

"Geriatric oncology - becoming mainstream cancer care"

Decision Making with Pre-existing Cognitive Dysfunction

Beatriz Korc-Grodzicki, MD, PhD Memorial Sloan Kettering Cancer Center November 17th, 2018

Disclosure

I do not have any conflict of interest to declare.



OBJECTIVES

- **1**. Dementia and cancer treatment
- 2. Decision-making capacity
- **3.** Shared-decision making

Case of Mr Burke

- Mr. Burke is a 78 year old retired accountant, married for 10 years to Madeline (his second wife). His son, Henry, is from his first marriage.
- Mr. Burke loves to read, although he has had difficulty understanding written material for the last two years. His wife helps him with his medications and she took over the task of paying the bills.
- He is always been a vibrant man, enjoys socializing with friends, traveling with his wife and visiting his grandchildren.



Case of Mr. Burke



- Mr. B has locally advanced tonsil cancer diagnosed 6 months ago. Completed chemoradiation 2 months ago severe side effects, now improved. F/u imaging showed suspicious lung mets, now biopsy proven.
- PMH: HTN, HL, 40 py smoker.
- Geriatric syndromes: MCI diagnosed 2 years ago. One episode of delirium while in the ICU for chemo-related N, V and hypotension with some residual further cognitive decline.
- Patient is independent for ADLs but dependent for most IADLs.

Case of Mr. Burke – Current visit



- Patient came with his son and daughter-in-law to your office to further discuss treatment options
- You have already explained to Mr. B and his wife last week that palliative chemo is his only option – no curative options.
- Mr B does not want any more chemotherapy. He cannot tolerate any more side effects. His wife agrees with him.
- Mr B's son and daughter-in-law think that he does not understand the extent of the problem and tell you "Are you going to let him just die?"

Concerns



• Mr. Burke's concerns:

• I just want to live a life without hospitals. I don't want to throw up. I want to see my friends. I want to visit my grandchildren.

• Wife's concerns:

- We ended up in the ICU during his past chemo and he almost died. How will his quality of life be with this one?
- He is already forgetful. His memory cannot get any worse!

• Henry's concerns:

- Look doc, my dad is a tough guy. He can endure whatever chemo you put him on.
- My wife, my children, and I want him to live as long as possible.
- I don't think he gets it. If he does not take the chemo he is going to die.

What are the issues?

- **1**. Dementia and cancer treatment
- 2. Decision-making capacity
- **3.** Shared-decision making

1. Dementia and Cancer Treatment

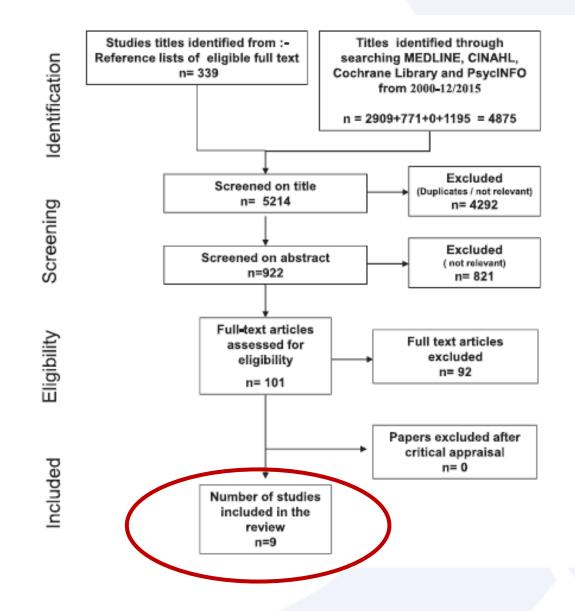
Psycho-Oncology Psycho-Oncology 25: 1137–1146 (2016) Published online 13 July 2016 in Wiley Online Library (wileyonlinelibrary.com). DOI: 10.1002/pon.4185

Review

People with dementia: what is known about their experience of cancer treatment and cancer treatment outcomes? A systematic review

J. B. Hopkinson¹*, R. Milton², A. King¹ and D. Edwards¹ ¹School of Healthcare Sciences, Cardiff University, Cardiff, UK ²School of Medicine, Cardiff University, Cardiff, UK

Flow of information through the phases of the systematic review



What was found?

