



### Featured VITAS Expert

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## Palliative vs. Curative Care

**GOAL:** To educate healthcare professionals about the differences between palliative and curative care while exploring the history and philosophy of the hospice movement. Aided by evidence-based data, attendees will understand the benefits of palliative care for patients with advanced disease states and learn to appreciate how early prognostication of the hospice-eligible patient can contribute to a more integrative care continuum.

### Key Takeaways:

1. Palliative care is patient- and family-centric care that optimizes quality of life by anticipating, preventing and treating any suffering—whether physical, emotional, social or spiritual—that accompanies advanced illness.
2. Palliative care is appropriate at any age and any stage of an advanced illness and can be provided together with curative treatment.
3. Hospice care is a specialized type of palliative care designed to improve quality of life for patients in their last six months of life, and it may include disease-modifying therapy as appropriate.
4. The early administration of palliative care offers tangible benefits to patient and provider, including improved survival rates, decreased burdensome transitions, patient and family satisfaction, and reduced 30-day readmissions, lengths of stay and ICU utilization.
5. Timely referral to hospice care reduces hospital readmissions, avoids invasive procedures at the end of life, manages patients' pain and symptoms, relieves burdens on families/caregivers and meets patients' preferences to die comfortably at home.
6. Hospice offers bereavement support for the family for up to 13 months following the death of a loved one.

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