

# Planning for our Future

An Introduction to Population Health and  
Advanced Care Planning

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# WHY ARE WE HERE?

“Our reluctance to honestly examine the experience of aging and dying has increased the harm we inflict on people and denied them the basic comforts they most need.”

-Atul Gawande



# The BIG Gap



## What People Want

Be at home with family and friends

Have pain managed

Have spiritual needs addressed

Avoid impoverishing families

## What People Get

Recycled through the hospital

Often unwanted, ineffective treatment

Often die in hospital, in pain and isolation

At great cost to families and the nation



Elderly patient at the intensive care unit.

# The Big Gap

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## Aging Well

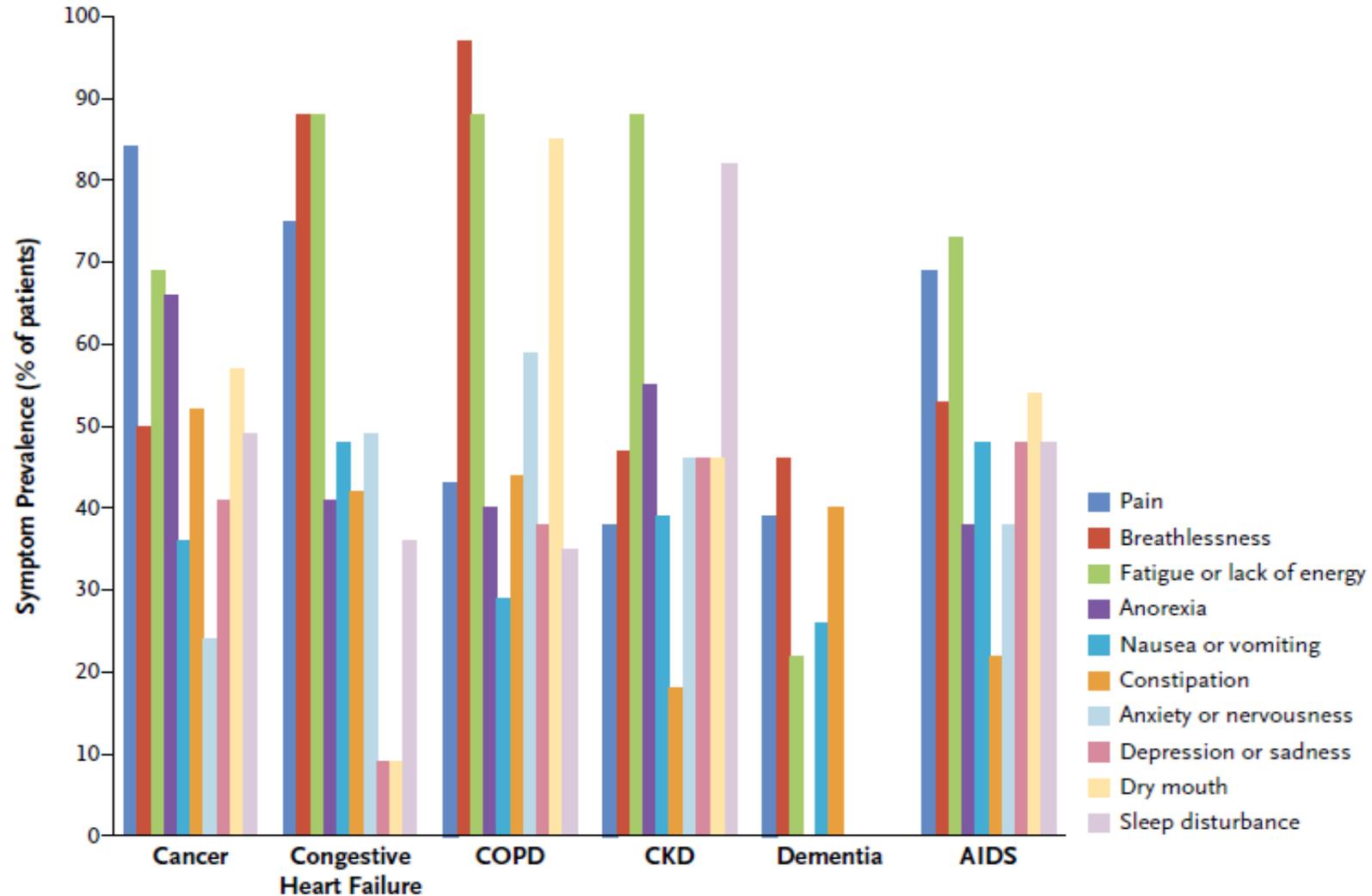
- Recent studies have documented a strong desire to age well and live independently.
- Advances in medicine are now routinely used to effectively treat chronic, terminal, and degenerative conditions. These advances frequently lead to a “do everything” approach to care and have redefined death as no longer “normal.”

