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Educate.***

**CSU** The California  
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**Institute for Palliative Care**

**2017  
NATIONAL  
SYMPOSIUM**

***For Academic Palliative Care  
Education and Research***

**September 28 & 29, 2017**

**University Student Union  
California State University  
San Marcos**

**CSU** The California  
State University

**Institute for Palliative Care**

**[csupalliativecare.org/symposium](http://csupalliativecare.org/symposium)  
760-750-4006**

# WE WELCOME YOU

## FEATURED SPEAKERS

### JEAN KUTNER, MD

**Jean S. Kutner MD, MPH/MSPH, FAAHPM, FACP**, Chief Medical Officer at the University of Colorado Hospital, Associate Dean for Clinical Affairs and Professor of Medicine at the CU School of Medicine will open the conference featuring her research on improving symptoms and quality of life for patients with serious illness, and on caregiver burden.

### MARIAN GRANT, DNP STEVEN PANTILAT, MD

**Marian Grant, DNP**, Policy Consultant to the Coalition to Transform Advanced Care (C-TAC) in Washington DC, and **Steven Pantilat, MD**, Professor of Medicine, University of California San Francisco and founding Director of the UCSF Palliative Care Program will engage the audience to share and discuss the policy climate for palliative care.

### JESSICA ZITTER, MD JENNIFER BALLENTINE, MA

**Jessica Nutik Zitter, MD**, ICU & Palliative Care Physician at Highland Hospital of the Alameda Health System at UC Berkeley **Jennifer Ballentine, MA**, President, Incoming Executive Director of the CSU Institute for Palliative Care, will examine recent efforts to legalize medical aid in dying as a way to explore the intersection of research, policy, practice, and education, and implications for the next generation of palliative care professionals.

### KIMBERLY ACQUAVIVA, PhD BRIAN deVRIES, PhD

**Kimberly Acquaviva, PhD, MSW, CSE**, Associate Professor at the George Washington University School of Nursing and **Brian de Vries, PhD**, Professor, Gerontology Program, San Francisco State University will co-present on palliative care and care disparities particularly for LGBTQ persons, countering stigma and nurturing resilience.

### CHARLES von GUNTEN, MD HELEN McNEAL, BBA

**Charles von Gunten, MD, PhD**, Vice President of Medical Affairs for Hospice & Palliative Medicine at OhioHealth will discuss with **Helen McNeal**, Founding Executive Director of the CSU Institute for Palliative Care the field of palliative care, its growth, and emerging opportunities for educators and researchers.

# TO SOUTHERN CALIFORNIA

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

Welcome to *Innovate. Investigate. Educate*, our second annual symposium for academic faculty interested in and engaged in palliative care education and research!

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. Our hope is that you will take them and immediately begin to integrate them into your teaching and curricula.

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 Jean Kutner, MD, a palliative care physician, researcher, leader and advocate; Charles von Gunten, MD, one of the nation's most published and recognized experts in the field; Drs. Kim Acquaviva and Brian de Vries whose work in LGBTQ palliative care is blazing the trail for better care for underserved persons; Marian Grant, PhD, who actively leads policy formation and implementation in the field; Steve Pantilat, MD, author and hospitalist physician whose practices have been adopted all over the country; and the CSU Institute for Palliative Care's incoming Executive Director Jennifer Moore Ballentine, an experienced leader in educational innovation in palliative care.



This year's symposium offers a phenomenal array of topics to stimulate your practice! Whether you are seeking to incorporate new dimensions for easing human suffering into your courses, are craving new research opportunities, or desire to expand your clinical offerings, the work being shared in each and every paper, panel and workshop session offer all this, and more!

Conferences are about learning, but they are also about networking! The poster session, while highlighting current research in the field, will be a perfect time for dialogue with colleagues. Lunch topics and exhibit areas will focus on your areas of interest, with the objective of helping you with further collaborations!

We appreciate that you have chosen to join us this year and we are excited about how much there is to learn from one another ... about how you are *Innovating, Investigating and Educating!*

A handwritten signature in black ink that reads "Helen McNeal".

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Join the Conversation



#hpmCSU17

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The Doctors Company designates this live activity for a maximum of 12.75AMA PRA Category 1 Credits™. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

## 8:30 AM WELCOME

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

Start the conference by gaining from Helen McNeal, Institute founder and executive director, why it's important to including palliative care principles in education, research and clinical practice, to expand the application of this approach to easing suffering in physical, mental, emotional and spiritual illness.

