

PALLIATIVE CARE

31 Palliative Care Week: 7th to 13th September 2025

Did You Know?

- 1 in 3 of every patient admitted to medicine is in the last year of life – but very few have it recognised formally.
- In a study where all staff were asked to identify who was dying and who had unmet palliative care needs, they were accurate in 98% of cases.
- But we don't identify it routinely – why?
 - *Lack of confidence*
 - *Fear of getting it wrong*
 - *Lack of time*

What Can You Do?

- Use the CFS (Clinical Frailty Scale) and SPICT tool
- Use phrases like:
 - I think that this patient is sick enough to die
 - This patient may be entering the last year of life
 - Please ask the patient if they are frightened and what they want.
- Highlight concerns to your seniors or palliative care champions
- Even if you're not confident discussing it, flag it early in the admission to help the team meet the patient's needs.

If We Recognise It – What Difference Does It Make?

-  **38% fewer ED visits**
-  **56% fewer hospital admissions**
-  **71% fewer aggregate days in hospital prior to death**
-  **AND THEY LIVED LONGER!**

Useful Resource

SPICT Tool:

<https://www.spict.org.uk/the-spict/>



¹ Clark D, Armstrong M, Allan A, Graham F, Carnon A, Isles C. Imminence of death among hospital inpatients: Prevalent cohort study. *Palliat Med.* 2014 Jun;28(6):474-479. doi: 10.1177/0269216314526443. PMID: 24637342; PMCID: PMC4845030.

¹ Tavabie S, Ta Y, Stewart E, *et al*
Seeking Excellence in End of Life Care UK (SEECare UK): a UK multi-centred service evaluation
BMJ Supportive & Palliative Care 2024;14:e1395-e1401.

¹ Billiot, A.A., Danos, D.M., Stevens, J. *et al*. Palliative care reduces emergency room visits and total hospital days among patients with metastatic HPB and GI cancers. *Sci Rep* 12, 21068 (2022). <https://doi.org/10.1038/s41598-022-23928-w>