



The California
State University

Institute for Palliative Care

ENGAGING THE NEXT GENERATION



PROGRAM

The First National Symposium on

ACADEMIC PALLIATIVE CARE EDUCATION & RESEARCH

Sept. 30 & Oct. 1, 2016

University Student Union

California State University San Marcos
San Marcos, CA

csupalliativecare.org/symposium

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Welcome to this inaugural symposium to advance palliative care in higher education.



Institute for Palliative Care

Thank you for joining us as we all rise to the challenge of educating more of tomorrow's workforce on ways to ease suffering and improve the quality of life for people with serious or chronic illness.

FROM HELEN B. MCNEAL, EXECUTIVE DIRECTOR, CSU INSTITUTE FOR PALLIATIVE CARE

Palliative care is care, provided by an interdisciplinary team, that is focused on relief of suffering and optimizing quality of life for anyone with a serious or chronic illness. It is appropriate from point of diagnosis onwards. The CSU Institute for Palliative Care, with the support and collaboration of the Gary and Mary West Health Institute and the Gary and Mary West Foundation, are setting aside these two days for national experts and academic faculty from around the country to share, exchange and promote the latest ideas in teaching and research in palliative care for immediate integration into today's healthcare teaching curricula.

PLENARY SESSIONS – NATIONAL EXPERTS

Keynote speakers we've invited are national palliative care leaders who will underscore and revitalize work done in classrooms and research studies all over the country. We are pleased to host Amy Berman, BSN, LHD, Senior Program Officer for the John A. Hartford Foundation and palliative care patient advocate, David Casarett, MD, author of best-sellers, teacher and researcher, Angelo Volandes, MD, who has done groundbreaking work in making advance care planning conversations more universally held, and Christine Ritchie, MD, who has worked tirelessly to research and advance palliative care availability.

PANEL PRESENTATIONS – A CROSS-SECTION OF THE BEST

Friday's first panel brings together leading experts at the forefront of palliative care to share their expertise and discuss future opportunities in research and collaboration to ensure we advance medical education and training programs for treating the most seriously ill patients. In the second panel, advances in interprofessional education for the academic setting will be shared by educators from the University of Colorado Denver, the University of Louisville, the University of California San Diego and the Institute.

BREAK-OUT SESSIONS – FIVE EXCITING TRACKS

Five break-out tracks feature faculty speakers from leading universities and health centers, and include Innovations in Teaching Palliative Care; Building a Palliative Care Community; Research in Palliative Care; Building Interprofessional Teamwork; and Current Issues in Palliative Care. Attendees will come away with ideas and tools that can immediately be implemented in the classrooms throughout the country.

POSTER RECEPTION – NEW RESEARCH

Friday evening's reception will be a relaxing atmosphere to promote dialogue with current and prospective colleagues. Posters will highlight current research in the field and allow for dialogue on further collaborations.





KEYNOTE SPEAKERS



AMY BERMAN, BSN

Amy Berman is a senior program officer with The John A. Hartford Foundation, a national foundation focused on improving the care of older adults. Berman leads the development, testing and dissemination of innovative models of care that improve health, cost and quality for the aging demographic. This work includes improvements in the care of the seriously ill and at end of life, such as the work of The Center to Advance Palliative Care, Vital Talk, National POLST Paradigm, The Conversation Project, Respecting Choices, C-TAC, and Harvard/Ariande Lab's Serious Illness Project. She has been the recipient of numerous honors for her leadership and advocacy. The Honor Society of Nursing, Sigma Theta Tau, recognizes Berman's leadership efforts through its annual Amy J. Berman Geriatric Nursing Leadership Award.



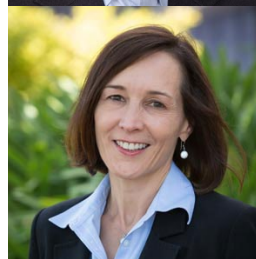
MONICA BROOME, MD

Dr. Monica Broome is the Director of the new Communication Skills Program for University of Miami Miller School of Medicine. Her interest is in the neuroscience of communication specifically physician patient communication, a program that includes undergraduate, graduate, and faculty development levels. Dr. Broome completed a three year fellowship under the Director of Education Development in the Department of Medical Education, University of Miami Miller School of Medicine. During her fellowship she completed programs in the Macy Institute for Health Communication Curriculum Development and is certified as a master trainer for the Institute for Healthcare Communication. Her scholarly work includes presentations and workshops nationally and internationally, including communication skills training concerning conflict and bullying.



