

WEBVTT

00:00:00.000 --> 00:00:03.240 Funding for Yale Cancer Answers is

NOTE Confidence: 0.814232712727273

00:00:03.240 --> 00:00:06.310 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.814232712727273

00:00:06.310 --> 00:00:08.440 Welcome to Yale Cancer Answers

NOTE Confidence: 0.814232712727273

00:00:08.440 --> 00:00:10.144 with Doctor Anees Chagpar.

NOTE Confidence: 0.814232712727273

00:00:10.150 --> 00:00:12.000 Yale Cancer Answers features the

NOTE Confidence: 0.814232712727273

00:00:12.000 --> 00:00:13.850 latest information on cancer care

NOTE Confidence: 0.814232712727273

00:00:13.915 --> 00:00:15.375 by welcoming oncologists and

NOTE Confidence: 0.814232712727273

00:00:15.375 --> 00:00:17.565 specialists who are on the forefront

NOTE Confidence: 0.814232712727273

00:00:17.624 --> 00:00:19.310 of the battle to fight cancer.

NOTE Confidence: 0.814232712727273

00:00:19.310 --> 00:00:21.488 This week, it's a conversation about

NOTE Confidence: 0.814232712727273

00:00:21.488 --> 00:00:23.821 palliative care and resources available to

NOTE Confidence: 0.814232712727273

00:00:23.821 --> 00:00:25.866 patients with Doctor Elizabeth Prsic.

NOTE Confidence: 0.814232712727273

00:00:25.870 --> 00:00:27.982 Dr. Prsic is director of adult

NOTE Confidence: 0.814232712727273

00:00:27.982 --> 00:00:29.390 inpatient palliative care at

NOTE Confidence: 0.814232712727273

00:00:29.452 --> 00:00:31.067 the Yale School of Medicine,

NOTE Confidence: 0.814232712727273

00:00:31.070 --> 00:00:32.880 where Doctor Chagpar is a  
NOTE Confidence: 0.814232712727273

00:00:32.880 --> 00:00:34.328 professor of surgical oncology.  
NOTE Confidence: 0.938764390454546

00:00:35.540 --> 00:00:37.708 So maybe we can start off by you  
NOTE Confidence: 0.938764390454546

00:00:37.708 --> 00:00:39.807 telling us a little bit more about  
NOTE Confidence: 0.938764390454546

00:00:39.807 --> 00:00:41.799 yourself and what it is you do.  
NOTE Confidence: 0.8657098

00:00:42.040 --> 00:00:44.085 I'm trained in medical oncology  
NOTE Confidence: 0.8657098

00:00:44.085 --> 00:00:46.130 and palliative care and initially  
NOTE Confidence: 0.8657098

00:00:46.198 --> 00:00:48.718 trained in internal medicine prior  
NOTE Confidence: 0.8657098

00:00:48.718 --> 00:00:50.230 to further subspecialization.  
NOTE Confidence: 0.907661355909091

00:00:54.927 --> 00:00:56.660 Tell us more about palliative care.  
NOTE Confidence: 0.907661355909091

00:00:56.660 --> 00:01:00.002 I think even now there are  
NOTE Confidence: 0.907661355909091

00:01:00.002 --> 00:01:02.230 misperceptions about what exactly  
NOTE Confidence: 0.907661355909091

00:01:02.330 --> 00:01:05.486 is palliative care or some people  
NOTE Confidence: 0.907661355909091

00:01:05.490 --> 00:01:07.855 think that palliative care is  
NOTE Confidence: 0.907661355909091

00:01:07.855 --> 00:01:09.747 analogous to death panels.  
NOTE Confidence: 0.907661355909091

00:01:09.750 --> 00:01:13.095 Other people think that palliative

NOTE Confidence: 0.907661355909091

00:01:13.095 --> 00:01:16.440 care is equivalent to Hospice.

NOTE Confidence: 0.907661355909091

00:01:16.440 --> 00:01:19.226 But many times we hear that palliative

NOTE Confidence: 0.907661355909091

00:01:19.226 --> 00:01:21.600 care is something that actually is

NOTE Confidence: 0.907661355909091

00:01:21.600 --> 00:01:24.183 part and parcel of the treatment

NOTE Confidence: 0.907661355909091

00:01:24.261 --> 00:01:26.559 of cancer patients and actually

NOTE Confidence: 0.907661355909091

00:01:26.559 --> 00:01:29.393 starts at the time of diagnosis as

NOTE Confidence: 0.907661355909091

00:01:29.393 --> 00:01:31.979 an integrated part of the team.

NOTE Confidence: 0.907661355909091

00:01:31.980 --> 00:01:34.052 So maybe you can help us to

NOTE Confidence: 0.907661355909091

00:01:34.052 --> 00:01:36.117 understand a little bit more about

NOTE Confidence: 0.907661355909091

00:01:36.117 --> 00:01:37.967 what exactly is palliative care.

00:01:38.460 --> 00:01:40.525 So palliative care is a field in

NOTE Confidence: 0.8884422364

00:01:40.525 --> 00:01:42.208 medicine that focuses on supporting

NOTE Confidence: 0.8884422364

00:01:42.208 --> 00:01:44.410 patients and families that are facing

NOTE Confidence: 0.8884422364

00:01:44.410 --> 00:01:46.460 serious illness and we can be involved

NOTE Confidence: 0.8884422364

00:01:46.460 --> 00:01:48.392 at any stage and illness from the

NOTE Confidence: 0.8884422364

00:01:48.392 --> 00:01:50.126 time of diagnosis to progression of

NOTE Confidence: 0.8884422364

00:01:50.126 --> 00:01:52.100 disease and even end of life care,

NOTE Confidence: 0.8884422364

00:01:52.100 --> 00:01:54.140 whether that be Hospice or not.

NOTE Confidence: 0.8884422364

00:01:54.140 --> 00:01:57.286 And we really use an interdisciplinary

NOTE Confidence: 0.8884422364

00:01:57.286 --> 00:01:59.626 approach to support patients and

NOTE Confidence: 0.8884422364

00:01:59.626 --> 00:02:01.680 their caregivers or families,

NOTE Confidence: 0.8884422364

00:02:01.680 --> 00:02:02.630 social workers,

NOTE Confidence: 0.8884422364

00:02:02.630 --> 00:02:04.530 dedicated pharmacists who specialize

NOTE Confidence: 0.8884422364

00:02:04.530 --> 00:02:07.220 in pain and symptom management.

NOTE Confidence: 0.8884422364

00:02:07.220 --> 00:02:10.424 So we focus on the care of patients and

NOTE Confidence: 0.8884422364

00:02:10.424 --> 00:02:13.310 families facing serious illness and use

NOTE Confidence: 0.8884422364

00:02:13.310 --> 00:02:16.060 an interdisciplinary approach to do so.

NOTE Confidence: 0.8884422364

00:02:16.060 --> 00:02:17.166 Hospice care,

NOTE Confidence: 0.8884422364

00:02:17.166 --> 00:02:19.931 that's really care that's focused

NOTE Confidence: 0.8884422364

00:02:19.931 --> 00:02:22.435 on symptom management and quality of

NOTE Confidence: 0.8884422364

00:02:22.435 --> 00:02:24.825 life for patients with a prognosis

NOTE Confidence: 0.8884422364

00:02:24.825 --> 00:02:27.777 of six months or less that are not  
NOTE Confidence: 0.8884422364

00:02:27.777 --> 00:02:29.751 interested in furthering cancer  
NOTE Confidence: 0.8884422364

00:02:29.751 --> 00:02:31.791 directed therapy or aggressive  
NOTE Confidence: 0.8884422364

00:02:31.791 --> 00:02:33.794 medical interventions at that time.  
NOTE Confidence: 0.8884422364

00:02:33.794 --> 00:02:35.650 So that is an element of palliative care,  
NOTE Confidence: 0.8884422364

00:02:35.650 --> 00:02:39.136 but that is really a subset or  
NOTE Confidence: 0.8884422364

00:02:39.136 --> 00:02:41.622 a more limited focus of what we  
NOTE Confidence: 0.8884422364

00:02:41.622 --> 00:02:42.614 do in palliative care.  
00:02:44.274 --> 00:02:45.990 When we think about palliative care,  
NOTE Confidence: 0.880266873

00:02:45.990 --> 00:02:47.600 I mean it certainly sounds  
NOTE Confidence: 0.880266873

00:02:47.600 --> 00:02:48.420 amazing, right?  
NOTE Confidence: 0.880266873

00:02:48.420 --> 00:02:51.290 That you have this very diverse team  
NOTE Confidence: 0.880266873

00:02:51.290 --> 00:02:52.898 of multidisciplinary professionals  
NOTE Confidence: 0.880266873

00:02:52.898 --> 00:02:56.252 that are really geared to looking  
NOTE Confidence: 0.880266873

00:02:56.252 --> 00:02:59.017 after the needs of patients,  
NOTE Confidence: 0.880266873

00:02:59.020 --> 00:03:01.948 whether it's physical symptom management,  
NOTE Confidence: 0.880266873

00:03:01.950 --> 00:03:04.014 whether it's psychosocial care,  
NOTE Confidence: 0.880266873

00:03:04.014 --> 00:03:09.559 whether it's spiritual care, etcetera.  
NOTE Confidence: 0.880266873

00:03:09.560 --> 00:03:12.560 One would think that would  
NOTE Confidence: 0.880266873

00:03:12.560 --> 00:03:14.714 be something that many patients  
NOTE Confidence: 0.880266873

00:03:14.714 --> 00:03:16.676 may want to avail themselves of,  
NOTE Confidence: 0.880266873

00:03:16.680 --> 00:03:17.728 but what do patients  
NOTE Confidence: 0.880266873

00:03:17.728 --> 00:03:20.222 do if they're not in a large  
NOTE Confidence: 0.880266873

00:03:20.222 --> 00:03:22.674 academic center?  
NOTE Confidence: 0.880266873

00:03:22.674 --> 00:03:24.946 Is that something that  
00:03:26.014 --> 00:03:29.206 a community oncologist would be able  
NOTE Confidence: 0.880266873

00:03:29.206 --> 00:03:32.618 to provide or are there palliative  
NOTE Confidence: 0.880266873

00:03:32.618 --> 00:03:36.730 care facilities available in the community?  
NOTE Confidence: 0.880266873

00:03:36.730 --> 00:03:39.100 How do patients who aren't  
NOTE Confidence: 0.880266873

00:03:39.100 --> 00:03:41.556 at a large academic center get  
NOTE Confidence: 0.880266873

00:03:41.556 --> 00:03:43.546 the same quality of care?  
NOTE Confidence: 0.859864066666667

00:03:43.950 --> 00:03:45.662 Yeah, so that element  
NOTE Confidence: 0.859864066666667

00:03:45.662 --> 00:03:47.802 of equity and access there are

NOTE Confidence: 0.859864066666667

00:03:47.810 --> 00:03:49.810 certainly major factors in

NOTE Confidence: 0.859864066666667

00:03:49.810 --> 00:03:51.810 the delivery of palliative care

NOTE Confidence: 0.859864066666667

00:03:51.879 --> 00:03:53.820 nationally and internationally.