## Dying Poorly

- Equally important is the desire to die in a manner that is consistent with our personal goals and values. Americans place a high value on personal autonomy.
- Currently, this is not the experience many individuals have at end of life.

# Frequency of Symptoms in Advanced Illness

Kelley & Morrison, NEJM 2015

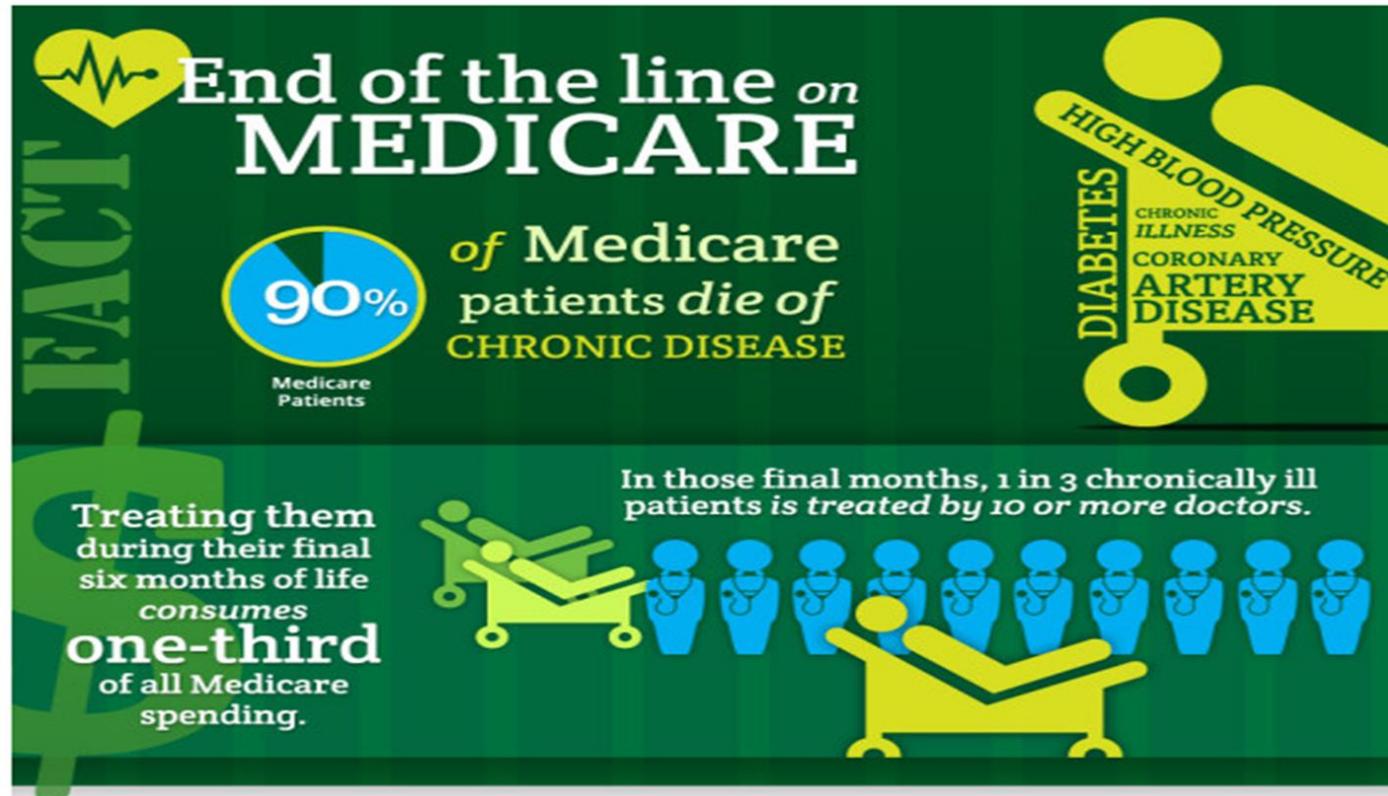


# Leading Causes of Death by County, Western New York, 2014

County and # of Deaths	#1 Cause of Death and # of Deaths Age-adjusted Death Rate	#2 Cause of Death and # of Deaths Age-adjusted Death Rate	#3 Cause of Death and # of Deaths Age-adjusted Death Rate	#4 Cause of Death and # of Deaths Age-adjusted Death Rate	#5 Cause of Death and # of Deaths Age-adjusted Death Rate
<b>Allegany</b>  <b>Total: 455</b>	Cancer 111 174 per 100,000	Heart Disease 96 150 per 100,000	Chronic Lower Respiratory Diseases (CLRD) 27 42 per 100,000	Stroke 24 38 per 100,000	Diabetes 20 34 per 100,000
