

References

Chapter 1

Page 14

- And the cost can be quite high

Advance Directives | Letter Project | Stanford
Medicine

- And the cost can be quite high

End of Life Care - Dartmouth Atlas of Health Care. *Dartmouthatlas.org*. 2018.

- However, only 25% of us actually do

Facing Death - Facts & Figures. FRONTLINE. 2010.

Page 15

- This leads to the majority of the dying

A better way to care for the dying. *The Economist*. 2018.

- The growth in care has been from 700,000

NHPCO.org and HealthAffairs.org

- One estimate is that there is a need

D.B. Ruder. From Specialty to Shortage. *Harvard Magazine* March-April 2015.

Chapter 2

Page 26

- Both the patient and his family members

A better way to care for the dying. *The Economist*. 2018.

- Both the patient and his family members

Zhang B, Wright A, Huskamp H et al. Health Care Costs in the Last Week of Life. *Arch Intern Med*. 2009;169(5):480.

- Studies have repeatedly shown that over

End of Life Care - Dartmouth Atlas of Health Care. *Dartmouthatlas.org*. 2018.

Page 28

- We have to have a goal in mind before

Krieger L. The cost of dying: Lessons learned – The Mercury News. *Mercurynewscom*. 2012.

Page 30

- Doctors who do have an advanced directive

Torres L, Lindstrom K. Exploring Barriers Among Primary Care Providers in Referring Patients to Hospice. *Journal of Hospice & Palliative Nursing*. 2016;18(2):167-172.

Page 32

- Her dementia made her vulnerable

Fick D, Steis M, Walker J, Inouye S. Delirium superimposed on dementia is associated with prolonged length of stay and poor outcomes in hospitalized older adults. *J Hosp Med*. 2013;8(9):500-505.

- Many health care professionals feel that

Schwartz, S Defensive medicine versus value-based care. *Medical Economics*. 2016

Page 33

- Research shows that the average doctor's

Grisham S. Medscape Physician Compensation Report 2017. *Medscape*. 2017.

- Research shows that the average doctor's

Tai-Seale M, McGuire T, Zhang W. Time Allocation in Primary Care Office Visits. *Health Serv Res*. 2007;42(5):1871-1894.

CHAPTER 3

Page 37

- There is a lot of research about the odds

Neagle J, Wachsberg K. What Are the Chances a Hospitalized Patient Will Survive In-Hospital Arrest? *hospitalistorg*. 2010.

Page 38

- Some areas of the US have survival rates

Peikoff, K. CPR Survival Rates Can Differ Greatly by City. *New York Times*. 12/7/2015

- Research has shown that when

Nabozny M, Kruser J, Steffens N et al. Constructing High-stakes Surgical Decisions. *Ann Surg*. 2016;263(1):64-70.

Page 41

- Indeed, many studies have shown that when offered

Rowland K, Schumann S-A. Palliative care: Earlier is better. Hickner J, ed. *The Journal of Family Practice*. 2010;59(12):695-698.

- Indeed, many studies have shown that when offered

Irwin K, Greer J, Khatib J, Temel J, Pirl W. Early palliative care and metastatic non-small cell lung cancer.

Chron Respir Dis. 2013;10(1):35-47..

Page 46

- So, between 87 to 92 people out of 100

Mozaffarian D, Benjamin E, et. al. Heart Disease and Stroke Statistics—2015 Update. *Circulation*. 2015;131(4):e29-e322.

- Half of those discharged will suffer

Twibell R, May A, May P. When the Heart Stops: Life-giving Updates on Cardiac Arrest. *Am Nurse Today*. 2018;13(2).

- Some are released home, others require significant

Ebell M, Afonso A. Pre-arrest predictors of failure to survive after in-hospital cardiopulmonary resuscitation: a meta-analysis. *Fam Pract*. 2011;28(5):505-515.

Page 47

- Even for people who do not have a cardiac arrest

Rizzuto, D. , Melis, R. J., Et al. Effect of Chronic Diseases and Multimorbidity on Survival and Functioning in Elderly Adults. *J Am Geriatr Soc*. 2017;65(5):1056-1060.

