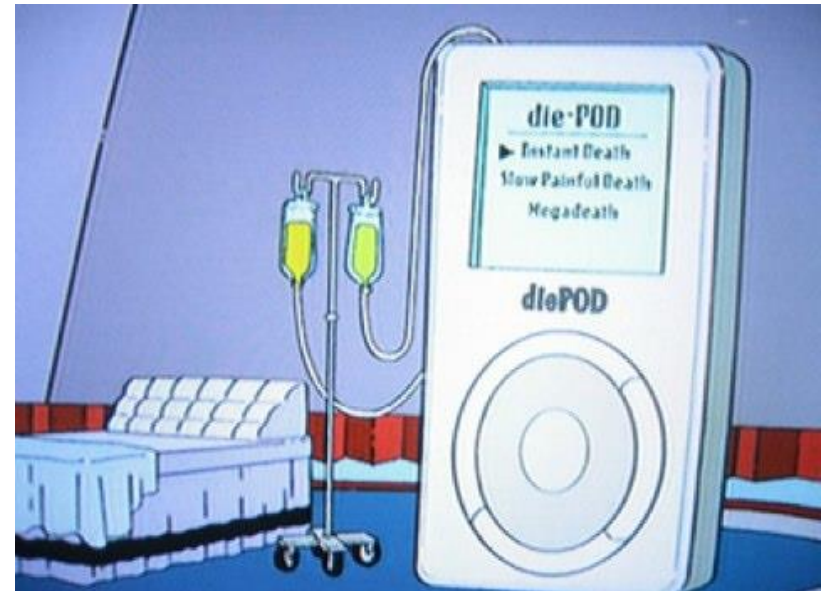


EUTHANASIA



Outline

- Definitions
- Why palliative care workers oppose a change in the law
- What is really going on?



euthanasia, n.

(Gk) eu + thanos

good death

EUTHANASIA

An act where a doctor intentionally ends the life of a person by the administration of drugs, at that person's voluntary and competent request, for reasons of compassion.



PHYSICIAN ASSISTED SUICIDE

The situation where a doctor intentionally helps a person to commit suicide by providing drugs for self-administration, at that person's voluntary and competent request.



Not to be confused with...

- Withholding or withdrawing futile or burdensome treatment



Not to be confused with...

- Withholding or withdrawing futile or burdensome treatment
- Sedation, pain relief or other symptom control measures



Morphine and sedatives in *therapeutic* doses do not shorten life

- Azouley (2011)
- Bengoechea et al (2010)
- Portenoy et al (2006)
- Good et al (2005)
- Sykes and Thorns (2003)
- Morita et al (2001)
- Thorns and Sykes (2000)
- Bercovitch et al (1999)
- Brescia et al (1992)
- etc



Arguments for euthanasia

- Compassionate response to the suffering of the terminally ill
- Expression of autonomy



Arguments against euthanasia

- Sanctity of human life
- Unnecessary because of palliative care
- Negative impact
- Danger of abuse