## 8:45 AM OPENING KEYNOTE

**Enhancing Care for People with Serious Advanced Illness Through Evidence Generation and Research Infrastructure Development**

**Jean S. Kutner, MD, MSPH, Chief Medical Officer, University of Colorado Hospital, Professor of Medicine and Associate Dean for Clinical Affairs, University of Colorado School of Medicine**

There have been significant advances in the evidence base to inform palliative care clinical practice over the past 2 decades. Dr. Kutner will describe her personal passion and journey as a palliative care investigator, including the road to development of the Palliative Care Research Cooperative Group (PCRC). Dr. Kutner will highlight opportunities for engagement with an interdisciplinary collaborative and supportive community of investigators who share a commitment to advancing and enhancing care for people with serious illness.

## 9:45 AM BREAK WITH EXHIBITORS

## 10:00 AM CONCURRENT SESSIONS

### **Panel: Innovative Research and Partnerships to Expand Access to Palliative Care**

**Organizer and Presider: Susan Enguidanos, PhD, MPH, University of Southern California**  
**Torrie Fields, MPH, Blue Shield of California**  
**Anna Rahman, PhD, University of Southern California**

This panel will report on an innovative partnership developed to bridge the gap in palliative care's availability in all settings, by discussing how an insurance company, medical groups, hospice organizations, patients/caregivers, and a research team came together to design, implement, and evaluate in Accountable Care Organizations (ACOs) an evidence-based Home-based Palliative Care (HBPC) model that originally launched enrolling 1,133 community-dwelling patients with serious illness and their caregivers from numerous primary care sites in California. Learn about the development of this partnership, the study design, the patient/caregiver role in study development and implementation, and innovative payer-provider structures that were developed to support palliative care services, along with strategies to improve palliative care knowledge and skills among primary care providers.

### **Paper Session: Communication for Patients and Providers** **Chair: M. Murray Mayo, PhD, APRN, ACHPN, Ursuline College**

**Interactions Between Clinicians and Adolescents with a Parent Receiving Hospice**  
**M. Murray Mayo, PhD, APRN, ACHPN, Ursuline College**

Many adolescents in the US experience not only the death of a parent but also the stress of living in a household with a parent who is dying. The author will discuss the descriptive qualitative study of how clinicians interacted with teens during hospice care, logistical obstacles that were uncovered on providing adolescents support, and ways that were effective in offering support to adolescents.

**Nurse-led Telephonic Case Management in Advanced Illness: Training Challenges**  
**Rebecca Yamarik, MD, MPH, FAAHPM, Long Beach Veterans Affairs**

Telephonic nurse case management in the palliative care arena poses challenges. Designing appropriate training for nurses is crucial and can utilize both web-based, as well as in-person training with a focus on roleplay. The results of a training for two telephonic nurse-led case management programs for patients at the end of life will be presented by the authors.

**Beginning the Serious Illness Conversation Prior to Hospice Enrollment**  
**Sarah Blowers, MSN, RN, Hospice of the Western Reserve**  
**Denice Sheehan, PhD, RN, FPCN, Kent State University**

Quality healthcare is predicated on the goals, values, and wishes of the patient. Conversations on goals, values and wishes often do not occur until a person is diagnosed with a life limiting illness. This paper session will describe the outcomes of training sessions and coaching within a homecare team, which used the Serious Illness Conversation guide, confidence in holding the conversations by both patients and staff, and the success achieved by conducting meaningful conversations with patients and families.

# SEPTEMBER 28, 2017

## 10:00 AM CONCURRENT SESSIONS

### **Workshop: Cultivating Compassion in Palliative Care**

**Presenters:** *Jacky Thomas, PhD, CSU San Marcos*  
*Martha Stoddard Holmes, PhD, CSU San Marcos*  
*Marie D. Thomas, PhD, CSU San Marcos*

Compassion and empathy are considered important practitioner capacities across the health professions, yet studies have suggested that during the normal course of clinical training, empathy may actually decline. Further, health professionals experience burnout, associated with more clinician errors, higher turnover, and lower satisfaction. The presenters will describe current research regarding empathy and compassion, with particular attention to its application to palliative care, practice a variety of contemplative exercises focused on the development of compassion for self and others, and examine ways to introduce compassion practices to students and professionals in classroom and work settings.