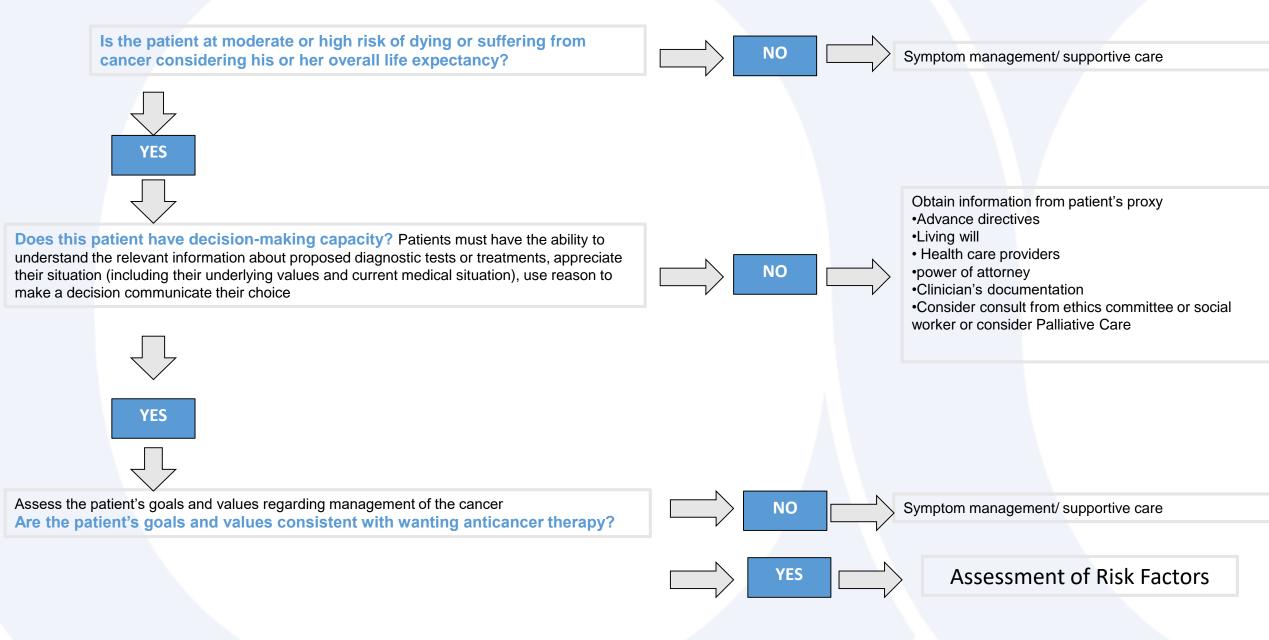
People treated for cancer who have a pre-existing dementia:

- Are diagnosed at a later or unknown stage
- Receive less treatment
- Are more likely to experience complications from treatment
- ✓Only 1/9 studies reported how the oncology team managed the needs of seven people with dementia.
- ✓ Have poorer survival

What was NOT found?

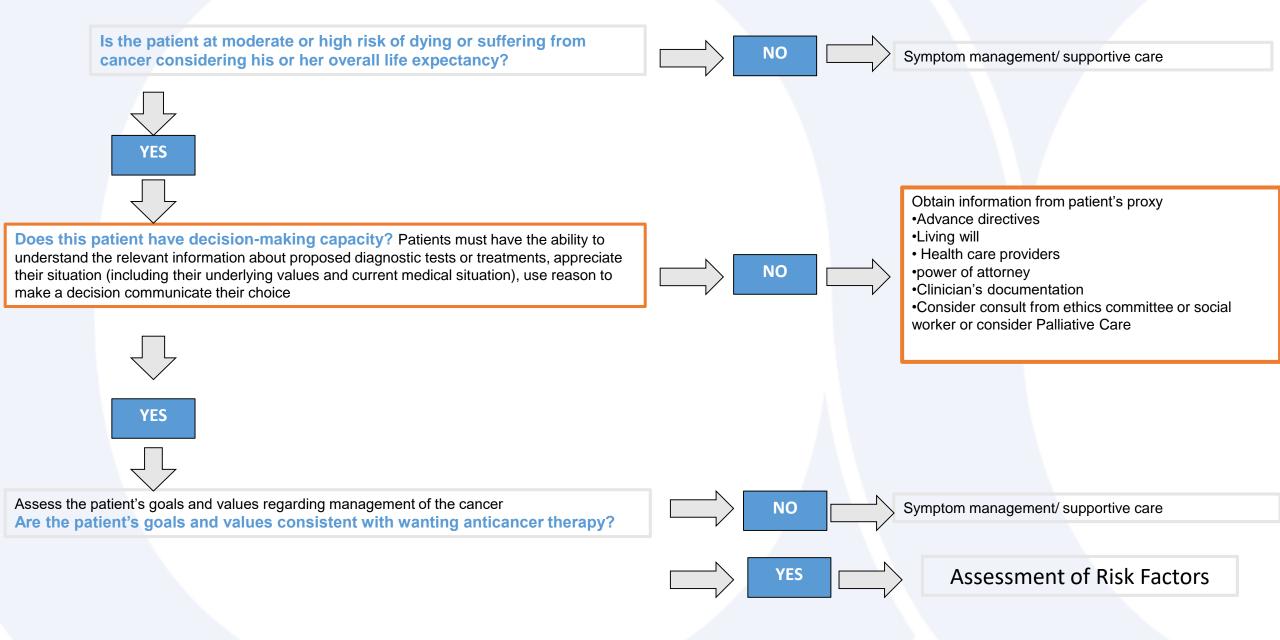
There were no reports investigating the supportive care needs and preferences of people with dementia in receipt of cancer treatment
 The were no reports on the role of family caregivers in spite of the known importance of informal support in the lives of people with dementia
 There were no studies of clinical outcomes (other than survival)
 There were no studies of quality of life outcomes, such as physical function
 There were no studies of impact of cancer on symptoms of dementia