NOTE Confidence: 0.859864066666667

00:03:53.820 --> 00:03:56.485 The majority of larger hospitals

NOTE Confidence: 0.859864066666667

00:03:56.485 --> 00:03:58.617 regardless of academic center,

NOTE Confidence: 0.859864066666667

00:03:58.620 --> 00:04:01.205 urban versus rural etcetera do

NOTE Confidence: 0.859864066666667

00:04:01.205 --> 00:04:03.273 have palliative care access.

NOTE Confidence: 0.859864066666667

00:04:03.280 --> 00:04:05.700 So dedicated palliative care

NOTE Confidence: 0.859864066666667

00:04:05.700 --> 00:04:08.120 inpatient or outpatient services.

NOTE Confidence: 0.859864066666667

00:04:08.120 --> 00:04:09.844 When you're looking at

NOTE Confidence: 0.859864066666667

00:04:09.844 --> 00:04:11.568 more rural based hospitals,

NOTE Confidence: 0.859864066666667

00:04:11.570 --> 00:04:13.805 hospitals outside of larger urban

NOTE Confidence: 0.859864066666667

00:04:13.805 --> 00:04:16.558 centers or non academic centers, that

NOTE Confidence: 0.859864066666667

00:04:16.558 --> 00:04:19.270 percentage goes down.

NOTE Confidence: 0.859864066666667

00:04:19.270 --> 00:04:23.688 There is a huge deficit of

NOTE Confidence: 0.859864066666667  
00:04:23.690 --> 00:04:25.022 palliative care trained,  
NOTE Confidence: 0.859864066666667  
00:04:25.022 --> 00:04:26.798 fellowship trained or otherwise  
NOTE Confidence: 0.859864066666667  
00:04:26.798 --> 00:04:28.130 palliative care subspecialty  
NOTE Confidence: 0.859864066666667  
00:04:28.190 --> 00:04:29.760 trained providers in the community  
NOTE Confidence: 0.859864066666667  
00:04:29.760 --> 00:04:31.330 at large in this country.  
NOTE Confidence: 0.859864066666667  
00:04:31.330 --> 00:04:31.666 Unfortunately,  
NOTE Confidence: 0.859864066666667  
00:04:31.666 --> 00:04:33.682 many of the aspects of care  
NOTE Confidence: 0.859864066666667  
00:04:33.682 --> 00:04:35.250 that we can provide,  
NOTE Confidence: 0.859864066666667  
00:04:35.250 --> 00:04:38.110 including pain and symptom management,  
NOTE Confidence: 0.859864066666667  
00:04:38.110 --> 00:04:39.366 psychosocial support,  
NOTE Confidence: 0.859864066666667  
00:04:39.366 --> 00:04:40.622 social work,  
NOTE Confidence: 0.859864066666667  
00:04:40.622 --> 00:04:41.250 chaplaincy,  
NOTE Confidence: 0.859864066666667  
00:04:41.250 --> 00:04:43.235 etcetera can be provided by  
NOTE Confidence: 0.859864066666667  
00:04:43.235 --> 00:04:44.029 other subspecialists.  
NOTE Confidence: 0.859864066666667  
00:04:44.030 --> 00:04:46.746 But as all of our patients with  
NOTE Confidence: 0.859864066666667



00:04:46.746 --> 00:04:47.910 advanced cancers understand,  
NOTE Confidence: 0.859864066666667

00:04:47.910 --> 00:04:49.914 there are a lot of unique  
NOTE Confidence: 0.859864066666667

00:04:49.914 --> 00:04:51.726 needs in this population that  
NOTE Confidence: 0.859864066666667

00:04:51.726 --> 00:04:53.630 the subspecialty support.  
NOTE Confidence: 0.859864066666667

00:04:53.630 --> 00:04:55.394 It really does bring a value added  
NOTE Confidence: 0.859864066666667

00:04:55.394 --> 00:04:57.345 to their quality of life and  
NOTE Confidence: 0.859864066666667

00:04:57.345 --> 00:04:58.769 their experience of illness.  
NOTE Confidence: 0.943279343809524

00:04:59.420 --> 00:05:01.540 And so can you tell us a little  
NOTE Confidence: 0.943279343809524

00:05:01.540 --> 00:05:03.802 bit more about the data in terms  
NOTE Confidence: 0.943279343809524

00:05:03.802 --> 00:05:05.860 of the value of palliative care?  
NOTE Confidence: 0.943279343809524

00:05:05.860 --> 00:05:09.148 Because I can imagine that some  
NOTE Confidence: 0.943279343809524

00:05:09.148 --> 00:05:12.608 listeners who may be thinking about this  
NOTE Confidence: 0.943279343809524

00:05:12.608 --> 00:05:15.320 from a cynical standpoint may think,  
NOTE Confidence: 0.943279343809524

00:05:15.320 --> 00:05:18.673 you know, if I'm being treated with  
NOTE Confidence: 0.943279343809524

00:05:18.673 --> 00:05:21.252 chemotherapy or radiation and I have  
NOTE Confidence: 0.943279343809524

00:05:21.252 --> 00:05:23.723 some side effects or some pain or

NOTE Confidence: 0.943279343809524  
00:05:23.730 --> 00:05:26.446 I'm going through the  
NOTE Confidence: 0.943279343809524  
00:05:26.446 --> 00:05:28.420 inevitable anxiety of recurrence,  
NOTE Confidence: 0.943279343809524  
00:05:28.420 --> 00:05:30.570 etcetera, and maybe having a  
NOTE Confidence: 0.943279343809524  
00:05:30.570 --> 00:05:32.854 spiritual crisis that  
NOTE Confidence: 0.943279343809524  
00:05:32.854 --> 00:05:34.264 my physician who's treating me,  
NOTE Confidence: 0.943279343809524  
00:05:34.270 --> 00:05:37.846 my oncologist can really take care of that.  
NOTE Confidence: 0.943279343809524  
00:05:37.850 --> 00:05:40.866 I mean, they're the person who I'm going  
NOTE Confidence: 0.943279343809524  
00:05:40.866 --> 00:05:44.054 to tell that I've got symptom X, Y, or Z.  
NOTE Confidence: 0.943279343809524  
00:05:44.060 --> 00:05:48.017 What are the data to support  
NOTE Confidence: 0.943279343809524  
00:05:48.017 --> 00:05:50.902 really the integration of palliative  
NOTE Confidence: 0.943279343809524  
00:05:50.902 --> 00:05:55.180 care as a multi specialty unit in  
NOTE Confidence: 0.943279343809524  
00:05:55.180 --> 00:05:57.700 the care of patients with cancer?  
00:05:58.100 --> 00:06:00.263 That is a really wonderful question  
NOTE Confidence: 0.877017221666667  
00:06:00.263 --> 00:06:02.000 and that's been an ongoing area  
NOTE Confidence: 0.877017221666667  
00:06:02.000 --> 00:06:04.513 of research and will  
NOTE Confidence: 0.877017221666667  
00:06:04.513 --> 00:06:07.763 continue to be for some time.

NOTE Confidence: 0.877017221666667

00:06:07.763 --> 00:06:10.570 The addition to palliative care there's studies looking

NOTE Confidence: 0.877017221666667

00:06:10.639 --> 00:06:13.177 at certain diseases of social disease.

NOTE Confidence: 0.877017221666667

00:06:13.180 --> 00:06:14.098 I'm not going to get

NOTE Confidence: 0.877017221666667

00:06:14.100 --> 00:06:17.338 too far into the weeds, but in effect we

NOTE Confidence: 0.877017221666667

00:06:17.338 --> 00:06:20.780 can help better improve anxiety, depression,

NOTE Confidence: 0.877017221666667

00:06:20.780 --> 00:06:23.705 coping skills, and symptom management.

NOTE Confidence: 0.877017221666667

00:06:23.710 --> 00:06:27.985 Certainly we can help reduce readmission

NOTE Confidence: 0.877017221666667

00:06:27.985 --> 00:06:30.985 rates and length of stay for patients that

NOTE Confidence: 0.877017221666667

00:06:30.985 --> 00:06:33.970 have recurrent hospitalizations for instance.

NOTE Confidence: 0.877017221666667

00:06:33.970 --> 00:06:35.538 So those are some of the value

NOTE Confidence: 0.877017221666667

00:06:35.538 --> 00:06:37.176 added things that we can bring to

NOTE Confidence: 0.877017221666667

00:06:37.176 --> 00:06:38.550 the care of patients with cancer.

NOTE Confidence: 0.877017221666667

00:06:38.550 --> 00:06:41.763 Of course I'm a trained

NOTE Confidence: 0.877017221666667

00:06:41.763 --> 00:06:44.677 medical oncology as well and I think

NOTE Confidence: 0.877017221666667

00:06:44.680 --> 00:06:45.305 communication,

NOTE Confidence: 0.877017221666667  
00:06:45.305 --> 00:06:49.055 symptom management, are all areas of  
NOTE Confidence: 0.877017221666667  
00:06:49.055 --> 00:06:51.980 expertise for medical oncologists  
NOTE Confidence: 0.877017221666667  
00:06:51.980 --> 00:06:53.654 and that's something that  
NOTE Confidence: 0.877017221666667  
00:06:53.654 --> 00:06:55.670 they are very well versed in doing.  
NOTE Confidence: 0.877017221666667  
00:06:55.670 --> 00:06:56.040 However,  
NOTE Confidence: 0.877017221666667  
00:06:56.040 --> 00:06:58.630 there can be very complex symptoms that  
NOTE Confidence: 0.877017221666667  
00:06:58.630 --> 00:07:01.047 may arise and having that additional  
NOTE Confidence: 0.877017221666667  
00:07:01.047 --> 00:07:03.459 set of eyes and further subspecialty  
NOTE Confidence: 0.877017221666667  
00:07:03.527 --> 00:07:05.633 support to really optimize the care  
NOTE Confidence: 0.877017221666667  
00:07:05.633 --> 00:07:07.826 and quality of life for patients  
NOTE Confidence: 0.877017221666667  
00:07:07.826 --> 00:07:09.791 facing serious illness and complex  
NOTE Confidence: 0.877017221666667  
00:07:09.791 --> 00:07:11.410 symptom management is definitely  
NOTE Confidence: 0.877017221666667  
00:07:11.410 --> 00:07:13.660 something that we can help support.  
NOTE Confidence: 0.913761144615385  
00:07:15.080 --> 00:07:17.408 It's interesting because  
NOTE Confidence: 0.913761144615385  
00:07:17.408 --> 00:07:20.220 while many of us may think about  
NOTE Confidence: 0.913761144615385

00:07:20.220 --> 00:07:22.590 palliative care as really being a  
NOTE Confidence: 0.913761144615385

00:07:22.590 --> 00:07:25.217 value ad in terms of the experience,  
NOTE Confidence: 0.913761144615385

00:07:25.220 --> 00:07:27.110 the comment that you made about  
NOTE Confidence: 0.913761144615385

00:07:27.110 --> 00:07:28.944 really reducing recurrence rates,  
NOTE Confidence: 0.913761144615385

00:07:28.944 --> 00:07:30.920 reducing length of stay,  
NOTE Confidence: 0.913761144615385