### **Workshop: Implementation of a Palliative Medicine Onboarding Program for APPs Utilizing the Hospice and Palliative Nurses Association (HPNA) Core Competencies**

**Presenter:** *Shirley Brogley, ACHPN, Christiana Care Health System*

With over 90 million Americans living with a serious illness the need for palliative care will always outpace the number of palliative care physicians able to meet this need. In an effort to fill this gap, a unique 15-week onboarding program was developed to educate Advanced Practice Providers (APPs) on the skills necessary to provide quality care to patients referred to the Palliative Care Department. The program, with tools and techniques for implementing, will be described, offering guidance to institutions wanting to create their own orientation program.

## 11:00 AM BREAK WITH EXHIBITORS

## 11:15 AM CONCURRENT SESSIONS

### **Paper session: Incorporating Behavioral & Interprofessional Principles into Palliative Care Education & Research**

**Chair:** *Julia Kasl-Godley, PhD, VA Palo Alto Health Care System*

#### **Interprofessional Education and Training in Palliative Care**

*Julia Kasl-Godley, PhD, VA Palo Alto Health Care System*  
*Veronica L. Shead, PhD, VA St. Louis Health Care System*

This paper discusses the rationale and components of interprofessional education and provides an example of interprofessional education in the Veterans Administration through a multi-site program of clinically focused fellowships in which medicine, nursing, social work, chaplaincy, psychology and/or pharmacy fellows train together, developing advanced competences in hospice and palliative care.

#### **Developing Workforce Capacity: Engaging Individuals in Palliative and End-of-life Care across the Spectrum of Education, from Undergraduate to Continuing Education Activities**

*Brian D. Carpenter, PhD, Washington University*

This paper discusses pedagogical strategies (e.g., personal reflections, guest lectures, community-based exercises) useful for engaging students in palliative care as well as strategies for addressing potential barriers to building and sustaining interest (career opportunities, funding mechanisms, misperceptions).

#### **Re-conceptualizing the Nature of Suffering in Advanced Disease**

*Jennifer Gregg, PhD, San Jose State University*  
*Dianne Shumay, PhD, University of California San Francisco*  
*Julia Kasl-Godley, PhD, VA Palo Alto Health Care System*

This paper discusses the components of Acceptance and Commitment Therapy (ACT) as applied to psychological health and suffering in illness and dying, considers ways to incorporate its evidence-based principles into practice, and outlines potential new areas for research.

#### **Health Behavioral Change Variables and Advance Care Planning**

*Rebecca S. Allen, PhD, ABPP, The University of Alabama*

This paper discusses the application of the stages of change model to advance care planning in an African American community.

### **Paper Session: Building & Strengthening Palliative Care Programs**

**Chair:** *Denice Sheehan, PhD, RN, FPCN, Kent State University*

#### **Palliative Care Program within a Dementia Capable System**

*Debra Hain, PhD, ARNP, AGPCNP-BC, FAANP, FNKF, Florida Atlantic University*

This presentation will discuss an essential need met by a palliative care program within an academic nurse-managed dementia-capable system; and the development and implementation of an interprofessional palliative care program for community-residing older adults with advanced dementia and their caregivers. Barriers and facilitators to implementation, along with quality processes and outcome indicators, and future research will be discussed.

#### **Impact of Interdisciplinary Palliative Care Program in Patients with Life-limiting Disease**

*Kiarash Noorizadeh, MD, Eisenhower Medical Center*  
*Rose Yun Li, MD, PhD, Eisenhower Medical Center*

This group hypothesized that Interdisciplinary palliative care (IPC) consultations had the capacity to reduce emergency room (ER) visits, total length of hospitalization and 30-day readmission rates. This presentation describes the design and implementation of an economically sustainable IPC program that enables the seamless transition and continuation of care by the IPC team from hospitalization through post-discharge.

#### **Experiences of Undergraduate Nursing Students in a Hospice Setting**

*Denice Sheehan, PhD, RN, FPCN, Kent State University*  
*Julie McBee, BSN, RN, Hospice of the Western Reserve*

Palliative care nursing education is still insufficiently addressed, and content is lacking in textbooks and curricula, leaving graduates ill-prepared to care for the dying to meet their needs as those of their families. Students participated in this study to measure knowledge and attitudes towards end of life care pre- and post-training; and also wrote a narrative reflecting on their clinical experiences. Findings and themes emerging will be presented.