Palliative Care: A Holistic Approach

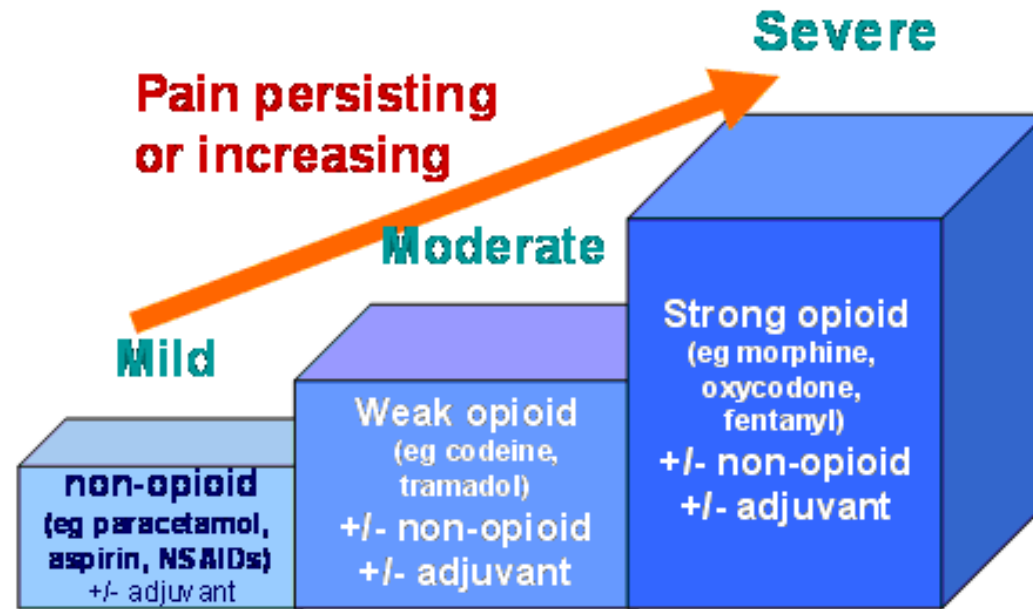


specialised care for the dying:

- affirms life
- regards dying as a normal process
- neither hastens nor postpones death
- provides symptom relief
- offers support for active living
- offers support to help families cope

Definition of World Health Organisation (WHO)
Sepúlveda et al (2002)

WHO pain relief ladder



<http://www.who.int/cancer/palliative/painladder/en/>

Suffering is not a medical problem

Best et al (2014)

Ferrell and Coyle (2008)

Wilson et al (2007)

Levin and Kissane (2006)



Dying well

By David G. Green

End-of-life decisions
often come
down to a
single question:
Should I?

When it comes to the
end of life, the question is
often the same: "Should I?"
The answer is often a simple
"Yes" or "No."

There is no one-size-fits-all
answer to this question. The
best of us will face this question
at some point in our lives, and
it is a question that we should
ask ourselves now.



Arguments from autonomy



Euthanasia requests:

