

## **Inpatient Palliative Care Consultation Guidelines**

**Early** inpatient palliative care consultation *should be ordered* in the following situations:

-Patients being admitted for a moderate to severe acute injury AND with end/late stage chronic medical conditions including:

- ESRD (GFR <15 and age >80 with no interest in dialysis)
- metastatic malignancy with poor performance status, weight loss
- Severe CHF or O2 dependent COPD w/ limited exertion due to dyspnea
- Moderate to severe dementia with weight loss and/or increased behaviors
- Cirrhosis with MELD >25

At the providers' discretion, inpatient palliative care consultation should also be *considered* in the following situations:

- Multisystem organ failure
- Extended ICU stay (> 1 week)
- 2 or more hospitalizations within the last 3 months
- New DNR/DNI status
- FRAIL score of 3 or higher (see scoring system below)
- MD judgement of likely mortality within the next 6 months (may also be appropriate for outpatient)
- Patient is ≥80 years old and being admitted for a severe acute injury
- Poor rehab potential
- Trach/PEG placement

**Please note:** Outpatient resources and consultations are available for Palliative care if you feel your patient would benefit and does not meet criteria for inpatient consultation or they meet criteria but their expected length of stay is 48 hours or less. Outpatient criteria may also include:

- Metastatic CA, CHF, COPD, or moderate dementia with GOOD functional status
- Cirrhosis with MELD <25
- GFR <30 and no interest in dialysis

### FRAIL scoring

<b>F:</b> Fatigue	Does the patient get fatigued or exhausted easily? (Y or N)
<b>R:</b> Resistance	The patient is unable to walk up one flight of stairs independently (T or F)
<b>A:</b> Ambulation	The patient is unable to walk one block (1/4 of a mile) (T or F)
<b>I:</b> Illness	Does the patient have five or more illness or comorbidities? (Y or N)
<b>L:</b> Loss of weight	Has the patient lost 5-10 percent of their weight over the last 6 months to one year? (Y or N)

Answer of "Yes" or "True" to 3 or more: Indicates likely frailty

Answer of "Yes" or "True" to 1-2: indicates possible pre-frailty