00:07:44.000 --> 00:07:45.300 So like you said,  
NOTE Confidence: 0.932961427

00:07:45.300 --> 00:07:47.250 you know I encourage everyone to  
NOTE Confidence: 0.932961427

00:07:47.324 --> 00:07:49.084 ask whether palliative care is  
NOTE Confidence: 0.932961427

00:07:49.084 --> 00:07:51.299 available to you and if it is,  
NOTE Confidence: 0.932961427

00:07:51.300 --> 00:07:52.480 please take advantage of it.  
NOTE Confidence: 0.932961427

00:07:52.480 --> 00:07:54.336 If if you aren't sure if it's available,

NOTE Confidence: 0.932961427

00:07:54.340 --> 00:07:55.810 then ask your medical team.

NOTE Confidence: 0.934698029

00:07:56.950 --> 00:07:59.770 And so, how do you know if you're a patient?

NOTE Confidence: 0.934698029

00:07:59.770 --> 00:08:01.750 I mean, because the way that

NOTE Confidence: 0.934698029

00:08:01.750 --> 00:08:03.070 you describe palliative care,

NOTE Confidence: 0.934698029

00:08:03.070 --> 00:08:04.158 it seems like everybody

NOTE Confidence: 0.934698029

00:08:04.158 --> 00:08:05.246 should want palliative care.

NOTE Confidence: 0.934698029

00:08:05.250 --> 00:08:06.888 Even if they were, you know,

NOTE Confidence: 0.934698029

00:08:06.890 --> 00:08:09.968 especially not at the end of

NOTE Confidence: 0.934698029

00:08:09.968 --> 00:08:11.878 a terminal illness, right?

NOTE Confidence: 0.934698029

00:08:11.878 --> 00:08:13.718 You mentioned that palliative care

NOTE Confidence: 0.934698029

00:08:13.718 --> 00:08:16.331 is something that can be used in

NOTE Confidence: 0.934698029

00:08:16.331 --> 00:08:17.767 addition to curative approaches,

NOTE Confidence: 0.934698029

00:08:17.770 --> 00:08:19.818 that it kind of takes care of the

NOTE Confidence: 0.934698029

00:08:19.818 --> 00:08:21.667 whole patient that it looks at what

NOTE Confidence: 0.934698029

00:08:21.667 --> 00:08:23.440 your needs are in various domains.

NOTE Confidence: 0.934698029

00:08:23.440 --> 00:08:24.780 It seems like that should  
NOTE Confidence: 0.934698029

00:08:24.780 --> 00:08:26.177 be something that everybody.  
NOTE Confidence: 0.934698029

00:08:26.177 --> 00:08:30.873 Should want as part of standard medical care.  
NOTE Confidence: 0.934698029

00:08:30.880 --> 00:08:33.596 So how do you know when palliative  
NOTE Confidence: 0.934698029

00:08:33.596 --> 00:08:35.747 care is something that you  
NOTE Confidence: 0.934698029

00:08:35.747 --> 00:08:38.022 particularly need or this higher  
NOTE Confidence: 0.934698029

00:08:38.022 --> 00:08:40.872 end palliative care where you need  
NOTE Confidence: 0.934698029

00:08:40.872 --> 00:08:42.748 a palliative care specialist?  
NOTE Confidence: 0.872860835

00:08:44.210 --> 00:08:45.770 I think that palliative care can  
NOTE Confidence: 0.872860835

00:08:45.770 --> 00:08:47.401 be introduced to a patient at  
NOTE Confidence: 0.872860835

00:08:47.401 --> 00:08:49.009 any stage of a serious illness.  
NOTE Confidence: 0.872860835

00:08:49.010 --> 00:08:50.450 You know starting at diagnosis,  
NOTE Confidence: 0.872860835

00:08:50.450 --> 00:08:52.774 but one of the challenges is trying  
NOTE Confidence: 0.872860835

00:08:52.774 --> 00:08:55.146 to figure out when palliative  
NOTE Confidence: 0.872860835

00:08:55.146 --> 00:08:58.586 care support is most helpful,  
NOTE Confidence: 0.872860835

00:08:58.590 --> 00:09:00.550 and I think the studies that are



NOTE Confidence: 0.872860835

00:09:00.550 --> 00:09:02.578 being done now and and in the

NOTE Confidence: 0.872860835

00:09:02.578 --> 00:09:04.258 future are really kind of trying

NOTE Confidence: 0.872860835

00:09:04.325 --> 00:09:06.401 to figure out the optimal timing

NOTE Confidence: 0.872860835

00:09:06.401 --> 00:09:08.059 of referral to palliative care.

NOTE Confidence: 0.872860835

00:09:08.059 --> 00:09:10.211 So what I would say is that anyone

NOTE Confidence: 0.872860835

00:09:10.211 --> 00:09:12.252 is eligible for palliative care

NOTE Confidence: 0.872860835

00:09:12.252 --> 00:09:14.377 services with a serious illness.

NOTE Confidence: 0.872860835

00:09:14.380 --> 00:09:18.260 From diagnosis throughout any point,

NOTE Confidence: 0.872860835

00:09:18.260 --> 00:09:19.720 but what makes most sense,

NOTE Confidence: 0.872860835

00:09:19.720 --> 00:09:21.035 especially because it's an extra

NOTE Confidence: 0.872860835

00:09:21.035 --> 00:09:22.640 visit and it's an extra team.

NOTE Confidence: 0.872860835

00:09:22.640 --> 00:09:25.426 What makes the most sense is really

NOTE Confidence: 0.872860835

00:09:25.426 --> 00:09:27.690 when patients have symptoms that

NOTE Confidence: 0.872860835

00:09:27.690 --> 00:09:30.165 are burdensome that aren't being.

NOTE Confidence: 0.872860835

00:09:30.170 --> 00:09:32.996 That aren't being managed or have

NOTE Confidence: 0.872860835

00:09:32.996 --> 00:09:34.941 opportunities to manage better,  
NOTE Confidence: 0.872860835

00:09:34.941 --> 00:09:37.596 and these symptoms are interfering  
NOTE Confidence: 0.872860835

00:09:37.596 --> 00:09:39.720 with their day-to-day function  
NOTE Confidence: 0.872860835

00:09:39.801 --> 00:09:42.243 and what they want to actually  
NOTE Confidence: 0.872860835

00:09:42.243 --> 00:09:43.871 achieve with their goals.  
NOTE Confidence: 0.881718791666667

00:09:45.030 --> 00:09:47.271 And so so talk a little bit more about  
NOTE Confidence: 0.881718791666667

00:09:47.271 --> 00:09:49.541 the kinds of patients that you see and  
NOTE Confidence: 0.881718791666667

00:09:49.541 --> 00:09:51.867 the kinds of symptoms that you treat.  
NOTE Confidence: 0.881718791666667

00:09:51.870 --> 00:09:53.538 Because I can imagine that many  
NOTE Confidence: 0.881718791666667

00:09:53.538 --> 00:09:54.994 people are listening to this  
NOTE Confidence: 0.881718791666667

00:09:54.994 --> 00:09:56.429 kind of saying to themselves.  
NOTE Confidence: 0.881718791666667

00:09:56.430 --> 00:09:59.629 Well, you know, it sounds really great,  
NOTE Confidence: 0.881718791666667

00:09:59.630 --> 00:10:01.970 but I really don't know  
NOTE Confidence: 0.881718791666667

00:10:01.970 --> 00:10:04.330 still what what it entails.  
NOTE Confidence: 0.881718791666667

00:10:04.330 --> 00:10:06.250 I mean when you say symptoms,  
NOTE Confidence: 0.881718791666667