<b>New York State</b>  <b>Total: 147,440</b>	Heart Disease 42,408 175 per 100,000	Cancer 34,790 149 per 100,000	Chronic Lower Respiratory Diseases (CLRD) 6,694 29 per 100,000	Stroke 6,035 25 per 100,000	Unintentional Injury 5,561 26 per 100,000

# The Cost We Pay

Nine of 10 Medicare patients die of chronic disease, and caring for them in their final six months of life absorbs one-third of all Medicare dollars. During that time, more than a third of chronically ill Medicare patients are treated by 10 or more doctors.



**20%** of all deaths in the US occur in the ICU  
or shortly after an ICU stay

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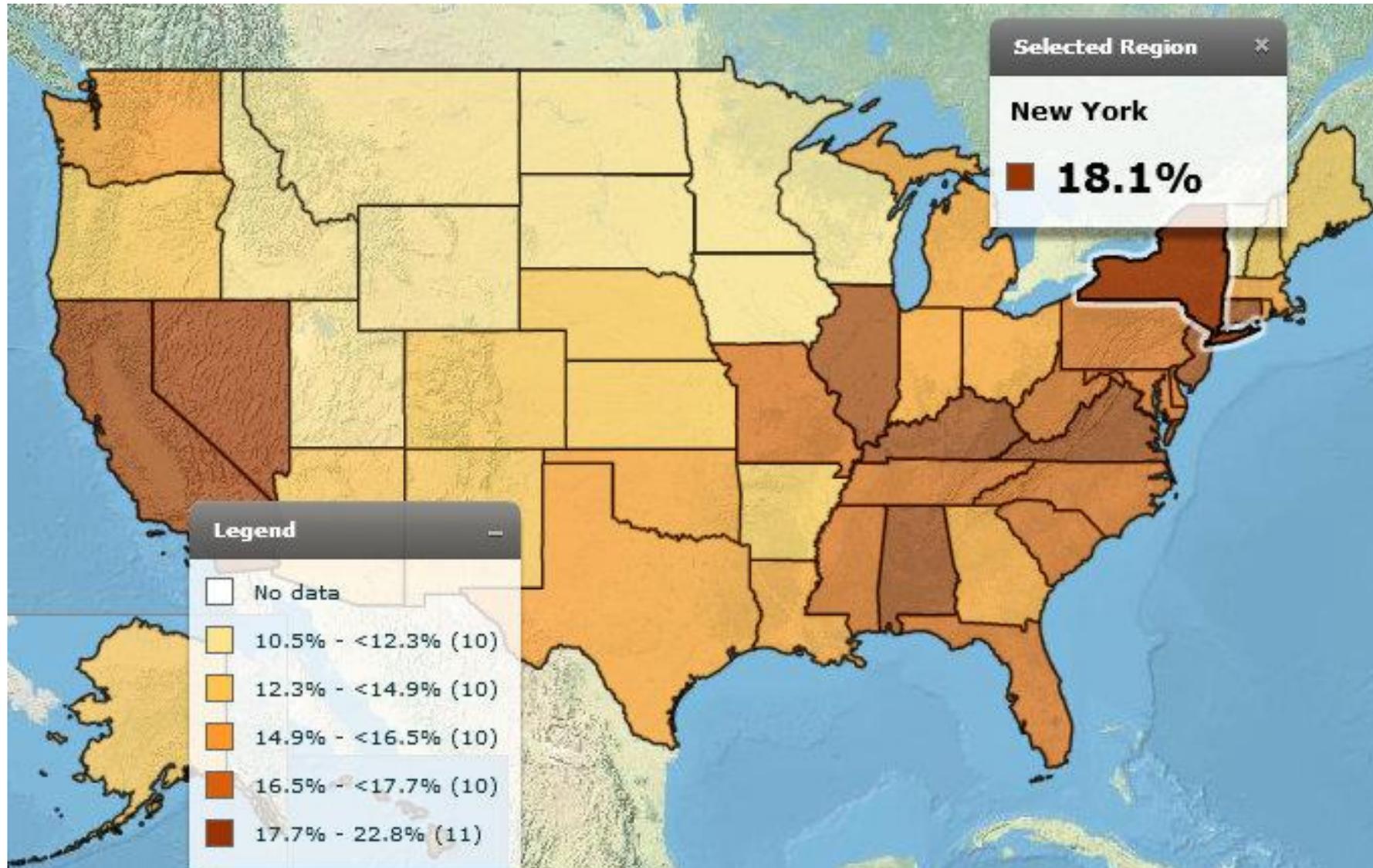
**40%** of COPD pts in ICU w/in 1  
month of death