APPROACH TO DECISION-MAKING IN THE OLDER ADULT



NCCN, Senior Adult Oncology, Version 2.2017

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Practical Assessment and Management of Vulnerabilities in Older Patients Receiving Chemotherapy: ASCO Guideline for Geriatric Oncology

RECOMMENDATIONS

- Patients <a>65 yo receiving chemotherapy, GA should be used to identify vulnerabilities or geriatric impairments that are not routinely captured in oncology assessments
- 2. Validated and practical GA –based tools can be used to predict adverse outcomes
 - a. At a minimum: assessment of function, comorbidities, falls, depression, **Cognition** and nutrition
 - b. Recommended IADLs for function, GDS for depression, Mini-Cog or BOMC for cognitive impairment and assessment of unintentional weight loss for nutrition
 - c. Either the CARG or the CRASH tool recommended to be used to estimate risk of chemotherapy toxicity
- Clinicians should use the Schonberg or Lee Index (ePrognosis) to estimate life expectancy > 4 years
 a. Answer NO to "presence of cancer" to obtain an estimation of competing(non-cancer) risks of mortality
- 4. Approaches for implementing GA in older adult with cancer
 - a. Apply results of GA to develop individualized plan
 - b. Take into account GA when recommending treatment
 - c. Implement targeted GA-guided targeted interventions to manage non-oncologic problems

Assessment of Cognitive Status in Older Cancer Patients

Mini-Cog™

Instructions for Administration & Scoring

ID: Date:

Step 1: Three Word Registration

Look directly at person and say, "Please listen carefully. I am going to say three words that I want you to repeat back to me now and try to remember. The words are [select a list of words from the versions below]. Please say them for me now." If the person is unable to repeat the words after three attempts, move on to Step 2 (clock drawing).

The following and other word lists have been used in one or more clinical studies.⁵³ For repeated administrations, use of an alternative word list is recommended.

Version 1	Version 2	Version 3	Version 4	Version 5	Version 6
Banana	Leader	Village	River	Captain	Daughter
Sunrise	Season	Kitchen	Nation	Garden	Heaven
Chair	Table	Baby	Finger	Picture	Mountain

Step 2: Clock Drawing

Say: "Next, I want you to draw a clock for me. First, put in all of the numbers where they go." When that is completed, say: "Now, set the hands to 10 past 11."

Use preprinted circle (see next page) for this exercise. Repeat instructions as needed as this is not a memory test. Move to Step 3 if the clock is not complete within three minutes.

Step 3: Three Word Recall

Ask the person to recall the three words you stated in Step 1. Say: "What were the three words I asked you to remember?" Record the word list version number and the person's answers below.

