FRIDAY, OCTOBER 11

7:30 AM  Continental Breakfast
8:30 AM  Welcome
9:00 AM  Opening Keynote: Daniel Friedland, MD: Leading Well From Within
10:15 AM  Break with exhibitors
10:45 AM  Concurrent Sessions: Papers, Panels, Workshops
12:00 PM  Lunch with table topic discussions
1:30 PM  Concurrent Sessions: Papers, Panels, Workshops
2:45 PM  Break with exhibitors
3:00 PM  Plenary Panel: Innovations in Pedagogy
4:00 PM  Poster Session and Reception
6:00 PM  Adjourn

SATURDAY, OCTOBER 12

6:30 AM  Workshop: Meditation in Motion: Yoga
7:30 AM  Continental Breakfast
8:45 AM  Welcome
9:00 AM  Morning Keynote: Christine Ritchie, MD: A Journey of Leadership and Innovation
10:00 AM  Break with exhibitors
10:30 AM  Concurrent Sessions: Papers, Panels, Workshops
11:45 AM  Break
12:00 PM  Luncheon with 2018 Seed Grant Project Reports
1:45 PM  Meritorious Poster Award Announcements
2:00 PM  Break
2:15 PM  Concurrent Sessions: Papers, Panels, Workshops
3:30 PM  Break
3:45 PM  Closing Plenary Session: Setting Your Personal Mission and Agenda
4:45 PM  Closing Remarks
5:00 PM  Adjourn

PLEASE VISIT OUR EXHIBITORS

The Symposium is supported by organizations and companies who are interested in your attention and feedback. Please visit each exhibitor and thank them for supporting this event!
Welcome to our 2019 National Symposium for Academic Palliative Care Education and Research, Advancing Palliative Care: Leading Into the Future. We’re thrilled to have you here, and excited about all we can accomplish together to improve care for patients and families experiencing serious illness.

When the program committee for this year’s Symposium identified the theme, they wanted to be sure that the plenaries and workshops and poster sessions addressed everyone’s inner leader – even if your current position or responsibilities or role doesn’t put you out in front all the time.

Some people seem to be “natural born leaders” – like that annoying kid in third grade who was always in charge without trying and is now chair of the department, lead PI on every research project, or sitting in the C-Suite. The rest of us mere mortals have to work at it, pushing ourselves forward, overcoming anxieties, developing skills and techniques by trial and oh-so-painful error.

Leadership can mean setting a vision and inspiring others to carry it through. It can also mean asking good questions, doing good research, analyzing, synthesizing, and articulating, extracting the best work from others and making it even better. Leaders don’t always look like it. They are not always out in front commanding attention. Often, they are in the background, out in the bullpen, in the lab or classroom, on the committee, in the audience, or at the back of the staff meeting.

Leadership, it seems to me, is as much about motivating yourself to get out of bed every morning and do your very best as it is about inspiring others. It’s as much about crafting a personal vision of what you want for your life and world as it is about articulating a vision for a big organization. It’s as much about who you are as what you do and, most of all, why you do it. We are all leaders, in ways big and small, seen and unseen.

I hope one of the lessons of this conference is that leadership comes in many forms and is exercised in many ways. We’ve designed this Symposium to foster that inclusive and expansive sense of leadership. We’ll be asking you to do some work on your inner leader while you are here, and we’re excited to see how our program will inspire and encourage you to be the leader you are, in whatever form that takes!

Thank you to our supporters and sponsors, the Shiley Foundation, the Association for Professional Chaplains, the Coalition for Compassionate Care of California, the CODA Alliance, The CSU Shiley Institute for Palliative Care at CSU San Marcos, Life and Death Matters, the National Hospice and Palliative Care Organization, Perahealth, and Springer Publishers, and The Gary and Mary West Foundation for last year’s seed grant funding. We’re also very appreciative of all the members of our Symposium Planning Committee, a multidisciplinary group representing prestigious universities and organizations from across the country, whose efforts have resulted in the rich and diverse learning opportunities you’ll experience here.

I’d like to give a personal shout-out to Maria Brown, National Symposium Administrator, and her staff for their tireless efforts to plan and execute all the myriad details of the event; to our marketing staff, for their efforts to expand our reach and attendance; and to all members of our staff who have contributed their time and talents to a successful event!

Beyond that, we’re grateful to you—the educators, influencers, clinicians, and researchers whose shared passion and purpose is to manage suffering and improve quality of life for people living with serious illness. You are the leaders who will change healthcare, and your relentless pursuit of high quality, whole-person, patient-centered care is how we make it happen.

