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Palliative and therapeutic harmonization (PATH): Understanding frailty to develop transformative care plans

Laurie Mallery
Dalhousie University, Canada

The PATH (Palliative and Therapeutic Harmonization) program is an innovative model to improve appropriateness of care and resource utilization across the healthcare continuum. PATH places frailty at the forefront of evidence-informed decision-making and trains healthcare teams to assemble the “big picture” of each patient’s health story. The approach has been translated into clinical programs that help clinicians and patient/families reach decisions about medical and surgical interventions, nursing home placement and end of life care. A recent peer-reviewed publication about PATH demonstrates a significant reduction in the demand for medical and surgical interventions when there is severe frailty, as well as high patient/caregiver satisfaction.

Through the presentation, it will be reviewed on how to:

- Understand the gap between what’s medically possible and what’s appropriate
- Improve the efficiency of team-based care so that team members can place frailty at the forefront of evidence-informed decision-making
- Help patients and their families feel empowered by information
- Develop transformative care plans that place quality of life at the forefront of decision-making
- Improve navigation across the health care continuum
- Make optimal use of resources

Biography

Laurie Mallery is head of the Division of Geriatric Medicine at Dalhousie University. She is an internist geriatrician, who received her medical degree from the University of Pennsylvania. She has developed innovative health care delivery systems that improve efficiency, appropriateness, and cost effectiveness. She is co-founder of the PATH program, which provides care planning for frail older adults and experientially-based training that helps health practitioners and teams build efficiency and capacity using a processes that carefully consider the impact of frailty. The PATH experience is brought to life in her recently published story *The Salami Salesman and His Daughter Falafel*, which chronicles the story of her father’s frailty. She has developed an exercise program for older adults, a curriculum in Geriatric Medicine for medical students, and interdisciplinary clinical protocols. She was a member of the Canadian Expert Drug Advisory Committee (CEDAC) for over 8 years, a national committee that makes medication reimbursement recommendations to Provincial drug plans.

Laurie.Mallery@cdha.nshealth.ca