



# PALLIATIVE NEWS

Mindfulness  
 Rehabilitation  
 Grief  
 Pain  
 Quality of Life  
**EFAT!!!**  
 Symptoms  
 MDT  
 FETIQUUE  
**ESAS!!!**  
 Independence  
 Back to the Future  
 cachexia

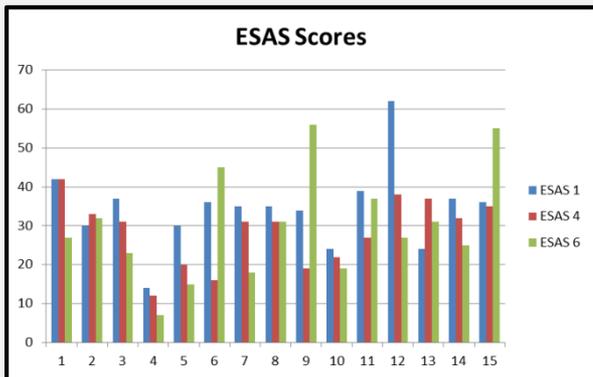
24<sup>th</sup> May 1950 "Learn from yesterday, live for today, hope for tomorrow." ~Albert Einstein

## Edwina Bradley Day Hospice

**Audit Aim:** Following a 5 year implementation of ESAS (Edmonton Symptom Assessment System) and a 2 year implementation of EFAT (Edmonton Functional Assessment Tool), the Edwina Bradley Day Hospice Team and the Specialist Palliative Multidisciplinary Team undertook an audit of the combined scores pre, during and post a six-week cycle of rehabilitative interventions.

**Methodology:** The data of all the new patients who had attended the Edwina Bradley Day Hospice over a 6-month timeframe was captured. This included the outcome of an holistic assessment, ESAS and EFAT scores.

**Results:** During the 6-month time frame, 22 patients attending the EBDH were invited to participate in the audit. Five patients did not complete the six-week block due to being unwell or discharged from the service, and one patient died before their sixth attendance. Fifteen patients completed the assessment period. Results clearly demonstrate the benefits of a rehabilitative approach within a Specialist Palliative Care Day Hospice service.



**12 out of 15 patients improved between 1st and 4th visit. By visit six, 10 out of 15 patients had improved ESAS scores compared to initial assessment. The average ESAS score of patients also demonstrated improvement from 34.3 on initial assessment to 29.8 by visit six.**

**Recommendation: Spread the News**



**Richard: Age 74**

**Diagnosis:**

*Lung Cancer, bone metastases and COPD*

When Richard first met the team he shared how he felt about the losses he had experienced since diagnosis. He missed his football, badminton and hill climbing. Socialising with friends at his weekly pub quiz and volunteering in the local charity shop had become impossible, which compounded his sense of loss.

Richard felt he had lost motivation and felt low in mood. He was struggling to engage in the activities he enjoyed and plan for the future. He was concerned as to what this would look like.

On visit one his score was ESAS 37/100 and EFAT 11/30

On visit four his score was ESAS 32/100 and EFAT 8/30

And on visit six his score was ESAS 29/100 and EFAT 9/30

Over the six weeks Richard attended the Edwina Bradley Day Hospice he was encouraged and supported to create an anticipatory care plan (ACP). He engaged in goal setting sessions and Virtual Reality, where he revisited places that were important to him. The medics met with him regularly to titrate his analgesia and he managed to return to visit his local charity shop and join his friends at his regular pub quiz. Richard scored his goals.

Richard continued to struggle with symptom burden but put his heart and soul into what mattered. Meeting his friends was his ultimate source of joy.

**Result!**



**Lilly: Age 86**

**Diagnosis:**

*Lung Cancer and Multiple Bone Metastases*

When Lilly first met the team she shared how she felt about the losses she had experienced since diagnosis. She experienced social isolation and was housebound.

Lilly felt low in mood during her initial visit and assessment. It was at Lilly's first visit she shared the news of the death of her husband some 20 years previously. Her family lived in Asia, where she was born. She lived with severe pain, but was delighted to be accessing Hospice services for support.

On visit one her score was ESAS 54/100 and EFAT 12/30

On visit four her score was ESAS 38/100 and EFAT 7/30

And on visit six her score was ESAS 27/100 and EFAT 10/30

Over the six weeks Lilly attended the Edwina Bradley Day Hospice she was supported through discussions specific to the identification of her preferred place of care and death. As she was living alone, these conversations mattered to her. During her time at EBDH, Lilly organised her Will. She spent time with the OT and Physio planning how to get back outside and started with stair practice. Lilly loved exercise. She grew in confidence. In her mind, she was free.

Lilly's symptom burden reduced by 50%. Her mood improved and she engaged well with both the Team and fellow patients.

**Such courage!**