Thank you for joining us!

Jennifer

Jennifer Moore Ballentine, MA
Executive Director
California State University
Shiley Institute for Palliative Care
FRIDAY

7:30 AM  CONTINENTAL BREAKFAST  
BEL AIRE AND FAIRBANKS FOYER

8:30 AM  WELCOME  
BEL AIRE BALLROOM

Ellen J. Neufeldt, EdD, President, California State University San Marcos
Dr. Ellen Neufeldt became the fourth president of CSUSM on July 1 this year succeeding Dr. Karen Haynes who served for 16 years. Dr. Neufeldt will deliver the welcome address to kick off the Symposium.

Jennifer Moore Ballentine, MA, Executive Director, CSU Shiley Institute for Palliative Care
Ms. Ballentine, the executive director of the CSU Shiley Institute for Palliative Care, will convene this national conference to order by recapping the essence of palliative care and honoring the crucial role the members of the audience play in assuring palliative care is offered and available for all who seek its embrace.

9:00 AM  OPENING KEYNOTE  
BEL AIRE BALLROOM

Leading Well From Within
Daniel Friedland, MD, Chief Executive Officer, SuperSmart Health
A multinational coach of CEOs and professionals, Dr. “Danny” Friedland will launch the conference, describing his leadership journey and research he has conducted on transforming stress and burnout into compassionate, engaged, values-based work. He will share ways to navigate stress, clarify vision and purpose, and thrive to impact the world positively.

10:15 AM  BREAK WITH EXHIBITORS  
BEL AIRE AND FAIRBANKS FOYER

10:45 AM  CONCURRENT SESSIONS  
BEL AIRE AND FAIRBANKS FOYER

Fairbanks A
Workshop
Equipping Yourself With Strategies for Leading Well From Within
Daniel Friedland, MD, Chief Executive Officer, SuperSmart Health
Following his keynote address, Dr. Friedland will conduct a workshop that provides strategies for empowering the leader within each participant, including his four-step system to elevate one’s own leadership capacity.
Note: This session has seating limited to 60 by advanced ticketing.

Fairbanks B
Workshop
Practicing Self-Care: A Workshop in Mindful Drawing, Reading, and Writing
Martha Stoddard Holmes, MA, PhD, Professor of Literature and Writing Studies, California State University San Marcos
Juliet McMullin, PhD, Professor and Chair, Department of Anthropology, University of California Riverside
This participatory workshop introduces four tools for generating self-awareness and self-care in relation to experiences about death and dying. It begins with a guided mindful focusing and relaxation activity, followed by an introduction to graphic narrative and a drawing activity to communicate experiences in palliative care. After reading and discussing poems engaging death and dying, the workshop will close with a reflective writing activity and discussion.

Join the Conversation
#csuhpm19  

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OCTOBER 11, 2019
Bel Aire Ballroom
Paper Session 1

**Palliative Care in the Outpatient Setting and for Consumers**

*Increasing Routine Advance Care Planning Discussions With Medicare Patients in Primary Care*

Cheryl Wicker, DNP, Family Nurse Practitioner, Cone Health

Although there is a recognition of moving advance care planning discussions to primary care for future palliative care success, there are few studies showing such discussions are feasible in a busy primary care office. This paper’s author will describe a quality improvement intervention that was conducted at a targeted primary care office to assess whether incorporating routine advance care planning discussions could be accomplished without additional personnel.

**Charting the Unknown: Identifying Evaluation and Treatment Trends in Protocol-Driven Outpatient Palliative Care Consultations**

Richard Taylor, DNP, CRNP, ANP-BC, Assistant Professor, The University of Alabama at Birmingham School of Nursing

This paper presentation on protocol-driven outpatient palliative care consultation for advanced heart failure patients ‘leads into the future’ by exploring outpatient consultation assessment practices in advanced heart failure - a population with some of the greatest unmet palliative care needs. Describing palliative care services for advanced heart failure patients sheds light on future directions for palliative care and cardiology integration. Additionally, this presentation delves into the topic of palliative care timing with an upstreamed outpatient consult.

**YouTube Videos as a Source of Palliative Care Education: A Review**

Mandong Liu, MSSW, PhD Student, University of Southern California
Valeria Cardenas, MASM, University of Southern California
Yujun Zhu, MSG, University of Southern California
Susan Enguidanos, PhD, MPH, Associate Professor, University of Southern California

In this presentation, the authors will explore the availability and characteristics of palliative care education videos on YouTube and determine how palliative care is portrayed in these videos. Although YouTube has been widely used for health information dissemination, the authors found that online videos may not provide accurate and appropriate information on palliative care. This study is significant in providing insights into utilizing online video platforms for effective palliative care education and information dissemination.

