

RESEARCH SPOTLIGHTS

Mount Sinai Palliative Care at Home Project HoPe:

An Innovative Model to
Deliver Care to Seriously Ill
Seniors in their Home

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#AGS18



Project Collaborators



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Palliative Care enhances quality of life, improves satisfaction with care, improves symptoms, reduces caregiver burden and reduces costs.¹⁻⁴



Palliative care services within hospital setting has expanded over 15 year period to reach 75% of hospitals with more than 50 beds, 90% of hospitals with more than 300 beds and 100% of National Cancer Institute's Comprehensive Cancer Centers.⁵

¹Temel JS, Greer JA, Muzikansky A, Gallagher ER, Admane S, Jackson VA, Dahlin CM, Blinderman CD, Jacobsen J, Pirl WF, Billings JA, Lynch TJ. Early palliative care for patients with metastatic non-small-cell lung cancer. *N Engl J Med*. 2010 Aug 19;363(8):733-42.

²Zimmermann C, Swami N, Krzyzanowska M, Hannon B, Leighl N, Oza A, Moore M, Rydall A, Rodin G, Tannock I, Donner A, Lo C. Early palliative care for patients with advanced cancer: a cluster-randomised controlled trial. *Lancet*. 2014 May 17;383(9930):1721-30.

³Higginson IJ, McCrone P, Hart SR, Burman R, Silber E, Edmonds PM. Is short-term palliative care cost-effective in multiple sclerosis? A randomized phase II trial. *J Pain Symptom Manage*. 2009 Dec;38(6):816-26.

⁴Higginson IJ, Bausewein C, Reilly CC, Gao W, Gysels M, Dzingina M, McCrone P, Booth S, Jolley CJ, Moxham J. An integrated palliative and respiratory care service for patients with advanced disease and refractory breathlessness: a randomised controlled trial. *Lancet Respir Med*. 2014 Dec;2(12):979-87.

⁵Cassel JB, Bowman B., Rogers M., Spragens LH, Meier DE, and The Palliative Care Leadership Centers. Palliative Care Leadership Centers are key to the Diffusion of Palliative Care Innovation. *Health Affairs* 37, no.2 (2018); 231-239. reproduce or distribute

Although evidence exists demonstrating
high patient satisfaction and cost savings
with home-based palliative care⁶,

these models have faced more barriers to expansion and, as such, has been slower to reach the population in need.

6 Brumley R.D., Enguidanos S. And Cherin D.A. Effectiveness of a home-based palliative care program for the end-of-life. Journal of Palliative Medicine, 6, no.5 (2003):715-724.

Why is home-based palliative care important?

Palliative Care in the home allows seniors to

- Remain within their home and community where they want to be
- Supports the caregiver
- Promotes shared decision making
- Patient-centered care
- Reduce costs
- Opportunity to provide better care to seniors

West Health's goal is to spur adoption of home-based palliative care programs for seniors with serious illness.

West Health Institute and Mount Sinai Palliative Care at Home Collaboration

- Working to develop and evaluate a home-based palliative care program for seniors with serious illness over 5-year period.
- Mount Sinai has community ties and existing models of care in the home and community, including Visiting Doctors, Mobile Acute Care Team, Community Paramedics and several other models.

Together, we have a shared vision of developing a sustainable senior-focused model of care that moves the site of care to the home and community.

Key Components and Learnings



**Develop care
model and create a
team culture**

**Advance a Patient
Identification
Algorithm**

**Perform Rigorous
Evaluation**

**How to
Disseminate and
Scale**

Develop care model
and create a team
culture

Clinical team and components:

- Community health workers, doctor, social worker, nurse, nurse practitioner, administrative support
- Telehealth
- 24/7 telephonic support
- Community Paramedicine
- Pharmacy

Lesson Learned: Team culture is key and important to establish in the beginning.

Advance a Patient Identification Algorithm

Systematic prospective identification of patients with serious illness

- Use of claims, diagnosis codes, medical record data and administrative data
- Interview patients
- Test algorithm and refine

Lesson Learned: Locating data within the health system can be difficult. Spend time and establish relationships.

Perform Rigorous
Evaluation

Randomized controlled trial to assess home-based palliative care program on effectiveness of

- Symptoms management
- Quality of life
- Healthcare utilization
- Caregiver burden
- Cost of care

Lesson Learned: Coming soon!

How to Disseminate and Scale

Document in a playbook the challenges and implementation tasks

- Key elements:
 - How to define opportunity
 - Team building and staff training
 - Identifying the population
 - Clinical model
 - Operations

Initial Lesson Learned: Documenting challenges and solutions are valuable but difficult to do concurrently with program implementation.

Translating home-based palliative care research to reality

Develop
evidence
based

Disseminate
best
practices

Scale