00:10:06.250 --> 00:10:08.623 do you mean things like you know

NOTE Confidence: 0.881718791666667  
00:10:08.623 --> 00:10:10.630 why I underwent chemotherapy,  
NOTE Confidence: 0.881718791666667  
00:10:10.630 --> 00:10:11.910 and my hair fell out,  
NOTE Confidence: 0.881718791666667  
00:10:11.910 --> 00:10:14.486 and that was really problematic for me?  
NOTE Confidence: 0.881718791666667  
00:10:14.490 --> 00:10:16.518 Or do you mean?  
NOTE Confidence: 0.881718791666667  
00:10:16.518 --> 00:10:19.560 Psychosocial distress where you know I  
NOTE Confidence: 0.881718791666667  
00:10:19.659 --> 00:10:23.229 was going through a cancer journey and  
NOTE Confidence: 0.881718791666667  
00:10:23.230 --> 00:10:25.582 found that some of the relationships  
NOTE Confidence: 0.881718791666667  
00:10:25.582 --> 00:10:28.621 that I thought I had were not as  
NOTE Confidence: 0.881718791666667  
00:10:28.621 --> 00:10:30.709 strong as they might have been.  
NOTE Confidence: 0.881718791666667  
00:10:30.710 --> 00:10:34.168 Or maybe it's financial distress is the  
NOTE Confidence: 0.881718791666667  
00:10:34.168 --> 00:10:37.889 thing that is most problematic to me.  
NOTE Confidence: 0.881718791666667  
00:10:37.890 --> 00:10:40.530 You talked a little bit about pain control.  
NOTE Confidence: 0.881718791666667  
00:10:40.530 --> 00:10:43.365 Tell us a little bit more about  
NOTE Confidence: 0.881718791666667  
00:10:43.365 --> 00:10:45.959 what exactly it is that you do.  
NOTE Confidence: 0.917845292777778  
00:10:46.990 --> 00:10:49.522 Yeah, so palliative care teams screen  
NOTE Confidence: 0.917845292777778

00:10:49.522 --> 00:10:52.104 for common symptoms that are seen  
NOTE Confidence: 0.917845292777778

00:10:52.104 --> 00:10:54.558 within the populations that they treat.  
NOTE Confidence: 0.917845292777778

00:10:54.560 --> 00:10:56.810 So for example, at Smilow Cancer  
NOTE Confidence: 0.917845292777778

00:10:56.810 --> 00:10:59.019 Hospital in our palliative care team,  
NOTE Confidence: 0.917845292777778

00:10:59.020 --> 00:11:01.385 we assess patients for common  
NOTE Confidence: 0.917845292777778

00:11:01.385 --> 00:11:04.240 symptoms like in addition to pain,  
NOTE Confidence: 0.917845292777778

00:11:04.240 --> 00:11:06.124 nausea, fatigue, insomnia,  
NOTE Confidence: 0.917845292777778

00:11:06.124 --> 00:11:09.264 mood issues like anxiety and  
NOTE Confidence: 0.917845292777778

00:11:09.264 --> 00:11:12.499 depression and existential distress,  
NOTE Confidence: 0.917845292777778

00:11:12.500 --> 00:11:14.824 and all of these could either be  
NOTE Confidence: 0.917845292777778

00:11:14.824 --> 00:11:16.859 coming from the cancer itself.  
NOTE Confidence: 0.917845292777778

00:11:16.860 --> 00:11:19.638 Or from the treatment that is  
NOTE Confidence: 0.917845292777778

00:11:19.638 --> 00:11:22.529 being given for the cancer so.  
NOTE Confidence: 0.917845292777778

00:11:22.530 --> 00:11:25.098 You know when we run into things like  
NOTE Confidence: 0.917845292777778

00:11:25.098 --> 00:11:26.962 spiritual distress and and actually  
NOTE Confidence: 0.917845292777778

00:11:26.962 --> 00:11:29.272 screen for them proactively and financial

NOTE Confidence: 0.917845292777778  
00:11:29.272 --> 00:11:31.210 distress like you mentioned we are.  
NOTE Confidence: 0.917845292777778  
00:11:31.210 --> 00:11:33.322 If we find that the earlier that we  
NOTE Confidence: 0.917845292777778  
00:11:33.322 --> 00:11:34.990 uncover these sources of distress,  
NOTE Confidence: 0.917845292777778  
00:11:34.990 --> 00:11:36.880 the better we can provide support  
NOTE Confidence: 0.917845292777778  
00:11:36.880 --> 00:11:38.822 to address them and also make  
NOTE Confidence: 0.917845292777778  
00:11:38.822 --> 00:11:40.676 it much easier for patients to  
NOTE Confidence: 0.917845292777778  
00:11:40.676 --> 00:11:42.370 get through their treatments,  
NOTE Confidence: 0.917845292777778  
00:11:42.370 --> 00:11:43.920 which is our optimal goal.  
NOTE Confidence: 0.805439532857143  
00:11:44.620 --> 00:11:47.574 So, you know, I can imagine that.  
NOTE Confidence: 0.805439532857143  
00:11:47.580 --> 00:11:50.286 Well, let me ask you this.  
NOTE Confidence: 0.805439532857143  
00:11:50.290 --> 00:11:53.170 In in, in cancer centers,  
NOTE Confidence: 0.805439532857143  
00:11:53.170 --> 00:11:56.124 it seems to me that not all  
NOTE Confidence: 0.805439532857143  
00:11:56.124 --> 00:11:58.429 cancer patients would be offered.  
NOTE Confidence: 0.805439532857143  
00:11:58.430 --> 00:12:01.590 Palliative care is particularly given.  
NOTE Confidence: 0.805439532857143  
00:12:01.590 --> 00:12:05.636 The paucity of of availability of palliative  
NOTE Confidence: 0.805439532857143

00:12:05.636 --> 00:12:08.729 care specialists as you mentioned.  
NOTE Confidence: 0.805439532857143

00:12:08.730 --> 00:12:12.580 So is that something that?  
NOTE Confidence: 0.805439532857143

00:12:12.580 --> 00:12:14.435 Should be routine that every  
NOTE Confidence: 0.805439532857143

00:12:14.435 --> 00:12:16.776 cancer patient should at least be  
NOTE Confidence: 0.805439532857143

00:12:16.776 --> 00:12:18.436 introduced to palliative care.  
NOTE Confidence: 0.805439532857143

00:12:18.440 --> 00:12:22.650 Or is it something where?  
NOTE Confidence: 0.805439532857143

00:12:22.650 --> 00:12:25.728 You you would recommend that only  
NOTE Confidence: 0.805439532857143

00:12:25.728 --> 00:12:29.801 when a primary care team or medical  
NOTE Confidence: 0.805439532857143

00:12:29.801 --> 00:12:33.006 team cannot manage particular issues.  
NOTE Confidence: 0.805439532857143

00:12:33.010 --> 00:12:34.500 Palliative care is called in.  
NOTE Confidence: 0.887088310869565

00:12:35.850 --> 00:12:36.873 An ideal world.  
NOTE Confidence: 0.887088310869565

00:12:36.873 --> 00:12:39.260 I really wish that every cancer patient  
NOTE Confidence: 0.887088310869565

00:12:39.326 --> 00:12:41.486 could be introduced to palliative care  
NOTE Confidence: 0.887088310869565

00:12:41.486 --> 00:12:44.228 team and that would be really wonderful.  
NOTE Confidence: 0.887088310869565

00:12:44.230 --> 00:12:45.988 Model of care and that's something.  
NOTE Confidence: 0.887088310869565

00:12:45.990 --> 00:12:48.306 Maybe we can strive towards at

NOTE Confidence: 0.887088310869565  
00:12:48.306 --> 00:12:50.353 least screening for the patients  
NOTE Confidence: 0.887088310869565  
00:12:50.353 --> 00:12:52.766 that would be highest would benefit  
NOTE Confidence: 0.887088310869565  
00:12:52.766 --> 00:12:54.506 the most from palliative care.  
NOTE Confidence: 0.887088310869565  
00:12:54.510 --> 00:12:57.174 What we find is that we just end  
NOTE Confidence: 0.887088310869565  
00:12:57.174 --> 00:12:59.358 up working together with the  
NOTE Confidence: 0.887088310869565  
00:12:59.358 --> 00:13:01.278 patient's primary medical team  
NOTE Confidence: 0.887088310869565  
00:13:01.278 --> 00:13:04.120 to figure out what issues are.  
NOTE Confidence: 0.887088310869565  
00:13:04.120 --> 00:13:06.470 Well, sort of fall within.  
NOTE Confidence: 0.887088310869565  
00:13:06.470 --> 00:13:08.360 The primary palliative care skill  
NOTE Confidence: 0.887088310869565  
00:13:08.360 --> 00:13:10.650 center or skills that everyone in  
NOTE Confidence: 0.887088310869565  
00:13:10.650 --> 00:13:12.798 medicine should have and which ones  
NOTE Confidence: 0.887088310869565  
00:13:12.798 --> 00:13:14.975 require a little bit more expertise  
NOTE Confidence: 0.887088310869565  
00:13:14.975 --> 00:13:17.040 and and those are the patients that  
NOTE Confidence: 0.887088310869565  
00:13:17.040 --> 00:13:19.187 we really love to to be involved with.  
NOTE Confidence: 0.887088310869565  
00:13:19.190 --> 00:13:19.826 Because you know,  
NOTE Confidence: 0.887088310869565

