

## Counseling & Support

Gilchrist offers patients and families counseling and support through every stage of serious illness—from making sense of treatment options to coping with caregiver stress or coming to terms with the death of a loved one.

## Elder Medical Care

Gilchrist's team of physicians, nurse practitioners and social workers provide coordinated geriatric care and guidance for those with serious illness, long before hospice is needed. Care is provided at home, in an office setting, or at a residential care center.

## Hospice Care

Gilchrist Hospice Care, including Gilchrist Kids, provides care that enhances the end of life for people with life-limiting illnesses and offers support for their families. Our team provides care that addresses all needs: medical, emotional, social and spiritual.



# END-STAGE DISEASE INDICATORS



**GILCHRIST**  
A NONPROFIT ORGANIZATION

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*Gilchrist provides services without regard to race, color, creed, sex, sexual orientation, disability, religion, ability to pay or national origin.*

**gilchrist**

**Live Every Moment**

# COMMON INDICATORS OF END-STAGE DISEASE

Patient may exhibit **ONE** or **MORE** of the following Core and Disease-specific indicators.

These are guidelines only. Clinical judgement is required for each case. Our staff will work with you to determine your patient's eligibility.

## CORE INDICATORS

### Physical Decline

Weight Loss > 10% in past 6 months

Multiple Comorbidities

Serum Albumin < 2.5 gm/dl

Dependence in most ADL's

Karnofsky Score <= 50%

### AMYOTROPHIC LATERAL SCLEROSIS (335.20)

Unable to walk, needs assistance with ADLs

Barely intelligible speech

Difficulty swallowing

Nutritional status compromised

Declines feeding tube

Significant dyspnea, on O2 at rest

Declines assisted ventilation

Medical complications – pneumonia, URI, sepsis

### CVA (436) & COMA (780.01)

Persistent vegetative state

Dysphagia

Age > 70

Post-stroke dementia

Nutritional status compromised

Medical complications

Family wants palliative care

### DEMENTIA (Senile Degenerative Brain – 331.2 & Alzheimer's – 331.0)

Urinary and fecal incontinence

No consistently meaningful verbal communication

Unable to sit up or hold head up

Complications: Aspiration pneumonia, UTI, sepsis, decubiti

Dependent in 3 or more ADLs: eating, ambulating, dressing, toileting, hygiene

Difficulty swallowing/eating

Nutritional status compromised

Weight loss > 10% in past 6 months

Other comorbidities or rapid decline

### HEART DISEASE (CHF – 428.0)

Symptomatic despite maximal medical management with diuretics and vasodilators

Arrhythmias resistant to treatment

Ejection fraction < 20%

History of cardiac arrest

Cardiogenic embolic CVA

### HIV/AIDS (042)

CD4 < 25/ml

CD4 > 50/ml plus non-HIV comorbidities

Viral load > 100,000/ml and forego all antivirals

Viral load < 100,000/ml plus complications

Wasting syndrome

CNS lymphoma

PML (progressive multifocal leukoencephalopathy)

Cryptosporidiosis

MAC (mycobacterium avium complex)

Visceral Kaposi's sarcoma, unresponsive to treatment

Toxoplasmosis

AIDS dementia

Substance abuse

Decision to forgo antiretroviral, chemotherapeutic and prophylactic drug therapy

### LIVER DISEASE (571)

PTT > 5 sec above control

Serum albumin < 2.5g/dl

Ascites despite maximum diuretics

Peritonitis

Hepatorenal syndrome

Encephalopathy with asterixis, somnolence, coma

Recurrent variceal bleeding

### PULMONARY DISEASE (COPD – 496)

Dyspnea at rest

FEV1 < 30% after bronchodilators

Pulmonary infections

Cor pulmonale/right heart failure

pO2 < 55mm Hg;

O2 sat < 88% (on O2)

Weight loss > 10% in past 6 months

Resting tachycardia > 100/min

### RENAL DISEASE (586)

Creatinine Clear < 10cc/min

(< 15cc/min in diabetics)

No dialysis, no renal transplant

Signs of Renal failure (confusion, nausea, pruritus, restlessness)

Intractable fluid overload

Oliguria < 400cc/24hrs

Hyperkalemia > 7.0mEq/L

## Consider These Questions

*Do you believe a cure is no longer possible?*

*Will the patient and family benefit from comfort care?*

*Would I be surprised by this patient's death within the next year?*

IF YOU ANSWERED **YES** TO ANY OF THESE QUESTIONS, CALL:

**443.849.8200**

**gilchrist**