



PeopleBeatingCancer

lung cancer coaching program

palliative/hospice lung cancer care

introduction



DAVID EMERSON
Director PeopleBeatingCancer
Cancer Survivor
Cancer Coach

Palliative and/or hospice care does NOT mean that you have given up on your lung cancer diagnosis. Like all other lung cancer coaching guides in the PBC LCC program, palliative and hospice care are therapy tools to be learned about and used as the lung cancer patient and caregiver see fit.

I know this because I underwent palliative radiation therapy in 1996. I was experiencing a great deal of bone pain and the radiation therapy zapped the bone lesions and eliminated my bone pain. **My point is, palliative therapy helped me manage my cancer and gave me the ability to pursue other therapies.**

Palliative care reduces odds of suicide in lung cancer patients

“The risk of suicide is underappreciated among cancer patients, especially those with advanced stage disease,” Sullivan said in a statement. “This study shows another potential benefit of palliative care among lung cancer patients. [\(READ MORE¹\)](#)”

Early Palliative Care for Patients with Metastatic Non–Small-Cell Lung Cancer

“Among patients with metastatic non–small-cell lung cancer, early palliative care led to significant improvements in both quality of life and mood. As compared with patients receiving standard care, patients receiving early palliative care had less aggressive care at the end of life but longer survival. [\(READ MORE²\)](#)”

Quality of life of cancer patients receiving inpatient and home-based palliative care

“The main issues arising from the findings for nurses are the early detection and management of both physical and psychological symptoms, particularly fatigue, pain, anxiety and depression, and the need to use strategies that will empower patients to have a greater sense of control over their illness and treatment...[\(READ MORE³\)](#)”

Depression and End-of-Life Care for Patients with Cancer

“Patients with cancer and depression experience more physical symptoms, have poorer quality of life, and are more likely to have suicidal thoughts or a desire for hastened death than are cancer patients who are not depressed. Despite the ubiquity of depressive symptoms in cancer patients at the end of life, critical questions remain unanswered with respect to etiopathogenesis, diagnosis, and treatment of depression in these vulnerable patients. The pharmacotherapy of depression in patients with advanced cancer should be guided by a palliative care approach focused on symptom reduction, irrespective of whether the patient meets diagnostic criteria for major depression...[\(READ MORE⁴\)](#)”

More information about Hospice or end-of-life resources

➤ **Hospice Foundation of America** A national organization providing resources on finding a hospice, what to expect at the end of life, and how to find grief support. Provides training for professionals as well.

➤ **Caring Connections** A program of the National Hospice and Palliative Care Organization (NHPCO), provides free resources and information to help people make decisions about end-of-life care and services before a crisis.

➤ **Aging with Dignity** A non-profit organization that provides a user-friendly advanced directive document that is accepted as legal in 42 states and the District of Columbia.

➤ **Palliative Doctors** A website run by the American Academy of Hospice and Palliative Medicine with information and resources about hospice as well as palliative care.

➤ **Questions to Assess the Quality of Palliative Care or Hospice Programs** A chart to help evaluate hospice programs. Written for professionals, but includes helpful questions.

FOOTNOTES

1. <https://medicalxpress.com/news/2018-06-palliative-odds-suicide-lung-cancer.html>
2. <https://www.nejm.org/doi/full/10.1056/NEJMOa1000678>
3. <https://www.ncbi.nlm.nih.gov/pubmed/16499673>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181973/>