00:07:30.920 --> 00:07:32.420 those more practical tangible  
NOTE Confidence: 0.913761144615385

00:07:32.420 --> 00:07:34.295 outcomes might not be something  
NOTE Confidence: 0.913761144615385

00:07:34.295 --> 00:07:36.379 that everybody really knows about.  
NOTE Confidence: 0.913761144615385

00:07:36.380 --> 00:07:38.466 Can you comment a little bit more  
NOTE Confidence: 0.913761144615385

00:07:38.466 --> 00:07:40.334 on the studies that found that  
NOTE Confidence: 0.913761144615385

00:07:40.334 --> 00:07:43.030 and what the science is?  
00:07:50.906 --> 00:07:53.891 Palliative care consultation may help  
NOTE Confidence: 0.813369171666667

00:07:53.891 --> 00:07:56.281 reduce the likelihood of patients  
NOTE Confidence: 0.813369171666667

00:07:56.281 --> 00:07:58.650 being readmitted in the future.  
NOTE Confidence: 0.813369171666667

00:07:58.650 --> 00:08:01.023 And a lot of that is really  
NOTE Confidence: 0.813369171666667

00:08:01.023 --> 00:08:02.572 driven by clarifying patient  
NOTE Confidence: 0.813369171666667

00:08:02.572 --> 00:08:04.867 goals of care when appropriate.  
NOTE Confidence: 0.813369171666667

00:08:04.870 --> 00:08:07.180 If patients are interested that could  
NOTE Confidence: 0.813369171666667

00:08:07.180 --> 00:08:09.691 mean transition to Hospice or more  
NOTE Confidence: 0.813369171666667

00:08:09.691 --> 00:08:11.966 outpatient directed therapies moving forward.  
NOTE Confidence: 0.813369171666667

00:08:11.970 --> 00:08:13.320 That's where the utilization  
NOTE Confidence: 0.813369171666667

00:08:13.320 --> 00:08:15.06 comes in and I know I'm speaking  
NOTE Confidence: 0.813369171666667

00:08:15.060 --> 00:08:17.461 from a larger health quality  
NOTE Confidence: 0.813369171666667

00:08:17.461 --> 00:08:18.490 and utilization perspective,  
NOTE Confidence: 0.813369171666667

00:08:18.490 --> 00:08:20.266 but what this really means is  
NOTE Confidence: 0.813369171666667

00:08:20.266 --> 00:08:22.410 less time in the hospital and more  
NOTE Confidence: 0.813369171666667

00:08:22.410 --> 00:08:24.942 time at home if that is what is  
NOTE Confidence: 0.813369171666667

00:08:24.942 --> 00:08:26.490 within the patient's goals.  
NOTE Confidence: 0.813369171666667

00:08:26.490 --> 00:08:28.220 More time with family and  
NOTE Confidence: 0.813369171666667

00:08:28.220 --> 00:08:29.604 better symptom management  
NOTE Confidence: 0.813369171666667

00:08:29.610 --> 00:08:32.410 is the goal of our palliative care efforts.  
NOTE Confidence: 0.813369171666667

00:08:32.410 --> 00:08:35.154 A few other important areas where the value

NOTE Confidence: 0.813369171666667

00:08:35.154 --> 00:08:37.528 of palliative care has been demonstrated

NOTE Confidence: 0.813369171666667

00:08:37.530 --> 00:08:39.990 for patients is with advanced lung cancer,

NOTE Confidence: 0.813369171666667

00:08:39.990 --> 00:08:42.530 early integration of palliative care

NOTE Confidence: 0.813369171666667

00:08:42.530 --> 00:08:45.070 has demonstrated an improved survival.

NOTE Confidence: 0.813369171666667

00:08:45.070 --> 00:08:47.998 To the effect that many of our cancer

NOTE Confidence: 0.813369171666667

00:08:47.998 --> 00:08:49.560 directed therapies and chemotherapies

NOTE Confidence: 0.813369171666667

00:08:49.560 --> 00:08:52.592 may add in terms of prognosis and time,

NOTE Confidence: 0.813369171666667

00:08:52.600 --> 00:08:55.264 further palliative care support

NOTE Confidence: 0.813369171666667

00:08:55.264 --> 00:08:58.455 can help loved ones who are coping

NOTE Confidence: 0.813369171666667

00:08:58.455 --> 00:09:00.310 with the experience of facing

NOTE Confidence: 0.813369171666667

00:09:00.385 --> 00:09:02.480 cancer of their family members.

NOTE Confidence: 0.813369171666667

00:09:02.480 --> 00:09:04.504 So sometimes that's just

NOTE Confidence: 0.813369171666667

00:09:04.504 --> 00:09:06.022 additional psychosocial support

NOTE Confidence: 0.813369171666667

00:09:06.022 --> 00:09:08.060 navigating the medical system,

NOTE Confidence: 0.813369171666667

00:09:08.060 --> 00:09:10.490 improving communication etcetera.

NOTE Confidence: 0.881191624285714

00:09:11.480 --> 00:09:13.517 There's a few  
NOTE Confidence: 0.881191624285714

00:09:13.517 --> 00:09:15.518 things in which you just said that are  
NOTE Confidence: 0.881191624285714

00:09:15.520 --> 00:09:18.500 incredibly interesting one is  
NOTE Confidence: 0.881191624285714

00:09:18.500 --> 00:09:21.420 the study you alluded to in lung cancer  
NOTE Confidence: 0.881191624285714

00:09:21.420 --> 00:09:24.522 patients where it was found that palliative  
NOTE Confidence: 0.881191624285714

00:09:24.522 --> 00:09:26.358 care actually improved survival.  
NOTE Confidence: 0.881191624285714

00:09:26.360 --> 00:09:28.628 I mean, many people will understand  
NOTE Confidence: 0.881191624285714

00:09:28.628 --> 00:09:31.481 the reduced length of stay if patients  
NOTE Confidence: 0.881191624285714

00:09:31.481 --> 00:09:33.596 are being transitioned to Hospice,  
NOTE Confidence: 0.881191624285714

00:09:33.600 --> 00:09:35.976 but then that really furthers this  
NOTE Confidence: 0.881191624285714

00:09:35.976 --> 00:09:38.360 notion of palliative care as being  
NOTE Confidence: 0.881191624285714

00:09:38.360 --> 00:09:40.488 kind of expedited death panel, right?  
NOTE Confidence: 0.881191624285714

00:09:40.488 --> 00:09:42.792 We will get you out of the hospital  
NOTE Confidence: 0.881191624285714

00:09:42.792 --> 00:09:45.326 so that you can go to Hospice to die.  
NOTE Confidence: 0.881191624285714

00:09:45.330 --> 00:09:49.250 That's the cynical kind of look at that.  
NOTE Confidence: 0.881191624285714

00:09:49.250 --> 00:09:51.140 But I think that the study that



NOTE Confidence: 0.881191624285714  
00:09:51.140 --> 00:09:52.992 you pointed out that was published  
NOTE Confidence: 0.881191624285714  
00:09:52.992 --> 00:09:54.954 in the New England Journal which  
NOTE Confidence: 0.881191624285714  
00:09:54.954 --> 00:09:57.418 found that for lung cancer patients  
NOTE Confidence: 0.881191624285714  
00:09:57.418 --> 00:09:59.074 palliative care actually improves  
NOTE Confidence: 0.881191624285714  
00:09:59.074 --> 00:10:00.850 survival was incredibly eye opening.  
NOTE Confidence: 0.881191624285714  
00:10:00.850 --> 00:10:03.802 Can you talk a little bit more about that  
NOTE Confidence: 0.881191624285714  
00:10:03.802 --> 00:10:06.834 study and why it is that you think that  
NOTE Confidence: 0.881191624285714  
00:10:06.834 --> 00:10:09.309 palliative care actually improves survival?  
NOTE Confidence: 0.881191624285714  
00:10:09.310 --> 00:10:11.152 It seems like symptom management  
NOTE Confidence: 0.881191624285714  
00:10:11.152 --> 00:10:13.171 is one thing but to improve  
NOTE Confidence: 0.881191624285714  
00:10:13.171 --> 00:10:14.627 survival is quite another.  
NOTE Confidence: 0.829562961666667  
00:10:14.690 --> 00:10:16.010 This is something I talk about  
NOTE Confidence: 0.829562961666667  
00:10:16.010 --> 00:10:17.726 every single day.  
NOTE Confidence: 0.829562961666667  
00:10:17.726 --> 00:10:21.158 Because symptom management is very real.  
NOTE Confidence: 0.829562961666667  
00:10:21.160 --> 00:10:23.302 Not only in terms of the quality of life  
NOTE Confidence: 0.829562961666667

00:10:23.302 --> 00:10:25.303 for an individual patient and their  
NOTE Confidence: 0.829562961666667

00:10:25.303 --> 00:10:27.500 experience as a human,  
NOTE Confidence: 0.829562961666667

00:10:27.500 --> 00:10:29.504 but additionally their ability to live  
NOTE Confidence: 0.829562961666667

00:10:29.504 --> 00:10:31.860 life the way they want to live it.  
NOTE Confidence: 0.829562961666667

00:10:31.860 --> 00:10:34.492 Are they comfortable enough to get  
NOTE Confidence: 0.829562961666667

00:10:34.492 --> 00:10:37.220 up and make a meal, get a cup of tea,  
NOTE Confidence: 0.829562961666667

00:10:37.220 --> 00:10:38.642 are they comfortable enough to have  
NOTE Confidence: 0.829562961666667

00:10:38.642 --> 00:10:40.179 a phone call with a loved one,  
NOTE Confidence: 0.829562961666667

00:10:40.180 --> 00:10:42.720 have a meal, mobilize themselves,  
NOTE Confidence: 0.829562961666667

00:10:42.720 --> 00:10:43.660 get dressed for the day?  
NOTE Confidence: 0.829562961666667

00:10:43.660 --> 00:10:45.082 All of those things that are  
NOTE Confidence: 0.829562961666667

00:10:45.082 --> 00:10:46.030 going to help them  
NOTE Confidence: 0.829562961666667

00:10:46.030 --> 00:10:48.270 remain as physically active as  
NOTE Confidence: 0.829562961666667

00:10:48.270 --> 00:10:50.510 possible and that helps improve  
NOTE Confidence: 0.829562961666667

00:10:50.583 --> 00:10:52.389 their performance status,  
NOTE Confidence: 0.829562961666667

00:10:52.390 --> 00:10:54.581 their ability to remain as strong and

NOTE Confidence: 0.829562961666667

00:10:54.581 --> 00:10:56.981 fit and healthy as possible to continue

NOTE Confidence: 0.829562961666667

00:10:56.981 --> 00:10:59.490 cancer directed therapy and also to avoid

NOTE Confidence: 0.829562961666667

00:10:59.490 --> 00:11:01.752 challenges that may arise

NOTE Confidence: 0.829562961666667

00:11:01.752 --> 00:11:03.141 during treatment.

