

# What You Need to Know about Hospice and Palliative Care

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# Hospice & Palliative Care - How are They Similar?

- ▶ Palliative care seeks to provide comfort to a patient.
- ▶ Hospice is a type of palliative care, focused on comfort of the dying person
- ▶ H & PC techniques are very similar
- ▶ Differences lie in who is served, how programs are organized and how care is paid for

# Hospice & Palliative Care - How are They Similar?

## Comfort

- Physical (relief of pain, symptom burden)
- Emotional
- Psychological
- Spiritual
- Family distress

# Hospice & Palliative Care - How are They Similar?

- ▶ Goal of both is patient comfort
- ▶ Inter-disciplinary care
- ▶ Applicable to any disease type
- ▶ Available wherever patient lives
- ▶ Supports the family (does not replace it)

# What's the Difference?

## Palliative Care

- Consultative service to attending physician
- Techniques applied to curative/rehab treatment
- Medical model

## Hospice

- Direct service to patient & family
- Plan of care
- Based on home visits
- Interdisciplinary model

# What's the Difference?

## Palliative Care

- Begins anytime, even at diagnosis
- Can include curative treatment

## Hospice

- Requires terminal illness, 6-month life expectancy
- Cannot include curative treatment for "hospice diagnosis"

# What's the Difference?

## Palliative Care

- Undefined in state or federal law
- Physician-driven
- Team may vary but attending physician plays largest role

## Hospice

- Defined by Medicare Hospice Benefit, state law
- Nurse-driven
- Team planning (RN, SW, aide, chaplain)
- Must be elected by patient/rep

# What's the Difference?

## Palliative Care

- No bereavement counseling as part of service
- No housekeeping assistance
- Meds, equipment billed separately

## Hospice

- Bereavement counseling offered
- Housekeeping assistance included (home health aide)
- Meds, equipment included
- Volunteers available



# Hospice

- You can leave hospice (revoke)
- You can be discharged and return
- Availability of:
  - Continuous Care for symptom relief
  - In-Patient Care for symptom relief
  - Respite Care for family relief
- Availability of on-call 24/7

# Palliative Care

- Not yet a benefit under Medicare – professionals bill under their personal licenses - no “institutional” reimbursement
- Insurers may provide some services
- Provided mostly by hospitals and their outpatient services (incl. home health)

# Hospice Care

- Medicare Hospice Benefit –hospice agency bills Medicare; family usually sees no bill
- Medicaid and private insurers all cover
- Provided by community-based agencies through interdisciplinary team

# Where Do I Look

- ▶ Start with patient's physician:
- ▶ Hospice: [www.homecarenj.org](http://www.homecarenj.org), "Find Provider" (61 hospices in NJ)
- ▶ Palliative Care: [www.getpalliativecare.org](http://www.getpalliativecare.org)  
(79 in NJ – 45 of them in hospitals)
- ▶ Have an advance directive