- The older you are and the more health problems

Ebell M, Afonso A. Pre-arrest predictors of failure to survive after in-hospital cardiopulmonary resuscitation: a meta-analysis. *Fam Pract*. 2011;28(5):505-515.

- More than half of older patients

Chan P, Nallamothu B, et al. Long-Term Outcomes in Elderly Survivors of In-Hospital Cardiac Arrest. *New England Journal of Medicine*. 2013;368(11):1019-1026.

CHAPTER 4

Page 51

- Rather, it acknowledges that the patient

Ebell M, Afonso A. Pre-arrest predictors of failure to survive after in-hospital cardiopulmonary resuscitation: a meta-analysis. *Fam Pract*. 2011;28(5):505-515.

Page 53

- Many physicians are not comfortable

Yuen J, Reid M, Feters M. Hospital Do-Not-Resuscitate Orders: Why They Have Failed and How to Fix Them. *J Gen Intern Med*. 2011;26(7):791-797.

Page 54

- Many continue to feel physical weakness

Wilemon, T. The Tennessean. Oct. 2, 2013

- These symptoms can look like the

McFarling U. Hospitals struggle to address terrifying 'ICU delirium'. *STAT*. 2018.

Page 55

- We have not learned how to prevent damage

Biennu O, Friedman L, Colantuoni E et al. Psychiatric symptoms after acute respiratory distress syndrome: a 5-year longitudinal study. *Intensive Care Med*. 2017;44(1):38-47.

- These new practices are sometimes

Ely E. The ABCDEF Bundle. *Crit Care Med*. 2017;45(2):321-330.

Page 57

- If she were frail with multiple chronic medical

Fick D, Steis M, Walker J, Inouye S. Delirium superimposed on dementia is associated with prolonged length of stay and poor outcomes in hospitalized older adults. *J Hosp Med*. 2013;8(9):500-505.

Page 59

- Doing this can help you

A better way to care for the dying. *The Economist*. 2018.

- In fact, he may not leave the hospital alive

A Smith et al., "Half Of Older Americans Seen In Emergency Department In Last Month Of Life: Most Admitted To Hospital, And Many Die There," *Health Affairs* 2012; 31:1277-1285,

- The doctor or hospital staff may not

A Fagerlin et al., Enough: The Failure of the Living Will. *Hastings Cent Rep*. 2004;34(2):30.

CHAPTER 5

Page 63

- Patients have the right to receive information

Informed Consent | American Medical Association. *Ama-assnorg*. 2018.

Page 64

- There is so much pressure on hospital

Atwere P, McIntyre L, Et al Informed Consent Documents Used in Critical Care Trials Often Do Not Implement Recommendations*. *Crit Care Med*. 2018;46(2):e1111-e1117.

Page 66

- The type of biopsy at that time

Dohadwala M, Estes N. Ventricular Tachycardia with No Structural Heart Disease: Recognition and Treatment. *The Cardiology Advisor*. 2016.

Page 67

- In one year alone, up to 40%

Schwartz AL, Landon BE, Elshaug AG, Chernew ME, McWilliams JM. Measuring Low-Value Care in Medicare. *JAMA Intern Med*. 2014;174(7):1067–1076.

Page 72

- He did not want to have everyone "give up"

Gawande A. *Being Mortal: Medicine And What Matters In The End*. Picador USA; 2014.

- Dr. Gawande recalled, Joseph was unrealistically

Gawande A. *Being Mortal: Medicine And What Matters In The End*. Picador USA; 2014

Page 75

- Unfortunately, the nature of Gigi's fractures

Shaibani A, Ali S, Bhatt H. Vertebroplasty and Kyphoplasty for the Palliation of Pain. *Semin Intervent Radiol.* 2007;24(4):409-418.

- This procedure is one that has been identified

Schwartz AL, Landon BE, Elshaug AG, Chernew ME, McWilliams JM. Measuring Low-Value Care in Medicare. *JAMA Intern Med.* 2014;174(7):1067–1076.

