

MANAGING LONG TERM CONDITIONS

OPPORTUNITIES AND CHALLENGES FOR SPECIALIST PALLIATIVE CARE

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St Columba's Hospice

CARE AND COMPASSION

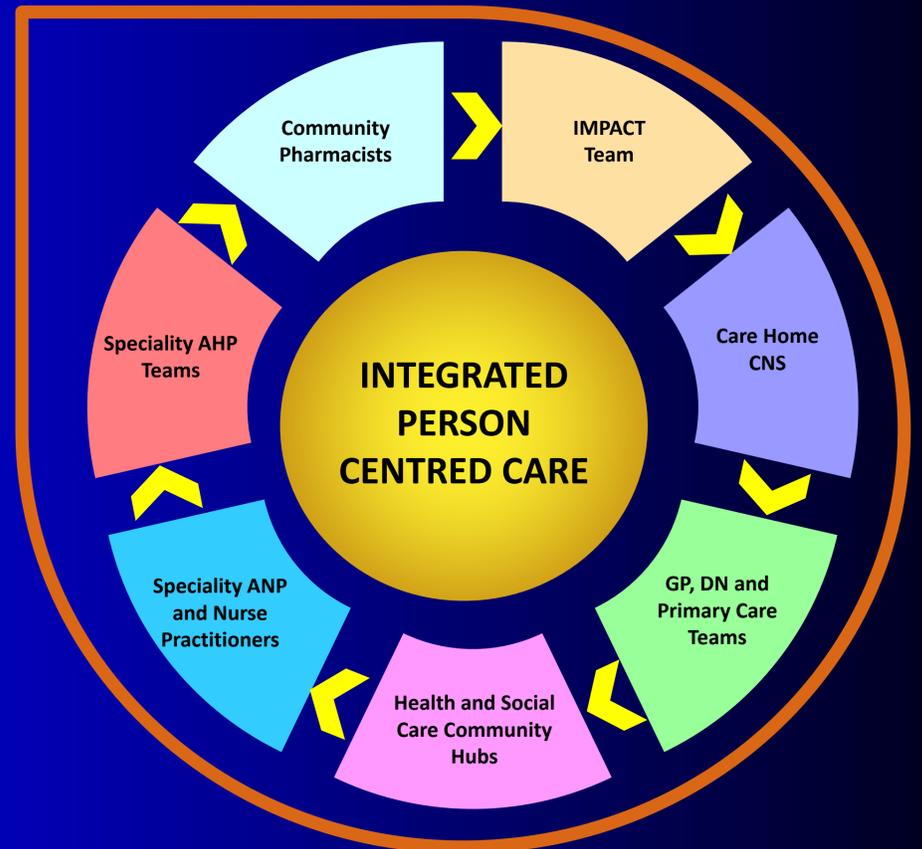
Background

The population is ageing rapidly and people are living longer with long term conditions ¹. The demographic profile means there will be greater complexity of need, and demand for multi-morbidity care, frail elderly and palliative care ¹². UK policies promote wider access to specialist palliative care provided by specially trained multi-professional specialist care teams based on need not diagnosis ^{2,4}.



Community Care and Self-Management

are advocated as generic approaches to managing long term conditions, with integrated teams providing a key role in meeting the complex health and social care needs of people living with long term conditions in the community ¹⁷. St Columba's Hospice specialist multi-disciplinary community services provide integrated care with generalist health and social care services to deliver supported self-care, disease specific care management and case management for highly complex vulnerable patients with long term conditions.



Challenges

- Prognostication in non-malignant disease
- Complex health and social care needs
- Independent communication systems between care providers
- UK shortage of experienced District Nurses
- Shifting the balance of care from hospital to community



Opportunities

- New extended roles for the CNS team
- Integrated health and social care teams
- Gold Standard Framework (GSF) meetings
- Advanced Care Planning (DNACPR/eKIS)
- Technologies to review patients and educate staff
- Extending specialist services during the unscheduled care period



Recommendations for practice for the management of long term conditions

- ANP and extended CNS roles in Specialist Palliative Care Community Services
- Promoting specialist palliative care as an integral part of mainstream health and social care
- Extending Specialist Palliative Care support for community teams and care homes
- Targeted palliative care education by specialist teams for generalist teams
- Introduction of technologies to review more patients earlier in their illness in their home
- Promoting evidence based practice for the management of long term conditions

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