## 11:15 AM CONCURRENT SESSIONS

**Workshop: Palliative and End-of-Life Nursing Education P4 Model**  
**Presenters:** *Raeann G. LeBlanc, DNP, GNP-BC, ANP-BC, University of Massachusetts Amherst*  
*Olga Ehrlich, PhD, RN, CHPN, University of Massachusetts Amherst*  
*Katherine Murray, MA, BSN, RN, FT, CHPCN(C), Life & Death Matters*

In this workshop, an international collaborative group of nursing educators and researchers will present a model that can be used across undergraduate, graduate and certificate seminar programs to incorporate palliative and end of life nursing education into programs with little or no previous such content. This session will use our P4 Model of Palliative Nursing Curriculum Weave to introduce participants to a structured, recursive method of examining and updating current curricula for bringing program goals into congruence with the American Academy of Colleges of Nursing/Hospice and Palliative Nursing Association CARES statement for nursing education.

**Workshop: Children of Adult Palliative Patients: A Psycho-Social-Spiritual Approach**  
*Allison Kestenbaum, MA, MPA, University of California San Diego Health*  
*Carlota Durazo, LCSW, University of California San Diego Health*

Palliative care providers seek to care for the entire family, including young children impacted by life limiting and threatening illness. In both out- and inpatient palliative care, many opportunities exist to engage the psycho/social/spiritual concerns related to young children of patients receiving palliative care. This presentation will use interactive case study discussions to explore literature about psycho-social-spiritual approaches to supporting patients with young children, attitudes and assumptions of clinicians about providing palliative care to patients with young children, developmentally appropriate tools and interventions for working with this population, and resources in health systems and the community for supporting parents and their young children.

## 12:15 PM LUNCH

## 1:15 PM PLENARY PANEL

### **Policy and Quality Reporting in Palliative Care: Opportunities and Challenges for Academic Faculty**

*Marian Grant, DNP, Policy Consultant, Washington, DC*  
*Steven Z. Pantilat, MD, MHM, FAAHPM, Professor of Medicine, University of California San Francisco, and Founding Director, The UCSF Palliative Care Program*

In this session, the presenters will offer an overview of the policy landscape at the federal level, and how these policies impact academic training and the future of clinical practice. The session will also focus on the importance of quality reporting in clinical practice and discuss the academy's role in teaching quality reporting and process improvement. Both topics emphasize the Academy's influence, which ultimately impacts palliative care research and clinical practice.

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**Moderator:** *Tim Lash, MBA, Chief Strategy Officer and Executive Vice President, West Health Institute and President, West Health Policy Center*



## 2:15 PM BREAK WITH EXHIBITORS

## 2:30 PM CONCURRENT SESSIONS

**Panel: Rounding with Chaplains: Inter-professional Experiential Model for Palliative Care Training**  
**Organizer and Presider:** *Nadya Dimitrov DPM, PA-C, Stony Brook University*  
*Judy Knudson, MPAS, PAC, BSN, University of Colorado*  
*Rachel Revelle, MDiv, University of Colorado*

Spirituality is a key domain in palliative care, and all health care providers must be able to introduce and be comfortable with a spiritual conversation. This presentation will discuss a program in which physician assistant (PA) students "rounded"

with the chaplain in the in-patient hospital setting during the preclinical months, with the purpose of establishing a foundation in primary palliative care (PPC). The program model can be used for other health care professional students, easily incorporated into training program curricula. It also satisfies requirements for training in empathy, health literacy, cultural humility, and inter-professional competence. This discussion demonstrates spiritual, social, emotional as well as existential suffering encountered, along with debriefing, reflection and data-gathering tools utilized.

# SEPTEMBER 28, 2017

## 2:30 PM CONCURRENT SESSIONS

### **Workshop: Palliative Care Education for Young Caregivers**

**Presenters:** *Sharon B. Hamill, PhD, CSU San Marcos*  
*Emily Merryweather, MA, NCC, CSU San Marcos*

This presentation begins with a description of young caregivers and grieving children with a focus on the impact that caregiving and grief have on their development. The palliative care education provided by the Youth Resiliency Project and the K-12 Teacher/Counselor Toolkit are then described, with time for participants to practice some of the techniques during the workshop. Enhancing professionals' skills and knowledge about young caregivers helps set the stage for young people's resiliency, improving their quality of life today but also providing support for optimal development in the future.

### **Workshop: Chair Somatics and Music**

**Presenter:** *Wendell Hanna, PhD, San Francisco State University*

In this workshop participants will perform slow gentle movements that correlate with rhythm and phrasing of the music. The objective of the session is to experience how music and movement can be used to lessen physical pain and stimulate memory and cognitive function with the elderly and ill who may have limited ranges of motion. Participants will experience somatic movements, which are slow and controlled. The repetition of these movements can reset the resting level of the muscles to a more relaxed state. Musical benefits of the session include auditory-motor entrainment

or the synchronization of bodily movement with the rhythm of the music; among the participants, can provide a sense of community; can unify the sense of one's own internal rhythms; and can stimulate memories and emotions potentially beneficial for one's overall affective health.