- But most importantly, this particular procedure

McCullough BJ, Comstock BA, Deyo RA, Kreuter W, Jarvik JG. Major Medical Outcomes with Spinal Augmentation vs Conservative Therapy. *JAMA Intern Med.* 2013;173(16):1514–1521.

CHAPTER 6

Page 78

- Adding to the stress is the reality

The Alzheimer's Association <https://www.alz.org/>

Page 80

- Combining substituted judgment and best

Understanding Healthcare Decisions at the End of Life. *National Institute on Aging.* 2017.

Page 81

- In general, people live an average of four to eight

The Alzheimer's Association <https://www.alz.org/>

Page 83

- We know that hospitalizations for older and

Mathews S, Arnold S, Epperson C. Hospitalization and Cognitive Decline: Can the Nature of the Relationship Be Deciphered?. *The American Journal of Geriatric Psychiatry.* 2014;22(5):465-480

CHAPTER 7

Page 91

- The decline may be due to the stress

Fick D, Steis M, Waller J, Inouye S. Delirium superimposed on dementia is associated with prolonged length of stay and poor outcomes in hospitalized older adults. *J Hosp Med.* 2013;8(9):500-505.

Page 93

- The sedation required for this procedure

Crosby G, Culley D, Marcantonio E. Delirium: A Cognitive Cost of the Comfort of Procedural Sedation in Elderly Patients?. *Mayo Clin Proc.* 2010;85(1):12-14.

- Indeed, it can lead to nausea, infection

12. Melville N. Feeding Tube Use Declines in Advanced Dementia. *Medscape.*

2018.

- Indeed, it can lead to nausea, infection

Mitchell S, Mor V, Gozalo P, Servadio J, Teno J. Tube Feeding in US Nursing Home Residents With Advanced Dementia, 2000-2014. *JAMA.* 2016;316(7):769..

Page 94

- The doctors who specialize in the care of older patients

Flaschner E, Katz D. American Geriatrics Society Position Statement on Feeding Tubes in Advanced Dementia. *J Am Geriatr Soc.* 2015;63(7):1490-1491.

- But it is clear when looking at statistics that show

Bynum J. *Our Parents Ourselves: Healthcare For An Aging Population.* Dartmouth Atlas; 2016:38-39. Available at:

http://www.dartmouthatlas.org/downloads/reports/Our_Parents_Ourselves_021716.pdf.

- Combine limited mobility with diarrhea

Finucane T, Christmas C. Tube Feeding and Pressure Ulcers. *Arch Intern Med.* 2012;172(9):701.

Page 97

- These risks are why many experts are recommending that older patients

Mathews S, Arnold S, Epperson C. Hospitalization and Cognitive Decline: Can the Nature of the Relationship Be Deciphered? *The American Journal of Geriatric Psychiatry.* 2014;22(5):465-480

- These risks are why many experts are recommending that older patients

Rauch J. The Hospital Is No Place for the Elderly. *The Atlantic.* 2013.

Page 99

- Discomfort and risks of adverse drug reactions

Dufour AB, Shaffer ML, D'Agata EMC, Habtemariam D, Mitchell SL. Survival After Suspected Urinary Tract Infection in Individuals with Advanced Dementia. *Journal of the American Geriatrics Society.* 2015;63(12):2472-2477.

CHAPTER 8

Page 100

- The suffering caused by serious chronic

Piotrowski M. *Palliativedoctors.org*. 2018.

Page 101

- Patients receiving this holistic approach

O'Connor N, Moyer M. The Impact of Inpatient Palliative Care Consultations on 30-Day Hospital Readmissions. *J Palliat Med*. 2015;18(11):956-961.

Page 103

- Studies are showing that for patients who are nearing

Zhang B, Wright A. Health Care Costs in the Last Week of Life. *Arch Intern Med*. 2009;169(5):480.