Usually for psychological, spiritual and social reasons

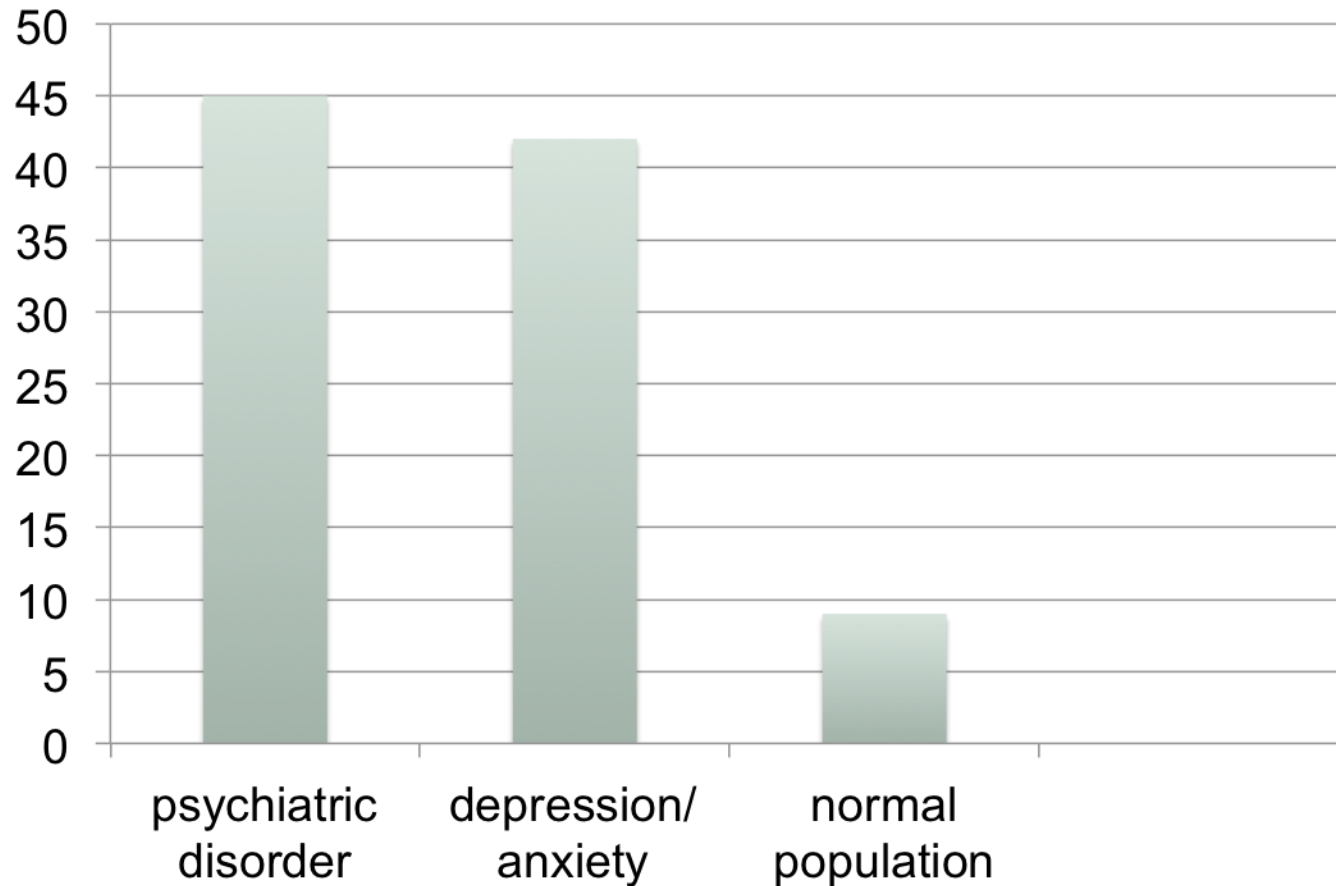
Uncommon

Misinterpreted

- Hudson (2006)
- Virik and Glare (2002)
- Glare (1995)
- Chochinov et al. (1994, 1995, 1999)
- Ganzini (2008)
- Abrahm (2008)
- Kissane (1998)
- Gardner et al (1985)
- Mak and Elwyn (2005)



Prevalence of psychiatric illness in Australian cancer population (%)



Kissane et al (1998). See also Hotopf et al (2002).

Tropfest



The Mother Situation by Matt Day





Trends in end-of-life practices before and after the enactment of the euthanasia law in the Netherlands from 1990 to 2010: a repeated cross-sectional survey



Bregje D Onwuteaka-Philipsen, Arianne Brinkman-Stoppelenburg, Corine Penning, Gwen J F de Jong-Krul, Johannes J M van Delden, Agnes van der Heide

Evidence of abuse

Beekman (2011)

Cohen-Almagor (2009)

Hendin and Foley (2008)

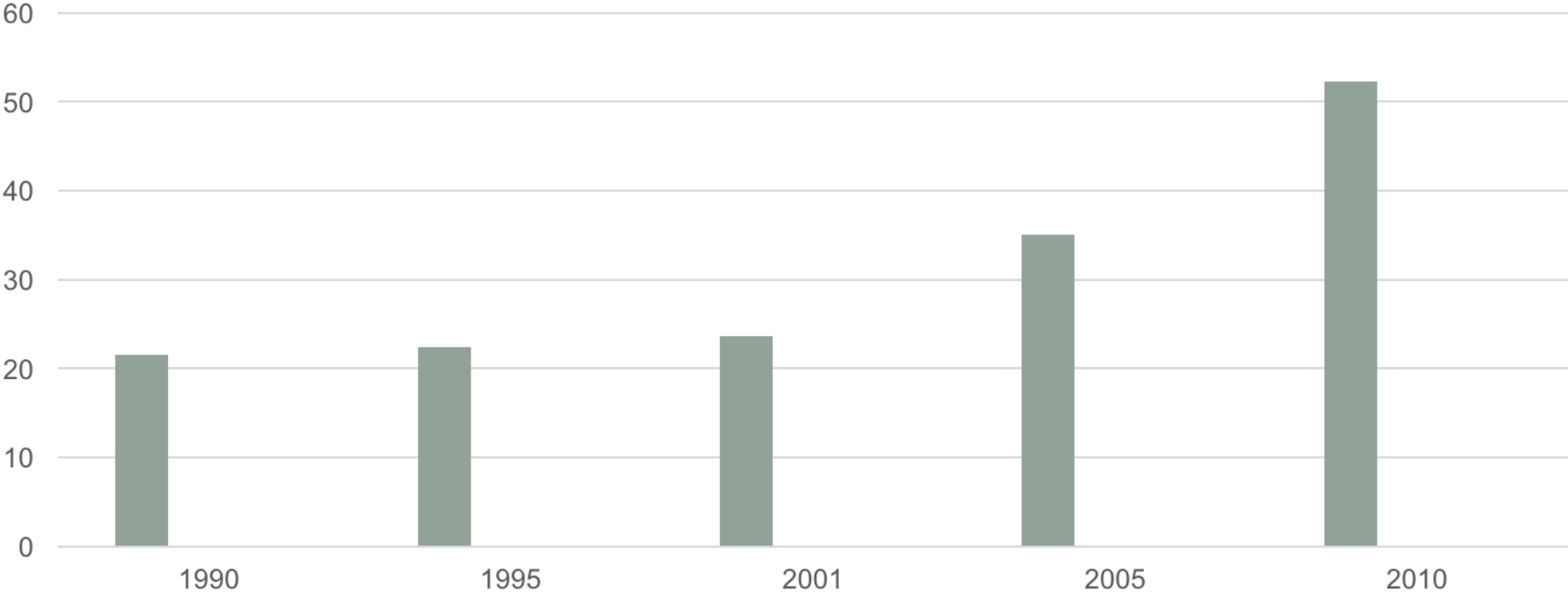
Verhagen and Sauer (2005)