NOTE Confidence: 0.829562961666667

00:11:03.141 --> 00:11:05.034 For example,

NOTE Confidence: 0.829562961666667

00:11:05.034 --> 00:11:06.927 poorly controlled nausea,

NOTE Confidence: 0.829562961666667

00:11:06.930 --> 00:11:08.386 they're going to eat and drink less,

NOTE Confidence: 0.829562961666667

00:11:08.390 --> 00:11:10.410 they may come in dehydrated,

NOTE Confidence: 0.829562961666667

00:11:10.410 --> 00:11:12.330 they may not be able to take their

NOTE Confidence: 0.829562961666667

00:11:12.330 --> 00:11:13.690 other medications or have more pain,

NOTE Confidence: 0.829562961666667

00:11:13.690 --> 00:11:14.472 for instance.

NOTE Confidence: 0.829562961666667

00:11:14.472 --> 00:11:17.209 So managing symptoms has very real effects

NOTE Confidence: 0.829562961666667

00:11:17.210 --> 00:11:19.240 in terms of their ability to be

NOTE Confidence: 0.829562961666667

00:11:19.240 --> 00:11:21.322 independent and as active and healthy

NOTE Confidence: 0.829562961666667

00:11:21.322 --> 00:11:23.620 as possible to continue cancer directed

NOTE Confidence: 0.829562961666667

00:11:23.620 --> 00:11:26.100 therapy in addition to just feeling better,  
NOTE Confidence: 0.829562961666667

00:11:26.100 --> 00:11:27.976 which really really matters.  
NOTE Confidence: 0.829562961666667

00:11:27.976 --> 00:11:30.790 And I think the early identification  
NOTE Confidence: 0.829562961666667

00:11:30.864 --> 00:11:33.144 of symptoms and early ability to  
NOTE Confidence: 0.829562961666667

00:11:33.144 --> 00:11:35.054 address these symptoms is key.  
NOTE Confidence: 0.829562961666667

00:11:35.060 --> 00:11:38.435 So the vast majority, like over 95%  
NOTE Confidence: 0.829562961666667

00:11:38.435 --> 00:11:40.625 of cancer pain can be relatively  
NOTE Confidence: 0.829562961666667

00:11:40.625 --> 00:11:43.026 easily controlled and we have a lot  
NOTE Confidence: 0.829562961666667

00:11:43.026 --> 00:11:44.880 of different modalities to do that,  
NOTE Confidence: 0.829562961666667

00:11:44.880 --> 00:11:47.232 whether it's pain medications,  
NOTE Confidence: 0.829562961666667

00:11:47.232 --> 00:11:47.820 interventional  
NOTE Confidence: 0.829562961666667

00:11:47.820 --> 00:11:50.454 techniques, radiation therapies,  
NOTE Confidence: 0.829562961666667

00:11:50.454 --> 00:11:53.088 interventional radiology support,  
NOTE Confidence: 0.829562961666667

00:11:53.090 --> 00:11:55.115 we can do so much to help manage pain  
NOTE Confidence: 0.829562961666667

00:11:55.115 --> 00:11:57.158 and I think many patients feel that  
00:11:57.630 --> 00:11:58.805 I have an advanced cancer,  
NOTE Confidence: 0.829562961666667

00:11:58.810 --> 00:12:00.914 of course I'm going to have pain, well,  
NOTE Confidence: 0.829562961666667

00:12:00.920 --> 00:12:03.048 we can do a better job almost  
NOTE Confidence: 0.829562961666667

00:12:03.048 --> 00:12:04.679 always in improving symptoms and  
NOTE Confidence: 0.829562961666667

00:12:04.679 --> 00:12:06.319 I think that that's key.  
NOTE Confidence: 0.829562961666667

00:12:06.320 --> 00:12:09.316 And when it comes to caregiver support,  
NOTE Confidence: 0.829562961666667

00:12:09.320 --> 00:12:11.959 I think navigating cancer care with a  
NOTE Confidence: 0.829562961666667

00:12:11.959 --> 00:12:15.280 loved one is extraordinarily challenging.  
NOTE Confidence: 0.829562961666667

00:12:15.280 --> 00:12:17.698 And I can only imagine what  
NOTE Confidence: 0.829562961666667

00:12:17.698 --> 00:12:19.310 my patients go through.  
NOTE Confidence: 0.829562961666667

00:12:19.310 --> 00:12:20.680 And from a personal experience,  
NOTE Confidence: 0.829562961666667

00:12:20.680 --> 00:12:22.720 I've been there as well as a caregiver.  
NOTE Confidence: 0.829562961666667

00:12:22.720 --> 00:12:24.405 And when you're seeing your  
NOTE Confidence: 0.829562961666667

00:12:24.405 --> 00:12:26.480 loved ones suffer and in pain,  
NOTE Confidence: 0.829562961666667

00:12:26.480 --> 00:12:28.652 it's so much more distressing and  
NOTE Confidence: 0.829562961666667

00:12:28.652 --> 00:12:30.100 difficult and just demoralizing  
NOTE Confidence: 0.829562961666667

00:12:30.158 --> 00:12:31.824 and when you have a team that

NOTE Confidence: 0.829562961666667  
00:12:31.830 --> 00:12:35.046 really helps support them in  
NOTE Confidence: 0.829562961666667  
00:12:35.046 --> 00:12:36.654 navigating this extraordinarily  
NOTE Confidence: 0.829562961666667  
00:12:36.654 --> 00:12:37.800 complex system,  
NOTE Confidence: 0.829562961666667  
00:12:37.800 --> 00:12:40.188 in navigating symptom management  
NOTE Confidence: 0.829562961666667  
00:12:40.188 --> 00:12:41.979 and complex medications,  
NOTE Confidence: 0.829562961666667  
00:12:41.980 --> 00:12:44.479 that really helps not just the patient,  
NOTE Confidence: 0.829562961666667  
00:12:44.480 --> 00:12:46.237 but also their loved ones who are  
NOTE Confidence: 0.829562961666667  
00:12:46.766 --> 00:12:48.081 wanting to do anything and  
NOTE Confidence: 0.829562961666667  
00:12:48.081 --> 00:12:49.589 everything to help care for them.  
NOTE Confidence: 0.8898076975  
00:12:49.800 --> 00:12:51.588 Well, we're going to pick up  
NOTE Confidence: 0.8898076975  
00:12:51.588 --> 00:12:52.780 the conversation talking about  
NOTE Confidence: 0.8898076975  
00:12:52.830 --> 00:12:54.582 the impact of palliative care on  
NOTE Confidence: 0.8898076975  
00:12:54.582 --> 00:12:56.314 caregivers right after we take a  
NOTE Confidence: 0.8898076975  
00:12:56.314 --> 00:12:57.826 short break for a medical minute.  
NOTE Confidence: 0.789647866  
00:12:58.520 --> 00:13:00.530 Funding for Yale Cancer Answers  
NOTE Confidence: 0.789647866

00:13:00.530 --> 00:13:02.540 comes from Smilow Cancer Hospital,  
NOTE Confidence: 0.789647866

00:13:02.540 --> 00:13:04.196 where their one-of-a-kind  
NOTE Confidence: 0.789647866

00:13:04.196 --> 00:13:05.300 Sexuality, intimacy,  
NOTE Confidence: 0.789647866

00:13:05.300 --> 00:13:07.700 and menopause program combines medical  
NOTE Confidence: 0.789647866

00:13:07.700 --> 00:13:09.140 and psychological interventions  
NOTE Confidence: 0.789647866

00:13:09.140 --> 00:13:11.570 for women who experience sexual  
NOTE Confidence: 0.789647866

00:13:11.570 --> 00:13:12.980 dysfunction after cancer.  
NOTE Confidence: 0.789647866

00:13:12.980 --> 00:13:16.950 Smilowcancerhospital.org.  
NOTE Confidence: 0.789647866

00:13:16.950 --> 00:13:18.755 It's estimated that over 240,000  
NOTE Confidence: 0.789647866

00:13:18.755 --> 00:13:21.523 men in the US will be diagnosed  
NOTE Confidence: 0.789647866

00:13:21.523 --> 00:13:23.748 with prostate cancer this year,  
NOTE Confidence: 0.789647866

00:13:23.750 --> 00:13:26.445 with over 3000 new cases being identified  
NOTE Confidence: 0.789647866

00:13:26.450 --> 00:13:27.506 here in Connecticut.  
NOTE Confidence: 0.789647866

00:13:27.506 --> 00:13:29.266 One in eight American men  
NOTE Confidence: 0.789647866

00:13:29.266 --> 00:13:30.990 will develop prostate cancer  
NOTE Confidence: 0.789647866

00:13:30.990 --> 00:13:32.910 in the course of his lifetime.

NOTE Confidence: 0.789647866

00:13:32.910 --> 00:13:34.974 Major advances in the detection and

NOTE Confidence: 0.789647866

00:13:34.974 --> 00:13:36.721 treatment of prostate cancer have

NOTE Confidence: 0.789647866

00:13:36.721 --> 00:13:37.969 dramatically decreased the number

NOTE Confidence: 0.789647866

00:13:37.969 --> 00:13:40.230 of men who die from the disease.

NOTE Confidence: 0.789647866

00:13:40.230 --> 00:13:42.000 Screening can be performed quickly

NOTE Confidence: 0.789647866

00:13:42.000 --> 00:13:43.798 and easily in a physician's

NOTE Confidence: 0.789647866

00:13:43.798 --> 00:13:45.688 office using two simple tests,

NOTE Confidence: 0.789647866

00:13:45.690 --> 00:13:48.196 a physical exam and a blood test.

NOTE Confidence: 0.789647866

00:13:48.200 --> 00:13:50.620 Clinical trials are currently underway

NOTE Confidence: 0.789647866

00:13:50.620 --> 00:13:52.556 at federally designated Comprehensive

NOTE Confidence: 0.789647866

00:13:52.556 --> 00:13:54.679 cancer center such as Yale Cancer

NOTE Confidence: 0.789647866

00:13:54.679 --> 00:13:56.840 Center and Smilow Cancer Hospital,

NOTE Confidence: 0.789647866

00:13:56.840 --> 00:13:58.420 where doctors are also

NOTE Confidence: 0.789647866

00:13:58.420 --> 00:14:00.000 using the Artemis machine,

NOTE Confidence: 0.789647866

00:14:00.000 --> 00:14:01.896 which enables targeted biopsies

NOTE Confidence: 0.789647866



00:14:01.896 --> 00:14:03.318 to be performed.  
NOTE Confidence: 0.789647866

00:14:03.320 --> 00:14:05.608 More information is available  
NOTE Confidence: 0.789647866

00:14:05.608 --> 00:14:06.614 at [yalecancercenter.org](http://yalecancercenter.org).  
NOTE Confidence: 0.789647866

00:14:06.614 --> 00:14:09.218 You're listening to Connecticut public radio.  
NOTE Confidence: 0.819446443333333

00:14:10.850 --> 00:14:12.800 Welcome back to Yale Cancer Answers.  
NOTE Confidence: 0.819446443333333

00:14:12.800 --> 00:14:14.360 This is doctor Anees Chagpar,  
NOTE Confidence: 0.819446443333333

00:14:14.360 --> 00:14:16.397 and I'm joined tonight by my guest,  
NOTE Confidence: 0.819446443333333

00:14:16.400 --> 00:14:17.585 Doctor Elizabeth Prsic.  
NOTE Confidence: 0.819446443333333

00:14:17.585 --> 00:14:20.350 We are discussing the field of palliative  
NOTE Confidence: 0.819446443333333

00:14:20.418 --> 00:14:22.836 care and resources available to patients.  
NOTE Confidence: 0.819446443333333

00:14:22.840 --> 00:14:25.766 And right before the break, Elizabeth,  
NOTE Confidence: 0.819446443333333

00:14:25.766 --> 00:14:28.748 you mentioned something that I think was  
NOTE Confidence: 0.819446443333333

00:14:28.748 --> 00:14:30.699 particularly important to think about,  
NOTE Confidence: 0.819446443333333

00:14:30.700 --> 00:14:32.786 which is that so often when we  
NOTE Confidence: 0.819446443333333

00:14:32.786 --> 00:14:34.020 think about palliative care,  
NOTE Confidence: 0.819446443333333

00:14:34.020 --> 00:14:36.301 we think about the patient, right?