### **Workshop: Advance Care Planning for Academics: Engaging Learners in ACP Conversations**

**Presenter:** *Shirley Otis-Green, MSW, MA, ACSW, LCSW, OSW-C, University of Maryland*

Although there is increasing recognition of the importance of Advance Care Planning (ACP) for those who are seriously ill, few academic programs include ACP skill-development in their professional education, and fewer still have attempted to integrate ACP conversations with the campus population at large. This highly interactive workshop will provide both an evidence-informed foundation of the importance of ACP, and demonstrate a range of ACP tools for use with diverse populations. Participants will have the opportunity to practice basic ACP communication skills and explore strategies to engage young adult learners and developing healthcare professionals in ACP conversations. Resources will be provided that highlight various ACP websites, videos, books, tools and games available and the faculty will share strategies regarding how these might be integrated in a variety of academic settings.

## 3:30 PM BREAK WITH EXHIBITORS

## 3:45 PM PLENARY

### **Getting the Rubber to Hit the Road: Medical Aid in Dying at the Intersection of Research, Policy, Practice, and Education**

*Jessica Nutik Zitter, MD, Critical Care Physician and Palliative Care Specialist, Highland Hospital, Alameda Health System*

*Jennifer Moore Ballentine, MA, Incoming Executive Director, CSU Institute for Palliative Care*

Medical aid in dying is among the hottest "hot buttons" in palliative care. The controversy surrounding its legalization and implementation serves as a vivid example of how research, education, policy, and practice intersect—or don't—or even collide. This presentation will explore how research translates into practice, how practice influences policy and vice versa, how educators approach controversial topics, how laws are effected at the bedside, and why these intersections and collisions are critical for inclusion in curricula educating the next generation of palliative professionals.

## 4:45 PM BREAK WITH EXHIBITORS

## 5:00 PM REFRESHMENTS IN EXHIBIT AREA

## 5:00 PM POSTER SESSION

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## POSTERS

### **Advance Care Planning at a Rural Federally Qualified Health Center: A Pilot Project**

*Alyssa Erikson, RN, PhD, California State University Monterey Bay and Rosa Vivian Fernandez, MPH, FACHE, San Benito Health Foundation*

California State University, Monterey Bay's (CSUMB) Department of Nursing partnered with San Benito Health Foundation (SBHF), a Federally Qualified Health Center (FQHC), to plan palliative care services in a rural community, to increase the engagement of patients in their healthcare decisions through advance care planning. A secondary goal was to optimize the Electronic Health Record (EHR) to document education on advance care directives. The evaluation will include patient satisfaction, no-show rate, and evidence of advance care planning during appointments.

### **An Academic Solution: A Pediatric End-of-Life Simulation**

*Deborah Nelson MS, PHN, RNC-OB, San Jose St University and Natalie Lodewyk, RN, MS, Santa Clara Valley Medical Center*

Nurses and other health care providers often learn palliative care in the moment, at the bedside, or from others with some experience. The poster describes simulation scenarios which demonstrated family-centered care and interdisciplinary palliative care processes that were integrated into undergraduate nursing education in the pediatric rotation.

### **Approaching Chronic Illness and Death Through Narrative**

*Marion Geiger, PhD, California State University San Marcos*

To better equip students for conversations about palliative-care related issues, this poster will discuss a teaching unit in a French culture course that focuses on chronic illness and death. Fictional narrative of a child with a terminal illness is compared by students to other types of narrative, such as adult patient narratives. Discussion and analysis was conducted using questions from works that students read from authors whose focus is pediatric end-of-life. The interdisciplinary study focused on narrative competence, empathy, and self-awareness, and development of critical thinking skills around emotions, attitudes and values relative to palliative healthcare situations.

### **Comfort Care Beds: An Innovative Strategy to Provide Optimal End-of-Life Care**

*Jeannette (Jeannie) Meyer, MSN, RN, CCRN, CCNS, PCCN, ACHPN, Santa Monica UCLA Medical Center*

An academic medical center, in an effort to improve end-of-life care on all units, created two virtual beds for end-of-life care through a partnership between the Palliative Care Department and the Geriatrics Unit. Included was the development of an educational program focused around use of an order set for the nursing staff and care partners, self-care strategies and education on managing complex family dynamics for unit staff, policies for smooth transfers, and palliative care consults for assisting patients and families at the end of life. Metrics will be included.

