



Heart failure and Palliative care

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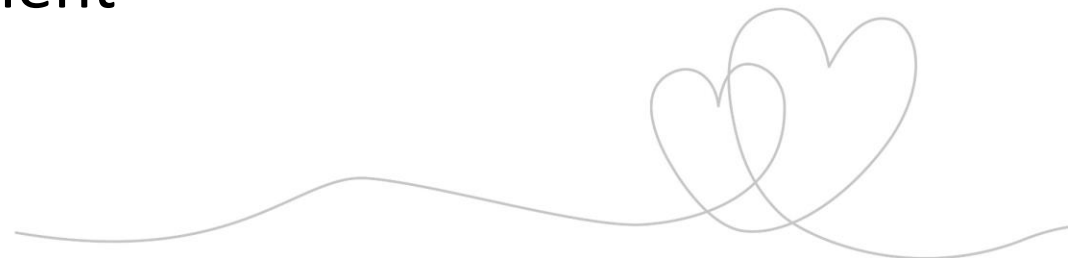
When is palliative care needed?

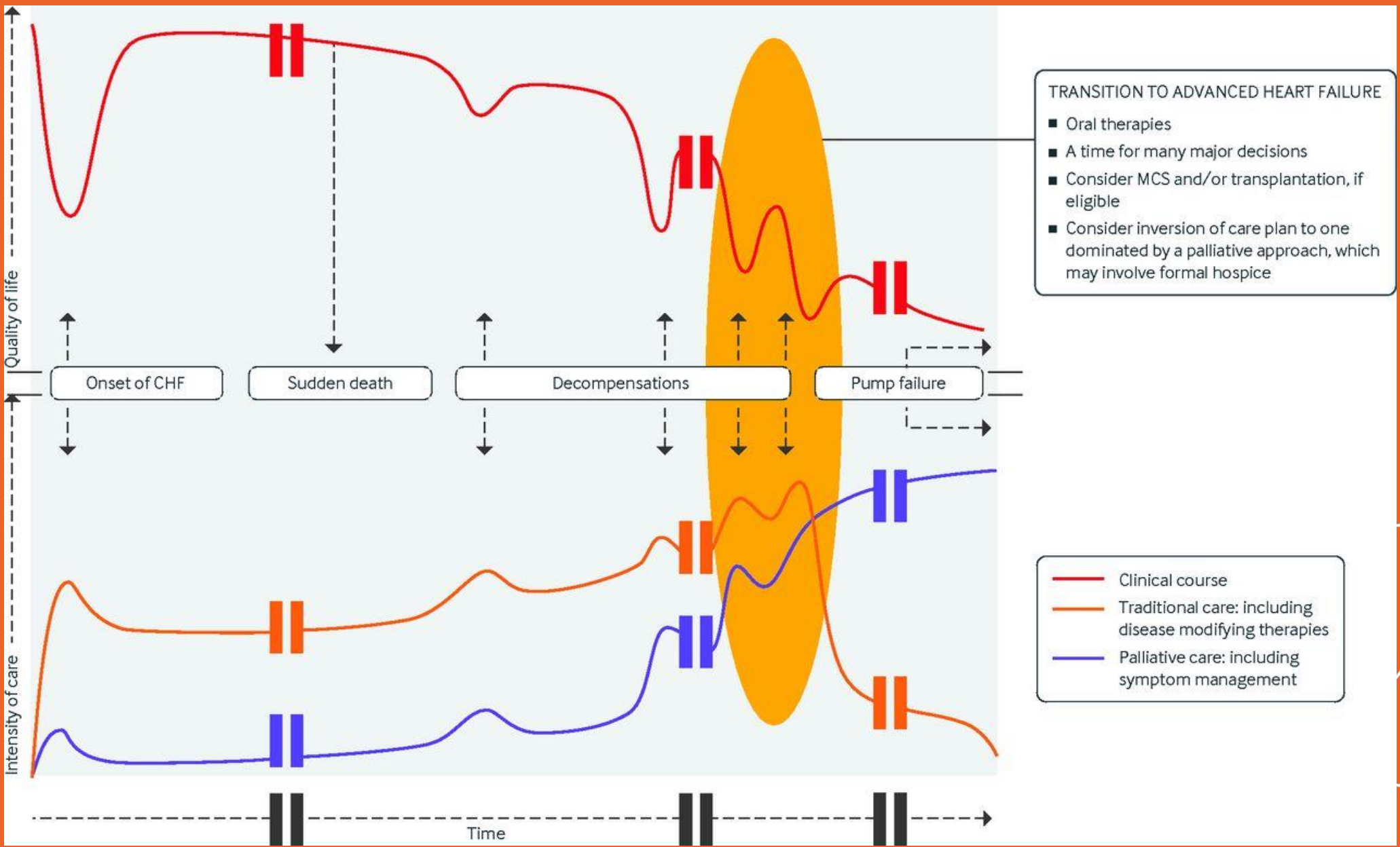
- Goals of care are shifting



- Functional decline
- Persistent symptoms in spite of treatment
- SPICT tool

<https://www.spict.org.uk/e-spict/>







A recent example . . .



Symptom management in advanced heart failure



- Most common symptoms are
 - Breathlessness, pain, fatigue, depression
- Identify depression and treat – Sertraline, mirtazapine
- Dyspnoea – diuretics
 - Furosemide, bumetanide PO
 - Furosemide infusion can be used subcut at home, in hospice
 - Adjuncts- thiazides, MRAs – HF specialist advice, and close monitoring U+Es
- Use low dose morphine / oxycodone IR for dyspnoea at rest
- Use low dose benzodiazepines for dyspnoea at rest with anxiety



Symptom management in advanced heart failure



- Medications review

Medicines to consider continuing in short-term	Weigh up advantages / disadvantages of discontinuing medicines	Medicines to consider discontinuing
Diuretics Symptomatic arrhythmia therapy Anti-coagulation in metallic valves or active DVT/PE/thrombosis	ACEi /ARB/ARNI Beta-blockers Aldosterone antagonists Digoxin in sinus rhythm Ivabradine Anti-anginals	Anti-coagulation for thromboprophylaxis Anti-platelets Statins Anti-hypertensives
-----> Decreasingly important for symptom control ----->		

- DNACPR / ReSPECT discussions and ICDs
- EPaCCS / Special notes
- Pre-emptive subcut prescribing





Specialist Palliative Care and Hospice input

- In community working alongside primary care teams, community Macmillan SPC team, Community Matrons, HF CNS, Breathe team
- Palliative medicine review – outpatient follow up F2F or telephone, home visits along with community team, 24/7 palliative medicine advice via hospice Pallcall





Hospice services

- IPU admissions
- Day therapy – The Orangery
 - Complementary and wellbeing therapists
 - Individual and group work
 - Support patients to develop coping strategies to help with the physical, emotional and psychological symptoms
- Counselling and bereavement support
 - Patients and families