00:13:19.826 --> 00:13:21.641 you know we were so proud of the  
NOTE Confidence: 0.887088310869565

00:13:21.641 --> 00:13:23.608 training that we have and also the  
NOTE Confidence: 0.887088310869565

00:13:23.608 --> 00:13:24.885 interdisciplinary team that we have  
NOTE Confidence: 0.887088310869565

00:13:24.885 --> 00:13:26.418 to address. Much of these things.  
NOTE Confidence: 0.884404095294118

00:13:26.990 --> 00:13:28.019 You know what?  
NOTE Confidence: 0.884404095294118

00:13:28.019 --> 00:13:30.077 As you talk about palliative care  
NOTE Confidence: 0.884404095294118

00:13:30.077 --> 00:13:32.470 and all of the things that you do.  
NOTE Confidence: 0.884404095294118

00:13:32.470 --> 00:13:35.246 I think about people who may be  
NOTE Confidence: 0.884404095294118

00:13:35.246 --> 00:13:37.667 getting care out in the community  
NOTE Confidence: 0.884404095294118

00:13:37.667 --> 00:13:40.145 where there are not these resources  
NOTE Confidence: 0.884404095294118

00:13:40.225 --> 00:13:42.703 and after we come back from taking  
NOTE Confidence: 0.884404095294118

00:13:42.703 --> 00:13:45.194 a brief break for a medical minute,  
NOTE Confidence: 0.884404095294118

00:13:45.194 --> 00:13:47.798 I want to talk about how those  
NOTE Confidence: 0.884404095294118

00:13:47.798 --> 00:13:49.926 people can get kind of palliative  
NOTE Confidence: 0.884404095294118

00:13:49.926 --> 00:13:51.858 care where they live as well.  
NOTE Confidence: 0.886710903636364

00:13:52.430 --> 00:13:54.962 Funding for Yale Cancer Answers comes



NOTE Confidence: 0.886710903636364  
00:13:54.962 --> 00:13:57.123 from Smilow Cancer Hospital hosting  
NOTE Confidence: 0.886710903636364  
00:13:57.123 --> 00:13:59.541 an event in honor of colorectal  
NOTE Confidence: 0.886710903636364  
00:13:59.541 --> 00:14:01.529 Cancer Awareness Month March 16th.  
NOTE Confidence: 0.886710903636364  
00:14:01.530 --> 00:14:04.582 Register at yalecancercenter.org  
00:14:09.070 --> 00:14:11.555 There are over 16.9 million  
NOTE Confidence: 0.886710903636364  
00:14:11.555 --> 00:14:14.501 cancer survivors in the US and  
NOTE Confidence: 0.886710903636364  
00:14:14.501 --> 00:14:16.418 over 240,000 here in Connecticut.  
NOTE Confidence: 0.886710903636364  
00:14:16.418 --> 00:14:17.966 Completing treatment for cancer  
NOTE Confidence: 0.886710903636364  
00:14:17.966 --> 00:14:20.229 is a very exciting milestone,  
NOTE Confidence: 0.886710903636364  
00:14:20.230 --> 00:14:22.192 but cancer and its treatment can  
NOTE Confidence: 0.886710903636364  
00:14:22.192 --> 00:14:24.270 be a life changing experience.  
NOTE Confidence: 0.886710903636364  
00:14:24.270 --> 00:14:26.260 The return to normal activities  
NOTE Confidence: 0.886710903636364  
00:14:26.260 --> 00:14:28.250 and relationships may be difficult  
NOTE Confidence: 0.886710903636364  
00:14:28.320 --> 00:14:30.420 and cancer survivors may face other  
NOTE Confidence: 0.886710903636364  
00:14:30.420 --> 00:14:32.490 long term side effects of cancer,  
NOTE Confidence: 0.886710903636364  
00:14:32.490 --> 00:14:34.230 including heart problems,

NOTE Confidence: 0.886710903636364  
00:14:34.230 --> 00:14:34.810 osteoporosis,  
NOTE Confidence: 0.886710903636364  
00:14:34.810 --> 00:14:37.710 fertility issues and an increased  
NOTE Confidence: 0.886710903636364  
00:14:37.710 --> 00:14:39.708 risk of second cancers.  
NOTE Confidence: 0.886710903636364  
00:14:39.710 --> 00:14:42.325 Resources for cancer survivors are  
NOTE Confidence: 0.886710903636364  
00:14:42.325 --> 00:14:44.417 available at federally designated  
NOTE Confidence: 0.886710903636364  
00:14:44.417 --> 00:14:45.681 Comprehensive cancer centers  
NOTE Confidence: 0.886710903636364  
00:14:45.681 --> 00:14:47.709 such as the Yale Cancer Center  
NOTE Confidence: 0.886710903636364  
00:14:47.709 --> 00:14:49.788 and Smilow Cancer Hospital.  
NOTE Confidence: 0.886710903636364  
00:14:49.790 --> 00:14:51.780 To keep cancer survivors well  
NOTE Confidence: 0.886710903636364  
00:14:51.780 --> 00:14:53.770 and focused on healthy living,  
NOTE Confidence: 0.886710903636364  
00:14:53.770 --> 00:14:56.080 the Smilow Cancer Hospital Survivorship  
NOTE Confidence: 0.886710903636364  
00:14:56.080 --> 00:14:58.390 clinic focuses on providing guidance  
NOTE Confidence: 0.886710903636364  
00:14:58.451 --> 00:15:00.635 and direction to empower survivors to  
NOTE Confidence: 0.886710903636364  
00:15:00.635 --> 00:15:02.950 take steps to maximize their health,  
NOTE Confidence: 0.886710903636364  
00:15:02.950 --> 00:15:05.290 quality of life and longevity.  
NOTE Confidence: 0.886710903636364

00:15:05.290 --> 00:15:07.690 More information is available  
NOTE Confidence: 0.886710903636364

00:15:07.690 --> 00:15:09.138 at yalecancercenter.org. You're  
NOTE Confidence: 0.886710903636364

00:15:09.138 --> 00:15:10.410 listening to Connecticut  
NOTE Confidence: 0.886710903636364

00:15:10.410 --> 00:15:11.340 Public Radio.  
NOTE Confidence: 0.818507351666667

00:15:12.100 --> 00:15:14.218 Welcome back to Yale Cancer Answers.  
NOTE Confidence: 0.818507351666667

00:15:14.220 --> 00:15:16.831 This is doctor Anees Chagpar and  
NOTE Confidence: 0.818507351666667

00:15:16.831 --> 00:15:19.267 I'm joined tonight by my guest  
NOTE Confidence: 0.818507351666667

00:15:19.267 --> 00:15:20.919 Doctor Dmitry Kozhevnikov.  
NOTE Confidence: 0.818507351666667

00:15:20.920 --> 00:15:22.999 We are learning about the field of  
NOTE Confidence: 0.818507351666667

00:15:22.999 --> 00:15:24.654 palliative care in the outpatient  
NOTE Confidence: 0.818507351666667

00:15:24.654 --> 00:15:26.760 setting and right before the break  
NOTE Confidence: 0.818507351666667

00:15:26.760 --> 00:15:30.218 you were talking a  
NOTE Confidence: 0.818507351666667

00:15:30.218 --> 00:15:33.488 lot about palliative care and the fact  
NOTE Confidence: 0.818507351666667

00:15:33.488 --> 00:15:36.702 that there is a nationwide paucity of  
NOTE Confidence: 0.818507351666667

00:15:36.702 --> 00:15:39.432 palliative care specialists that really  
NOTE Confidence: 0.818507351666667

00:15:39.432 --> 00:15:42.419 palliative care in the ideal world.