- Patients who had the benefit of palliative care

Detering K, Hancock A. The impact of advance care planning on end of life care in elderly patients: randomised controlled trial. *BMJ*. 2010;340(mar23 1):c1345-c1345.

- Patients who had the benefit of palliative care

Ersek M, Miller S. Association between aggressive care and bereaved families' evaluation of end-of-life care for veterans with non-small cell lung cancer who died in Veterans Affairs facilities. *Cancer*. 2017;123(16):3186-3194.

- Patients who had the benefit of palliative care

Temel J, Greer J. Early Palliative Care for Patients with Metastatic Non-Small-Cell Lung Cancer. *New England Journal of Medicine*. 2010;363(8):733-742.

- Family members of palliative care patients also

Rosenstein D. Depression and end-of-life care for patients with cancer. *PubMed Central (PMC)*. 2011.

- Instead of watching their loved one struggle

Rosenstein D. Depression and end-of-life care for patients with cancer. *PubMed Central (PMC)*. 2011.

- When palliative care is received early in a disease process

Temel J, Greer J. Early Palliative Care for Patients with Metastatic Non-Small-Cell Lung Cancer. *New England Journal of Medicine*. 2010;363(8):733-742.

Page 104

- For people coming into hospice care, nearly
National Hospice and Palliative Care Organization. 2018.

- In addition to that, many physicians

Friedman B, Harwood M. Barriers and Enablers to Hospice Referrals: An Expert Overview. *J Palliat Med*. 2002;5(1):73-84.

- He shows in his practice that people can receive

Ely W. What happens when a patient says, 'Doc, help me die'. *CNN*. 2018. Available at:
<https://www.cnn.com/2018/03/20/opinions/caregiving-what-its-like-to-be-me-wes-ely-opinion/index.html>.

Page 105

- The mutual empathy and connection the patient

Ely W. What happens when a patient says, 'Doc, help me die'. *CNN*. 2018. Available at:
<https://www.cnn.com/2018/03/20/opinions/caregiving-what-its-like-to-be-me-wes-ely-opinion/index.html>.

- Allen Kellehear says in his book, *A Social History of Dying*

Kellehear A. *A Social History of Dying*. Cambridge University Press; 2007.

Page 108

- This robs not only the dying person

Temel J, Greer J. Early Palliative Care for Patients with Metastatic Non–Small-Cell Lung Cancer. *New England Journal of Medicine*. 2010;363(8):733-742.

Page 109

- We spend over three times more on people

Smith A, McCarthy E. Half Of Older Americans Seen In Emergency Department In Last Month Of Life; Most Admitted To Hospital, And Many Die There. *Health Affairs*. 2012;31(6):1277-1285.

- However, the fact is that generally, increased

Zhang, B Health Care Costs in the Last Week of Life. *Arch Intern Med*. 2009;169(5):480.

Page 111

- We know that nearly 20% of frail patients

Roeper B. Innovative Care Model to Improve Clinical Quality and Safety of Transitional Care: Early Outcomes. *Managed Care magazine*. 2018.

- Nursing home residents are tested far too often

Nace D, Drinka P. Clinical Uncertainties in the Approach to Long Term Care Residents With Possible Urinary Tract Infection. *J Am Med Dir Assoc*. 2014;15(2):133-139.

- Nursing home residents are tested far too often

Dufour AB, Shaffer ML, D'Agata EMC, Habtemariam D, Mitchell SL. Survival After Suspected Urinary Tract Infection in Individuals with Advanced Dementia. *Journal of the American Geriatrics Society*. 2015;63(12):2472-2477.

Page 112

- Also, the increased use of antibiotics in long-term care

Nace D, Drinka P. Clinical Uncertainties in the Approach to Long Term Care Residents With Possible Urinary Tract Infection. *J Am Med Dir Assoc*. 2014;15(2):133-139.

CHAPTER 9

Page 114

- This waste is using limited

Mathur A. Health expenditures and personal bankruptcies. *Health (Irvine Calif)*. 2012;04(12):1305-1316.

