

10 Clinical Triggers For Referral To Palliative Care

*If any 1 of the following 10 conditions applies to your patient, consider referral to Palliative Care.

1. Would the primary care physician be surprised if the patient died within the next eighteen months? If no, consider referral.
2. Chronic or persistent pain or symptoms (e.g., dyspnea) requiring long-term management.
3. Cancer with metastasis or without any available curative or life-prolonging therapies.
4. Dementia causing inability to perform two or more ADLs.
5. Two or more hospitalizations and/or emergency visits for the same serious condition within six months.
6. Multiple serious illnesses or any single serious illness which remains symptomatic despite maximal treatment.
7. Despite medical treatment, continued oxygen dependency, shortness of breath or adverse cardiac symptoms brought on by exertion.
8. Unintentional and consistent weight loss over six to twelve months.
9. Serious illness necessitating significant and ongoing supervision or caregiving by others.
10. Patient, family or physician uncertainty regarding the appropriateness, usefulness or desirability of available treatment options.