Word List Version: ____ Person's Answers: _____

Scoring

Word Recall: (0-3 points)	1 point for each word spontaneously recalled without cueing.
Clock Draw: (0 or 2 points)	Normal clock = 2 points. A normal clock has all numbers placed in the correct sequence and approximately correct position (s.g., 12, 3, 6 and 9 are in anchor positions) with no missing or duplicate numbers, Hands are pointing to the 11 and 2 (fits). Hand length is not scored. Inability or refuesal to draw a clock (abnormal) – 0 points.
Total Score: (0-5 points)	Total score - Word Recall score + Clock Draw score. A cut point of 3 on the Mini-Cog [®] has been validated for dementia screening, but mary individual with dinicular yeaningful cognitive impairment will score higher. When greater sensitivity is desired, a cut point of 4 is recommended as it may indicate a need for further evaluation of cognitive status.

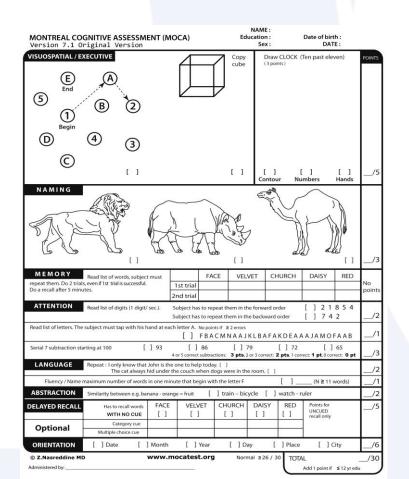
Mini-Cog^w © S. Borson. All rights reserved. Reprinted with permission of the author solely for clinical and educational purposes. May not be motified or used for commercial, marketing, or research purposes without permission of the author (seobiguaxedu), « x 0.1316

Mini-Mental State Examination (MMSE)

Patient's Name: _____ Date: ____

Instructions: Score one point for each correct response within each question or activity.

Maximum Score	Patient's Score	Questions
5		"What is the year? Season? Date? Day? Month?"
5		"Where are we now? State? County? Town/city? Hospital? Floor?"
3		The examiner names three unrelated objects clearly and slowly, then the instructor asks the patient to name all three of them. The patient's response is used for scoring. The examiner repeats them until patient learns all of them, if possible.
5		"I would like you to count backward from 100 by sevens." (93, 86, 79, 72, 65,) Alternative: "Spell WORLD backwards." (D-L-R-O-W)
3		"Earlier I told you the names of three things. Can you tell me what those were?"
2		Show the patient two simple objects, such as a wristwatch and a pencil and ask the patient to name them.
1		"Repeat the phrase: 'No ifs, ands, or buts.""
3		"Take the paper in your right hand, fold it in half, and put it on the floor." (The examiner gives the patient a piece of blank paper.)
1		"Please read this and do what it says." (Written instruction is "Close your eyes.")
1		"Make up and write a sentence about anything." (This sentence must contain a noun and a verb.)
1		"Please copy this picture." (The examiner gives the patient a blank piece of paper and asks him/her to draw the symbol below. All 10 angles must be present and two must intersect.)
30		TOTAL



2. Assessment of Decision-Making Capacity in Older Adults with Cancer

Challenges of Decision-Making in Older Cancer Patients

- Great variability in functional and cognitive status many times unrecognized !!!!
- High prevalence of sensory impairments
- Lack of available health care decision-making surrogates
- Relative lack of evidence indicating a certain medical procedure/treatment would be clearly beneficial for the elderly patient very high complexity of decisions that patients are faced with.

CAPACITY ASSESSMENT is the first step in decision-making of the elderly cancer patient

A diagnosis of cognitive impairment, dementia or delirium does NOT determine a lack of decision making capacity.

Capacity assessments are decision and time-specific

Pillars of Decision-Making Capacity

Understanding the relevant information
 Appreciating the current situation and its consequences

Manipulating the information rationally
 Communicating a consistent choice

Grisso & Appelbaum, 1998a; Roth, Meisel, & Lidz, 1977

3. Shared Decision-Making

EFFECTIVE COMMUNICATION

Communication Challenges

- Oncologists often face difficult conversations with patients relating to prognosis, code status, transition to palliative care, and other sensitive topics
- Emotions, such as anger, shock, denial, or sadness, run high during such conversations.
- Conflicts arise when patient, caregiver and/or provider are unable to agree on goals and expectations
- Many doctors lack nuanced skills necessary to engage in challenging conversations effectively

Barriers to Communicate with the Geriatric-Oncology Patient

Cognitive Deficits

- Clinicians often fail to detect mild dementia and delirium.
- Evaluating cognition with a validated instrument is crucial
- Cognitive deficits make the assessment of symptoms difficult
- Cognitively impaired patients often over or under express their symptoms, which cause distress for families and clinicians
- Some older patients have poor health literacy or language barriers
- Family members and caregivers become surrogate decision makers
- Having a surrogate increases the complexity of communication and decision making.
- Surrogates may be reluctant to make sensitive decisions without first consulting other family members, which create delay.
- Decision making by surrogates is particularly challenging when the patient has not engaged in advance care planning.