NOTE Confidence: 0.819446443333333

00:14:36.301 --> 00:14:38.524 There is symptom management,

NOTE Confidence: 0.819446443333333

00:14:38.524 --> 00:14:41.488 there is spiritual existential crises.

NOTE Confidence: 0.819446443333333

00:14:41.490 --> 00:14:45.810 Their mental health and emotional well-being,

NOTE Confidence: 0.819446443333333

00:14:45.810 --> 00:14:48.148 but palliative care can really extend to

NOTE Confidence: 0.819446443333333

00:14:48.148 --> 00:14:50.609 the family and the caregivers as well.

NOTE Confidence: 0.819446443333333

00:14:50.610 --> 00:14:52.610 Can you talk a little bit about that?

00:14:53.470 --> 00:14:56.230 So I think the services that we offer

NOTE Confidence: 0.887772940952381

00:14:56.230 --> 00:14:58.197 as palliative care specialists really

NOTE Confidence: 0.887772940952381

00:14:58.197 --> 00:15:01.270 are focused not only on the patient and

NOTE Confidence: 0.887772940952381

00:15:01.270 --> 00:15:02.802 who's experiencing serious illness,

NOTE Confidence: 0.887772940952381

00:15:02.802 --> 00:15:06.060 but also on their loved ones and caregivers,

NOTE Confidence: 0.887772940952381

00:15:06.060 --> 00:15:07.270 which are an integral part

NOTE Confidence: 0.887772940952381

00:15:07.270 --> 00:15:08.970 of the care of any patient,

NOTE Confidence: 0.887772940952381

00:15:08.970 --> 00:15:11.162 especially those managing complex

NOTE Confidence: 0.887772940952381

00:15:11.162 --> 00:15:13.354 serious illness and cancer.

NOTE Confidence: 0.887772940952381

00:15:13.360 --> 00:15:15.316 So the integration of palliative care,

NOTE Confidence: 0.887772940952381

00:15:15.320 --> 00:15:17.080 especially early integration can

NOTE Confidence: 0.887772940952381

00:15:17.080 --> 00:15:18.840 really help support patients,

NOTE Confidence: 0.887772940952381

00:15:18.840 --> 00:15:21.042 families and caregivers in terms of

NOTE Confidence: 0.887772940952381

00:15:21.042 --> 00:15:22.928 feeling more competent and prepared

NOTE Confidence: 0.887772940952381

00:15:22.928 --> 00:15:25.378 for the care that they're providing to

NOTE Confidence: 0.887772940952381

00:15:25.378 --> 00:15:27.767 their loved ones and also helps decrease

NOTE Confidence: 0.887772940952381

00:15:27.767 --> 00:15:31.090 the risk of depression and other

NOTE Confidence: 0.887772940952381

00:15:31.090 --> 00:15:34.394 signs of of stress as part of the

NOTE Confidence: 0.887772940952381

00:15:34.394 --> 00:15:35.979 caregiving experience later on.

NOTE Confidence: 0.85782769

00:15:36.350 --> 00:15:38.970 So dive into that in a bit more detail.

NOTE Confidence: 0.85782769

00:15:38.970 --> 00:15:40.290 How exactly do you do that?

NOTE Confidence: 0.85782769

00:15:40.290 --> 00:15:42.341 I mean when we think about palliative

NOTE Confidence: 0.85782769

00:15:42.341 --> 00:15:43.880 care and symptom management,

NOTE Confidence: 0.85782769

00:15:43.880 --> 00:15:45.610 we can think about,

NOTE Confidence: 0.85782769

00:15:45.610 --> 00:15:46.840 well there are a number of

NOTE Confidence: 0.85782769

00:15:46.840 --> 00:15:48.250 things that you can do for pain,  
NOTE Confidence: 0.85782769

00:15:48.250 --> 00:15:50.884 you can prescribe opioids or non  
NOTE Confidence: 0.85782769

00:15:50.884 --> 00:15:54.008 steroidal oils or whatever and for nausea  
NOTE Confidence: 0.85782769

00:15:54.008 --> 00:15:56.588 you can provide medications for that.  
NOTE Confidence: 0.85782769

00:15:56.590 --> 00:15:58.942 But how do you really kind of  
NOTE Confidence: 0.85782769

00:15:58.942 --> 00:16:01.208 do this other part of making  
NOTE Confidence: 0.85782769

00:16:01.210 --> 00:16:04.100 caregivers feel more competent and,  
NOTE Confidence: 0.85782769

00:16:04.100 --> 00:16:06.319 preparing them for what  
NOTE Confidence: 0.85782769

00:16:06.319 --> 00:16:09.502 is to be a significant load on top of  
NOTE Confidence: 0.85782769

00:16:09.502 --> 00:16:11.632 the emotional load that they already  
NOTE Confidence: 0.85782769

00:16:11.632 --> 00:16:14.436 have to carry on top of the load of,  
NOTE Confidence: 0.85782769

00:16:14.436 --> 00:16:15.700 you know, everyday life,  
NOTE Confidence: 0.85782769

00:16:15.700 --> 00:16:17.735 which these days is not  
NOTE Confidence: 0.85782769

00:16:17.735 --> 00:16:18.956 incredibly easy either.  
00:16:19.440 --> 00:16:23.192 In my mind,  
NOTE Confidence: 0.925855382

00:16:23.192 --> 00:16:25.436 the largest umbrella of what we  
NOTE Confidence: 0.925855382

00:16:25.436 --> 00:16:28.055 offer is really the support and the  
NOTE Confidence: 0.925855382

00:16:28.055 --> 00:16:30.490 reminder that they're not alone  
NOTE Confidence: 0.925855382

00:16:30.490 --> 00:16:32.146 in their caregiving experience.  
NOTE Confidence: 0.925855382

00:16:32.150 --> 00:16:35.702 I think symptom management and  
NOTE Confidence: 0.925855382

00:16:35.702 --> 00:16:38.736 communication is one key part.  
NOTE Confidence: 0.925855382

00:16:38.736 --> 00:16:41.508 The work we do as palliative care  
NOTE Confidence: 0.925855382

00:16:41.508 --> 00:16:43.490 subspecialist managing complex symptoms,  
NOTE Confidence: 0.925855382

00:16:43.490 --> 00:16:44.842 whether that be pain,  
NOTE Confidence: 0.925855382

00:16:44.842 --> 00:16:46.931 whether that be nausea, anxiety,  
NOTE Confidence: 0.925855382

00:16:46.931 --> 00:16:49.124 depression, insomnia, fatigue,  
NOTE Confidence: 0.925855382

00:16:49.124 --> 00:16:50.916 poor appetite, anorexia,  
NOTE Confidence: 0.925855382

00:16:50.916 --> 00:16:51.894 things like that,  
NOTE Confidence: 0.925855382

00:16:51.894 --> 00:16:54.288 knowing that your loved one has their  
NOTE Confidence: 0.925855382

00:16:54.288 --> 00:16:55.812 physical and psychological symptoms  
NOTE Confidence: 0.925855382

00:16:55.812 --> 00:16:58.219 managed as well as possible certainly  
NOTE Confidence: 0.925855382

00:16:58.219 --> 00:17:00.429 helps decrease my associated distress

NOTE Confidence: 0.925855382

00:17:00.430 --> 00:17:01.603 as a caregiver.

NOTE Confidence: 0.925855382

00:17:01.603 --> 00:17:03.558 Knowing that they're physically and

NOTE Confidence: 0.925855382

00:17:03.558 --> 00:17:06.086 mentally as well cared for as possible,

NOTE Confidence: 0.925855382

00:17:06.090 --> 00:17:07.990 our social workers definitely

NOTE Confidence: 0.925855382

00:17:07.990 --> 00:17:09.890 can help navigate resources

NOTE Confidence: 0.925855382

00:17:09.890 --> 00:17:12.140 in the Community and other psychosocial

NOTE Confidence: 0.925855382

00:17:12.140 --> 00:17:14.120 support, that may be helpful.

NOTE Confidence: 0.925855382

00:17:14.120 --> 00:17:15.505 Sometimes that's

NOTE Confidence: 0.925855382

00:17:15.505 --> 00:17:18.430 identifying financial aid or financial

NOTE Confidence: 0.925855382

00:17:18.430 --> 00:17:22.499 supports that the patient or family may need.

NOTE Confidence: 0.925855382

00:17:22.500 --> 00:17:25.015 Sometimes that could be accessing

NOTE Confidence: 0.925855382

00:17:25.015 --> 00:17:27.027 other government or community

NOTE Confidence: 0.925855382

00:17:27.027 --> 00:17:29.170 related resources that

NOTE Confidence: 0.925855382

00:17:29.170 --> 00:17:31.258 could help support caregivers.

NOTE Confidence: 0.925855382

00:17:31.260 --> 00:17:33.280 We also have a relationship

NOTE Confidence: 0.925855382

00:17:33.280 --> 00:17:35.300 with the Yale Law School,  
NOTE Confidence: 0.925855382

00:17:35.300 --> 00:17:37.832 which is pretty novel on a  
NOTE Confidence: 0.925855382

00:17:37.832 --> 00:17:40.076 national level where we can help  
NOTE Confidence: 0.925855382

00:17:40.076 --> 00:17:42.648 work with patients to provide pro bono  
NOTE Confidence: 0.925855382

00:17:42.648 --> 00:17:45.066 legal assistance should they need it.  
NOTE Confidence: 0.925855382

00:17:45.070 --> 00:17:48.796 So this may come into play with wills or  
NOTE Confidence: 0.925855382

00:17:48.796 --> 00:17:51.286 guardianship plans for minor children,  
NOTE Confidence: 0.925855382

00:17:51.290 --> 00:17:51.654 etcetera.  
NOTE Confidence: 0.925855382

00:17:51.654 --> 00:17:54.930 And that can be a huge source of stress,  
NOTE Confidence: 0.925855382

00:17:54.930 --> 00:17:56.786 anxiety and a major,  
NOTE Confidence: 0.925855382

00:17:56.786 --> 00:17:59.570 major concern for families and  
NOTE Confidence: 0.925855382

00:17:59.656 --> 00:18:02.608 caregivers as well as for patients.  
NOTE Confidence: 0.925855382

00:18:02.610 --> 00:18:05.978 Spiritual care can help navigate spiritual  
NOTE Confidence: 0.925855382

00:18:05.978 --> 00:18:07.850 distress and existential distress,  
NOTE Confidence: 0.925855382

00:18:07.850 --> 00:18:10.510 so whether the patient and  
NOTE Confidence: 0.925855382

00:18:10.510 --> 00:18:12.638 family have specific religious.