NOTE Confidence: 0.818507351666667  
00:15:42.420 --> 00:15:44.958 Would be introduced to every patient  
NOTE Confidence: 0.818507351666667  
00:15:44.958 --> 00:15:47.948 who had a critical illness and that  
NOTE Confidence: 0.818507351666667  
00:15:47.948 --> 00:15:50.797 this really is much more than simply  
NOTE Confidence: 0.818507351666667  
00:15:50.881 --> 00:15:53.524 Hospice or pain control in this  
NOTE Confidence: 0.818507351666667  
00:15:53.524 --> 00:15:56.146 country we have people being diagnosed  
NOTE Confidence: 0.818507351666667  
00:15:56.146 --> 00:16:00.120 every day in every center in America,  
NOTE Confidence: 0.818507351666667  
00:16:00.120 --> 00:16:02.484 and some of those are blessed  
NOTE Confidence: 0.818507351666667  
00:16:02.484 --> 00:16:04.770 to be large academic centers.  
NOTE Confidence: 0.818507351666667  
00:16:04.770 --> 00:16:07.647 But there are people who are being  
NOTE Confidence: 0.818507351666667  
00:16:07.647 --> 00:16:09.992 diagnosed in smaller centres and yet  
NOTE Confidence: 0.818507351666667  
00:16:09.992 --> 00:16:13.150 they may have some of the same symptoms.  
NOTE Confidence: 0.818507351666667  
00:16:13.150 --> 00:16:16.540 Issues and other crises of other  
NOTE Confidence: 0.818507351666667  
00:16:16.540 --> 00:16:17.670 cancer patients.  
NOTE Confidence: 0.818507351666667  
00:16:17.670 --> 00:16:19.872 In some of these smaller centers  
NOTE Confidence: 0.818507351666667  
00:16:19.872 --> 00:16:22.711 they will try to piece together a  
NOTE Confidence: 0.818507351666667

00:16:22.711 --> 00:16:24.996 palliative care team that's not  
NOTE Confidence: 0.818507351666667

00:16:24.996 --> 00:16:27.169 really called palliative care.  
NOTE Confidence: 0.818507351666667

00:16:27.170 --> 00:16:30.579 They might bring in a pain management  
NOTE Confidence: 0.818507351666667

00:16:30.579 --> 00:16:33.487 specialist from anesthesia to deal with pain.  
NOTE Confidence: 0.818507351666667

00:16:33.490 --> 00:16:36.106 They might have a social worker  
NOTE Confidence: 0.818507351666667

00:16:36.106 --> 00:16:38.607 to deal with financial issues  
NOTE Confidence: 0.818507351666667

00:16:38.607 --> 00:16:40.608 and psychosocial distress.  
NOTE Confidence: 0.818507351666667

00:16:40.610 --> 00:16:43.194 They may have a chaplain to deal with.  
NOTE Confidence: 0.818507351666667

00:16:43.200 --> 00:16:47.760 Existential crises and and this.  
NOTE Confidence: 0.818507351666667

00:16:47.760 --> 00:16:50.995 Issue of of spirituality that  
NOTE Confidence: 0.818507351666667

00:16:50.995 --> 00:16:53.583 some cancer patients face.  
NOTE Confidence: 0.818507351666667

00:16:53.590 --> 00:16:55.564 What are your thoughts on on that?  
NOTE Confidence: 0.818507351666667

00:16:55.570 --> 00:16:57.676 It is that helpful for patients  
NOTE Confidence: 0.827714015714286

00:16:58.390 --> 00:17:00.198 you know. Palliative care has been one of  
NOTE Confidence: 0.827714015714286

00:17:00.198 --> 00:17:01.849 the fastest growing fields in medicine,  
NOTE Confidence: 0.827714015714286

00:17:01.850 --> 00:17:04.930 as so many patients, clinicians,

NOTE Confidence: 0.827714015714286

00:17:04.930 --> 00:17:07.070 payers and policymakers are really

NOTE Confidence: 0.827714015714286

00:17:07.070 --> 00:17:09.654 recognized its potential to improve quality

NOTE Confidence: 0.827714015714286

00:17:09.654 --> 00:17:12.328 of care for patients with serious illness.

NOTE Confidence: 0.827714015714286

00:17:12.330 --> 00:17:14.064 Unfortunately, we're still at a place

NOTE Confidence: 0.827714015714286

00:17:14.064 --> 00:17:16.209 where there are areas in the country that

NOTE Confidence: 0.827714015714286

00:17:16.210 --> 00:17:18.028 don't have access to palliative care,

NOTE Confidence: 0.827714015714286

00:17:18.030 --> 00:17:20.160 and I think that's where advocacy

NOTE Confidence: 0.827714015714286

00:17:20.160 --> 00:17:22.050 comes in within our field,

NOTE Confidence: 0.827714015714286

00:17:22.050 --> 00:17:23.570 especially with recent legislation.

NOTE Confidence: 0.827714015714286

00:17:23.570 --> 00:17:26.714 That is being worked on to attack this

NOTE Confidence: 0.827714015714286

00:17:26.714 --> 00:17:29.250 issue from multiple angles, number one,

NOTE Confidence: 0.827714015714286

00:17:29.250 --> 00:17:31.600 increase the funding for education

NOTE Confidence: 0.827714015714286

00:17:31.600 --> 00:17:33.950 of palliative care specialists.

NOTE Confidence: 0.827714015714286

00:17:33.950 --> 00:17:37.470 Also, not only product care specialists

NOTE Confidence: 0.827714015714286

00:17:37.470 --> 00:17:39.210 but also general primary care,

NOTE Confidence: 0.827714015714286

00:17:39.210 --> 00:17:42.654 palliative skills that any clinician should  
NOTE Confidence: 0.827714015714286

00:17:42.654 --> 00:17:47.626 have and #2 increase ways that we can.  
NOTE Confidence: 0.827714015714286

00:17:47.630 --> 00:17:50.724 You know really promote health care system  
NOTE Confidence: 0.827714015714286

00:17:50.724 --> 00:17:54.418 that rewards us for the quality of care.  
NOTE Confidence: 0.827714015714286

00:17:54.420 --> 00:17:57.269 That we can give to our patients  
NOTE Confidence: 0.827714015714286

00:17:57.269 --> 00:17:59.482 rather than rewarding us for the  
NOTE Confidence: 0.827714015714286

00:17:59.482 --> 00:18:01.570 number of patients that we see.  
NOTE Confidence: 0.827714015714286

00:18:01.570 --> 00:18:03.495 And so you know, despite this growth,  
NOTE Confidence: 0.827714015714286

00:18:03.500 --> 00:18:04.218 you know.  
NOTE Confidence: 0.827714015714286

00:18:04.218 --> 00:18:04.577 Unfortunately,  
NOTE Confidence: 0.827714015714286

00:18:04.577 --> 00:18:06.731 there are still barriers to accessing  
NOTE Confidence: 0.827714015714286

00:18:06.731 --> 00:18:08.618 palliative care for millions of patients,  
NOTE Confidence: 0.827714015714286

00:18:08.620 --> 00:18:11.290 and this really varies by hospital  
NOTE Confidence: 0.827714015714286

00:18:11.290 --> 00:18:13.860 size and geography and staffing.  
NOTE Confidence: 0.827714015714286

00:18:13.860 --> 00:18:15.491 But what I would say is that  
NOTE Confidence: 0.827714015714286

