

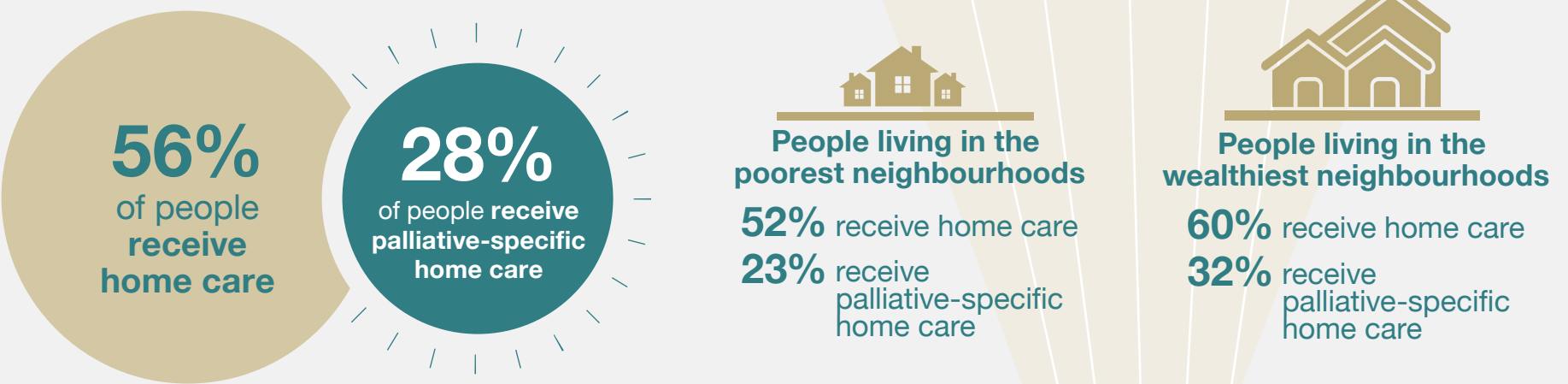
Palliative Care in Ontario

Less than 60% of the people who die in Ontario have a record of having received palliative care services during their final 12 months of life.

Palliative care relieves suffering and improves the quality of living and dying for people with a life-limiting illness. **Earlier palliative care can lead to better quality of life,^{1,2} and palliative-specific home care has been associated with a 50% reduction in the likelihood of dying in hospital.³**

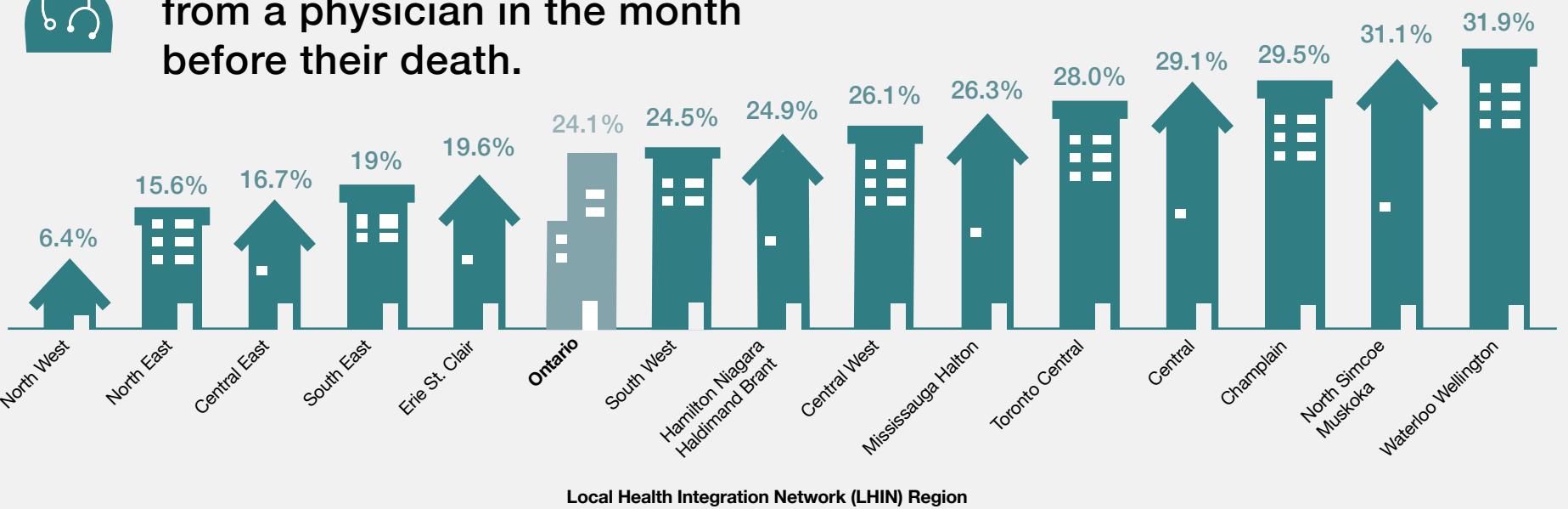
Home visits by a health care provider and home care services are two examples of the many important components of excellent palliative care.