DAVID CASARETT, MD

David Casarett MD is a palliative care physician and health services researcher whose work focuses on improving systems of care for people with serious, life-threatening illnesses. He is the Chief of Palliative Care Services at Duke Health System and Medical School; and formerly was tenured Professor of Medicine at the University of Pennsylvania Perelman School of Medicine, a faculty member of Penn's Department of Medical Ethics and Health Policy, and Director of Hospice and Palliative Care for the University of Pennsylvania. Dr. Casarett is the author of more than 100 articles in journals including JAMA and The New England Journal of Medicine, and his writing has appeared in print and online in Salon, Esquire, Discover, and Wired. Dr. Casarett is also the author of three non-fiction books, the most recent of which was Stoned: A Doctor's Case for Medical Marijuana, published in 2015 by Penguin Random House.



CHRISTINE RITCHIE, MD

Christine Ritchie, MD, MSPH, is the Harris Fishbon Distinguished Professor in Clinical Translational Research and Aging at the University of California San Francisco. She is a board certified geriatrician and palliative care physician and medical director of Clinical Programs in the UCSF Office of Population Health. She is developing programs to optimize quality of life for those with chronic serious illness and multi-morbidity. She co-leads the NINR-funded Palliative Care Research Cooperative and a national Network of Home-based primary care and palliative care practices and is working to develop quality measures appropriate to the homebound population. She co-chairs the San Francisco City/County Palliative Care Committee and is past-President of the American Academy of Hospice and Palliative Medicine.



ANGELO VOLANDES, MD

Physician-patient conversations are influenced by the patient's ability to understand and imagine hypothetical disease states and medical interventions. Dr. Angelo E. Volandes leads a group of internationally recognized researchers who create and study video decision aids to empower patients and families to make informed decisions at the end of life. (www.ACPdecisions.org) Dr. Volandes' research is focused on improving decision-making at the end of life and is supported by the NIH, the Agency for Healthcare Research and Quality, the Alzheimer's Association and the Informed Medical Decisions Foundation. Dr. Volandes is a faculty member in the General Medicine Unit at the Massachusetts General Hospital and Assistant Professor of Medicine at Harvard Medical School.

SESSIONS

FRIDAY, SEPTEMBER 30

8:30 - 8:45 A.M.

WELCOME

Helen B. McNeal, Executive Director, CSU Institute for Palliative Care

8:45 A.M. - 9:45 AM

KEYNOTE

Palliative Care: Focusing on What Matters Most
*Amy Berman, BSN, LHD, Senior Program Officer
The John A. Hartford Foundation*

An advocate for better care of the seriously ill and Senior Program Officer with The John A. Hartford Foundation, Amy will share her personal and professional story of palliative care.

9:45 A.M. - 10:15 AM

GENERAL SESSION

A Challenge to the Academic Community
Karen S. Haynes, Ph.D., President, California State University San Marcos



1:00 P.M. - 2:00 PM
GENERAL SESSION

Panel Presentation Hosted by West Health Institute: Home & Community-based Palliative Care: Opportunities and Challenges in a Changing Healthcare System

In this session, experts in the field of home and community based palliative care will discuss their practice models and associated financial aspects, how to identify the right patients for home based palliative care, and the opportunities and challenges of treating patients at home. Hear from healthcare leaders on how their organizations are exploring more effective ways to care for patients with advanced illness outside of the hospital, determining quality of care, care professionals' roles on palliative care teams, and the extent to which healthcare reform emphasizes integration of outpatient palliative care into clinical practice across the care continuum.

Moderator: Gregory J. Norman, Ph.D., Principal Investigator, West Health Institute

Christine Ritchie, MD, MSPH, FACP, FAAHPM, Distinguished Professor in Clinical Translational Research and Aging, University of California San Francisco

Margherita Labson, RN, MSHSA, CPHQ, Executive Director, Home Care Program, The Joint Commission

Betsy Gornet, FACHE, Chief Advanced Illness Management Executive, Sutter Care at Home

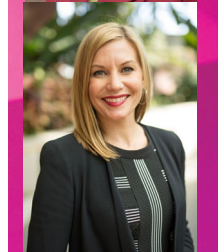
Katy Lanz, DNP, MSN, AGPCNP-BC, ACHPN, Chief Clinical Officer, Aspire Health

2:15 P.M. - 3:15 PM

BREAKOUT SESSIONS

Games for Difficult Subjects: End-of-Life Pedagogy
Carolyn Ackerman, Ed.D., MS, RN, CHPN, Assistant Professor of Nursing, Regis University

Implementing games in the classroom offers an opportunity to connect difficult subjects with student learning, and can offer an alternative teaching pedagogy to help both the faculty and students in end-of-life education. The presenter will demonstrate how a board game their team developed engages students in learning this difficult topic and eases the challenge of advance care planning conversations.



