

Senior Services News

Difficult Decisions to Make - CPR and Feeding Tubes

In the past two newsletter articles, I have discussed the importance of making end-of-life decisions in advance, and the equal importance of making those decisions known to others. I do appreciate that these decisions are very difficult and here I hope to provide some perspective that will help, particularly with regard to CPR and feeding tubes.

Successful CPR depends on a few critical things: First is timeliness – it should start immediately after a witnessed collapse. If the collapse was un-witnessed, the critical 6 minutes may have already passed.

Secondly, the victim should have lungs, heart and blood vessels that are in good shape. CPR on those who are elderly, or have dementia or a previous heart event or stroke, or late stage cancer has a less than 5% chance of success.

Thirdly, quick access to a defibrillator is essential. CPR chest compressions do not duplicate normal blood circulation. The blood pressure generated is very low, and buys only a few minutes of time before the brain function is irreparably damaged. The fibrillating heart needs to be shocked into normal rhythm as quickly as possible.

In the real world, cardiac arrest IN HOSPITAL has about a 12% chance of immediate success, but only 1 in 3 of these successes survives to be discharged, meaning an ultimate success rate of 4%. The reason for the low success rate is that so many of these patients are in very poor condition to begin with.

CPR outside the hospital has an even lower success rate. A huge Japanese statistical study revealed that cardiac arrest victims who received CPR from bystanders had only a 2%

chance of leaving the hospital with good or moderate brain function; even though 18% originally had their hearts re-started in the field by CPR and shock defibrillation.

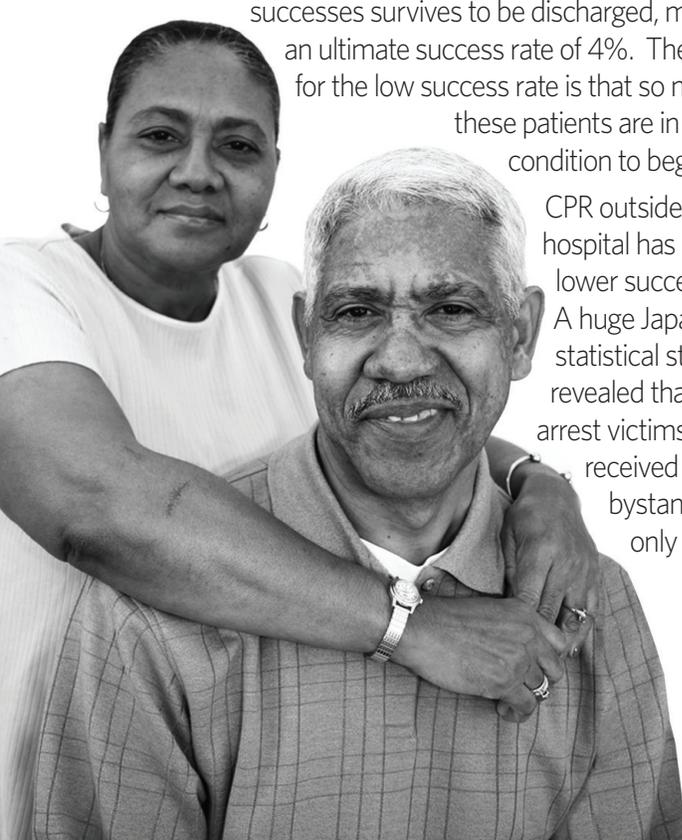
The other big decision at the end of life is whether you would want a feeding tube placed if you were unable to swallow or lost your appetite. A feeding tube can be passed through the nose, down the esophagus and into the stomach if the problem will last only a week or two; or it can be surgically placed directly through the wall of the abdomen into the stomach for long term use.

Feeding tubes are used with the intent of preventing aspiration pneumonia from accidentally inhaling food, for improving wound healing in the malnourished, and for prolonging life and improving overall function. In people with advanced dementia, multiple studies have shown that a feeding tube does none of these things. These tubes are of benefit primarily in otherwise well functioning people with temporary swallowing problems, such as in stroke and brain injury rehabilitation programs, with cancer chemotherapy complications, or in some patients with ALS (Lou Gehrig's disease).

Individuals near the end of life can be allowed to enjoy or decline food orally as they wish, since adding a feeding tube is very unlikely to improve their quality of life. It only increases the burden of risk in terms of episodes of regurgitation, abdominal wall infections and the need for replacement when the tube is accidentally pulled out, which is often. For many families, providing artificial nutrition is a sign of support, respect, and caring, and this is what makes the decision so difficult.

I realize that we cannot be in total control of the trajectory of our lives, but personally, when I reach the age of 85, even if I still am in good health, I think I will opt against CPR and a feeding tube. I may even do it sooner. How would you like to leave this world – at the top of your game, or as a shadow of your former self? We'll see what I think when I'm actually 85!