Jochemsen and Keown (1999)

Sheldon (1994)

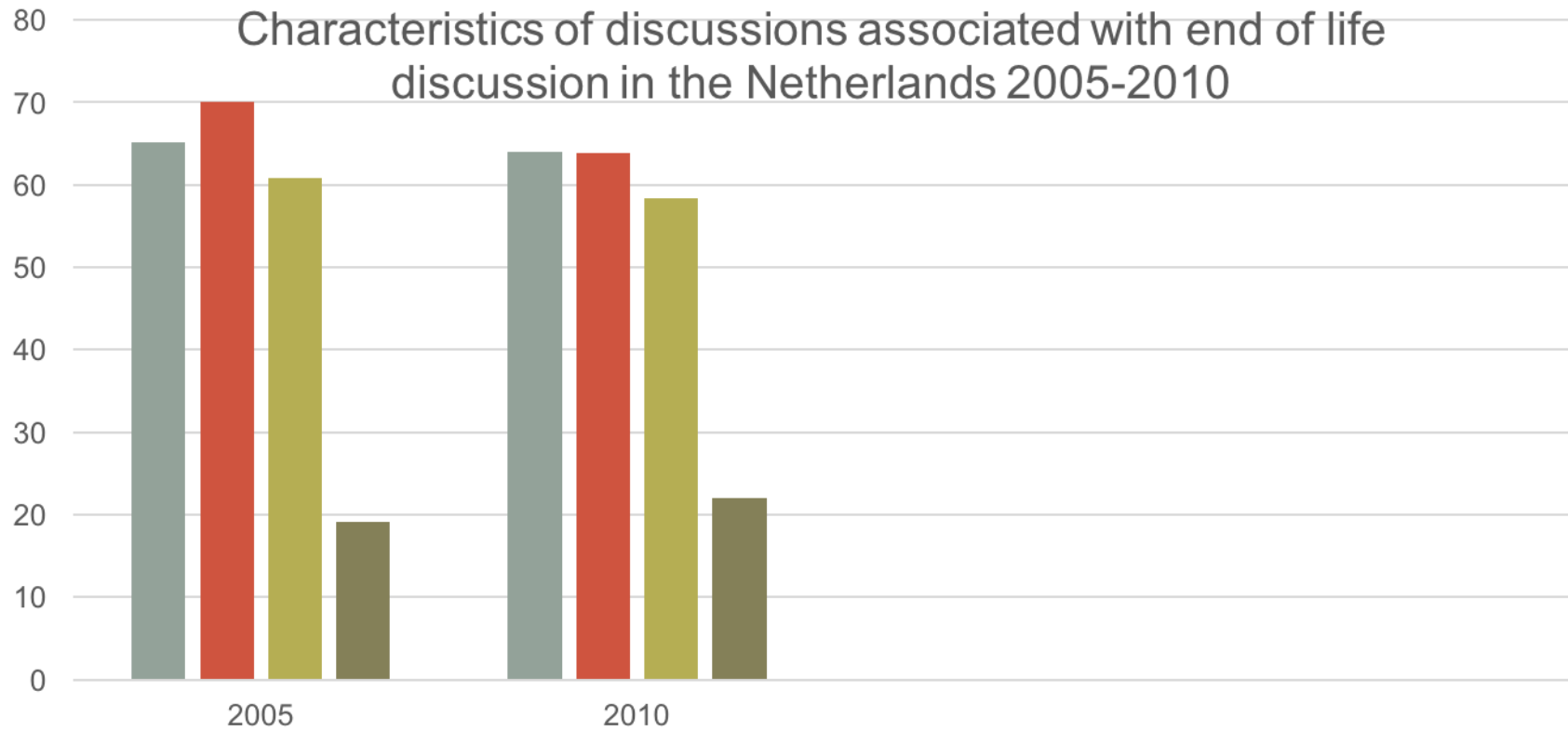
Dillner et al (1994)