- Having a primary care provider is a vital resource

Boccuti C, Swoop C. Medicare Patients' Access to Physicians: A Synthesis of the Evidence. *The Henry J Kaiser Family Foundation*. 2013.

- Having a primary care provider is a vital resource

Lin C, Barnato A. Physician Follow-Up Visits After Acute Care Hospitalization for Elderly Medicare Beneficiaries Discharged to Noninstitutional Settings. *J Am Geriatr Soc*. 2011;59(10):1947-1954.

Page 115

- Frailty is a vulnerability to physical stress

Frailty in Older People. *Lancet*. 2013;381(9868):752-762.

- Not only are they subject

Rauch J. The Hospital Is No Place for the Elderly. *The Atlantic*. 2013.

- Not only are they subject

Lum H, Studenski S. Early Hospital Readmission is a Predictor of One-Year Mortality in Community-Dwelling Older Medicare Beneficiaries. *J Gen Intern Med*. 2012;27(11):1467-1474.

Page 117

- If her hands are restrained

McPherson J, Wagner C. Delirium in the Cardiovascular ICU. *Crit Care Med*. 2013;41(2):405-413.

- If her hands are restrained

Piao J, Jin Y. Triggers and nursing influences on delirium in intensive care units. *Nurs Crit Care*. 2016;23(1):8-15.

Page 118

- It is common for delirium to be misdiagnosed

Lorenzl S, Füsigen I, Noachtar S. Acute Confusional States in the Elderly—Diagnosis and Treatment. *Deutsches Ärzteblatt International*. 2012;109(21):391-400.

- Up to 87% of patients over the age of sixty-five

Fong T, Tulebaev S, Et al. Delirium in elderly adults: diagnosis, prevention and treatment. *Nature Reviews Neurology*. 2009;5(4):210-220.

- Fifty percent of patients having hip

Marcantonio E. Delirium in Hospitalized Older Adults. *New England Journal of Medicine*. 2017;377(15):1456-1466.

- However, things can be done

Fong T, Tulebaev S, Et al. Delirium in elderly adults: diagnosis, prevention and treatment. *Nature Reviews Neurology*. 2009;5(4):210-220.

- In this era of modern anesthesia, it is possible

Zywiell M, Prabhu A. The Influence of Anesthesia and Pain Management on Cognitive Dysfunction After Joint Arthroplasty: A Systematic Review. *Clinical Orthopaedics and Related Research*. 2013;472(5):1453-1466.

- Having post-operative delirium puts patients

Sieber F, Zakriya K. et al. Sedation Depth During Spinal Anesthesia and the Development of Postoperative Delirium in Elderly Patients Undergoing Hip Fracture Repair. *Mayo Clin Proc*. 2010;85(1):18-26.

- And according to that research, one year

Sieber F, Zakriya K. et al. Sedation Depth During Spinal Anesthesia and the Development of Postoperative Delirium in Elderly Patients Undergoing Hip Fracture Repair. *Mayo Clin Proc*. 2010;85(1):18-26.

- Fragile patients with multiple medical problems

Devore E, Fong T. Prediction of Long-Term Cognitive Decline Following Delirium in Older Adults. *Innov Aging*. 2017;1(suppl_1):1326-1326. 60. Delirium in elderly adults: diagnosis, prevention and treatment. *Nature Reviews Neurology*. 2009;5(4):210-220.

- Within a week of being admitted to a hospital

Lyder CH, Ayello EA. Pressure Ulcers: A Patient Safety Issue. In: Hughes RG, editor. *Patient Safety and Quality: An Evidence-Based Handbook for Nurses*. Rockville (MD): Agency for Healthcare Research and Quality (US); 2008 Apr. Chapter 12.

- Within a week of being admitted to a hospital

Mallah Z, Nassar N. The Effectiveness of a Pressure Ulcer Intervention Program on the Prevalence of Hospital Acquired Pressure Ulcers: Controlled Before and After Study. *Applied Nursing Research*. 2015;28(2):106-113.