In Ontario, during their final 30 days of life...



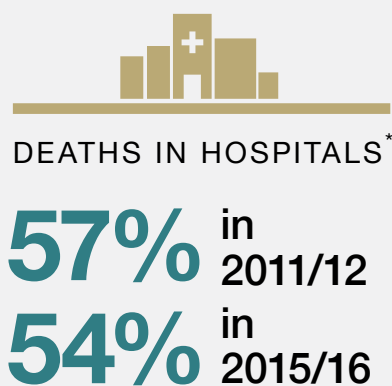
Just under one quarter of Ontarians receive a home visit from a physician in the month before their death.

In 2015/16, there was up to a **fivefold difference** between regions of Ontario in the percentage of people who had a physician home visit in their last month of life.



Most people in Ontario still die in hospital, although this percentage has decreased.

Most people would prefer to die at home.^{4,5} Physician home visits and palliative home care visits during the last year of life are associated with a lower risk of dying in hospital.^{3,6}



**Hospital deaths include deaths in acute care beds, complex continuing care beds and emergency departments.*

Together, we can improve the quality of care for adults with a life-limiting illness who are considering palliative care.

That's why Health Quality Ontario – in collaboration with health care providers, and patients' families and caregivers – has developed this **quality standard** outlining what quality care looks like.

hqontario.ca/qualitystandards

¹ Zimmermann C, Swami N, Krzyzanowska M, Hannon B, Leighi N, Oza A, et al. Early palliative care for patients with advanced cancer: a cluster-randomised controlled trial. *Lancet*. 2014;383:1721-30.
² Bacon J. The palliative approach: improving care for Canadians with life-limiting illnesses [Internet]. Ottawa (ON): Canadian Hospice Palliative Care Association; 2012. Available from: <http://www.hpcintegration.ca/media/23816/1WF-palliative-approach-report-English-final.pdf>
³ Bainbridge D, Seow H, Sussman J, Pond G, Barbera L. Factors associated with not receiving homecare, end-of-life homecare, or early homecare referral among cancer decedents: a population-based cohort study. *Health Policy*. 2015;119:831-9.
⁴ Health Quality Ontario. Palliative care at the end of life [Internet]. Toronto (ON): Queen's Printer for Ontario; 2016 [cited 2016 Aug 19]. Available from: <http://www.hqontario.ca/Portals/0/documents/system-performance/palliative-care-report-en.pdf>
⁵ Residential Hospice Working Group. Environmental scan for strengthening residential hospice care in Ontario, evidence and practice [Internet]. Toronto (ON): Hospice Palliative Care Ontario; 2015 [cited 2016 Aug 19]. Available from: <http://www.hpco.ca/wp-content/uploads/Environmental-Scan-for-Strengthening-Residential-Hospice-Care-in-OntarioFINAL-March-16.pdf>
⁶ Tanuseputro P, Beach S, Chalifoux M, Wodchis W, Hsu A, Seow H, Manuel D. Associations between physician home visits for the dying and place of death: a population-based retrospective cohort study. *PLoS ONE*. 2018; 13(2):e0191322.