

# Should I Make a Hospice Referral?

These guidelines will help identify patients/residents with a non-cancerous diagnosis who may be appropriate for a hospice evaluation.

## Dementia/Alzheimer's and Related

1. Spends most of the time in bed or chair
2. Requires assistance with most ADLs
3. Incontinent of bowel and/or bladder
4. Rarely makes self understood or is unable to understand others
5. Other active diseases like Heart Disease, COPD, Kidney failure, etc.
6. Emotional changes, agitation, or delusional behavior
7. Recent infections, weight loss, or decubitus ulcers

## Renal Disease

1. Not seeking dialysis or kidney transplant
2. Creatinine clearance or GFR < 10cc/min (<15cc/min with diabetes)
3. Elevated BUN and elevated creatinine
4. Cachexia or massive edema
5. Urine output of <400cc/day

## Liver Disease

1. PT>5 seconds above control OR INR>1.5
2. Serum Albumin of  $\leq 2.5$  gm/dl
3. At least one of the following:
  - Elevated BUN and creatinine with decreased urinary output
  - Spontaneous bacterial peritonitis
  - Hepatic encephalopathy
  - Recurrent variceal bleeding

## Heart Disease

1. Poor response to optimal treatment with diuretics and vasodilators
2. Significant symptoms at rest and unable to carry on physical activity without symptoms
3. Chest pain at rest, resistant to nitrate therapy
4. History of cardiac arrest or resuscitation
5. Documentation of ejection fraction of 20% or less

## Pulmonary Disease

1. Disabling dyspnea at rest or with minimal activity
2. Increased ER visits or hospitalizations for pulmonary diagnosis
3. Hypoxemia at rest on room air O2 sat<89%, or PCO2  $\geq 50$ mm/hg
4. Resting heart rate >100/min
5. Unintentional weight loss of 10% or more over the preceding 6 months

## Stroke

1. Recent decline in functional status and/or significant change
2. Dependence in 3 or more of the following:
  - Bathing
  - Dressing
  - Feeding
  - Transfers
  - Toileting
3. Recent weight loss or impaired nutritional status, serum albumin <2.5gm/dl, BMI<22
4. Pulmonary aspiration

## Adult Failure to Thrive or Other

1. Patient or family informed of life-limiting condition and choosing comfort care
2. Requires significant assistance with ADLs
3. Spends most of time in bed or chair
4. Co-morbid or secondary conditions, such as
  - pressure ulcers
  - recurrent infections
  - significant weight loss or BMI  $\leq 22$
  - serum albumin <2.5gm/dl

Our goal in partnering with you is to help patients/residents live the rest of their lives according to their wishes, and to be comfortable physically, emotionally, and spiritually. Noble Hospice provides holistic care for the family and the patient/resident. Call 480-868-2845 for more information.