00:18:15.491 --> 00:18:16.190 the interdisciplinary approach

NOTE Confidence: 0.827714015714286  
00:18:16.230 --> 00:18:16.980 that you mentioned,  
NOTE Confidence: 0.827714015714286  
00:18:16.980 --> 00:18:19.836 even if there isn't a official palliative  
NOTE Confidence: 0.827714015714286  
00:18:19.836 --> 00:18:22.819 care team that's been well developed yet.  
NOTE Confidence: 0.827714015714286  
00:18:22.820 --> 00:18:23.501 That's a start,  
NOTE Confidence: 0.827714015714286  
00:18:23.501 --> 00:18:24.409 and I think that.  
NOTE Confidence: 0.827714015714286  
00:18:24.410 --> 00:18:26.178 That's a really step in the right direction.  
NOTE Confidence: 0.889409995263158  
00:18:26.630 --> 00:18:29.790 When do you think patients who may be  
NOTE Confidence: 0.889409995263158  
00:18:29.790 --> 00:18:33.555 at a smaller center and maybe getting  
NOTE Confidence: 0.889409995263158  
00:18:33.555 --> 00:18:36.464 kind of this piecemeal palliative  
NOTE Confidence: 0.889409995263158  
00:18:36.464 --> 00:18:40.744 care ought to ask for referral to  
NOTE Confidence: 0.889409995263158  
00:18:40.744 --> 00:18:44.428 a larger Center for a particular  
NOTE Confidence: 0.889409995263158  
00:18:44.428 --> 00:18:46.270 palliative care consultation?  
NOTE Confidence: 0.889409995263158  
00:18:46.270 --> 00:18:47.970 Is that something that people  
NOTE Confidence: 0.889409995263158  
00:18:47.970 --> 00:18:49.330 should be thinking about,  
NOTE Confidence: 0.889409995263158  
00:18:49.330 --> 00:18:52.615 or is that not really something that is done  
NOTE Confidence: 0.788477364



00:18:53.300 --> 00:18:55.700 well? I can't speak for.  
NOTE Confidence: 0.788477364

00:18:55.700 --> 00:18:57.560 All the programs across the country.  
NOTE Confidence: 0.788477364

00:18:57.560 --> 00:18:59.785 But what I can say is that it's  
NOTE Confidence: 0.788477364

00:18:59.785 --> 00:19:02.095 quite challenging for a program to  
NOTE Confidence: 0.788477364

00:19:02.095 --> 00:19:04.667 take on patients from outside the  
NOTE Confidence: 0.788477364

00:19:04.667 --> 00:19:06.902 system unless the patient's already  
NOTE Confidence: 0.788477364

00:19:06.902 --> 00:19:09.179 getting care within that system.  
NOTE Confidence: 0.788477364

00:19:09.180 --> 00:19:11.595 So I think that comes down to  
NOTE Confidence: 0.788477364

00:19:11.595 --> 00:19:13.559 a continuity of care issue.  
NOTE Confidence: 0.788477364

00:19:13.560 --> 00:19:16.269 It's so helpful for us to work so closely  
NOTE Confidence: 0.788477364

00:19:16.269 --> 00:19:18.798 with our colleagues here and oncology,  
NOTE Confidence: 0.788477364

00:19:18.800 --> 00:19:20.654 and the outpatient setting and then  
NOTE Confidence: 0.788477364

00:19:20.654 --> 00:19:23.148 all of the other specialties in the  
NOTE Confidence: 0.788477364

00:19:23.148 --> 00:19:25.530 hospital because we all just communicate.  
NOTE Confidence: 0.788477364

00:19:25.530 --> 00:19:26.300 Very smoothly,  
NOTE Confidence: 0.788477364

00:19:26.300 --> 00:19:29.418 we all know the patient and it really

NOTE Confidence: 0.788477364

00:19:29.418 --> 00:19:31.398 promotes this patient centered care.

NOTE Confidence: 0.788477364

00:19:31.400 --> 00:19:34.840 I think the best way to approach that

NOTE Confidence: 0.788477364

00:19:34.840 --> 00:19:37.634 issue is really to for physicians,

NOTE Confidence: 0.788477364

00:19:37.634 --> 00:19:39.476 nurses, nurse practitioners,

NOTE Confidence: 0.788477364

00:19:39.476 --> 00:19:42.546 and others within each system

NOTE Confidence: 0.788477364

00:19:42.546 --> 00:19:44.199 health care system.

NOTE Confidence: 0.788477364

00:19:44.200 --> 00:19:47.371 Local system to really advocate for this

NOTE Confidence: 0.788477364

00:19:47.371 --> 00:19:50.359 kind of support for their patients,

NOTE Confidence: 0.788477364

00:19:50.360 --> 00:19:53.013 and that that might really make the

NOTE Confidence: 0.788477364

00:19:53.013 --> 00:19:55.727 difference over the long term and leadership.

NOTE Confidence: 0.788477364

00:19:55.727 --> 00:19:58.155 Putting resources towards dedicated

NOTE Confidence: 0.788477364

00:19:58.155 --> 00:20:01.190 palliative care teams that can,

NOTE Confidence: 0.788477364

00:20:01.190 --> 00:20:01.602 you know,

NOTE Confidence: 0.788477364

00:20:01.602 --> 00:20:02.838 add an extra layer of support

NOTE Confidence: 0.9127474433333333

00:20:03.490 --> 00:20:07.306 and you know to that end.

NOTE Confidence: 0.9127474433333333

00:20:07.310 --> 00:20:09.434 All of the health care administrators  
NOTE Confidence: 0.9127474433333333

00:20:09.434 --> 00:20:12.050 who are are listening to us are thinking,  
NOTE Confidence: 0.9127474433333333

00:20:12.050 --> 00:20:14.750 yes, that's yet another expense.  
NOTE Confidence: 0.9127474433333333

00:20:14.750 --> 00:20:20.469 In an already very tight healthcare system.  
NOTE Confidence: 0.9127474433333333

00:20:20.470 --> 00:20:23.670 So talk to us a little bit more  
NOTE Confidence: 0.9127474433333333

00:20:23.670 --> 00:20:26.280 about evidence based outcomes of  
NOTE Confidence: 0.9127474433333333

00:20:26.280 --> 00:20:29.263 palliative care services and whether  
NOTE Confidence: 0.9127474433333333

00:20:29.263 --> 00:20:34.114 there is in fact data that supports.  
NOTE Confidence: 0.9127474433333333

00:20:34.120 --> 00:20:35.875 Valuable care services.  
NOTE Confidence: 0.9127474433333333

00:20:35.875 --> 00:20:38.800 As improving quality of care,  
NOTE Confidence: 0.9127474433333333

00:20:38.800 --> 00:20:41.940 perhaps longevity does it.  
NOTE Confidence: 0.9127474433333333

00:20:41.940 --> 00:20:45.865 And and and even further,  
NOTE Confidence: 0.9127474433333333

00:20:45.870 --> 00:20:48.230 is there any evidence for  
NOTE Confidence: 0.9127474433333333

00:20:48.230 --> 00:20:49.646 its cost effectiveness?  
NOTE Confidence: 0.795491453928571

00:20:50.320 --> 00:20:51.830 Yeah, we have some fascinating  
NOTE Confidence: 0.795491453928571

00:20:51.830 --> 00:20:53.340 evidence to support the early

NOTE Confidence: 0.795491453928571  
00:20:53.397 --> 00:20:54.957 involvement of palliative care,  
NOTE Confidence: 0.795491453928571  
00:20:54.960 --> 00:20:56.840 particularly in oncology patients,  
NOTE Confidence: 0.795491453928571  
00:20:56.840 --> 00:20:59.141 but in other diseases as well,  
NOTE Confidence: 0.795491453928571  
00:20:59.141 --> 00:21:01.220 and one of the pivotal studies in  
NOTE Confidence: 0.795491453928571  
00:21:01.281 --> 00:21:03.444 our field was published in the New  
NOTE Confidence: 0.795491453928571  
00:21:03.444 --> 00:21:05.419 England Journal of Medicine in 2010.  
NOTE Confidence: 0.795491453928571  
00:21:05.420 --> 00:21:07.868 And this was led by our colleagues at mass,  
NOTE Confidence: 0.795491453928571  
00:21:07.870 --> 00:21:10.648 general Doctor Temel and her team,  
NOTE Confidence: 0.795491453928571  
00:21:10.650 --> 00:21:11.954 and the researchers recruited  
NOTE Confidence: 0.795491453928571  
00:21:11.954 --> 00:21:13.910 a group of patients with lung  
NOTE Confidence: 0.795491453928571  
00:21:13.969 --> 00:21:15.739 cancer who volunteered to be  
NOTE Confidence: 0.795491453928571  
00:21:15.739 --> 00:21:17.509 randomized to two different groups.  
NOTE Confidence: 0.795491453928571  
00:21:17.510 --> 00:21:19.520 One group received standard oncology  
NOTE Confidence: 0.795491453928571  
00:21:19.520 --> 00:21:22.585 care and the other group that comparison  
NOTE Confidence: 0.795491453928571  
00:21:22.585 --> 00:21:25.055 group received standard oncology care  
NOTE Confidence: 0.795491453928571