- This tissue damage can become severe

Sullivan, N Schoelles KM. Preventing In-Facility Pressure Ulcers as a Patient Safety Strategy. *Ann Intern Med.* 2013;158(5_Part_2):410.

- If he (the patient) has a bedsore

Lyder CH, Ayello EA. Pressure Ulcers: A Patient Safety Issue. In: Hughes RG, editor. Patient Safety and Quality: An Evidence-Based Handbook for Nurses. Rockville (MD): Agency for Healthcare Research and Quality (US); 2008 Apr. Chapter 12.

- Medicare and Medicaid penalize hospitals

Levine J. Does The Term "Never Event" Apply to Pressure Injuries? | WoundSource. *Woundsourcecom.* 2018.

- The most important aspects of prevention

Schmitt, S Andries, M et al. Wound, Ostomy and Continence Nurses Society Position Statement on Avoidable Versus Unavoidable Pressure Ulcers. *Journal of Wound, Ostomy and Continence Nursing.* 2009;36(4):378-381.

- Even if there was not a severe injury

Schmid A, Wells C. Prevalence, predictors, and outcomes of poststroke falls in acute hospital setting. *The Journal of Rehabilitation Research and Development.* 2010;47(6):553.

- Risks of falling may increase

Schmid A, Wells C. Prevalence, predictors, and outcomes of poststroke falls in acute hospital setting. *The Journal of Rehabilitation Research and Development.* 2010;47(6):553.

- Twenty-five percent of Medicare patients

Szabo L. Never Too Late To Operate? Surgery Near End Of Life Is Common, Costly. *Kaiser Health News.* 2018.

- Surgeons acknowledge the risks to frail

Nabozny M, Kruser J. Constructing High-stakes Surgical Decisions. *Ann Surg.* 2016;263(1):64-70.

Page 132

- If you believe that, your loved one

Graham J. Slowing Down Hospital Discharge Requires Fast Action. *Kaiser Health News*. 2018.

- If you feel that, your loved one

Fast appeals in a hospital | Medicare.gov. *Medicaregov*. 2018. Available at:

<https://www.medicare.gov/claims-and-appeals/right-to-fast-appeal/hospital/fast-appeals-in-hospitals.html>.

CHAPTER 10

Page 134

- It is common for family members

Mendoza M. Guilt and Grief: Placing a Loved One in a Nursing Facility. *Psychology Today*. 2017. Available at: <https://www.psychologytoday.com/us/blog/understanding-grief/201705/guilt-and-grief-placing-loved-one-in-nursing-facility>.

Page 138

- So often older people have lost

Gleeson M, Timmins F. The use of touch to enhance nursing care of older person in long-term mental health care facilities. *J Psychiatr Ment Health Nurs*. 2004;11(5):541-545.

- We know that infants need physical

Ardiel E, Rankin C. The importance of touch in development. *Paediatr Child Health*. 2010;15(3):153-156.

Page 139

- When nursing home residents go to the ER

Burke RE, Rooks SP, Et al. Identifying Potentially Preventable Emergency Department Visits by Nursing Home Residents in the United States. *J Am Med Dir Assoc*. 2015;16(5):395-399.

Page 140

- Research has shown that over half of emergency department

Wang HE, Shah MN, Allman RM, Kilgore M. Emergency Department Visits by Nursing Home Residents in the United States. *Journal of the American Geriatrics Society*. 2011;59(10):1864-1872.

Page 141

- All too often, advance directives

Span P. The Trouble With Advance Directives. *Nytimescom*. 2018. Available at: <https://www.nytimes.com/2015/03/17/health/the-trouble-with-advance-directives.html>.

Page 142

- DNH orders are most effective in slowing

Cohen A, Knobf M, Fried T. Do-Not-Hospitalize Orders in Nursing Homes: “Call the Family Instead of Calling the Ambulance”. *J Am Geriatr Soc*. 2017;65(7):1573-1577.