**22%** of dementia patients in ICU  
w/in 1 month of death

**40%** of patients referred to  
Hospice w/in 3 days of death had  
ICU stay that preceded referral

Teno JAMA 2013

# ICU Use During Terminal Hospitalization Medicare Patients 2010



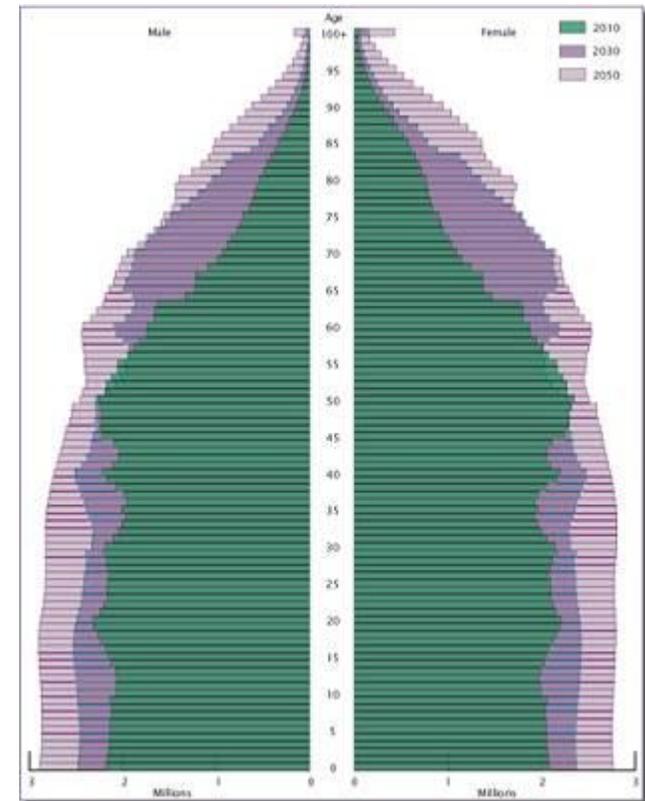
# Our Aging Population

The current and projected aging of the U.S. population is unparalleled in our nation's history

Beginning in January 2011, every day 10,000 Americans turn 65 years and will continue to do so for the next 20 years

The fastest growing segment of our population is people aged 80 years and older, with a growth rate twice that for those 65 years and older, and almost four times that for the total population

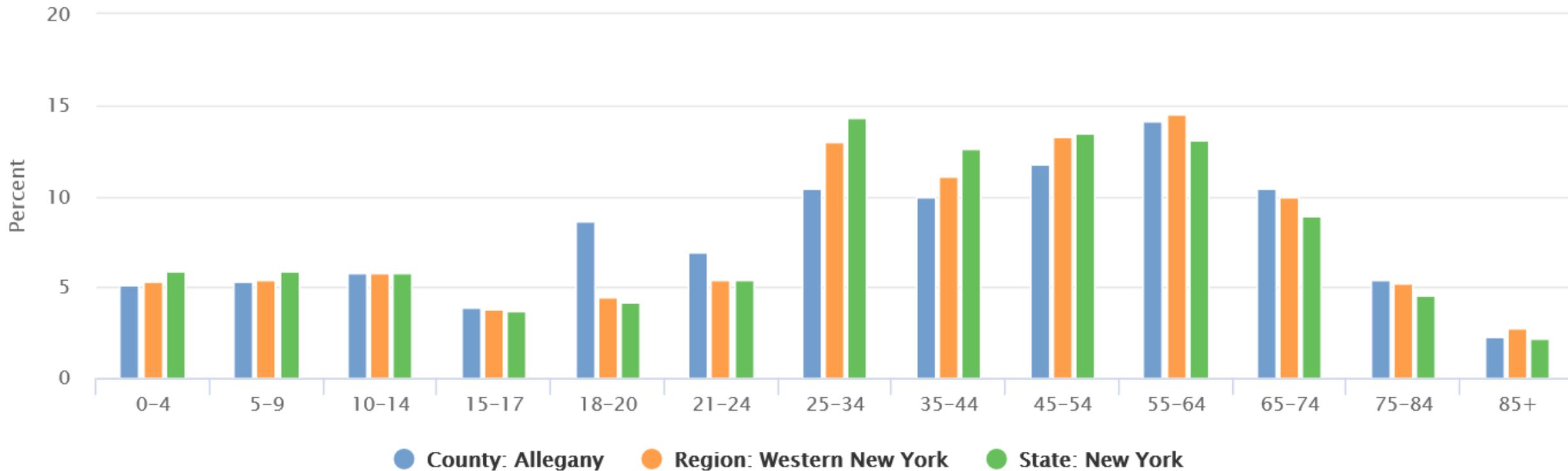
Today, this group comprises 10% of the older population but is expected to more than triple in the next 40 years