**Fairbanks C Panel**

*How Can Our Understanding of the Caregiver Experience Help Us Reduce Risk for Prolonged Grief?*

Julia Kasl-Godley, PhD, Instructor, The Wright Institute
Ranak Trivedi, PhD, Assistant Professor Dept. of Psychiatry and Behavioral Sciences, Core Investigator, Center for Innovation to Implementation Stanford University, VA Palo Alto Health Care System

Family caregivers of individuals living with advanced illness are at risk for complications in bereavement. Palliative care providers are in a privileged position to respond to the needs of both patients and caregivers. This paper highlights experiences that affect bereavement using results from mixed methods studies of patients and caregivers managing advanced disease. It then reviews the literature on risk/protective factors for complications in bereavement, considerations in risk assessment, strategies for reducing risk, and interventions for prolonged grief.

**Fairbanks D Workshop**

*Heart to Heart Café*

Carma Erickson-Hurt, DNP, ACHPN, Grand Canyon University
Sandy Chen Stokes, MSN, Founder, Chinese American Coalition for Compassionate Care

The Heart to Heart Café provides an innovative and interactive way for healthcare providers and laypersons to begin advance care planning discussions. Leading-into-the-future palliative care clinicians will need to utilize new ways of communicating with families, and this interactive game presents a unique approach to beginning difficult discussions.
Teaching Palliative Care in Programs and to Professionals

Assessing Training Outcomes of a Multi-modal Self-Care Curriculum of Palliative Medicine Fellowship Program

Chao-Hui Sylvia Huang, PhD, MA, MEd, Assistant Professor, The University of Alabama at Birmingham
Heather Herrington, MD, Associate Professor, The University of Alabama at Birmingham
Kathryn Knowlton, PhD, Counselor, The University of Alabama at Birmingham
Rodney Tucker, MD, MMM, FAAHPM, Professor, The University of Alabama at Birmingham
Michael Barnett, MD, MS, FACP, FAAP, FAAHPM, Associate Professor of Medicine & Pediatrics, The University of Alabama at Birmingham

In this paper presentation, the authors will discuss their study which aimed to advance the interdisciplinary pedagogy of a self-care curriculum developed to improve palliative medicine fellows’ self-care awareness, self-compassion, self-care practices, and burnout symptoms. Findings will be discussed, revealing that a multi-modal, interdisciplinary self-care curriculum received high satisfaction among two cohorts of palliative medicine fellows. This presentation will show that reduction of burnout symptoms was consistently observed in the domains of emotional exhaustion, depersonalization, and personal achievements.

Teaching Palliative Care in a Conceptual-Based Nursing Program

Therese Doan, PhD, CNS, RN, Associate Professor of Nursing, San Francisco State University
Grace Yoo, PhD, Professor, San Francisco State University

The first time nursing students are exposed to end-of-life care occurs in clinical situations where students are often unprepared to help patients and families. This study explored the impact of completing the life review interview, an advance directive, or the Five Wishes form on nursing students as individuals and as future nurses.

Palliative Care is the Responsibility of Every Nurse: Generating Training Materials for Latin American Nurses

Katherine Murray, RN, BSN, MA, CHPCN(C), FT, Life and Death Matters

In Mexico in 2009, palliative care was identified as a human right. In 2018, palliative care competencies were identified for Mexican healthcare professionals. To help nurses meet these competencies, the text, Essentials in Hospice and Palliative Care: A Practical Resource for Every Nurse and associated curriculum resources were adapted and translated into Spanish by a team of palliative care experts in Mexico. The rationale, process, and next steps for the curriculum will be discussed in this paper presentation. Ways to lead palliative care into the future and use resources with Latino communities will be covered.

At Coda, we are all about choosing your own way – in life and at the end-of-life.

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Working together we help you overcome this tough, but most necessary conversation – making it simple for you to make sure that your families, professionals and caretakers honor your wishes and help you embrace the life you want.
1:30 PM CONCURRENT SESSIONS

Fairbanks B
Panel
Lessons Learned in Developing Payer-Provider Partnerships in Home-Based Palliative Care
Ben Scribner, MS, RN, Palliative Care Program Manager, Blue Shield of California
Susan Enguidanos, PhD, MPH, Associate Professor, University of Southern California
Alexis Coulorides Kogan, PhD, Department of Family Medicine and Geriatrics, Keck School of Medicine, University of Southern California

This session will present the process of identifying and implementing a home-based palliative care (HBPC) model, engaging key stakeholders, and lessons learned from this process. The authors will discuss how to assess readiness for palliative care programs among accountable care organization (ACO) leadership and among community-based hospice organizations.