### **ELNEC and Fundamentals: A Primer in Palliative Care**

*Mary Scott, APRN, Colby Sawyer College*

This poster describes integration of End of Life Nursing Education Consortium (ELNEC) Undergraduate Curriculum into the Fundamentals of Nursing Care sophomore level undergraduate nursing course. The inclusion of ELNEC Undergraduate Curriculum into an already extensive course required creativity and pedagogy combined. Scaffolding was used to incorporate various modules into skills labs and clinical post-conferences. End of semester surveys will demonstrate the impact on course outcomes.

### **Emergency Department Utilization Among Seniors with Dementia: Revisit Rates by Discharge Disposition in California**

*Juhi S. Israni, MSHI Student, Clinical Research Intern, West Health Institute*

*Kelly Ko, MS, PhD, West Health Institute*

*Adriane Lesser, MS, West Health Institute*

This poster reviews data from a retrospective study that reviewed differences in ED revisit rates among seniors with dementia who were discharged to supportive care services compared to those who were discharged home, SNF, or organized home health.

### **Evaluation of Compassion and Respect at the End-of-Life (CARE) Program**

*Brenda Chan, MSN, RN, FNP-BC, DNP Student, Azusa Pacific University*

The need for quality end-of-life care for patients with life-limiting illnesses is growing, yet end-of-life training among nurses is inadequate and inconsistent. The purpose of this study is to evaluate the effectiveness of the CARE (Compassion And Respect at the End-of-life) Program and the CARES\* Tool to empower nurses to deliver compassionate, dignified, and personalized nursing care at end-of-life consistent with patient and family wishes. Study details and metrics will be presented.

### **Interprofessional Training in the Nexus of Students and Healthcare Practitioners: Identifying and Assessing Behavioral Competencies for Interprofessional Education and Collaborative Practice**

*Stacy Starkka, PhD(c), MBA, CT, CSU Institute for Palliative Care*

*Joy Gorzeman, RN, MSN, MBA, NEA-BC, CSU Institute for Palliative Care*

This poster will demonstrate how thinking and acting differently in the nexus where education and practice meet enhances interprofessional practice and education in three ways: continually identifying improvement opportunities; identifying and improving collaboration competencies; and utilizing serious game technology to practice, gain feedback, and learn. Interventions intended to improve student and professional behavioral competencies in interprofessional collaboration real time were devised.

### **Palliative Care in the MSW Curriculum: A Survey of MSW Programs in the US and Canada**

*Cathy Berkman, PhD, MSW, Fordham University*

Abstract Data from a study on palliative care content in MSW curricula will be presented. Results of a content analysis of course syllabi will include the topics covered in each syllabus, the focus for that topic (clinical, policy, ethics, or administrative), and the number of



weeks for each topic and focus. Recommendations for preparing students for practice will be discussed, including preparing MSW graduates for both non-specialty and specialty palliative care practice.

**Utilizing Narrative In Educating Baccalaureate Nursing Students On Palliative Care: The Importance of Sharing The Lived Experience**

*Toby Adelman, RN, PhD, San Jose State University*

*Julie Omsberg, RN, MSN, Kaplan University*

To introduce the concept of palliative care into the curriculum of baccalaureate nursing school programs, this model enabled students to learn from experienced nurses who provide palliative end-of-life care to patients choosing to die at home. Bringing nurses who provide such care into the classroom setting, and utilizing the narrative method to tell students of their lived experience, provides intimate case stories to be shared, and enables students to question and learn in a manner that textbooks and lectures do not offer. Results include feedback from students on knowledge of advanced pain and symptom management, ongoing support, and making referrals.

## 8:25 AM WELCOME

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

## 8:30 AM PLENARY SESSION

**Palliative Care and LGBTQ Persons: Countering Stigma and Nurturing Resilience**

*Kimberly Acquaviva, PhD, MSW, CSE, Associate Professor at the George Washington University School of Nursing*

*Brian de Vries, PhD, Professor, Gerontology Program, San Francisco State University*

Providing LGBTQ-inclusive palliative care requires an innovative interdisciplinary approach to changing practice at the individual, family, and institutional level. In this session, the presenters identify reasons why little is known about healthcare disparities among LGBTQ persons receiving palliative care, will help establish the ideal, essential elements of both an LGBTQ-inclusive healthcare provider and provider organization, and describe strategies for advancing LGBTQ-inclusive care that palliative care professionals can use to ensure that the needs of LGBTQ patients and families are met.