Frequency of euthanasia, assisted suicide and other end of life practices in the Netherlands, 1990 - 2010



From Onwuteaka-Philipsen et al 2012

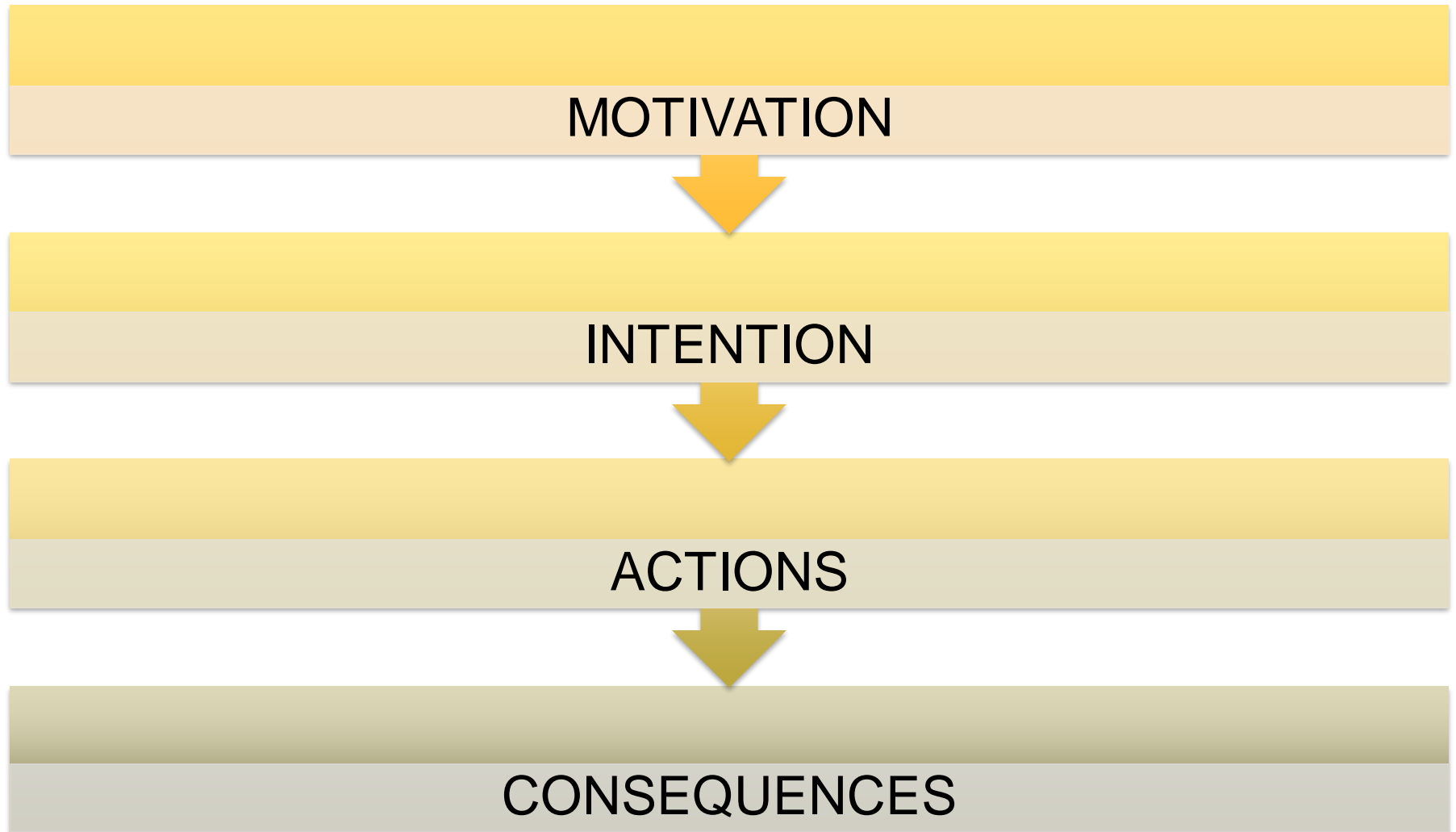
Characteristics of discussions associated with end of life discussion in the Netherlands 2005-2010