Functional Deficits

- Hearing impairment
- Visually impaired
- Physical frailty and limited mobility
- Functional dependency

Medical Comorbidities

• Frail, ill geriatric patients require close medical supervision, and their providers must negotiate goals of care strategically in order to avoid undue toxic effect

Communication Skills Training in Geriatric Oncology





VOLUME 30 · NUMBER 11 · APRIL 10 2012

JOURNAL OF CLINICAL ONCOLOGY

REVIEW ARTICLE

Communication Skills Training for Oncology Professionals

David W. Kissane, Carma L. Bylund, Smita C. Banerjee, Philip A. Bialer, Tomer T. Levin, Erin K. Maloney, and Thomas A. D'Agostino



Development Timeline 2017-2018 2016 Program Implementation 2016 **Pilot Program** 2014 **Modular Development** Interdisciplinary **MSKGRIP Team Created** Geriatrics Resource Interprofessional Program

Geriatric Communication Skills Training to Improve the Care of Older Cancer Patients

Geriatrics 101	 Recognize ageism Become familiar with the concept of Geriatric Syndromes and the role of CGA in the evaluation of the older adult with cancer
Cognitive Syndromes	 Recognize and assess for cognitive syndromes in older adults with cancer Appreciate decision-making challenges when considering the possibility of cognitive decline.
Shared Decision Making	 Understand the principles of shared decision making Practice the skills for facilitating shared decision making w/ an older adult with cancer and his or her caregiver



Geriatric Communication Skills: Geriatrics 101 Module

MSK**GRIP:** Geriatrics Resource Interprofessional Program

Beatriz Korc-Grodzicki, MD, PhD Yesne Alici, MD Christian Nelson, PhD Koshy Alexander, MD Ruth Manna, MPH Natalie Gangai, BS Megan J. Shen, PhD Smita C. Banerjee, PhD Patricia A. Parker, PhD



TRAINING PROGRAM

Geriatric Communication Skills: Cognitive Syndromes Module

MSKGRIP: Geriatrics Resource Interprofessional Program

Yesne Alici, MD Beatriz Korc-Grodzicki, MD, PhD Christian Nelson, PhD Koshy Alexander, MD Ruth Manna, MPH Natalie Gangai, BS Megan J. Shen, PhD Smita C. Banerjee, PhD Patricia A. Parker, PhD



Geriatric Communication Skills: Geriatric Shared Decision Making Module

MSKGRIP: Geriatrics Resource Interprofessional Program

Christian Nelson, PhD Megan J. Shen, PhD Beatriz Korc-Grodzicki, MD, PhD Yesne Alici, MD Koshy Alexander, MD Ruth Manna, MPH Natalie Gangai, BS Smita C. Banerjee, PhD Patricia A. Parker, PhD





PROGRAM

Modules consist of a didactic presentation followed by experiential role play with standardized patients (SPs). Interactions are videotaped, and feedback is led by trained facilitators



Facilitators include geriatric clinicians and Comskil faculty

Learners performed pre and post standardized patient assessments (SPAs)—video recorded mock consultations with SPs







Concerns



• Mr. Burke's concerns:

• I just want to live a life without hospitals. I don't want to throw up. I want to see my friends. I want to visit my grandchildren.