00:21:25.055 --> 00:21:27.350 plus early palliative care and what  
NOTE Confidence: 0.795491453928571

00:21:27.350 --> 00:21:28.790 they found was sort of incredible.  
NOTE Confidence: 0.795491453928571

00:21:28.790 --> 00:21:31.058 The patients in the early palliative  
NOTE Confidence: 0.795491453928571

00:21:31.058 --> 00:21:33.689 care group had better symptom control.  
NOTE Confidence: 0.795491453928571

00:21:33.690 --> 00:21:35.342 They had better mood.  
NOTE Confidence: 0.795491453928571

00:21:35.342 --> 00:21:37.820 Better quality of life scores and  
NOTE Confidence: 0.795491453928571

00:21:37.904 --> 00:21:40.022 they had less intensive care at  
NOTE Confidence: 0.795491453928571

00:21:40.022 --> 00:21:42.768 the end of life and they also lived  
NOTE Confidence: 0.795491453928571

00:21:42.768 --> 00:21:44.760 on average two months longer than  
NOTE Confidence: 0.795491453928571

00:21:44.829 --> 00:21:47.286 the patients who did not have any  
NOTE Confidence: 0.795491453928571

00:21:47.286 --> 00:21:48.720 exposure to palliative care.  
NOTE Confidence: 0.795491453928571

00:21:48.720 --> 00:21:51.592 And this was really a huge a-ha moment  
NOTE Confidence: 0.795491453928571

00:21:51.592 --> 00:21:54.992 for our field when we really could  
NOTE Confidence: 0.795491453928571

00:21:54.992 --> 00:21:57.072 demonstrate the specific benefits  
NOTE Confidence: 0.795491453928571

00:21:57.080 --> 00:21:58.124 of palliative care involvement  
NOTE Confidence: 0.795491453928571

00:21:58.124 --> 00:22:00.018 when it comes to things that really

NOTE Confidence: 0.795491453928571  
00:22:00.018 --> 00:22:00.849 matter to patients  
NOTE Confidence: 0.877554405714286  
00:22:01.100 --> 00:22:04.082 and so with that less intense use  
NOTE Confidence: 0.877554405714286  
00:22:04.082 --> 00:22:06.848 of resources at the end of life.  
NOTE Confidence: 0.877554405714286  
00:22:06.850 --> 00:22:09.994 Did that study or any other study demonstrate  
NOTE Confidence: 0.877554405714286  
00:22:09.994 --> 00:22:12.010 cost effectiveness of palliative care?  
NOTE Confidence: 0.877554405714286  
00:22:12.010 --> 00:22:15.506 In other words, was there an offset in  
NOTE Confidence: 0.877554405714286  
00:22:15.506 --> 00:22:19.528 terms of the cost of hiring palliative  
NOTE Confidence: 0.877554405714286  
00:22:19.528 --> 00:22:22.298 care specialists versus the cost  
NOTE Confidence: 0.877554405714286  
00:22:22.298 --> 00:22:25.910 of treatments at the end of life,  
NOTE Confidence: 0.877554405714286  
00:22:25.910 --> 00:22:27.596 which may not have been helpful?  
NOTE Confidence: 0.824792924545454  
00:22:28.150 --> 00:22:30.215 Yeah, there's some really strong  
NOTE Confidence: 0.824792924545454  
00:22:30.215 --> 00:22:33.205 data to support the the support the  
NOTE Confidence: 0.824792924545454  
00:22:33.205 --> 00:22:35.310 resources of having a palliative  
NOTE Confidence: 0.824792924545454  
00:22:35.310 --> 00:22:37.609 care team in the hospital.  
NOTE Confidence: 0.824792924545454  
00:22:37.610 --> 00:22:40.238 Which has shown in multiple different  
NOTE Confidence: 0.824792924545454

00:22:40.238 --> 00:22:41.990 studies to minimize healthcare  
NOTE Confidence: 0.824792924545454

00:22:42.060 --> 00:22:44.058 utilization at the end of life,  
NOTE Confidence: 0.824792924545454

00:22:44.060 --> 00:22:46.880 which saves the system money.  
NOTE Confidence: 0.824792924545454

00:22:46.880 --> 00:22:49.080 But that's not really what we focus on,  
NOTE Confidence: 0.824792924545454

00:22:49.080 --> 00:22:50.050 and that's that's not the  
NOTE Confidence: 0.824792924545454

00:22:50.050 --> 00:22:51.020 most important part of this.  
NOTE Confidence: 0.824792924545454

00:22:51.020 --> 00:22:52.905 The the real important part  
NOTE Confidence: 0.824792924545454

00:22:52.905 --> 00:22:55.370 of this is that we align,  
NOTE Confidence: 0.824792924545454

00:22:55.370 --> 00:22:57.470 we align what's important to the patients  
NOTE Confidence: 0.824792924545454

00:22:57.470 --> 00:22:59.850 with what the care that they receive is.  
NOTE Confidence: 0.824792924545454

00:22:59.850 --> 00:23:01.293 So, for example,  
NOTE Confidence: 0.824792924545454

00:23:01.293 --> 00:23:05.103 patients who want to spend whatever time they  
NOTE Confidence: 0.824792924545454

00:23:05.103 --> 00:23:07.860 have at home and not be in the hospital.  
NOTE Confidence: 0.824792924545454

00:23:07.860 --> 00:23:08.622 Back and forth.  
NOTE Confidence: 0.824792924545454

00:23:08.622 --> 00:23:09.892 Yeah, you know which obviously  
NOTE Confidence: 0.824792924545454

00:23:09.892 --> 00:23:11.749 is a burden to a lot of people.

NOTE Confidence: 0.824792924545454  
00:23:11.750 --> 00:23:14.022 Those patients receive care  
NOTE Confidence: 0.824792924545454  
00:23:14.022 --> 00:23:16.862 that is aligned with that,  
NOTE Confidence: 0.824792924545454  
00:23:16.870 --> 00:23:19.168 and that's that's really our motivation  
NOTE Confidence: 0.824792924545454  
00:23:19.168 --> 00:23:21.465 and our daily focus and rewarding  
NOTE Confidence: 0.824792924545454  
00:23:21.465 --> 00:23:23.559 nature of this of this field.  
NOTE Confidence: 0.850572247142857  
00:23:24.090 --> 00:23:26.064 Yeah no, I get that completely Dimitri.  
NOTE Confidence: 0.850572247142857  
00:23:26.070 --> 00:23:27.878 But the healthcare administrators  
NOTE Confidence: 0.850572247142857  
00:23:27.878 --> 00:23:30.590 who are looking at hiring palliative  
NOTE Confidence: 0.850572247142857  
00:23:30.656 --> 00:23:32.986 care specialists and are thinking  
NOTE Confidence: 0.850572247142857  
00:23:32.986 --> 00:23:35.578 about the additional cost of doing  
NOTE Confidence: 0.850572247142857  
00:23:35.578 --> 00:23:38.496 so are often also thinking about.  
NOTE Confidence: 0.850572247142857  
00:23:38.500 --> 00:23:39.790 It's cost effectiveness,  
NOTE Confidence: 0.850572247142857  
00:23:39.790 --> 00:23:42.800 so it's nice when you can provide  
NOTE Confidence: 0.850572247142857  
00:23:42.883 --> 00:23:45.691 evidence that not only does palliative  
NOTE Confidence: 0.850572247142857  
00:23:45.691 --> 00:23:48.380 care align with patients interests,  
NOTE Confidence: 0.850572247142857