Lawren Hicks, MD
Medical Director, Senior Services



Educational Opportunities

There is no charge to attend our health education events unless otherwise noted. Registration is required. Call the listed number to register or on-line registration is available for most offerings at johnmuirhealth.com.

OCTOBER - DECEMBER

Smart Holiday Eating & How to Avoid the Holiday Eating Frenzy - Kathy Napoli, MA, RD

October 1 | 10:30 a.m. - 12 p.m. | 941-7900 option 1 | John Muir Medical Center, Concord

As much as we look forward to holiday celebrations, many of us worry that we will enjoy them too much, and pack on the pounds. Learn how to re-evaluate your eating style, and rein in the calories and sugar.

Mild Cognitive Impairment: Keeping the Mind Healthy and Well - Alana Vernon, PsyD

October 2 | 9:30 - 11 a.m. | 941-7900 option 1 | Outpatient Center, Tice Valley/Rossmoor

December 14 | 9:30 - 11 a.m. | 941-7900 option 1 | Outpatient Center, Walnut Creek

In this presentation we will review the symptoms of Mild Cognitive Impairment, the 'normal aging' process and strategies for keeping the mind healthy and well.

Impact of Sensory Changes as We Age - Mary Spear RN, MSN & Jane Moore, Patient Navigator

October 16 | 9:30 - 11 a.m. | 941-7900 option 1 | Outpatient Center, Walnut Creek

Learn how age-related changes in smell, taste, touch, hearing, and vision may impact how people receive information and how they relate to those around them.

Medicare Annual Review for 2016 - Health Insurance Counseling & Advocacy Program

November 4 | 7 - 9:30 p.m. | 941-7900 option 1 | John Muir Medical Center, Walnut Creek

Do you have questions about your Medicare health plan or prescription plan for 2016? Contra Costa HICAP will talk about what's new for 2016 and how to make sure you have the plan that's right for you. HICAP does not sell or endorse insurance.

Managing the Impacts of Stress on Your Health - Shell Portner, RN, BSN

November 6 | 9:30 - 11 a.m. | Outpatient Center, Walnut Creek

Learn how practicing basic mindfulness techniques can help reduce stress and manage some of our most common illnesses and symptoms such as chronic pain and gastrointestinal difficulties.

Fall Prevention Home Safety Techniques - Alayne Balke, Fall Prevention Program Manager

November 13 | 9:30 - 11 a.m. | 941-7900 option 1 | John Muir Medical Center, Concord

Falls are not inevitable, sometimes even small changes can make a big difference! We will discuss specific steps you can take to create a safety plan for your home and prevent falls.

Be Your Own Advocate - Lawren Hicks, MD

December 10 | 2:30 - 4 p.m. | 941-7900 option 1 | Outpatient Center, Walnut Creek

Health care is a team approach. Learn how to ask the right questions, when a referral is appropriate and how to be part of the team. Dr. Hicks will discuss how to work with your primary care doctor and health care team to get optimal results.

Caring for an Ageing Family Member - Peggy Johnstone RN, CNS, PNP-BC

December 18 | 9:30 - 11 a.m. | 941-7900 option 1 | Outpatient Center, Walnut Creek

Caring for an ageing loved one can be demanding and challenging. Learn about methods that are effective in providing care and comfort for your loved one, the importance of self-care and how to navigate family dynamics.

Ongoing Classes

AARP Driver Safety Program

- Oct 24 | refresher class | 8:30 a.m. - 1:15 p.m. | John Muir Medical Center, Walnut Creek
- Nov 14 | 1-day, 8 hour class | 8:30 a.m. - 5 p.m. | John Muir Medical Center, Walnut Creek
- Nov 17 | refresher class | 9:25 a.m. - 2:10 p.m. | John Muir Medical Center, Concord
- Dec 15 & 17 | 2- day, 8 hour class | 9 a.m. - 1:00 p.m. | John Muir Medical Center, Concord

This Smart Driver classroom course, designed for motorists over age 50, helps drivers refine existing skills and develop safe, defensive driving techniques. Offered in an eight hour or four-and-a-half hour refresher course for those who meet the criteria for renewal. There is a charge for this class. Register online at johnmuirhealth.com or call 941-7900 option 1.

Advance Health Care Directives – Suzanne Leib, MFT

- October 29 | 6 - 8 p.m. | 941-7900 option 1 | John Muir Medical Center, Walnut Creek
- November 11 | 9:30 - 11:30 a.m. | 941-7900 option 1 | Outpatient Center, Concord
- December 4 | 9:30 a.m. - 11:30 a.m. | 941-7900 option 1 | Outpatient Center, Walnut Creek

All adults, regardless of age, need to understand how they can have control over their own life and death decisions. Learn the choices you or your family may face due to an accident or serious illness. This is an opportunity to clarify your choices and make sure they will be carried out should you become unable to make your own health care decisions. Required documents will be provided.