NOTE Confidence: 0.925855382

00:18:12.640 --> 00:18:14.528 memberships or ideologies

NOTE Confidence: 0.925855382

00:18:14.528 --> 00:18:17.360 that they participate in or just

NOTE Confidence: 0.925855382

00:18:17.431 --> 00:18:19.597 kind of search for greater meaning

NOTE Confidence: 0.925855382

00:18:19.597 --> 00:18:22.233 in the setting of serious illness and

NOTE Confidence: 0.925855382

00:18:22.233 --> 00:18:24.851 this is a very important aspect of

NOTE Confidence: 0.925855382

00:18:24.860 --> 00:18:28.395 care that our team helps to address.

NOTE Confidence: 0.925855382

00:18:28.400 --> 00:18:30.410 Our pharmacists can be exceptionally

NOTE Confidence: 0.925855382

00:18:30.410 --> 00:18:32.870 helpful in terms of navigating access

NOTE Confidence: 0.925855382

00:18:32.870 --> 00:18:34.820 and insurance coverage and finding

NOTE Confidence: 0.925855382

00:18:34.820 --> 00:18:36.800 the most affordable and accessible

NOTE Confidence: 0.925855382

00:18:36.800 --> 00:18:38.600 medications to help manage symptoms

NOTE Confidence: 0.925855382

00:18:38.600 --> 00:18:41.414 and as we all know if patients

NOTE Confidence: 0.925855382

00:18:41.414 --> 00:18:43.704 cannot access or afford medications,

NOTE Confidence: 0.925855382

00:18:43.710 --> 00:18:45.537 they're not going to be able to

NOTE Confidence: 0.925855382

00:18:45.537 --> 00:18:47.400 be adherent to these medications.

NOTE Confidence: 0.925855382



00:18:47.400 --> 00:18:48.380 So they may be helpful,  
NOTE Confidence: 0.925855382

00:18:48.380 --> 00:18:49.710 but if you can only afford half  
NOTE Confidence: 0.925855382

00:18:49.710 --> 00:18:50.280 of your pills,  
NOTE Confidence: 0.925855382

00:18:50.280 --> 00:18:51.684 you're not going to have the  
NOTE Confidence: 0.925855382

00:18:51.684 --> 00:18:52.900 support that you fully need.  
NOTE Confidence: 0.925855382

00:18:52.900 --> 00:18:55.714 So our team really helps comprehensively  
NOTE Confidence: 0.925855382

00:18:55.714 --> 00:18:58.270 support patients and families that way.  
00:18:59.782 --> 00:19:01.080 You bring up such a good point,  
NOTE Confidence: 0.8433831675

00:19:01.080 --> 00:19:03.768 which is this whole financial toxicity  
NOTE Confidence: 0.8433831675

00:19:03.768 --> 00:19:06.279 of cancer management and  
NOTE Confidence: 0.8433831675

00:19:06.280 --> 00:19:08.790 particularly when dealing with something  
NOTE Confidence: 0.8433831675

00:19:08.790 --> 00:19:12.039 that is complex where there are many  
NOTE Confidence: 0.8433831675

00:19:12.040 --> 00:19:14.386 medications, often very  
NOTE Confidence: 0.8433831675

00:19:14.386 --> 00:19:15.950 expensive medications.  
NOTE Confidence: 0.8433831675

00:19:15.950 --> 00:19:18.169 And you know, it's not like cancer  
NOTE Confidence: 0.8433831675

00:19:18.169 --> 00:19:19.765 books an appointment on your  
NOTE Confidence: 0.8433831675

00:19:19.765 --> 00:19:21.472 calendar where you can say, OK,  
NOTE Confidence: 0.8433831675

00:19:21.472 --> 00:19:23.568 I'm going to save up because I know  
NOTE Confidence: 0.8433831675

00:19:23.568 --> 00:19:25.768 that my cancer is going to be coming  
NOTE Confidence: 0.8433831675

00:19:25.768 --> 00:19:27.625 in XYZ number of years, right.  
NOTE Confidence: 0.8433831675

00:19:27.625 --> 00:19:29.900 It's often something that is  
NOTE Confidence: 0.8433831675

00:19:29.900 --> 00:19:32.357 unexpected, out of the blue.  
NOTE Confidence: 0.8433831675

00:19:32.360 --> 00:19:35.573 And on top of the increase in  
NOTE Confidence: 0.8433831675

00:19:35.573 --> 00:19:37.750 financial expenditure that's required,  
NOTE Confidence: 0.8433831675

00:19:37.750 --> 00:19:40.642 there's often a decrease in income, right?  
00:19:41.104 --> 00:19:44.748 You can't work as much, you as the patient  
NOTE Confidence: 0.8433831675

00:19:46.034 --> 00:19:48.419 may be off work,  
NOTE Confidence: 0.8433831675

00:19:48.420 --> 00:19:52.613 and your family may also have financial  
NOTE Confidence: 0.8433831675

00:19:52.613 --> 00:19:55.180 toxicity for themselves because  
NOTE Confidence: 0.8433831675

00:19:55.180 --> 00:19:57.292 they may need to be taking time  
NOTE Confidence: 0.8433831675

00:19:57.292 --> 00:20:00.080 off of work to stay home with you.  
NOTE Confidence: 0.8433831675

00:20:00.080 --> 00:20:01.208 And to provide care,  
NOTE Confidence: 0.8433831675

00:20:01.208 --> 00:20:03.786 so can you talk a little bit more  
NOTE Confidence: 0.8433831675

00:20:03.786 --> 00:20:05.826 about financial toxicity and more  
NOTE Confidence: 0.8433831675

00:20:05.826 --> 00:20:07.542 particularly about the resources  
NOTE Confidence: 0.8433831675

00:20:07.542 --> 00:20:09.667 that patients and families can  
NOTE Confidence: 0.8433831675

00:20:09.667 --> 00:20:10.942 avail themselves of?  
NOTE Confidence: 0.8433831675

00:20:10.950 --> 00:20:13.746 I'm thinking specifically about  
NOTE Confidence: 0.8433831675

00:20:13.750 --> 00:20:15.983 patients who may not have the fortune  
NOTE Confidence: 0.8433831675

00:20:15.983 --> 00:20:18.806 to come to a place like Yale or Smilow  
NOTE Confidence: 0.8433831675

00:20:20.022 --> 00:20:22.042 where you have this integrated team  
NOTE Confidence: 0.8433831675

00:20:22.042 --> 00:20:24.385 that's able to really look at  
NOTE Confidence: 0.8433831675

00:20:24.385 --> 00:20:26.205 these and tap into resources,  
NOTE Confidence: 0.8433831675

00:20:26.210 --> 00:20:28.814 but are there things that other  
NOTE Confidence: 0.8433831675

00:20:28.814 --> 00:20:31.416 people in the community can avail  
NOTE Confidence: 0.8433831675

00:20:31.416 --> 00:20:34.014 themselves of that might be helpful?  
NOTE Confidence: 0.911368315555556

00:20:35.160 --> 00:20:37.473 I mean, the first thing that comes to mind,  
NOTE Confidence: 0.911368315555556

00:20:37.480 --> 00:20:39.076 and this is not an easy fix,

NOTE Confidence: 0.911368315555556  
00:20:39.080 --> 00:20:40.900 but it's really national  
NOTE Confidence: 0.911368315555556  
00:20:40.900 --> 00:20:43.175 advocacy and recognition of the  
NOTE Confidence: 0.911368315555556  
00:20:43.175 --> 00:20:45.040 enormous financial toxicity,  
NOTE Confidence: 0.911368315555556  
00:20:45.040 --> 00:20:46.628 particularly the cancer care  
NOTE Confidence: 0.911368315555556  
00:20:46.628 --> 00:20:48.613 places upon patients and families.  
NOTE Confidence: 0.911368315555556  
00:20:48.620 --> 00:20:52.176 Because in no society do I believe  
NOTE Confidence: 0.911368315555556  
00:20:52.176 --> 00:20:55.923 that a diagnosis should lead to a  
NOTE Confidence: 0.911368315555556  
00:20:55.923 --> 00:20:58.578 very high minority of patients  
NOTE Confidence: 0.911368315555556  
00:20:58.580 --> 00:21:00.265 facing bankruptcy within  
NOTE Confidence: 0.911368315555556  
00:21:00.265 --> 00:21:02.570 two years of their cancer diagnosis.  
NOTE Confidence: 0.911368315555556  
00:21:02.570 --> 00:21:05.050 It's upwards of 40%, so  
NOTE Confidence: 0.911368315555556  
00:21:05.050 --> 00:21:07.948 this just shouldn't even be a reality,  
NOTE Confidence: 0.911368315555556  
00:21:07.950 --> 00:21:10.614 but it is for many patients and families.  
NOTE Confidence: 0.911368315555556  
00:21:10.620 --> 00:21:13.236 So I think the system overall  
NOTE Confidence: 0.911368315555556  
00:21:13.236 --> 00:21:14.544 needs to change.  
NOTE Confidence: 0.911368315555556

00:21:14.550 --> 00:21:16.286 That is a huge ask of course.  
NOTE Confidence: 0.911368315555556

00:21:16.290 --> 00:21:18.690 But I think the first step is recognition  
NOTE Confidence: 0.911368315555556

00:21:18.690 --> 00:21:20.944 and talking about the enormous financial  
NOTE Confidence: 0.911368315555556

00:21:20.944 --> 00:21:23.326 toxicity that patients and families face.  
NOTE Confidence: 0.911368315555556

00:21:23.330 --> 00:21:26.130 And some of this is from out of pocket costs,  
NOTE Confidence: 0.911368315555556

00:21:26.130 --> 00:21:27.714 deductibles, copays, etcetera,  
NOTE Confidence: 0.911368315555556

00:21:27.714 --> 00:21:31.410 but also loss of income and the  
NOTE Confidence: 0.911368315555556

00:21:31.502 --> 00:21:35.314 extraordinary cost of caregiving and other  
NOTE Confidence: 0.911368315555556

00:21:35.314 --> 00:21:38.024 needs that patients and families  
NOTE Confidence: 0.911368315555556

00:21:38.024 --> 00:21:40.150 facing serious illness face.  
NOTE Confidence: 0.911368315555556

00:21:40.150 --> 00:21:42.130 In terms of Community resources,  
NOTE Confidence: 0.911368315555556

00:21:42.130 --> 00:21:43.642 I wish I had my social  
NOTE Confidence: 0.911368315555556

00:21:43.642 --> 00:21:44.747 worker here to talk with me,  
NOTE Confidence: 0.911368315555556

00:21:44.750 --> 00:21:46.712 but I know that there are  
NOTE Confidence: 0.911368315555556

00:21:46.712 --> 00:21:47.693 various Community grants,  
NOTE Confidence: 0.911368315555556

00:21:47.700 --> 00:21:48.870 whether they be at state,

NOTE Confidence: 0.911368315555556

00:21:48.870 --> 00:21:51.642 national levels or Cancer Center specific

NOTE Confidence: 0.911368315555556

00:21:51.642 --> 00:21:55.149 levels to help support patients and families.