00:23:48.380 --> 00:23:51.836 but it also aligns with the  
NOTE Confidence: 0.850572247142857

00:23:51.836 --> 00:23:53.620 healthcare systems interests in  
NOTE Confidence: 0.850572247142857

00:23:53.620 --> 00:23:56.340 terms of reducing health care costs,  
NOTE Confidence: 0.850572247142857

00:23:56.340 --> 00:23:59.220 while at the same time improving quality.  
NOTE Confidence: 0.850572247142857

00:23:59.220 --> 00:24:03.300 So the next question I have is this.  
NOTE Confidence: 0.850572247142857

00:24:03.300 --> 00:24:06.919 You know you did a fellowship in  
NOTE Confidence: 0.850572247142857

00:24:06.919 --> 00:24:09.268 palliative care in order for.  
NOTE Confidence: 0.850572247142857

00:24:09.268 --> 00:24:11.884 A health care system to provide  
NOTE Confidence: 0.850572247142857

00:24:11.884 --> 00:24:13.490 palliative care services.  
NOTE Confidence: 0.850572247142857

00:24:13.490 --> 00:24:15.825 Do they need fellowship trained  
NOTE Confidence: 0.850572247142857

00:24:15.825 --> 00:24:17.693 palliative care specialists like  
NOTE Confidence: 0.850572247142857

00:24:17.693 --> 00:24:21.142 you or is it possible for them to  
NOTE Confidence: 0.850572247142857

00:24:21.142 --> 00:24:24.359 train up their existing workforce?  
NOTE Confidence: 0.850572247142857

00:24:24.360 --> 00:24:27.700 Whether it's nurses or physicians  
NOTE Confidence: 0.850572247142857

00:24:27.700 --> 00:24:30.155 to provide them some palliative  
NOTE Confidence: 0.850572247142857

00:24:30.155 --> 00:24:33.775 care training that so that they may

NOTE Confidence: 0.850572247142857  
00:24:33.775 --> 00:24:37.378 be able to provide these kinds of  
NOTE Confidence: 0.850572247142857  
00:24:37.378 --> 00:24:39.858 resources to their patients without.  
NOTE Confidence: 0.850572247142857  
00:24:39.860 --> 00:24:40.314 Uhm,  
NOTE Confidence: 0.850572247142857  
00:24:40.314 --> 00:24:42.584 going through a fellowship training  
NOTE Confidence: 0.850572247142857  
00:24:42.584 --> 00:24:45.439 or hiring somebody who who has  
NOTE Confidence: 0.850572247142857  
00:24:45.439 --> 00:24:47.854 fellowship training in palliative care.  
NOTE Confidence: 0.845016578888889  
00:24:49.210 --> 00:24:51.754 Yeah, the the standard of care  
NOTE Confidence: 0.845016578888889  
00:24:51.754 --> 00:24:54.754 really is to have board certified  
NOTE Confidence: 0.845016578888889  
00:24:54.754 --> 00:24:58.396 palliative care physicians on the team.  
NOTE Confidence: 0.845016578888889  
00:24:58.400 --> 00:24:59.992 But that being said,  
NOTE Confidence: 0.845016578888889  
00:24:59.992 --> 00:25:02.912 there are many ways that health care  
NOTE Confidence: 0.845016578888889  
00:25:02.912 --> 00:25:05.624 systems can invest in their current  
NOTE Confidence: 0.845016578888889  
00:25:05.624 --> 00:25:08.058 staff by providing training for,  
NOTE Confidence: 0.845016578888889  
00:25:08.058 --> 00:25:10.386 for example, the nurses in the  
NOTE Confidence: 0.845016578888889  
00:25:10.386 --> 00:25:12.832 hospital taking care of patients on  
NOTE Confidence: 0.845016578888889

00:25:12.832 --> 00:25:15.042 different in different settings and  
NOTE Confidence: 0.845016578888889

00:25:15.042 --> 00:25:17.697 whether it's in middle critical care  
NOTE Confidence: 0.845016578888889

00:25:17.697 --> 00:25:20.518 unit or on the normal regular floor.  
NOTE Confidence: 0.845016578888889

00:25:20.520 --> 00:25:22.815 Investing in them to provide  
NOTE Confidence: 0.845016578888889

00:25:22.815 --> 00:25:25.110 training on the primary palliative  
NOTE Confidence: 0.845016578888889

00:25:25.192 --> 00:25:28.115 care skills that could really help  
NOTE Confidence: 0.845016578888889

00:25:28.115 --> 00:25:31.100 them provide aligned care and in  
NOTE Confidence: 0.845016578888889

00:25:31.100 --> 00:25:33.020 really patient centered care at all  
NOTE Confidence: 0.845016578888889

00:25:33.020 --> 00:25:35.060 levels and all stages of disease.  
NOTE Confidence: 0.845016578888889

00:25:35.060 --> 00:25:37.515 And so obviously we would  
NOTE Confidence: 0.845016578888889

00:25:37.515 --> 00:25:40.326 all love to have you know,  
NOTE Confidence: 0.845016578888889

00:25:40.326 --> 00:25:41.595 board certified physicians  
NOTE Confidence: 0.845016578888889

00:25:41.595 --> 00:25:44.160 on staff and but you know,  
NOTE Confidence: 0.845016578888889

00:25:44.160 --> 00:25:45.535 that's really been a challenge  
NOTE Confidence: 0.845016578888889

00:25:45.535 --> 00:25:47.560 and I think it's going to be  
NOTE Confidence: 0.845016578888889

00:25:47.560 --> 00:25:48.740 a challenge looking forward.

NOTE Confidence: 0.845016578888889

00:25:48.740 --> 00:25:50.399 I think we can address that through.

NOTE Confidence: 0.845016578888889

00:25:50.400 --> 00:25:51.630 And investing in other ways,

NOTE Confidence: 0.852670088

00:25:52.240 --> 00:25:54.720 and so you know you.

NOTE Confidence: 0.852670088

00:25:54.720 --> 00:25:56.370 You mentioned that palliative care can

NOTE Confidence: 0.852670088

00:25:56.370 --> 00:25:58.538 be offered in a variety of settings,

NOTE Confidence: 0.852670088

00:25:58.540 --> 00:26:01.158 so certainly in the critical care units

NOTE Confidence: 0.852670088

00:26:01.158 --> 00:26:03.848 on the oncology units in the hospital.

NOTE Confidence: 0.852670088

00:26:03.850 --> 00:26:06.868 But your main area is is

NOTE Confidence: 0.852670088

00:26:06.868 --> 00:26:08.880 in the outpatient clinic.

NOTE Confidence: 0.852670088

00:26:08.880 --> 00:26:09.810 Is that right?

NOTE Confidence: 0.852670088

00:26:09.810 --> 00:26:12.923 And can you tell us a little bit more

NOTE Confidence: 0.852670088

00:26:12.923 --> 00:26:15.678 about how palliative care differs from

NOTE Confidence: 0.852670088

00:26:15.678 --> 00:26:18.030 inpatient services to outpatient?