Catch Yourself – Maintain Your Independence

- October 19, 23, 26, 30 | 11 a.m. - 12 p.m. (Oct 23, 12 - 1 p.m.) | 941-7900 option 1 | Outpatient Center, Walnut Creek
- November 2, 6, 9, 13 | 11 - 12 p.m. | 941-7900 option 1 | Behavioral Health Center, Concord, Classroom A

This four-session class series raises awareness about falls by practicing techniques in class. Learn how to improve your strength and balance, simplify your environment, and identify fall risks. Classes will cover home safety strategies, exercise techniques, medication management, and other ways to decrease your risk of falling. Wear comfortable shoes and clothing. Plan to attend all four classes. If you have taken this class in the past twelve months, and feel you still need fall prevention information, we ask you to follow up with your primary care doctor or call Wellness Services 941-7900 option 1.

Welcome to Medicare- Health Insurance Counseling & Advocacy Program

- October 14, November 11, December 8 | 7 - 9:30 p.m. | 941-7900 option 1 | John Muir Medical Center, Walnut Creek

This course is for those new to Medicare, or soon to enroll, who want to understand the many benefits available. Learn about health benefits, drug coverage and how to supplement your coverage. HICAP does not sell or endorse insurance products. Register online at johnmuirhealth.com or call 941-7900 option 1.

Memory Screening - What's Your Memory Fitness?

- October 13, November 17, December 15 | morning appointments / 947-3300
- October 14, November 18, December 16 | afternoon appointments / 947-3300
- Outpatient Center, Brentwood | Outpatient Center, Tice Valley/Rossmoor | Outpatient Center, Walnut Creek

Many people notice changes in their memory as they grow older. If you are 65 or older and have a John Muir Health primary care physician, Senior Services, in partnership with John Muir Health Neurosciences Institute, offers a free individual memory screening to help determine if your memory is functioning at a level that is typical for a person your age. This is a screening and not a diagnostic exam. Screenings are offered on the specific dates and times at the three locations listed above. Call for a 30 minute appointment.



Senior Services
 1450 Treat Blvd
 Walnut Creek, CA 94597

RETURN SERVICE REQUESTED

Change in information? If you have a change in address or wish to be removed from our mailing list, please notify us at 947-3300 or seniorservices@johnmuirhealth.com

John Muir Health Senior Services

Senior Services offers a wide range of services for John Muir Health seniors including resources, information, assessment services, and educational programs. We help older adults, their families, and those who care for them. Our goal is to help older adults keep their independence and enjoy the best possible quality of life. **(925) 947-3300**

Outpatient Center, Brentwood
 2400 Balfour Road, Suite 201
 Brentwood

Outpatient Center, Tice Valley/Rossmoor
 1220 Rossmoor Parkway, Suite 100
 Walnut Creek

Outpatient Center, Walnut Creek
 1450 Treat Boulevard, 2nd Floor
 Walnut Creek

November is Chronic Obstructive Pulmonary Disease Awareness Month

John Muir Health Lung Health Services

Chronic lung disease can affect your quality of life. Pulmonary Rehabilitation Program includes an assessment, education/training, exercise, all designed to help maintain quality of life and independence while living with lung disease.

If you have any questions or would like any further information on our program please call us at (925) 674-2351.

COPD Facts:

- 3rd leading cause of death; 24 million Americans suffer from COPD and another 24 million are undiagnosed
- COPD is a category of diseases which includes chronic bronchitis and emphysema

Symptoms of COPD:

- Dyspnea (shortness of breath) which comes on slowly
- Chronic cough or chronic sputum production

Risk Factors:

- Tobacco smoking or family history
- Exposure to: tobacco smoke, smoke from home cooking and heating fuels, occupational dusts and chemicals

Program Locations

John Muir Health Wellness Services
 1656 N. California Blvd., Ste 100
 Walnut Creek
 (925) 941-7900 option 1

John Muir Health Outpatient Center,
 Tice Valley/Rossmoor
 1220 Rossmoor Pkwy., Walnut Creek
 (925) 939-1220

John Muir Medical Center, Concord
 2540 East St., Concord
 (925) 682-8200

John Muir Health Outpatient Center,
 Brentwood
 2400 Balfour Rd., Brentwood
 (925) 308-8100

John Muir Health Outpatient Center,
 Walnut Creek
 1450 Treat Blvd., Walnut Creek

John Muir Medical Center, Concord
 2720 Grant St, Classroom A
 (925) 674-2351

John Muir Medical Center, Walnut Creek
 1601 Ygnacio Valley Rd., Walnut Creek
 (925) 939-3000