NOTE Confidence: 0.911368315555556

00:21:55.150 --> 00:21:57.314 FMLA for caregiving resources

NOTE Confidence: 0.911368315555556

00:21:57.314 --> 00:22:00.560 or ability to have your family

NOTE Confidence: 0.911368315555556

00:22:00.659 --> 00:22:03.725 caregivers be paid to some degree,

NOTE Confidence: 0.911368315555556

00:22:03.730 --> 00:22:05.425 that is a possibility depending

NOTE Confidence: 0.911368315555556

00:22:05.425 --> 00:22:08.183 on where you live and what your

NOTE Confidence: 0.911368315555556

00:22:08.183 --> 00:22:09.680 individual circumstances are.

00:22:10.386 --> 00:22:11.798 But it's challenging and I've

NOTE Confidence: 0.911368315555556

00:22:11.800 --> 00:22:14.800 been there as a caregiver

NOTE Confidence: 0.911368315555556

00:22:14.800 --> 00:22:17.188 myself and faced

NOTE Confidence: 0.911368315555556

00:22:17.188 --> 00:22:19.852 bankruptcy of a loved one who

NOTE Confidence: 0.911368315555556

00:22:19.852 --> 00:22:22.249 was facing serious illness.

NOTE Confidence: 0.911368315555556

00:22:22.250 --> 00:22:23.336 And it's very,

NOTE Confidence: 0.911368315555556

00:22:23.336 --> 00:22:25.146 very difficult to navigate and

NOTE Confidence: 0.911368315555556

00:22:25.146 --> 00:22:27.418 you need a team to support you.

NOTE Confidence: 0.911368315555556

00:22:27.420 --> 00:22:29.088 So it doesn't necessarily have to

NOTE Confidence: 0.911368315555556

00:22:29.088 --> 00:22:30.899 be a palliative care provider or

NOTE Confidence: 0.911368315555556

00:22:30.899 --> 00:22:32.514 a palliative care social worker.

NOTE Confidence: 0.911368315555556

00:22:32.520 --> 00:22:35.677 But most cancer institutions if not all,

NOTE Confidence: 0.911368315555556

00:22:35.680 --> 00:22:37.435 should have a financial navigator

NOTE Confidence: 0.911368315555556

00:22:37.435 --> 00:22:39.602 or a patient and family advocate

NOTE Confidence: 0.911368315555556

00:22:39.602 --> 00:22:41.672 that can help direct loved ones

NOTE Confidence: 0.911368315555556

00:22:41.672 --> 00:22:43.759 and patients to those resources.

NOTE Confidence: 0.911368315555556

00:22:43.760 --> 00:22:45.825 So I think the take home here

NOTE Confidence: 0.911368315555556

00:22:45.825 --> 00:22:47.840 is that this is a major,

NOTE Confidence: 0.911368315555556

00:22:47.840 --> 00:22:50.440 major problem and you are not alone

NOTE Confidence: 0.911368315555556

00:22:50.440 --> 00:22:52.274 and that there should be a wider

NOTE Confidence: 0.911368315555556

00:22:52.280 --> 00:22:53.904 recognition within the cancer

NOTE Confidence: 0.911368315555556

00:22:53.904 --> 00:22:55.934 community and also without that

NOTE Confidence: 0.911368315555556

00:22:55.934 --> 00:22:58.283 you know this degree of financial

NOTE Confidence: 0.911368315555556

00:22:58.283 --> 00:23:00.829 toxicity is not acceptable and it  
NOTE Confidence: 0.911368315555556

00:23:00.829 --> 00:23:02.618 has real world outcomes, right?  
NOTE Confidence: 0.911368315555556

00:23:02.618 --> 00:23:04.762 This isn't just numbers in your bank account.  
NOTE Confidence: 0.911368315555556

00:23:04.770 --> 00:23:06.358 This is your legacy.  
NOTE Confidence: 0.911368315555556

00:23:06.358 --> 00:23:08.343 This is your ability to  
NOTE Confidence: 0.911368315555556

00:23:08.350 --> 00:23:10.020 maintain your home,  
NOTE Confidence: 0.911368315555556

00:23:10.020 --> 00:23:13.386 your way of life, your livelihood,  
NOTE Confidence: 0.911368315555556

00:23:13.390 --> 00:23:15.105 things that your family members may need.  
NOTE Confidence: 0.911368315555556

00:23:15.110 --> 00:23:17.830 I've seen patients face very,  
NOTE Confidence: 0.911368315555556

00:23:17.830 --> 00:23:21.088 very difficult decisions based on finance,  
NOTE Confidence: 0.911368315555556

00:23:21.090 --> 00:23:22.474 finances related to their cancer.  
00:23:23.771 --> 00:23:25.356 And it shouldn't be that way.  
NOTE Confidence: 0.911368315555556

00:23:25.360 --> 00:23:25.890 Yeah,  
NOTE Confidence: 0.879745716956521

00:23:25.940 --> 00:23:27.656 nobody should have to choose between  
NOTE Confidence: 0.879745716956521

00:23:27.656 --> 00:23:29.673 putting food on the table or  
NOTE Confidence: 0.879745716956521

00:23:29.673 --> 00:23:31.028 getting the medications that they  
NOTE Confidence: 0.879745716956521



00:23:31.028 --> 00:23:33.254 need to fight their cancer, for sure.  
NOTE Confidence: 0.879745716956521

00:23:33.254 --> 00:23:35.870 But it sounds to me like the  
NOTE Confidence: 0.879745716956521

00:23:35.957 --> 00:23:38.687 key message here is if you don't  
NOTE Confidence: 0.879745716956521

00:23:38.687 --> 00:23:41.042 have a palliative care team at  
NOTE Confidence: 0.879745716956521

00:23:41.042 --> 00:23:43.454 your Cancer Center, at least ask.  
NOTE Confidence: 0.879745716956521

00:23:43.460 --> 00:23:45.415 Ask what resources are available  
NOTE Confidence: 0.879745716956521

00:23:45.415 --> 00:23:48.224 and talk to your doctor and  
NOTE Confidence: 0.879745716956521

00:23:48.224 --> 00:23:50.179 your healthcare team about what's  
NOTE Confidence: 0.879745716956521

00:23:50.179 --> 00:23:52.888 going on with you so that they can  
NOTE Confidence: 0.879745716956521

00:23:52.890 --> 00:23:55.452 look around for resources on your behalf  
NOTE Confidence: 0.879745716956521

00:23:55.452 --> 00:23:57.478 and certainly advocate on your behalf.  
NOTE Confidence: 0.89407635

00:23:57.570 --> 00:23:59.455 Yeah. And the financial toxicity  
NOTE Confidence: 0.89407635

00:23:59.455 --> 00:24:01.340 piece is just as important  
NOTE Confidence: 0.89407635

00:24:01.407 --> 00:24:03.373 as any other symptom, right?  
NOTE Confidence: 0.89407635

00:24:03.373 --> 00:24:06.488 So physical symptoms,  
NOTE Confidence: 0.89407635

00:24:06.490 --> 00:24:07.556 psychological symptoms,

NOTE Confidence: 0.89407635

00:24:07.556 --> 00:24:10.404 the financial symptoms because

NOTE Confidence: 0.89407635

00:24:10.404 --> 00:24:12.189 getting to appointments is expensive.

NOTE Confidence: 0.89407635

00:24:12.190 --> 00:24:15.210 Paying for medications is expensive.

NOTE Confidence: 0.89407635

00:24:15.210 --> 00:24:17.630 Taking time to be a caregiver or to pay for

NOTE Confidence: 0.89407635

00:24:17.695 --> 00:24:20.010 a caregiver is extraordinarily expensive.

NOTE Confidence: 0.89407635

00:24:20.010 --> 00:24:21.200 And that's going to affect

NOTE Confidence: 0.89407635

00:24:21.200 --> 00:24:22.670 your ability to take the best

NOTE Confidence: 0.89407635

00:24:22.670 --> 00:24:24.020 care of yourself as possible.

NOTE Confidence: 0.9111193325

00:24:24.890 --> 00:24:26.969 Yeah. Can you tell us a little

NOTE Confidence: 0.9111193325

00:24:26.969 --> 00:24:28.990 bit more about your experience?

NOTE Confidence: 0.9111193325

00:24:28.990 --> 00:24:31.510 Did you have a palliative care team when

NOTE Confidence: 0.9111193325

00:24:31.510 --> 00:24:34.065 you were going through this and if so,

NOTE Confidence: 0.9111193325

00:24:34.070 --> 00:24:36.980 what impact did that have?

NOTE Confidence: 0.71831632

00:24:37.090 --> 00:24:39.075 I was the patient care

NOTE Confidence: 0.71831632

00:24:39.075 --> 00:24:41.002 team in a sense actually.

NOTE Confidence: 0.71831632

00:24:41.002 --> 00:24:42.330 No, that's incorrect.  
NOTE Confidence: 0.71831632

00:24:42.330 --> 00:24:44.472 It was before my  
NOTE Confidence: 0.71831632

00:24:44.472 --> 00:24:45.543 palliative care training.  
NOTE Confidence: 0.71831632

00:24:45.550 --> 00:24:48.088 So my mother was diagnosed with  
NOTE Confidence: 0.71831632

00:24:48.088 --> 00:24:50.281 pancreatic cancer when I was  
NOTE Confidence: 0.71831632

00:24:50.281 --> 00:24:53.522 an oncology fellow and so I was  
NOTE Confidence: 0.71831632

00:24:53.522 --> 00:24:55.514 oncology trained certainly and  
NOTE Confidence: 0.71831632

00:24:55.520 --> 00:24:57.466 we had a collection of family members  
NOTE Confidence: 0.71831632

00:24:57.466 --> 00:24:59.384 that all came together to help support  
NOTE Confidence: 0.71831632

00:24:59.384 --> 00:25:01.596 her and it was kind of an ongoing  
NOTE Confidence: 0.71831632

00:25:01.596 --> 00:25:03.438 joke because we had an accountant,  
NOTE Confidence: 0.71831632

00:25:03.440 --> 00:25:06.218 a lawyer, a psychologist and a  
NOTE Confidence: 0.71831632

00:25:06.218 --> 00:25:09.170 former Hospice nurse all on her team.  
NOTE Confidence: 0.71831632

00:25:09.170 --> 00:25:12.998 And we were a little over resourced,  
NOTE Confidence: 0.71831632

00:25:12.998 --> 00:25:14.000 one might say.  
NOTE Confidence: 0.71831632

00:25:14.000 --> 00:25:14.900 But I got to tell you,

NOTE Confidence: 0.71831632

00:25:14.900 --> 00:25:17.996 it was the hardest thing I've ever done.