CHAPTER 11

Page 144

- “Polypharmacy” is a term used to describe

Bushardt R. Polypharmacy: Misleading, but manageable. *Clin Interv Aging*. 2008;Volume 3:383-389.

Page 145

- It is easy to see how someone

Cooper A, Dore D. Predictors of High-Risk Prescribing Among Elderly Medicare Advantage Beneficiaries.

American Journal of Managed Care. 2014.

Page 146

- Antipsychotics are approved to treat

Christian R, Saavedra L. Tables of FDA-Approved Indications for First- and Second-Generation Antipsychotics. *Ncbnlm.nih.gov*. 2011.

- However, the use of antipsychotic drugs

Cioltan H, Alshehri S. Variation in use of antipsychotic medications in nursing homes in the United States: A systematic review. *BMC Geriatr*. 2017;17(1).

Page 147

- The recommendations include using nondrug

Verduin M. The American Psychiatric Association Practice Guideline on the Use of Antipsychotics to Treat Agitation or Psychosis in Patients With Dementia. *J Psychiatr Pract*. 2017;23(2):160-161.

- There can be dramatic complications

Howland, RH. Potential Adverse Effects of Discontinuing Psychotropic Drugs--Part 3: Antipsychotic, Dopaminergic, and Mood-Stabilizing Drugs. *Journal of Psychosocial Nursing and Mental Health Services*. 2010;48(8):11-14.

Page 148

- These medications can cause

Ham A, van Dijk S. Beta-blocker use and fall risk in older individuals: Original results from two studies with meta-analysis. *Br J Clin Pharmacol*. 2017;83(10):2292-2302.

- These medications can cause

Ham A, Swart K, Enneman A, Et al. Medication-Related Fall Incidents in an Older, Ambulant Population: The B-PROOF Study. *Drugs Aging*. 2014;31(12):917-927.

CHAPTER 12

Page 154

- Frequently, ICU doctors and nurses

Peter Whoriskey Warehouses for the Dying. *The Washington Post* December 13, 2014

Page 156

- Instead, if we encourage family members

Angel, Karen Newsday Consider Options Before Allowing a Feeding Tube Jan 4, 2013

<https://www.newsday.com/opinion/oped/consider-options-before-allowing-a-feeding-tube-karen-angel-1.4407678>

CHAPTER 13

Page 168

- In the US in 2015

Rates of Motor Vehicle Crashes, Injuries and Death in Relation to Age 2014-2015 AAA Foundation for Traffic Safety <http://aaaafoundation.org/wp-content/uploads/2017/11/CrashesInjuriesDeathsInRelationToAge2014-2015Brief.pdf>

Page 172

- South Pacific Island tradition of Ho‘oponopono

Hilgenkamp, K, Pescaia C. Traditional Hawaiian Healing and Western Influences.

California Journal of Health Promotion. 2003. Available at:

http://www.cjhp.org/Volume1_2003/Issue/34-39-hilgenkamp.pdf

APPENDIX 2

Page 186

- If you only have a Will

<https://www.thebalance.com/what-happens-to-assets-left-out-of-your-trust-3505437>.

APPENDIX 3

Page 194

- Every year over 30,000 people

Cortez M. Flu Is Causing 1 in 10 American Deaths and Climbing. *Bloombergcom*. 2018.

- And because the vaccine

Vaccine Effectiveness - How Well Does the Flu Vaccine Work? | Seasonal Influenza (Flu) | CDC. *Cdcgov*. 2017.

Page 195

- The pneumococcal vaccines

Cdcgov. 2018. Available at: <https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>.

- The CDC recommends that everyone over age fifty

Cdcgov. 2018. Available at: <https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>.

Page 196

- A healthy person at age eighty-five

Salzman B, Beldowski K, Paz A. Cancer Screening in Older Patients. *Aafp.org*. 2016. This is a resource used for the information in the Screening Tests section of Appendix 3

APPENDIX 4

Page 201

- Over 650,000 people every year are dealing

The Kidney Project University of California San Francisco
<https://pharm.ucsf.edu/kidney/need/statistics>

Page 202

- That is the average life expectancy for someone who

United States Renal Data System. 2017USRDS annual data report: Epidemiology of kidney disease in the United States. National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, Bethesda, MD, 2017.