From Onwuteaka-Philipsen et al 2012

- Discussion with patient
- Discussion with relative(s)
- Discussion with other physician(s)
- No discussion with any of these

A christian approach to ethics





You shall not kill - Exodus 20:16

Humans made in the image of God - Genesis 1:27

Our bodies are not our own - 1 Corinthians 6:19-20

Salt and light - Matthew 5

A good death



Washington on his Deathbed Oil on canvas painting by Junius Brutus Stearns, 1851, Dayton Art Institute



Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.

Job 2:13



He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away....

Revelation 21:4

A 3D rendered hospital room. In the foreground, a white hospital bed with a patterned sheet and a white pillow is visible. To the right, a green armchair with a white lamp on a side table is present. In the background, a brown sofa and a small table with a vase of purple flowers are visible. The room has a wooden floor and a white wall with a picture.

Thank you

References

- Good P, Ravenscroft P, Cavenagh J. Effects of opioids and sedatives on survival in an Australian inpatient palliative care population. *Internal medicine journal*. 2005; 35: 512-7.
- Brescia FJ, Portenoy RK, Ryan M, Krasnoff L, Gray G. Pain, opioid use, and survival in hospitalized patients with advanced cancer. *Journal of Clinical Oncology*. 1992; 10: 149-55.
- Hudson PL, Kristjanson LJ, Ashby M, et al. Desire for hastened death in patients with advanced disease and the evidence base of clinical guidelines: a systematic review. *Palliative Medicine*. 2006; 20: 693-701.
- Glare PA. The euthanasia controversy. Decision-making in extreme cases. *MJA*. 1995; 163: 558.
- Sepúlveda C, Marlin A, Yoshida T, Ullrich A. Palliative Care: The World Health Organization's Global Perspective. *Journal of Pain & Symptom Management*. 2002; 24.
- Sheldon T. Dutch argue that mental torment justifies euthanasia. *BMJ*. 1994; 308: 431-2.
- Verhagen E, Sauer PJJ. The Groningen Protocol - Euthanasia in Severely Ill Newborns. *The New England Journal of Medicine*. 2005; 352: 959-62.
- Jochemsen H, Keown J. Voluntary euthanasia under control? Further empirical evidence from The Netherlands. *Journal of Medical Ethics*. 1999; 25: 16-21.
- Hendin H, Foley K. Physician-Assisted Suicide in Oregon: A Medical Perspective. *Michigan Law Review*. 2008; 106.
- Onwuteaka-Philipsen BD, Pasman HR, Kruit A, van der Heide A, Ribbe MW, van der Wal G. Withholding or withdrawing artificial administration of food and fluids in nursing-home patients. *Age Ageing*. 2001.
- Chochinov H, Wilson K, Enns M, Lander S. Prevalence of depression in the terminally ill: effects of diagnostic criteria and symptom threshold judgments. *Am J Psychiatry*. 1994; 151: 537-40.
- Chochinov H, Wilson K, Enns M, et al. Desire for death in the terminally ill. *Am J Psychiatry*. 1995; 152: 1185-91.
- Chochinov HM, Tataryn D, Clinch JJ, Dudgeon D. Will to live in the terminally ill. *The Lancet* 1999; 354: 816-9.
- Ganzini L, Goy ER, Dobscha SK. Prevalence of depression and anxiety in patients requesting physicians' aid in dying: cross sectional survey. *BMJ*. 2008; 337.
- Kissane DW, Clarke DM, Ikin J, et al. Psychological morbidity and quality of life in Australian women with early-stage breast cancer: a cross-sectional survey. *The Medical Journal of Australia*. 1998; 169: 192-6.