NOTE Confidence: 0.71831632

00:25:18.000 --> 00:25:20.130 We did see outpatient palliative care

NOTE Confidence: 0.71831632

00:25:20.130 --> 00:25:22.389 and they helped manage her symptoms,

NOTE Confidence: 0.71831632

00:25:22.390 --> 00:25:25.406 but there was really an army of caregivers,

NOTE Confidence: 0.71831632

00:25:25.410 --> 00:25:29.064 small army, that really helped

NOTE Confidence: 0.71831632

00:25:29.064 --> 00:25:32.270 navigate her care and to support her.

NOTE Confidence: 0.71831632

00:25:32.270 --> 00:25:33.558 And you know

NOTE Confidence: 0.71831632

00:25:33.558 --> 00:25:34.846 for whatever it's worth,

NOTE Confidence: 0.71831632

00:25:34.850 --> 00:25:37.406 I think she was an

NOTE Confidence: 0.71831632

00:25:37.406 --> 00:25:40.019 exceptional case in terms of the

NOTE Confidence: 0.71831632

00:25:40.019 --> 00:25:42.527 support she had both medically and

NOTE Confidence: 0.71831632

00:25:42.527 --> 00:25:44.903 and financially with our resources.

NOTE Confidence: 0.71831632

00:25:44.903 --> 00:25:47.969 But she was hospitalized for just

NOTE Confidence: 0.71831632

00:25:47.969 --> 00:25:50.988 two days in an 18 month course.

NOTE Confidence: 0.71831632

00:25:50.990 --> 00:25:52.761 And was able to pass away

NOTE Confidence: 0.71831632

00:25:52.761 --> 00:25:54.269 at home with her family.

NOTE Confidence: 0.71831632

00:25:54.270 --> 00:25:56.460 So we were grateful for that.

00:25:57.463 --> 00:25:59.570 I am so very sorry for your loss,

NOTE Confidence: 0.926662958181818

00:25:59.570 --> 00:26:01.934 but it does sound like

NOTE Confidence: 0.926662958181818

00:26:01.934 --> 00:26:04.468 she was very blessed that she had

NOTE Confidence: 0.926662958181818

00:26:04.468 --> 00:26:06.947 such an extraordinary family who

NOTE Confidence: 0.926662958181818

00:26:06.950 --> 00:26:10.191 were so well resourced, both in terms

NOTE Confidence: 0.926662958181818

00:26:10.191 --> 00:26:12.540 of their educational background,

NOTE Confidence: 0.926662958181818

00:26:12.540 --> 00:26:14.120 their material resources and

NOTE Confidence: 0.926662958181818

00:26:14.120 --> 00:26:16.095 and their outpouring of love,

NOTE Confidence: 0.926662958181818

00:26:16.100 --> 00:26:18.276 that they were able to come around her

NOTE Confidence: 0.926662958181818

00:26:18.276 --> 00:26:20.488 and really help her through her journey.

NOTE Confidence: 0.926662958181818

00:26:20.490 --> 00:26:23.178 You know, one of the things that I

NOTE Confidence: 0.926662958181818

00:26:23.178 --> 00:26:25.524 wonder about are patients who don't

NOTE Confidence: 0.926662958181818

00:26:25.524 --> 00:26:27.924 have that kind of family support.

NOTE Confidence: 0.926662958181818

00:26:27.930 --> 00:26:29.582 Now certainly we've talked

NOTE Confidence: 0.926662958181818

00:26:29.582 --> 00:26:31.647 about palliative care as being  
NOTE Confidence: 0.926662958181818

00:26:31.650 --> 00:26:33.050 important for caregivers,  
NOTE Confidence: 0.926662958181818

00:26:33.050 --> 00:26:35.586 but what about patients who are going  
NOTE Confidence: 0.926662958181818

00:26:35.586 --> 00:26:39.050 through this alone who don't have family,  
00:26:39.626 --> 00:26:40.778 how do you deal with that?  
NOTE Confidence: 0.878817846666667

00:26:40.850 --> 00:26:43.070 So navigating serious illness without  
NOTE Confidence: 0.878817846666667

00:26:43.070 --> 00:26:45.708 a strong social or caregiving network  
NOTE Confidence: 0.878817846666667

00:26:45.708 --> 00:26:48.123 is an enormous challenge and I think  
NOTE Confidence: 0.878817846666667

00:26:48.123 --> 00:26:50.537 that is an opportunity to access  
NOTE Confidence: 0.878817846666667

00:26:50.540 --> 00:26:52.450 as many resources as possible,  
NOTE Confidence: 0.878817846666667

00:26:52.450 --> 00:26:54.594 whether that be through  
NOTE Confidence: 0.878817846666667

00:26:54.594 --> 00:26:57.274 the medical oncologist or whatever  
NOTE Confidence: 0.878817846666667

00:26:57.274 --> 00:27:00.520 subspecialty of cancer care the patient may  
NOTE Confidence: 0.878817846666667

00:27:00.520 --> 00:27:03.524 need and maximizing whatever social work,  
NOTE Confidence: 0.878817846666667

00:27:03.524 --> 00:27:05.390 psychological and community  
NOTE Confidence: 0.878817846666667

00:27:05.390 --> 00:27:07.256 supports as possible.  
NOTE Confidence: 0.878817846666667

00:27:07.260 --> 00:27:08.920 It is a huge challenge.  
NOTE Confidence: 0.878817846666667

00:27:08.920 --> 00:27:11.512 It is a huge challenge and it really  
NOTE Confidence: 0.878817846666667

00:27:11.512 --> 00:27:14.352 does take expert caregiving and  
NOTE Confidence: 0.878817846666667

00:27:14.352 --> 00:27:17.358 that's not something that typically our  
NOTE Confidence: 0.878817846666667

00:27:17.358 --> 00:27:20.108 medical system can provide in 24 hours.  
00:27:23.630 --> 00:27:25.760 It certainly can be challenging but  
NOTE Confidence: 0.876892456666666

00:27:25.760 --> 00:27:28.354 it sounds like at least having some  
NOTE Confidence: 0.876892456666666

00:27:28.354 --> 00:27:30.930 of the resources of a palliative care  
NOTE Confidence: 0.876892456666666

00:27:31.005 --> 00:27:34.070 team to kind of scaffold care  
NOTE Confidence: 0.876892456666666

00:27:34.070 --> 00:27:36.205 when you don't really have much of  
NOTE Confidence: 0.876892456666666

00:27:36.205 --> 00:27:38.110 anything else is so important.  
NOTE Confidence: 0.878381201111111

00:27:38.120 --> 00:27:40.325 An important thing that palliative care  
NOTE Confidence: 0.878381201111111

00:27:40.325 --> 00:27:43.508 does is help identify  
NOTE Confidence: 0.878381201111111

00:27:43.508 --> 00:27:46.226 healthcare proxies and support rights.  
NOTE Confidence: 0.878381201111111

00:27:46.230 --> 00:27:48.582 So if patients aren't able to speak for  
NOTE Confidence: 0.878381201111111

00:27:48.582 --> 00:27:50.788 themselves or if something were to happen  
NOTE Confidence: 0.878381201111111

00:27:50.790 --> 00:27:52.155 suddenly, who would you want  
NOTE Confidence: 0.8783812011111111

00:27:52.155 --> 00:27:53.520 to be your point person?  
NOTE Confidence: 0.8783812011111111

00:27:53.520 --> 00:27:54.924 Who would you want to help  
NOTE Confidence: 0.8783812011111111

00:27:54.924 --> 00:27:55.860 make your medical decisions?  
NOTE Confidence: 0.8783812011111111

00:27:55.860 --> 00:27:59.150 And even people that may have pretty  
NOTE Confidence: 0.8783812011111111

00:27:59.150 --> 00:28:00.864 limited family or social supports?  
NOTE Confidence: 0.8783812011111111

00:28:00.864 --> 00:28:03.371 More often than not there is one person  
NOTE Confidence: 0.8783812011111111

00:28:03.371 --> 00:28:05.683 that they really trust and value to help  
NOTE Confidence: 0.8783812011111111

00:28:05.683 --> 00:28:07.777 support them in their times of need.  
NOTE Confidence: 0.8783812011111111

00:28:07.777 --> 00:28:10.650 And identifying those people is so important.  
NOTE Confidence: 0.8783812011111111

00:28:10.650 --> 00:28:13.080 It may be a friend from the army or from  
NOTE Confidence: 0.8783812011111111

00:28:13.080 --> 00:28:15.765 the shelter or somebody that they  
NOTE Confidence: 0.8783812011111111

00:28:15.765 --> 00:28:17.012 grew up with that they still  
NOTE Confidence: 0.8783812011111111

00:28:17.012 --> 00:28:18.460 keep in touch with periodically,  
NOTE Confidence: 0.8783812011111111

00:28:18.460 --> 00:28:19.935 like identifying those people that  
NOTE Confidence: 0.8783812011111111

00:28:19.935 --> 00:28:22.090 can be an advocate for the patient.



NOTE Confidence: 0.8783812011111111  
00:28:22.090 --> 00:28:23.134 Help with decision making,  
NOTE Confidence: 0.8783812011111111  
00:28:23.134 --> 00:28:24.440 when needed, is really key.  
NOTE Confidence: 0.8783812011111111  
00:28:24.440 --> 00:28:25.740 And another element of what  
NOTE Confidence: 0.8783812011111111  
00:28:25.740 --> 00:28:27.407 we do is help to identify,  
NOTE Confidence: 0.8783812011111111  
00:28:27.410 --> 00:28:28.780 like, what those wishes are  
00:28:29.500 --> 00:28:30.940 if things were to get worse.  
NOTE Confidence: 0.8782983035  
00:28:31.220 --> 00:28:33.075 Doctor Elizabeth Prsic is an  
NOTE Confidence: 0.8782983035  
00:28:33.075 --> 00:28:34.559 assistant professor and director  
NOTE Confidence: 0.8782983035  
00:28:34.559 --> 00:28:36.409 of adult inpatient palliative care  
NOTE Confidence: 0.8782983035  
00:28:36.409 --> 00:28:38.533 at the Yale School of Medicine.  
NOTE Confidence: 0.8782983035  
00:28:38.540 --> 00:28:40.596 If you have questions,  
NOTE Confidence: 0.8782983035  
00:28:40.596 --> 00:28:42.603 the address is canceranswers@yale.edu,  
NOTE Confidence: 0.8782983035  
00:28:42.603 --> 00:28:45.381 and past editions of the program  
NOTE Confidence: 0.8782983035  
00:28:45.381 --> 00:28:47.793 are available in audio and written  
NOTE Confidence: 0.8782983035  
00:28:47.793 --> 00:28:48.689 form at yalecancercenter.org.  
NOTE Confidence: 0.8782983035  
00:28:48.689 --> 00:28:50.761 We hope you'll join us next week to

NOTE Confidence: 0.8782983035

00:28:50.761 --> 00:28:52.256 learn more about the fight against cancer

NOTE Confidence: 0.8782983035

00:28:52.260 --> 00:28:54.930 here on Connecticut Public Radio.

NOTE Confidence: 0.8782983035

00:28:54.930 --> 00:28:57.534 Funding for Yale Cancer Answers is

NOTE Confidence: 0.8782983035

00:28:57.534 --> 00:29:00.000 provided by Smilow Cancer Hospital.