Cross-disciplinary Faculty Learning Communities: Integrating Palliative Care and the Military

Laurette McGuire, Ph.D.; Catherine Matsumoto, Ph.D.; Patricia Seleski, Ph.D.; Sharon Hamill, Ph.D.; Allison Merrick, Ph.D.; Rocio Guillen-Castrillo, Ph.D.; Veronica Anover, Ph.D.; Faculty Learning Community, California State University San Marcos

Faculty Learning Communities (FLCs) provide opportunities for faculty from multiple disciplines to engage in seminars and activities that enhance teaching and learning. The presenters will outline their steps to organize an FLC on palliative care and the military, in response to increasing numbers of student-veterans in their classrooms. As many veterans are dealing with severe disabilities and chronic health conditions including PTSD, the group's aim is to provide palliative care support on campus for students with military service-related conditions.

SESSIONS

**FRIDAY
SEPTEMBER 30**

ECG Memento®-An Innovative Approach to Adult Bereavement Care: Pilot Study

Peggy Kalowes, Ph.D., RN, CNS, FAHA, Director of Nursing Research, Innovation and Evidence Based Practice; Melissa Dyo, Ph.D., NP-C, RN, Assistant Professor of Nursing, California State University, Long Beach

Patient death in intensive care units (ICU) can be sudden and unexpected, leaving families in grief and confusion, and nurses challenged on how to support them. Theories in bereavement now focus on assisting people in creating a continuing bond, such as "object linking". This presentation will share research findings of a novel study designed to assess family response to a memento tool developed as a bereavement tool in ICUs and will illuminate areas for further study on approaches for integrative bereavement care.

Culturally Competent EoL Care: Why It's Important?

Ronit Elk, Ph.D., Research Associate Professor of Nursing, University of South Carolina

Lack of sensitivity and respect for cultural differences may compromise end of life care; and patient and family cultural influences vary widely. To assist in ensuring that culturally competent care, cited as a national priority, can be delivered by healthcare professionals, this session will provide tools for development of skills to integrate the variation in values and preferences of diverse people into curriculum and practice.

Nuts and Bolts of Palliative Care: What Do Prospective Speech-Language Pathologists Know?

Nidhi Mahendra, Ph.D., Associate Professor of Communicative Disorders and Sciences, San Jose State University

Speech-Language Pathologists (SLPs) play an important role as clinicians on interdisciplinary palliative care teams for people diagnosed with complex, chronic health conditions. Yet, palliative care is addressed minimally in traditional curriculum in this profession's training. This presentation will describe a project that sought curricular change using primary qualitative research to develop new instruction that will empower future providers and their patients.

3:30 P.M. - 4:45 P.M.

GENERAL SESSION

Panel: Interdisciplinary Palliative Care Education: Making It Happen!

Curriculum space is tight. Each discipline has its own requirements, whether before or after graduation. Scheduling is a challenge. How do you work it all in? Come and learn how four universities have approached the challenge of interdisciplinary education in palliative care. The approaches differ greatly. This session will both inform and stimulate your creative thinking about what you and your colleagues can do to increase interdisciplinary education in palliative care at your campus!

F. Amos Bailey, MD, FACP, FAAHPM, Professor of Palliative Medicine and Director, Master of Science in Palliative Care/Interprofessional Palliative Care Certificate, University of Colorado Denver Anschutz Medical Campus

Tara Schapmire, Ph.D., MSSW, CSW, OSW-C, FNAP, Affiliated Assistant Professor of Social Work and Assistant Professor of Medicine, University of Louisville

Stacy Starkka, Ph.D.(c), MS, MBA, CT, IPC, Interprofessional Collaboration Center

Helen McNeal, BBA, Executive Director, CSU Institute for Palliative Care



4:45 P.M. - 5:00 P.M.

CLOSING REMARKS

Helen B. McNeal, Executive Director, CSU Institute for Palliative Care

5:00 P.M. - 7:00 P.M.

RECEPTION with Poster Presentations



SESSIONS

SATURDAY, OCTOBER 1

8:30 - 8:45 A.M.