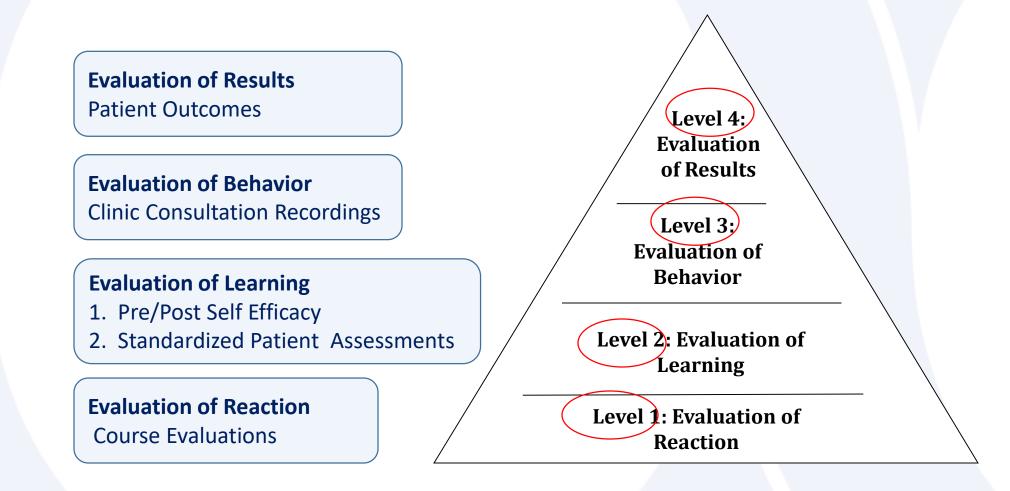
• Wife's concerns:

- We ended up in the ER twice during his past chemo and he almost died. How will his quality of life be with this one?
- He is already forgetful. His memory cannot get any worse!

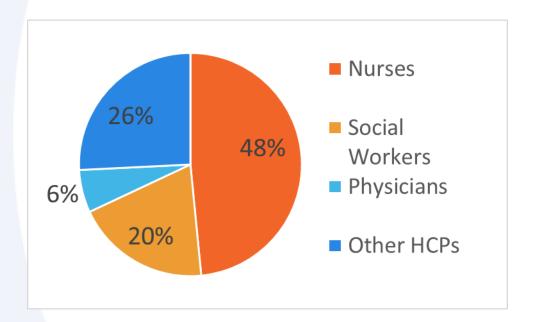
• Henry's concerns:

- Look doc, my dad is a tough guy. He can endure whatever chemo you put him on.
- My wife, my children, and I want him to live as long as possible.
- I don't think he gets it. If he does not take the chemo he is going to die.

Model for Evaluation: Kirkpatrick Triangle



RESULTS: PARTICIPANTS



- Ninety-seven (N = 97) HCPs completed Geriatric Communication Skills Training in groups of 10–12
- ✓ Ages ranged from 26-83 years (M= 42)
- Participants were predominantly female (87.6%)
- More than half were White (56.3%), 24% Black 12.5% Asian, and 7.2% others racial groups.

RESULTS: COURSE EVALUATION

- **Course evaluations**: over 85% felt role play "aided their learning a lot" across 3 modules
- Self-efficacy: significant improvements in all self-efficacy items before- and after-training
- SP Assessments: significant uptake of several communication skills categories from pre to post training SPAs

Participant Evaluation of Geriatrics 101 Communication Skills Training Module (N = 97)

Course Evaluation Items	M (SD) ^a	Agree or Strongly Agree N (%)
1. I feel confident that I will use the communication skills I learned today.	4.60 (.54)	93 (95.9%)
2. The skills I learned today will allow me to provide better geriatric patient care.	4.56 (.54)	93 (95.9%)
3. The workshop prompted me to critically evaluate my own communication skills.	4.63 (.51)	94 (96.9%)
4. The experience of observing the large group role play was helpful to the development of my skills.	4.57 (.54)	93 (95.9%)
5. The skills I learned were reinforced through the feedback I received as a participant in the large group role play. ^b	4.67 (.51)	57 (98.3%)
6. The large group facilitators were effective.	4.60 (.51)	94 (96.9%)

Note. ^a These 6 items were scored on a 5-point Likert scale with anchors at (1) Strongly disagree to (5) Strongly agree. ^b only 58 participants (out of 97) responded to this item.