Fairbanks C
Workshop
Interdisciplinary Clinical Mentorship of Spiritual Care Trainees
Allison Kestenbaum, MA, MPA, BCC, ACPE, Chaplain and Supervisor of Clinical Pastoral Education Program, Howell Palliative Care Service, University of California San Diego Health
Gary Buckholz, MD, FAAHPM University of California San Diego Health
Arlene Cramer, FNP, AHPCN, University of California San Diego Health
Kira Skavinski, DO, University of California San Diego Health
Karolina Soriano, LCSW, University of California San Diego Health

Interdisciplinary clinical mentorship is an important aspect of training for any palliative care discipline; however, many clinicians are not taught how to effectively coach palliative care trainees, especially spiritual care provider trainees. This workshop will provide case material and a roadmap for palliative care teams to establish interdisciplinary collaboration in training spiritual caregivers, including curriculum development, recruitment, and clinical mentor training.

Bel Aire Ballroom
Workshop
When Patients and Families Are in Denial
Teri Collet, ACSW, LCSW, ACHP-SW, Instructor, Fresno State University

For healthcare professionals, patient and family member denial of the seriousness of an illness is concerning, and often, the focus is on finding a way to help the patient and family work through denial to find acceptance. This workshop will explore the reasons for denial, in addition to other, often unasked questions including if denial serves an important purpose, when denial is considered a problem, and how professionals can help those in denial. Case studies will be used to guide interactive dialogue.
Innovations in Pedagogy: Highlighting Innovations, Overcoming Barriers

Symposium participants will gather in this plenary panel to hear about the panelists’ unique approaches to pedagogical and contextual challenges in palliative care. The panel will provide an interactive opportunity, answering audience questions; thus, the audience will engage in stimulating discussion about barriers present within institutions and how they can be navigated and successfully mitigated.

**Developing a Palliative Care Instructional Toolkit**

Alyssa Erikson, PhD, RN, Associate Professor, Department of Nursing, California State University, Monterey Bay

This panel session will describe the process and framework for developing a multidisciplinary palliative care toolkit with a focus on health disparities at the end of life, funded by a state-based foundation. The toolkit’s target audience is faculty teaching across a variety of disciplines at undergraduate and graduate levels. The presentation will share preliminary evaluation data from the current pilot program.

**Using Clinical Mentorships for Spiritual Care Trainees**

Allison Kestenbaum, MA, MPA, BCC, ACPE, Chaplain and Supervisor of Clinical Pastoral Education Program, University of California San Diego Health—Howell Palliative Care Service

This presentation will focus on interdisciplinary clinical mentorship as an effective process for training spiritual care providers, along with steps in curriculum development, recruitment, and clinical mentor training.

**Cultivating Collaborative Clinicians: Preparing for Interprofessional Education in Palliative Care**

Tara Schapmire, PhD, MSSW, OSW-C, FNAP, FAOSW, Associate Professor of Medicine & Affiliated Associate Professor of Social Work, Interdisciplinary Program for Palliative Care & Chronic Illness, University of Louisville School of Medicine

In this presentation, the author will discuss efforts to develop a critical mass of competent, equipped palliative educators skilled in the development and implementation of interprofessional education for palliative care. Opportunities to develop the skills, knowledge, and resources to overcome barriers to IPE, and teach palliative care and teamwork to students of multiple disciplines will be shared.

**Moderator:**

Pamela Kohlbry, RN, PhD, CNL, Professor, School of Nursing, California State University San Marcos, and Director of University Relations and Research, the CSU Shiley Institute for Palliative Care

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**CME Statement**

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 CSU Shiley Institute for Palliative Care. The Doctors Company is accredited by the ACCME to provide continuing medical education for physicians.