NOTE Confidence: 0.9291144865

00:26:20.260 --> 00:26:22.820 So I'm I'm I'm lucky enough to actually

NOTE Confidence: 0.9291144865

00:26:22.820 --> 00:26:25.623 have a few weeks a year where I'm

NOTE Confidence: 0.9291144865

00:26:25.623 --> 00:26:27.574 working in the hospital with our  
NOTE Confidence: 0.9291144865

00:26:27.574 --> 00:26:29.236 inpatient palliative care team as well,  
NOTE Confidence: 0.9291144865

00:26:29.240 --> 00:26:31.736 so I'm able to see patients both in  
NOTE Confidence: 0.9291144865

00:26:31.736 --> 00:26:34.172 the clinic setting and then also help  
NOTE Confidence: 0.9291144865

00:26:34.172 --> 00:26:36.356 them when they're in the hospital  
NOTE Confidence: 0.9291144865

00:26:36.356 --> 00:26:38.834 with an acute issue and that there  
NOTE Confidence: 0.9291144865

00:26:38.834 --> 00:26:41.429 is a lot of overlap between the work  
NOTE Confidence: 0.9291144865

00:26:41.429 --> 00:26:43.757 that we do in the clinic and the  
NOTE Confidence: 0.9291144865

00:26:43.757 --> 00:26:45.990 work that we do in the hospital.  
NOTE Confidence: 0.9291144865

00:26:45.990 --> 00:26:47.436 One of the beautiful things is  
NOTE Confidence: 0.9291144865

00:26:47.436 --> 00:26:49.129 that when one of our patients,  
NOTE Confidence: 0.9291144865

00:26:49.130 --> 00:26:51.426 you know we know and and they  
NOTE Confidence: 0.9291144865

00:26:51.426 --> 00:26:53.742 know us has an issue and they're  
NOTE Confidence: 0.9291144865

00:26:53.742 --> 00:26:54.946 admitted to the hospital,  
NOTE Confidence: 0.9291144865

00:26:54.950 --> 00:26:57.486 they have a team that already knows them  
NOTE Confidence: 0.9291144865

00:26:57.490 --> 00:26:59.681 and has the developed a relationship with

NOTE Confidence: 0.9291144865

00:26:59.681 --> 00:27:01.826 them to comment and check in on them.

NOTE Confidence: 0.9291144865

00:27:01.830 --> 00:27:03.514 See what's going on.

NOTE Confidence: 0.9291144865

00:27:03.514 --> 00:27:06.040 See if there unaddressed symptoms or

NOTE Confidence: 0.9291144865

00:27:06.116 --> 00:27:08.256 other aspects of their palliative

NOTE Confidence: 0.9291144865

00:27:08.256 --> 00:27:11.139 care needs that we could add onto.

NOTE Confidence: 0.9291144865

00:27:11.140 --> 00:27:13.660 So what the primary medical team is doing?

NOTE Confidence: 0.9291144865

00:27:13.660 --> 00:27:15.195 The main difference is really

NOTE Confidence: 0.9291144865

00:27:15.195 --> 00:27:16.423 between the two settings.

NOTE Confidence: 0.9291144865

00:27:16.430 --> 00:27:20.200 Is that obviously in the outpatient setting?

NOTE Confidence: 0.9291144865

00:27:20.200 --> 00:27:22.140 We're able to develop relationships

NOTE Confidence: 0.9291144865

00:27:22.140 --> 00:27:24.080 over longer periods of time,

NOTE Confidence: 0.9291144865

00:27:24.080 --> 00:27:25.646 and and that really is is

NOTE Confidence: 0.9291144865

00:27:25.646 --> 00:27:26.690 very rewarding to me.

NOTE Confidence: 0.918642987058824

00:27:27.880 --> 00:27:30.022 And presumably the other issue is

NOTE Confidence: 0.918642987058824

00:27:30.022 --> 00:27:32.422 that going back to something that

NOTE Confidence: 0.918642987058824

00:27:32.422 --> 00:27:34.677 you mentioned before the break,  
NOTE Confidence: 0.918642987058824

00:27:34.680 --> 00:27:36.690 you know not all of these  
NOTE Confidence: 0.918642987058824

00:27:36.690 --> 00:27:38.030 patients that you see,  
NOTE Confidence: 0.918642987058824

00:27:38.030 --> 00:27:40.390 particularly in the outpatient setting,  
NOTE Confidence: 0.918642987058824

00:27:40.390 --> 00:27:43.008 are quote at the end of life.  
NOTE Confidence: 0.918642987058824

00:27:43.010 --> 00:27:46.122 So some of these may be, you know,  
NOTE Confidence: 0.918642987058824

00:27:46.122 --> 00:27:48.648 dealing with symptoms that they may  
NOTE Confidence: 0.918642987058824

00:27:48.648 --> 00:27:51.064 have developed a undergoing active  
NOTE Confidence: 0.918642987058824

00:27:51.064 --> 00:27:53.068 treatment for curative intent,  
NOTE Confidence: 0.918642987058824

00:27:53.070 --> 00:27:54.960 and you're you're kind of  
NOTE Confidence: 0.918642987058824

00:27:54.960 --> 00:27:56.850 seeing them through that process  
NOTE Confidence: 0.918642987058824

00:27:56.915 --> 00:27:58.865 where they're able to come to.  
NOTE Confidence: 0.918642987058824

00:27:58.870 --> 00:28:01.035 An outpatient clinic and avail  
NOTE Confidence: 0.918642987058824

00:28:01.035 --> 00:28:02.767 themselves of your service.  
NOTE Confidence: 0.918642987058824

00:28:02.770 --> 00:28:03.400 Is that right?  
NOTE Confidence: 0.887655522

00:28:04.330 --> 00:28:05.989 Yeah, so many of our patients are

NOTE Confidence: 0.887655522

00:28:05.989 --> 00:28:08.265 with us for years and years and they

NOTE Confidence: 0.887655522

00:28:08.265 --> 00:28:09.770 are living with serious illness.

NOTE Confidence: 0.887655522

00:28:09.770 --> 00:28:12.040 For example, cancers like breast

NOTE Confidence: 0.887655522

00:28:12.040 --> 00:28:14.598 cancer with which have which have

NOTE Confidence: 0.887655522

00:28:14.598 --> 00:28:16.443 amazing treatments that are coming

NOTE Confidence: 0.887655522

00:28:16.443 --> 00:28:18.580 out over the last few years,

NOTE Confidence: 0.887655522

00:28:18.580 --> 00:28:19.808 really impacting patients lives

NOTE Confidence: 0.887655522

00:28:19.808 --> 00:28:21.650 and allowing them to live longer.

NOTE Confidence: 0.887655522

00:28:21.650 --> 00:28:25.430 And other hematologic cancers, for example,

NOTE Confidence: 0.887655522

00:28:25.430 --> 00:28:27.164 are are more like chronic illnesses

NOTE Confidence: 0.887655522

00:28:27.164 --> 00:28:29.493 that people live with for a long time, so.

NOTE Confidence: 0.887655522

00:28:29.493 --> 00:28:31.311 We've really found our niche in

NOTE Confidence: 0.887655522

00:28:31.311 --> 00:28:32.909 helping those patients live better.

NOTE Confidence: 0.783285655714286

00:28:33.440 --> 00:28:34.872 Doctor Dmitry Kozhevnikov

NOTE Confidence: 0.783285655714286

00:28:34.872 --> 00:28:36.662 is an assistant professor at

NOTE Confidence: 0.783285655714286



00:28:36.662 --> 00:28:38.500 the Yale School of Medicine.

NOTE Confidence: 0.783285655714286

00:28:38.500 --> 00:28:40.160 If you have questions,

NOTE Confidence: 0.783285655714286

00:28:40.160 --> 00:28:42.235 the addresses cancer answers at

NOTE Confidence: 0.783285655714286

00:28:42.240 --> 00:28:44.796 yale.edu and past editions of the

NOTE Confidence: 0.783285655714286

00:28:44.796 --> 00:28:47.315 program are available in audio and

NOTE Confidence: 0.783285655714286

00:28:47.315 --> 00:28:48.742 written form at [yalecancercenter.org](http://yalecancercenter.org).

NOTE Confidence: 0.783285655714286

00:28:48.742 --> 00:28:51.318 We hope you'll join us next week to

NOTE Confidence: 0.783285655714286

00:28:51.318 --> 00:28:53.281 learn more about the fight against

NOTE Confidence: 0.783285655714286

00:28:53.281 --> 00:28:54.866 cancer here on Connecticut Public

NOTE Confidence: 0.783285655714286

00:28:54.920 --> 00:28:56.732 radio funding for Yale Cancer Answers

NOTE Confidence: 0.783285655714286

00:28:56.732 --> 00:29:00.000 is provided by Smilow Cancer Hospital.