RESULTS FOR SELF-EFFICACY	*p<.05 **p<.01	***p<.001	
I feel confident in my	Pre-Training M (SD)	Post-Training M (SD)	df (t)
1. understanding of what "ageism" is	4.06 (.89)	4.45 (.75)	85 (-3.81)***
2. ability to appreciate how ageism might interfere with the medical care of older adults with cancer.	3.60 (1.18)	4.46 (.75)	84 (-5.45)***
3. understanding of what the Comprehensive Geriatric Assessment (CGA) is.	3.31 (1.22)	4.23 (.71)	85 (-7.84)***
4understanding of the role of the Comprehensive Geriatric Assessment (CGA) in the evaluation of elderly cancer patients with geriatric syndromes such as functional or cognitive decline.	3.42 (1.18)	4.12 (.80)	85 (-5.90)***
5ability to differentiate between functional changes due to hearing, vision or gait impairments that present themselves as cognitive changes or depressive symptoms.	3.63 (.93)	4.16 (.68)	86 (-7.08)***
6ability to recognize cognitive syndromes in older adults with cancer.	3.82 (.91)	4.50 (.57)	86 -7.28)***
7ability to appreciate communication challenges in the decision-making process when the patient is cognitively impaired.	3.42 (1.37)	4.55 (.70)	82 (-6.79)***
8understanding of the principles of shared decision making.	2.85 (1.70)	4.52 (.73)	80 (-7.88)***
9understanding of the importance of family-centered care and the complexity of facilitating a family meeting, including the concept of the "third person."	2.88 (1.68)	4.54 (.74)	80 (-7.99)***
10understanding of the challenges of engaging and supporting the family in the care around pivotal cancer-care decisions.	2.59 (1.72)	4.53 (.76)	80 (-9.25)***
11understanding of the core communication components of conducting a family meeting with a geriatric patient.	2.54 (1.65)	4.43 (.93)	79 (-8.72)***
12facilitation of shared decision-making with an elderly cancer patient via a family meeting.	3.58 (1.57)	4.55 (.72)	83 (-5.28)***

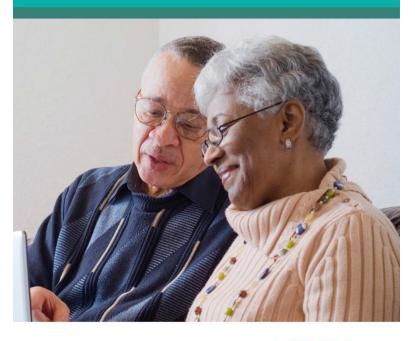
Results for Pre-Post STANDARIZED	D PATIENT ASSESSMENT	*p<.05 **p<	.01 ***p<.001
Communication Skill Categories	Pre-training M (SD)	Post-training M (SD)	t (df = 45)
Agenda setting	.24 (.48)	.94 (1.06)	-3.96***
Declare agenda	.22 (.42)	.52 (.51)	-3.12**
Invite agenda	.02 (.15)	.33 (.60)	-3.29**
Negotiate agenda	.00 (.00)	.09 (.29)	-2.07*
Take stock			
Checking	1.11 (1.83)	1.28 (1.43)	65
Check understanding	.80 (1.41)	.80 (1.13)	.00
Check preference	.30 (1.26)	.48 (.62)	81
Questioning	6.09 (4.66)	6.24 (3.33)	24
Ask open questions	4.48 (3.47)	4.00 (2.37)	.88
Clarify	.74 (.88)	.76 (.99)	12
Restate	.57 (1.26)	.93 (1.22)	-1.92†
Endorse question asking	.11 (.32)	.11 (.38)	.00
Invite questions	.30 (.70)	.54 (.81)	-1.63
Information organization	.48 (.75)	.91 (.99)	-3.01**
Preview	.00 (.00)	.07 (.25)	-1.77†
Summarize	.09 (.29)	.17 (.44)	-1.16†
Transition	.17 (.49)	.33 (.52)	-1.86†
Review next steps	.22 (.47)	.35 (.60)	-1.23
Empathic communication	3.54 (2.68)	3.30 (2.22)	.57
Encourage expression	.96 (1.13)	1.07 (1.25)	46
Acknowledge	.76 (.82)	.70 (.96)	.37
Validate	1.39 (1.50)	1.04 (1.07)	1.55
Normalize	.13 (.34)	.22 (.47)	-1.00
Praise patient efforts	.30 (.63)	.28 (.66)	.18
All skills	11.46 (5.57)	12.67 (5.47)	-1.48



Essentials of Caring for and Communicating with the Older Cancer Patient

OCTOBER 27-28, 2017

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In partnership with: Alzheimer's Association, New York City Chapter MSKGRIP Geriatrics Resource Interprofessional Program

alzheimer's \mathcal{N} association[®]



May 17-18, 2019 MSKCC, New York





"Geriatric oncology - becoming mainstream cancer care"

Decision Making with Pre-existing Cognitive Dysfunction

Beatriz Korc-Grodzicki, MD, PhD Memorial Sloan Kettering Cancer Center November 17th, 2018