- Yet, over 90% say they have not discussed it

Mandel, E., Bernacki, R. and Block, S. (2016). Serious Illness Conversations in ESRD. *Clinical Journal of the American Society of Nephrology*, 12(5), pp.854-863.

Page 203

- Here are some key facts

Pooja Singh, Michael J. Germain, Lewis Cohen, Mark Unruh; The elderly patient on dialysis: geriatric considerations, *Nephrology Dialysis Transplantation*, Volume 29, Issue 5, 1 May 2014, Pages 990–996.

Kurella Tamura, M. and Covinsky, K. et al. (2009). Functional Status of Elderly Adults before and after Initiation of Dialysis. *New England Journal of Medicine*, 361(16), pp.1539-1547.

Mandel, E., Bernacki, R. and Block, S. (2016). Serious Illness Conversations in ESRD. *Clinical Journal of the American Society of Nephrology*, 12(5), pp.854-863.

Johansen KL, Delgado C, Bao Y, Tamura MK. Frailty and Dialysis Initiation. *Seminars in dialysis*. 2013;26(6):690-696. doi:10.1111/sdi.12126.

Page 204

- Being on dialysis is a big adjustment

Worth, T. (2014). *The Challenge of Dialysis at the End of Life*. [online] Renal and Urology News.

APPENDIX 5

Page 205

- Always use medications as prescribed

American Society of Consultant Pharmacists. *Ascpcom*. 2018. Available at: <https://www.ascp.com/>.

Ham A, van Dijk S. Beta-blocker use and fall risk in older individuals: Original results from two studies with meta-analysis. *Br J Clin Pharmacol*. 2017;83(10):2292-2302.

APPENDIX 6

Page 208

- An estimated 40% of the people with Janet's

Lee S, Smith A, Widera E. ePrognosis - Mitchell Index. *Eprognosisucsfedu*. 2012.

Charlson M. Charlson Comorbidity Index (CCI) - MDCalc. *Mdcalccom*. 2018.

Page 209

- Frailty is a vulnerability to physical stress

Fried L, Ferrucci L. Untangling the Concepts of Disability, Frailty, and Comorbidity: Implications for Improved Targeting and Care. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*. 2004;59(3):M255-M263.

- Not only are they subject to risks

Rauch J. The Hospital Is No Place for the Elderly. *The Atlantic*. 2013.

- Not only are they subject to risks

Lum H, Studenski S. Early Hospital Readmission is a Predictor of One-Year Mortality in Community-Dwelling Older Medicare Beneficiaries. *J Gen Intern Med.* 2012;27(11):1467-1474.

Page 210

- Up to 87% of patients over

Fong T, Tulebaev S, Et al. Delirium in elderly adults: diagnosis, prevention and treatment. *Nature Reviews Neurology.* 2009;5(4):210-220.

Page 210

These doctors who specialize in the care of patients

Flaschner E, Katz D. American Geriatrics Society Position Statement on Feeding Tubes in Advanced Dementia. *J Am Geriatr Soc.* 2015;63(7):1490-1491.

Page 211

- Patients who have the benefit of palliative care

Ersek M, Miller S. Association between aggressive care and bereaved families' evaluation of end-of-life care for veterans with non-small cell lung cancer who died in Veterans Affairs facilities. *Cancer.* 2017;123(16):3186-3194.

- Patients who have the benefit of palliative care

Temel J, Greer J. Early Palliative Care for Patients with Metastatic Non-Small-Cell Lung Cancer. *New England Journal of Medicine.* 2010;363(8):733-742.

- Family members of palliative-care

ELY W. What happens when a patient says, 'Doc, help me die'. *CNN.* 2018. Available at: <https://www.cnn.com/2018/03/20/opinions/caregiving-what-its-like-to-be-me-wes-ely-opinion/index.html>