Gardner B, Theocleous F, Watt J, Krishnan K. Ventilation or dignified death for patients with high tetraplegia. *BMJ*. 1985; 291:1620-22.

Twycross RG. Where there is hope, there is life: a view from the hospice. In: Keown J, editor. *Euthanasia examined: ethical, clinical and legal perspectives*. Cambridge: CUP; 1995.

Mak YYW, Elwyn G. Voices of the terminally ill: uncovering the meaning of desire for euthanasia. *Palliative Medicine*. 2005; 19(4):343-50.

Abrahm JL. Patient and family requests for hastened death. *Hematology / the Education Program of the American Society of Hematology American Society of Hematology Education Program*. 2008; 475-80.

Beekman W. The self-chosen death of the elderly. In: *Society for Old Age Rational Suicide, SOARS UK*, 2011.

Alcorn S et al. "If God Wanted Me Yesterday, I Wouldn't Be Here Today": Religious and Spiritual Themes in Patients' Experiences of Advanced Cancer. *J Pall Med*. 2010; 13(5).

Silvestri GA, Knittig S, Zoller JS, Nietert PJ: Importance of faith on medical decisions regarding cancer care. *J Clin Oncol* 2003; 2:1379–1382

Azoulay D, Jacobs JM, Cialic R, Mor EE, Stessman J. Opioids, survival, and advanced cancer in the hospice setting. *Journal of the American Medical Directors Association*. 2011; 12(2):129-34.

Bengoechea I, Gutiérrez SG, Vrotsou K, Onaindia MJ, Lopez JMQ. *Jl of Palliative Medicine*. September 2010; 13(9):1079-1083.

Portenoy RK, Sibirceva U, Smout R, al. e. Opioid use and survival at the end of life: a survey of a hospice population. *J Pain Symptom Manage*. 2006; 32:532-40.

Sykes N, Thorns A. The use of opioids and sedatives at the end of life. *The Lancet Oncology*. 2003; 4(5):312-8.

Thorns A, Sykes N. Opioid use in last week of life and implications for end-of-life decision-making. *The Lancet*. 2000; 356(9227):398-9.

Bercovitch M, Waller A, Adunsky A. High dose morphine use in the hospice setting. *Cancer*. 1999; 86(5):871-7.

Virik K, Glare P. Requests for euthanasia made to a tertiary referral teaching hospital in Sydney, Australia in the year 2000. *Supportive Care in Cancer*. 2002; 10(4):309-13.

Sheldon T. Dutch argue that mental torment justifies euthanasia. *BMJ*. 1994; 308:431-2.

Cohen-Almagor R. Belgian euthanasia law: a critical analysis. *Journal of Medical Ethics*. 2009; 35(7):436-9.

Palliative Care Australia Submission to the National Commission of Audit. 2014.

Puchalski C et al. Improving the quality of spiritual care as a dimension of palliative care: the report of the Consensus Conference. *J Palliat Med*. 2009;12(10):885-904.

Krause N, Van Tran T, Stress and Religious Involvement Among Older Blacks. *Journal of Gerontology*. 1989; 44(1):S4-S13.

Leserman J et al. The efficacy of the relaxation response in preparing for cardiac surgery. *Behav Med*. 1989; 15:111-7.

Williams DR et al. Religion and psychological distress in a community sample. *Social Science & Medicine*. 1991; 32(11): 1257-1262.

Gartner J, Larson D, Allen G. Religious commitment and mental health: a review of the empirical literature. *J Psychol Theol*. 1991; 19:6-25.

Koenig H, George L, Perterson B. Religiosity and remission of depression in medically ill older patients. *Am J Psychiatry*. 1998; 155:536-42.

Levin JS. How religion influences morbidity and health: Reflections on natural history, salutogenesis and host resistance. *Social Science & Medicine*. 1996; 43(5):849-864.

Larson DWW, Larson DB, Swyers JP, McCullough ME. The religious life of alcoholics. *South Med J*. 1980; 73:723-7.

Koenig H, McCullough M, Larson D. *Handbook of religion and health: a century of research reviewed*. 2001, New York: Oxford University Press.

Gorsuch RL. Religious Aspects of Substance Abuse and Recovery. *Journal of Social Issues*. 1995; 51(2):65-83.

Carroll S. Spirituality and purpose in life in alcoholism recovery. *Journal of Studies on Alcohol*. 1993; 54(3):297-301.