WELCOME

Helen B. McNeal, Executive Director, CSU Institute for Palliative Care

8:45 A.M. - 9:45 AM

KEYNOTE

Population-based Palliative Care: The Next Phase of Clinical Care, Education, and Research

David Casarett, MD, MA, Chief of Palliative Care, Professor of Medicine, Duke University School of Medicine and Duke Health System

Despite the rapid growth of hospice and palliative care, it's becoming increasingly clear that most people with serious illness will not have access to specialized palliative care services. This session describes the evolution of palliative care and suggests that current models are insufficient to meet growing needs. In addition, we'll need to consider innovative approaches in a new field that is becoming known as "population-based palliative care."

10:00 A.M. - 11:00 A.M.

BREAKOUT SESSIONS

Every Moment Matters: Building a Palliative Care Service Learning Course

Lori Montross, Ph.D., Assistant Professor of Psychology; Kendra Rivera, Ph.D., Assistant Professor of Applied Organizational Communication and Faculty Director for Service Learning; Lisa Lipsey, Operations and Grants Analyst; Sean Griser, Service Learning Student of the Year 2015; California State University San Marcos

This presentation highlights a course in palliative care techniques, empathy training, communication, and reflection for senior year psychology students, highlighting didactic instruction, service learning, and reflective exercises. The presentation will share results, provide sample course materials and implementation strategies to advance pedagogy, service learning, and research opportunities.

Your Campus: A Focus for Community Palliative Care

Helen McNeal, BBA, Executive Director, CSU Institute for Palliative Care, California State University; Stacy S. Starkka, Ph.D.(c), MBA, CT, Consulting Industrial-Organizational Psychologist, Senior Consultant, CSU Institute for Palliative Care

University campuses have close synergistic relationships with their home communities, and are an important ingredient in expanding access to palliative care. This session will describe the important role a campus can play in expanding palliative care access and awareness, and will share challenges and strategies for developing a campus into a palliative care focal point in its community, and will illuminate the supports available to faculty and campuses interested in being part of advancing palliative care in their community.

Patients' and Health Care Providers' Perception of Stressors in Critical Care Units

Alham Abuatiq, Ph.D., MSN, RN, Professor of Nursing, California State University San Marcos

Being hospitalized in the Intensive Care Unit is extremely

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stressful to patients and families. This presentation will focus on what experiences patients perceive as stressful and how to assess those, contrast this information with what health care providers perceive as stressors, and will describe methods used to manage and ease stressors in holistic care.

Preparations for End of Life Among LGBT Older Adults

Brian de Vries, Ph.D., Professor of Gerontology, San Francisco State University

An emerging body of literature has found that lesbian, gay, bisexual and transgender (LGBT) persons are significantly less likely to have partners and children providing supportive care, and more likely to seek and receive care from friends—or have no one on whom they can call and/or rely. This presentation will share techniques used to gather data on availability of supportive care from individuals identifying as LGBT, and provide a window onto the anticipated end of life experiences of stigmatized sexual minority groups, with broad implications for individuals whose social realities fall outside of traditional family norms.

The NEPIG Team – Catalysts in Palliative Care Education and Research;

Raeann G LeBlanc, DNP, AGPCNP-BC, CHPN, Assistant Clinical Professor of Nursing; Olga Ehrlich, RN, BSN, Ph.D.(c), CHPN, Nursing Simulation Laboratory Coordinator; Maureen Groden, RN, MS, CHPN, Assistant Clinical Nursing Professor, University of Massachusetts Amherst

Presenters representing a work group of faculty who came together to promote palliative care education and information exchange will share how they created a space for dialogue about strategies for integration of palliative care into the curriculum. Their work's results in team-based palliative care education and research, and intensified awareness of palliative care among students, faculty, local practitioners, and community members will demonstrate how to catalyze palliative care education and research.

11:15 A.M. - 12:15 P.M.

BREAKOUT SESSIONS

Assessing and Responding to Patient/Caretaker Spiritual Pain as an Integral Part of Palliative Care Education

M. Murray Mayo, Ph.D., APRN, Assistant Professor Graduate Nursing Programs, Ursuline College

Spiritual pain is often overshadowed by more pressing physical and social issues. Diagnostic tools to help assess spiritual adjustment/health need to be included in palliative care training. In this session, the "Spiritual Health Assessment" (SHA) tool (Groves 1997) is introduced. Participants will use the SHA to assess spiritual health and later evaluate how best to develop and implement palliative care plans to address spiritual/existential issues.

SESSIONS

SATURDAY, OCTOBER 1

Let's Talk about Death: Using Theater to Facilitate EOL Conversations

Johanna Shapiro, Ph.D., Professor of Family Medicine and Director of Program in Medical Humanities; Jiwon (Helen) Shin, Fourth Year Medical Student; University of California Irvine

This session will feature a "readers' theater," employed as a way of opening up difficult-to-discuss issues. The session will involve reading a brief skit which deals with various questions surrounding end of life. Conversations and other humanities-based approaches will be used to examine end of life issues, with sharing ideas on adapting the seminar within other settings will be explored.

