



TRAJECTORY OF ILLNESS

Adapted from Living Well at the End of Life: Adapting Health Care to Serious Chronic Illness in Old Age; Rand Health White Paper WP-137 (2003)

<http://www.medicaring.org/whitepaper>

End Stage Pulmonary Disease

- Oxygen dependent
 - Recurrent severe exacerbations requiring hospitalization
 - Decreased functional status
 - Weight loss
 - Co-morbidities - lung cancer, stroke, heart disease, dementia
 - Hospitalized 2x in 6 months
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- Timeframe is quite variable, depending on the severity of the illness



ADs

End stage pulmonary disease is like a skipping stone. If each touch on the water is a hospital admission or serious intervention, as the disease progresses the touches become more faster and closer together. The patient doesn't get over one episode before another sets in.

Initiate Advance Directives

Consider a conversation about advance directives at the beginning of advanced illness when frequent hospitalizations become probable and discussions about values and quality of life can be presented openly and compassionately, before a crisis.