Gonda X, et al. Prediction and prevention of suicide in patients with unipolar depression and anxiety. *Ann Gen Psychiatry*. 2007; 6:23.

Fraser G, Sharlik D. Risk factors for all-cause and coronary heart disease mortality in the oldest old: the Adventist's Health Study. *Arch Intern Med*. 1997; 157:2249-58.

Levin J, Vanderpool H, Is frequent religious attendance really conducive to better health? Toward an epidemiology of religion. *Soc Sci Med*. 1987; 24:589-600.

Kabat-Zinn J, Lipworth L, Burney R. The clinical use of mindfulness meditation for the self-regulation of chronic pain. *Journal of Behavioral Medicine*. 1985; 8(2):163-190.

Idler EL, Kasl SV. Religion among Disabled and Nondisabled Persons I: Cross-sectional Patterns in Health Practices, Social Activities, and Well-being Ellen. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*. 1997; 52B(6):S294-S305.

Idler EL, Kasl SV. Religion among Disabled and Nondisabled Persons II: Attendance at Religious Services as a Predictor of the Course of Disability. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*. 1997; 52B(6):S306-S316.

Oxman T, Freeman D, Manheimer E. Lack of social participation or religious strength and comfort as risk factors for death after cardiac surgery in the elderly. *Psychosomatic Medicine*. 1995; 57(1):5-15.

Hummer R, et al. Religious involvement and U.S. adult mortality. *Demography*. 1999; 36:273-85.

Clark, K., H. Friedman, and L. Martin, A longitudinal study of religiosity and mortality risk. *J Health Psychol*. 1999; 4:381-91.

Kune G, Kune S, Watson L . Perceived religiousness is protective for colorectal cancer: data from the Melbourne Colorectal Cancer Study. *J R Soc Med*. 1993; 86:645-7.

Duggleby WD et al. Living with Hope: Initial Evaluation of a Psychosocial Hope Intervention for Older Palliative Home Care Patients. *Journal of Pain and Symptom Management*. 2007; 33(3):247-257.

Hassed C. *Western psychology meets eastern philosophy*. Vol. 28. 1999, South Melbourne: Royal Australian College of General Practitioners.

D'Souza R. The importance of spirituality in medicine and its application to clinical practice. *MJA*. 2007; 186(10):S57-S59.

Williams DR, Sternthal MJ. Spirituality, religion and health: evidence and research directions. *MJA*. 2007; 186(10):S47-S50.

Hebert RS et al. Patient Perspectives on Spirituality and the Patient-physician Relationship. *Journal of General Internal Medicine*. 2001; 16:685-692.

Eckersley RM. Culture, spirituality, religion and health: looking at the big picture. *MJA*. 2007; 186(10):S54-S56.

Selway D, Ashman AF. Disability, Religion and Health: A literature review in search of the spiritual dimensions of disability. *Disability & Society*. 1998; 13(3):429-439.

Alcorn S. "If God wanted me yesterday, I wouldn't be here today": religious and spiritual themes in patients' experiences of advanced cancer. *J Palliat Med*. 2010; 13(5):581-8.

Best M, Aldridge L, Butow P, Olver I, Webster F. Conceptualization of suffering in cancer – a systematic literature review. Submitted for publication 2014.

Kissane DW, Clarke DM, Ikin J, Bloch S, Smith GC, Vitetta L, et al. Psychological morbidity and quality of life in Australian women with early-stage breast cancer: a cross-sectional survey. *The Medical Journal of Australia*. 1998; 169(4):192-6.

Hotopf M, Chidgey J, Addington-Hall J, Ly KL. Depression in advanced disease: a systematic review Part 1. Prevalence and case finding. *Palliat Med*. 2002; 16(2):81-97.

Ferrell BR, Coyle N. The nature of suffering and the goals of nursing. *Oncology Nursing Forum*. 2008; 35(2):241-7.

Wilson KG, Chochinov HM, McPherson CJ, LeMay K, Allard P, Chary S, et al. Suffering with advanced cancer. *Journal of Clinical Oncology*. 2007; 25:1691-7.

Levin T, Kissane DW. Psychooncology--The State of Its Development in 2006. *The European Journal of Psychiatry*. 2006; 20:183-97.