Young Caregivers: A Population in Need of Palliative Care Education

Sharon B. Hamill, Ph.D., Professor of Psychology and Faculty Director, CSU Institute for Palliative Care at California State University San Marcos

It is estimated that there are 1.4 million caregivers under the age of 18 in the United States. Young people not only comprise an important population in need of palliative care education, they are also in a unique position to educate their older family members about palliative care. This presentation will address research focused on young caregivers and the observed outcomes of their caregiver roles on their physical and mental wellbeing and will underscore how palliative care education and therapies can reduce stress among young caregivers.

My Life, My Death, My Business: Teaching Bioethical & Legal Ramifications of Physician-assisted Suicide

Andrew A. Oppenberg, MPH, DFASHRM, CPHRM, Instructor of Health Sciences and Health Administration, California State University Northridge

How do educators of the health professions teach and answer their students' tough legal and bioethical questions regarding physician-assisted dying laws? How does a faculty member answer questions peppered from students, the public, physicians, health administrators and/or the media? This presentation provides educators of the helping/ health professions with the academic, bioethical and medical-legal framework to answer these and other questions, and will provide references and materials to develop lessons in end of life/palliative care.

Patients/Family Stories: Curriculum Design Foundations in Interprofessional Palliative Care Education

F. Amos Bailey MD, FACP FAAHPM, Professor of Palliative Medicine and Director, Master of Science in Palliative Care/ Interprofessional Palliative Care Certificate; Nancy English, Ph.D., APRN, CNS, CHPN, Assistant Professor of Nursing; Lynee Sanute, MLIS, MA, Instructional Designer; University of Colorado Denver

This session will describe the development and application of eight patient/family case narratives used in online interprofessional Master of Science in Palliative Care (MSPC)

and Palliative Care Certificate (IPCC) programs. Using a multi-media approach, these patient/family narratives immerse distance learning students in the patient/family world to illustrate core palliative care principles, facilitate problem solving, demonstrate communications, and explore psycho-social-spiritual-ethical topics. Examples from patient/family case narratives and dialogs will be demonstrated. Reflection on the development process, student satisfaction, assessment, and lessons learned will also be discussed.

12:15 P.M. - 1:15 P.M.

LUNCHEON

Seed Grant Awards Announcement

Brenda Schmitthenner, Program Officer, Gary and Mary West Foundation

1:15 P.M. - 2:00 P.M.

KEYNOTE

The Vital Ingredient: Advance Care Planning

Angelo Volandes, MD, MPH, Assistant Professor of Medicine, Harvard Medical School; Internist and Researcher, Massachusetts General Hospital; Co-founder, President, ACP Decisions

Dr. Volandes will begin an interaction-intense afternoon at the Symposium, sharing a model and tools he has used to carry out his extensive research and practice in conducting advance care planning conversations. As chronicled in his book, "The Conversation: A Revolutionary Plan for End-of-life Care," Dr. Volandes' experiences with patients with serious illnesses led him to question and champion new ways for professionals, and the health care system, to insure individuals with serious or chronic illness are enabled to identify and make their wishes known. Dr. Volandes will describe the evolution of his approach, and describe how others can replicate this approach of taking an idea and incorporating it into practice.

2:00 P.M. - 4:00 P.M.

INTERACTIVE PLENARY SESSION

Do & Teach Advance Care Planning with Confidence

Monica Broome, MD, FACP, FAACH, Master Trainer, Institute for Healthcare Communication; Director of Communication Skills Program and Assistant Professor of Medicine, University of Miami

In this highly interactive session Dr. Broome will demonstrate and discuss techniques and tools to help faculty build future professionals' confidence in approaching difficult conversations, especially around advance care planning. Building on Dr. Volandes' session on the importance and realities of advance care planning conversations, Dr. Broome will engage participants with learning when and how to craft advance care planning conversations. Dr. Broome will focus on a sample of powerful communication skills that the Institute for Health Care Communication teaches to professionals across North America.

4:00 P.M. - 4:15 P.M.

CONCLUDING PLENARY SESSION

When Everyone Communicates Their Wishes

Angelo Volandes, MD, MPH

4:15 P.M. - 4:30 P.M.

Closing Remarks

Helen B. McNeal, Executive Director, CSU Institute for Palliative Care

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