## 9:30 AM BREAK WITH EXHIBITORS

## 9:45 AM CONCURRENT SESSIONS

**Workshop: Interactive Interdisciplinary Simulation for End-of-Life Education**

**Presenters:** *Carolyn Ackerman, EdD, MS, RN, CHPN, Regis University*  
*Bianca Calderon, PharmD, BCPS, Regis University*

Nursing and other health care professional programs have an increased obligation to provide end-of-life education in curriculum. Preparing students to work as members of an interdisciplinary team before they graduate can help facilitate providing best practice in the clinical settings. The presentation will describe interactive simulations on end-of-life and palliative care, such as real-life family meetings with role play among students participating as either the patient, family member, or hospice and palliative care interdisciplinary team member. Debriefing will also be covered, so institutions can use similar interdisciplinary end-of-life education, simulation and debriefing processes to advance end-of-life education.

**Paper Session: Pedagogical Innovations in Palliative Care**

**Chair:** *Cathy Berkman, PhD, MSW, Fordham University*

**An Academic Solution: Teaching Roles and Priorities of Palliative Care Education, A Pediatric End-of-Life Simulation**

*Natalie Lodewyk, RN, MS, Santa Clara Valley Medical Center*

*Deborah Nelson MS, PHN, RNC-OB, San Jose State University*

Nurses and other health care providers often learn palliative care in the moment, at the bedside, or from others with some experience. The presentation will discuss demonstrations and simulations designed to teach the roles of a bedside nurse in family-centered care. Methodology and results will be included. Presenters will then turn the discussion to the next step, to use these scenarios as a true interprofessional simulation across colleges and with community partnership, where nursing students, social work students and community-based chaplains

interact as a palliative care team, allowing for academic and community partnerships to achieve best practices in palliative care in an academic setting.

**A Model for Educating MSW Students in Specialty Palliative Social Work**

*Cathy Berkman, PhD, MSW, Fordham University*

The role of social work on the palliative care team has been well-established, but there is a shortage of social workers trained in palliative care; this shortage is expected to increase as the population ages, as patients with serious illness live longer, and as palliative care services expand in inpatient settings, community-based settings, and in long-term care. This presentation describes a Palliative Care Fellowship that was initiated to educate MSW students in specialty palliative social work. The presenter will describe the design of the program, including how administrative, faculty and financial support was attained, development of field placements and mentoring, and more, with challenges and solutions addressed.

**Using Visual Methods for Reflection Processes in Palliative Care Education**

*Bruce L. Arnold, PhD, University of Calgary*

*Linda S. Lloyd, DrPH, MPH, Public Health Consultant*

*Charles F. von Gunten, MD, PhD, OhioHealth*

This paper describes the researchers' work with first-year palliative medicine physician fellows, which aimed to help the fellows gain personal and professional skills for positive, hopeful, and even peaceful perceptions of death and dying. Visual narratives and metaphors were used to promote empathetic, compassionate skills that complement and extend communication in clinical practices, and as a teaching resource to help learners identify and express ineffable feelings from ambiguous and chaotic experiences, skills that can be used throughout time for personal reflection and self-care.



# SEPTEMBER 29, 2017

## 9:45 AM CONCURRENT SESSIONS

### **Workshop: How to Identify the Stages of the Geriatric Life Cycle and Prognosticate Patient-Centered Outcomes Associated with Each Stage**

**Presenter:** *Daniel Hoefler MD, Sharp Healthcare*

Historically research has deliberately excluded persons over the age of 75, the terminal and pre-terminal, and those with multiple comorbidities. Yet these demographics are some of the fastest growing in our population. Developing the professional skill to address patient-centered outcomes, such as maintaining a person's cognitive or functional status or living independently, is increasingly important. This workshop will aid palliative educators and clinicians with tools and metrics for prognosticating and assisting patients in effective risk-bearing decision-making.

### **Workshop: Mindfulness: Integrating Mind, Soul, and Neuroscience in Education and Practice**

**Presenter:** *Jerome Front, MA, LMFT, Pepperdine University*

Serious illness, transition and loss can be an emotional roller coaster for families, as well as for palliative care professionals. Developing burn-out, emotional fatigue and shutting down may also occur. This workshop will review recent research on mindfulness, and summarize practical ways mindfulness can be taught to staff and integrated into therapy. Participants will learn how mindfulness can be used for therapist self-care, how it builds essential, relational / clinical qualities, and will incorporate learning methods for both teaching and practicing mindfulness.

