

A Journal Club for Palliative Care Professionals- A Year in Review

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~Rogers JG, Patel CB, Mentz RJ, et al. **Palliative Care in Heart Failure: The PAL-HF Randomized, Controlled Clinical Trial.** *J Am Coll Cardiol.* 2017;70(3):331-341. *Palliative Care introduced during or just after hospitalization for CHF patients at high risk for readmission and death, improved quality of life, anxiety, depression, and spiritual well-being markers based on 6 month follow up surveys.*

~Robert R, Le Gouge A, Kentish-Barnes N, et al. **Terminal weaning or immediate extubation for withdrawing mechanical ventilation in critically ill patients (the ARREVE observational study).** *Intensive Care Med.* 2017;43(12):1793-1807. *This is a difficult topic that needs further study via a randomized trial. Results should be interpreted with caution. This study did not control the adjuncts around the time of intubation, but showed that despite more airway obstructions and gasping, PTSD and grief were similar after immediate extubation compared to terminal weaning.*

~Orellana-Rios CL, Radbruch L, Kern M, Regel YU, Anton A, Sinclair S, Schmidt S. **Mindfulness and compassion-oriented practices at work reduce distress and enhance self-care of palliative care teams: a mixed-method evaluation of an “on the job “program.** *BMC palliative care.* 2018 Dec;17(1):3. *Takeaway: In this pilot study in which the qualitative results are perhaps as convincing as the survey results, improvements were found in the areas of burnout, stress, anxiety, and work enjoyment after a mindfulness based secular meditation program.*

~Haun MW, Rucker G, Friederich HC, et al. **Early palliative care for adults with advanced cancer.** *Cochrane Database of Systematic Reviews* 2017 Jun 12;6:CD011129. *‘Early’ vs usual PC appears to improve QOL and decrease symptom intensity, but additional studies, perhaps including some currently in process, are needed to further define this affect.*

~Romano AM, Gade KE, Nielsen G, et al. **Early palliative care reduces end-of-life intensive care unit (ICU) use but not ICU course in patients with advanced cancer.** *Oncologist.* 2017;22: 318-23. *This study supports the conclusion that an early concurrent, interdisciplinary PC program can significantly reduce ICU admissions at the end of life and lead to fewer deaths in the hospital or ICU setting.*

~Picker D, Dans M, Heard K, et al. **Randomized trial of palliative care discussions linked to an automated early warning system alert.** *Crit Care Med* 2017;45: 234-40. *This study shows how the coupling of a focused PC intervention with a high risk patient’s primary care team to an EWS triggered RRT patient event, can result in increased advance directives, code status determinations and discussion documentation.*

~Hui D, Frisbee-Hume S, Wilson A, et al. **Effect of lorazepam with haloperidol vs haloperidol alone on agitated delirium in patients with advanced cancer receiving palliative care- A randomized clinical trial.** *JAMA* 2017;318 (11):1047-1056. *If other strategies for agitated delirium at EOL ineffective, a single dose of lorazepam will increase perceived comfort and sedation and decrease PRN haloperidol use.*

~Agar MR, Lawlor PG, Quinn S, et al. Efficacy of Oral Risperidone, Haloperidol, or Placebo for Symptoms of Delirium Among Patients in Palliative Care- A Randomized Clinical Trial *JAMA Int Med.* 2017;177(1): 34-42. *Bottom Line: Focus on non-pharmacologic treatments for preventing/treating delirium, do not routinely order antipsychotics for delirium in PC patients, and If used, discuss risks, observe closely, and stop if worse or no clear benefit.*

~Yang T, Lui Q, Lu M, et al. Efficacy of olanzapine for the prophylaxis of chemotherapy-induced nausea and vomiting: a meta-analysis. *Br J of Clin Pharmacol.* 2017 Jul;83(7):1369-1379. *Olanzapine 5mg daily is an excellent therapy for nausea and vomiting in cancer patients since it is at least as effective, at a fraction of cost, of aprepitant (Emend).*

~The College of Family Physicians of Canada Critical Appraisal

Worksheet: <http://www.cfpc.ca/uploadedFiles/CPD/Pearls/Pearls%20for%20Residents%20Critical%20Appraisal%20Sheet.pdf>

~Resources that you may find helpful:

JAMA collection on end of life care:

<https://jamanetwork.com/collections/5819/end-of-life>

For AAHPM members, an aggregator

<http://aahpm.org/publications/pc-facs>