# Allegany County Population: 47,023

## Population by Age Group

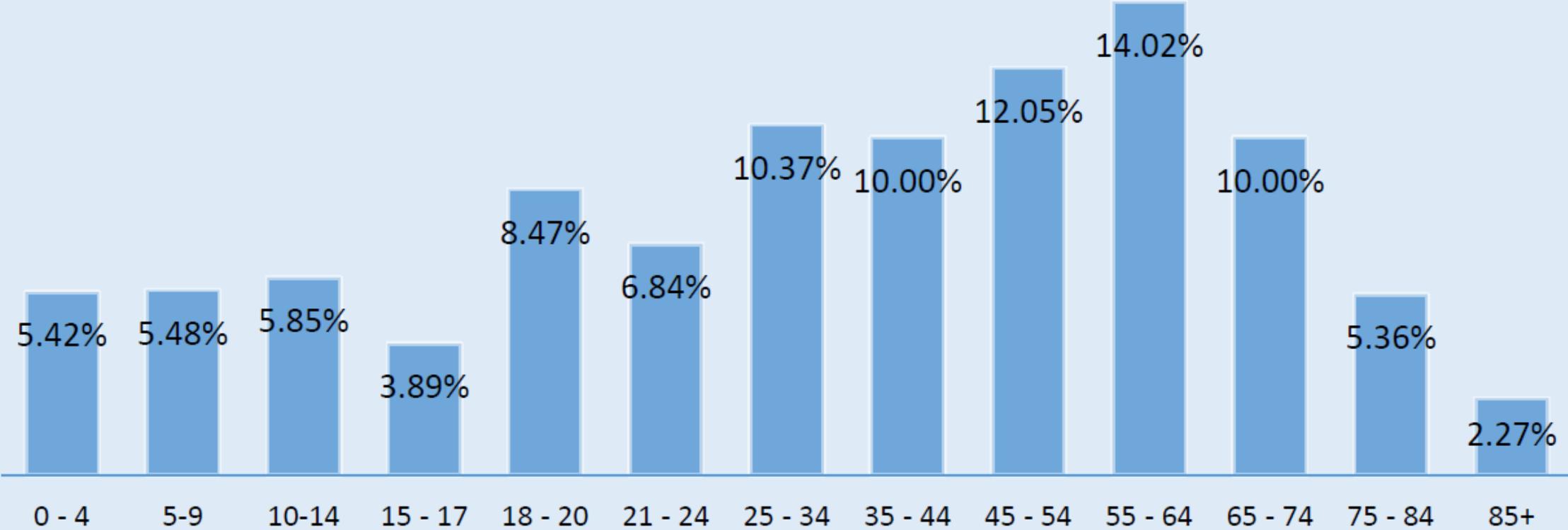
County: Allegany



# ALLEGANY COUNTY POPULATION

## Allegheny County Population By Age Group

Percentage



Age Group

# Aging and Cognitive impairment

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In 2010, experts estimated that as many as 5.1 million Americans, aged 65 years and older, have Alzheimer's disease. That is nearly 1 out of every 8 people in that age group

The Alzheimer's Association estimates that every 70 seconds, someone in America develops Alzheimer's disease

By the middle of the century, someone will develop the disease every 33 seconds. This translates into a projected 13 million Americans with Alzheimer's disease by 2050

# What needs to be done?

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***WE HAVE AN OBLIGATION NOT TO MAKE DISEASES “SURPRISES”***

G. DAVIS, MD

- Prognosis must be communicated and explained to the patient and family
- Education regarding progression of disease and expected symptoms must be completed
- Resources to assist with difficult conversations, cultural expectations, and health literacy must be available

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“We need to lift our sights, to set our sights on well-being, so that life and health and healthcare can become about making life more wonderful, rather than just less horrible. Beneficence.”

-BJ Miller