## 10:45 AM BREAK WITH EXHIBITORS

## 11:00 AM PLENARY PANEL: 2016 SEED GRANT RESEARCH REPORTS

### **Culturally Tailored Goals of Care Conversations at End-of-Life**

*Ronit Elk, PhD, University of South Carolina*

In this research, a community advisory group was identified and invited to participate in this study; local pastors also were invited, all of whom aided in recruitment of study focus group participants. Focus group outcomes will be discussed, with attention to next steps in developing training for physicians on cultural preferences regarding end-of-life discussions among elderly, southern, African American patients.

### **The High Fidelity Simulation in Interprofessional Education to Improve Palliative Care Project**

*Joy R. Goebel RN, MN, PhD, FPCN*

*Steve R. Wilson, PhD, LCSW, California State University Long Beach*

There is strong evidence that healthcare delivered by well-functioning teams leads to improved outcomes for patients and families. However, the disciplines of social work and nursing frequently educate their students for professional teamwork in discipline-specific silos. This research employed the use of High Fidelity Simulators (HFS: computer driven mannequins) to simulate communication conflicts among seriously ill patients and families. Review of the work and student evaluations will be included.

### **Measuring Undergraduate Nursing Student Knowledge in Palliative Care Delivery**

*Raeann G. LeBlanc, DNP, GNP-BC, ANP-BC, University of Massachusetts Amherst*

*Olga Ehrlich, PhD, RN, CHPN, University of Massachusetts Amherst*

This study explored whether palliative care education woven into an existing undergraduate nursing course improved knowledge and satisfaction among students, if it would be feasible to include this educational enhancement in the curriculum, and to measure reliability of the Palliative Care Quiz for Nurses (PCQN). The analysis will discuss if palliative care education woven into an existing undergraduate course will effectively assist future nurses in achieving foundational palliative nursing knowledge and skills.

### **Making Autobiographical Music: Creatively Engaging College Students in Palliative Care**

*Lori Montross-Thomas, PhD, University of California San Diego*

Music enhances the quality of life for patients with dementia, leading to its frequent implementation in palliative care. This study focused on testing the feasibility of training college students to provide autobiographical music (music that is personally reminiscent and directly tied to positive or significant events in patients' lives). This presentation highlights the pilot results of how autobiographical music influenced levels of social engagement and self-reported pain for people with dementia. Lessons learned from the study will be shared so that others may gather ideas for how to incorporate similar projects in their college classrooms.

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**Moderator:** *Greg Norman, PhD, Senior Director of Clinical Research, West Health Institute*



# FRIDAY SEPTEMBER 29

12:00 PM LUNCHEON

## ANNOUNCEMENT OF 2017 SEED GRANT AWARDEES

*Moderator, Brenda Schmitthenner, MPA, Program Officer, Gary and Mary West Foundation*

1:30 PM CLOSING KEYNOTE

## Making Space for Palliative Care: A Conversation Among Friends on the Academic Preparation of Health Professionals

*Charles F. von Gunten, MD, PhD, OhioHealth*

*Helen McNeal, BBA, CSU Institute for Palliative Care*

The tipping point has been reached. Palliative Care is now the 'must have' clinical program in the U.S. and around the world. Now the challenge falls to academia to prepare the workforce that will provide palliative care once they join the workforce. Over the course of her career, Helen McNeal has been able to reproducibly introduce palliative care curriculum into existing programs of nurse, physician, social worker, chaplain, and therapist education programs where she was initially told, "Sorry, the curriculum is already full" or "Please do this, but there's no money to support it." In a conversational format, Helen McNeal, Founding Executive Director of the CSU Institute for Palliative Care will reflect on what she has learned so that others may do likewise. The insights she brings don't come from a textbook; they come from having lived the experience, including learning from the mistakes along the way. Listen in, as a way to capture those pearls that only come from someone who has 'been there, done that'.

2:30 PM CLOSING REMARKS

*Helen McNeal, BBA, Founding Executive Director, and Jennifer Moore Ballentine, MA, Incoming Executive Director, CSU Institute for Palliative Care*

3:00 PM ADJOURN

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The Doctors Company and California State University Institute for Palliative Care. The Doctors Company is accredited by ACCME to provide continuing medical education for physicians.

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