

November 2024

**SUBSCRIBE TODAY!** American Nurse reaches over 200,000 dedicated nurses in a multitude of specialties and practice settings!

Digital \$14.97/yr. 12 digital issues  
U.S. RESOURCES ONLY

Print \$36.97/yr. 10 print and 2 digital issues  
U.S. RESOURCES ONLY

**NURSE**

## Endorses Expert Consensus Paper



The Multiple Chronic Conditions Resource Center Editorial Review Board endorses the recent publication

**Integration of Palliative Care in the Management of Multiple Chronic Conditions: An Expert Consensus Paper with Policy Implications, 2024, Kuebler, Kim et al. Nursing Outlook, Volume 72, Issue 6, 102273**

This expert consensus statement describes how palliative symptom management implemented in person-centered care planning in the primary care setting can be used to manage debilitating symptoms. Patients living with two or more chronic conditions are the largest, fastest growing and costliest patient population in our nation. Effective symptom management through skilled palliative interventions can prevent the risk of disease exacerbation in patients living with multiple chronic conditions (MCC) such as heart failure (HF), chronic obstructive pulmonary disease (COPD) and/or dementia.

Experts from the American Academy of Nursing Expert Panels on Palliative and End of Life Care, Primary Care, Aging, Acute and Critical Care, and two expert physicians authored this important and timely paper that recommends moving palliative care upstream into the primary care setting vs. reserving its use only at the end-of-life and/or under the Medicare Hospice benefit.

Patients living with advanced symptomatic MCC are frequently admitted to hospital due to exacerbations in their disease. This promotes debilitation and worsening of their underlying disease leading to reduction in physical functioning and poor quality of life. The authors of this paper suggest this is a needed paradigm shift that focuses on improved and preventative symptom management in patients with non-reversible MCC long before end-of-life care.

The authors point out that the principles of primary care are congruent with the principles of palliative care and include health promotion, disease prevention, curative care, rehabilitation, palliative care or symptom management, continuity of care, and the respect of the patient's values while including the family or caregivers - with a focus on the social determinants of health. This paper identifies examples of skilled clinical palliative interventions for HF, COPD and dementia.

Many of the authors of this paper are members of the Editorial Review Board of the Multiple Chronic Conditions Resource Center - a free resource to support the comprehensive clinical care needs of this burgeoning U.S. patient population.

The Multiple Chronic Conditions Resource Center offers FREE access to current clinical guidelines and resources to support the comprehensive care for the nation's largest patient population - those living with two or more chronic conditions.

[Resource Center](#)

## NEW PODCAST:



**PODCAST: Dr. Paul Ciechanowski discusses the benefits of integrated behavioral health models in primary care**

In the fifth edition of the MCCRC Podcast, Dr. Kim Kuebler sits down with Dr. Paul Ciechanowski to talk about the benefits of integrated behavioral health models in primary care, why integrated care is a preferable model to hiring psychiatrists or social workers as part of a co-located model, and much more.

Listen on your favorite platform now: [YouTube](#) | [Apple](#) | [Spotify](#)

## MORE PODCASTS:



**PODCAST: Dr. Irina Koyfman discusses Chronic Care Management - Do's, Don'ts, and Everything in Between**

In the fourth edition of the MCCRC Podcast, Dr. Kim Kuebler sits down with Dr. Irina Koyfman to talk about Chronic Care Management (CCM), getting in depth on what CCM really is, why specialists should consider doing CCM, and the future of CCM.

Listen on your favorite platform now: [YouTube](#) | [Apple](#) | [Spotify](#)



**PODCAST: How the human immune system relates to Multiple Chronic Conditions**

In the third edition of The MCCRC Podcast, Dr. Kim Kuebler sits down with Dr. Matthew Sorenson to talk about how the human body is impacted by chronic conditions, the different types of cells in the immune system, and the factors impacting immune health.

Listen on your favorite platform now: [YouTube](#) | [Apple](#) | [Spotify](#)



**PODCAST: Helping overloaded people remaining in the**



### workforce

Dr. Kim Kuebler sits down with Dr. Gienna Crooks to talk about her most recent research on helping overloaded people remaining in the workforce, along with her most recent book "The NetworkSage: Realize Your Network Superpower."

Listen on your favorite platform now: [YouTube](#) | [Apple](#) | [Spotify](#)



### PODCAST: *Understanding the Link between diabetes and low testosterone in men*

Dr. Julian L. Gallegos PhD, FNP-BC, Clinical Associate Professor, Director, Doctor of Nursing Practice Program Purdue University

Listen on your favorite platform now: [YouTube](#) | [Apple](#) | [Spotify](#)

### UPCOMING PODCASTS:



### PODCAST: *A Paradigm Shift: Integrating Palliative Symptom Management in Multiple Chronic Conditions*

Dr. Eduardo Bruera MD Chair, Department of Palliative, Rehabilitation, & Integrative Medicine | University of Texas MD Anderson Cancer Center *Cancer, Pain and Symptom Management, Research, Palliative Care*

### What's Your Opinion?

Please take a few minutes to provide your feedback about *Multiple Chronic Conditions*. We want to know what you like and what you'd like to see us do differently.

Tell us what you think!

[Share your feedback](#)



## WEBINARS

### FREE ON-DEMAND

- [Tactical Implementation of an Effective Falls Program](#)
- [Challenging and Inspiring: Beyond Common Fall Prevention Practices](#)
- [Something's afoot: foot health in nursing and beyond](#)
- [Travel Nursing – How to ensure a good experience](#)
- [Navigating the latest Temperature Management guidelines](#)
- [Safety & Science of Low- and No-Calorie Sweeteners](#)
- [When There Are No More Nurses...](#)
- [Strategies for Reducing Falls in the ED](#)
- [Medication Safety: Protecting Your Patients...and Your Practice](#)
- [Mindful Communication: Leadership and Staff Perspectives](#)
- [Truth or lies: Fighting back against misinformation](#)

[VIEW MORE](#)



Healthcom Media  
259 Veterans Lane, Suite 201, Doylestown, PA, 18901 US

[Privacy Policy](#) | [Update Profile](#) | [Unsubscribe](#)