The Doctors Company designates this live activity for a maximum of 12.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Disclosure:** The Doctors Company would like to disclose that no one in a position to control or influence the content of this activity has reported relevant financial relationships with commercial interests.
Addressing the Imperative for Person-Centered Primary Palliative Care: Applying Design Thinking To Palliative Care Curriculum Development
Chris Onderdonk, MSW, LCSW, Palliative Care Social Worker, Doris A. Howell, MD, Palliative Care Consultation Service at UC San Diego Health

Advancing Emergency Preparedness Planning for Palliative Care: Preparing for the Future
Georgia Halkia, MPH, PhD Candidate, Lecturer and Researcher, University of California, Irvine

Automation of Palliative Care Screening: Info to Know
Caroline Etland, PhD, MSN, Associate Faculty, University of San Diego; Sharon Boothe-Kepple, PhD, MSN, FNP, Clinical Associate Professor, University of San Diego

Can We Do Better Than Our Parents’ Generation? Planning to Reduce Our Children’s Caregiving Burden
Noriko Toyokawa, PhD, Assistant Professor, Human Development, California State University San Marcos; Noami Morelia, BA, California State University San Marcos; Adriana Aragon, BA, California State University San Marcos; Jerri Burns, BA, California State University San Marcos

Distress at End of Life: A Concept Analysis
Kathryn Robinson, MSN, RN, CHPN, University of San Diego

Early Palliative Care Collaboration Barriers in Pediatric Oncology: An Integrative Review
Samia Alharrasi, BSN, RN, MSN, PhD Student, Wayne State University

Efficacy of Osteopathic Manipulative Treatment in Hospice Care
Steven Reichert, MD, St. Barnabas Hospital

From Empathy to Resilience: Hope Made Visible™
Alessandra Colfi, PhD, Expressive Arts Therapist, Certified Yoga for Cancer Recovery Teacher, UC San Diego Health System, San Diego Cancer Research Institute

Improving Access to Care for Adults with Serious Illness and/ or Disability to Remain at Home
Nancy Dudley, PhD, RN, Associate Professor, San Jose State University; Joanne Spetz, PhD, Professor, Institute for Health Policy Studies, University of California San Francisco

Improving Healthcare Student Knowledge of Palliative Care Through Interprofessional Education Workshops
Kristina Fortes, DNP, FNP-BC, RN, Assistant Professor of Nursing, Diana Tisnado, PhD, Associate Professor, Jason Bennet, DA, ATC, Associate Professor, Phil Weir-Mayta, PhD, CCC-SLP, Assistant Professor, Ying-Chiao Tsao, PhD, CCC-SLP, Associate Professor, California State University, Fullerton

Innovations in Interdisciplinary Education on Grief: An Interview Project
Anissa Rogers, PhD, MA, MSW, LCSW, California State University, San Bernadino; Barbara Braband, EdD, MSN, MA, BAN, RN, CNE, University of Portland; Rebecca Gaudino, PhD, MA, MDiv, University of Portland

Interprofessional Palliative Care: Protecting Rights of Patients with Communication Difficulties
Darla Hagge, PhD, CCC-SLP, Associate Professor, California State University, Sacramento; Brittany Hagge-Langevin, BSN, RN, CHPN, SCRN, Palliative Care Nurse Navigator, St. Jude Medical Center
POSTER SESSION & RECEPTION      FAIRBANKS C & D, BELAIRE & FAIRBANKS FOYER

4:00 PM  In The Round: Conversations on Palliative Care in Community Settings
Lisa Rauch, DNP, PHNA-C, RN, Assistant Professor, San Jose State University; Daryl Canham, EdD, RN, BC-PHN/CHN, San Jose State University; Toby Adelman, RN, PhD, Associate Professor, Valley Foundation School of Nursing, San Jose State University; Julie Omsberg, BSN, RN, MSN, APRN, California State University San Marcos

iRISE: Initiative for Resiliency, Introspection, Self-Care, and Empathy
Kevin Hsu, MD, Vanessa Chan, DO, Emily Graham, MA, MSW, Tracy Lynch, LCSW, Charlene Raman, BA, Stacey DaSilva, MD, Kuo-Wei Lee, MD, FAAFP, Jeegar Rana, DO, MHA, Jeffrey de Castro Mariano, MD, AGSF, Valerie Zamudio, MD, Andre Cipta, MD, Kaiser Permanente Los Angeles Medical Center; Susan E. Wang, MD, Chief, West Los Angeles Kaiser Permanente Department of Geriatrics & Palliative Medicine

Nathan Gerard, PhD, Assistant Professor, California State University Long Beach; Vy Dang, Undergraduate Student, California State University Long Beach

Online Social Support Groups for Informal Caregivers of Hospice Patients with Cancer
Jacquelyn Benson, PhD, Assistant Professor, University of Missouri; Debra Parker Oliver, PhD, Professor, University of Missouri; Karla Washington, PhD, Assistant Professor, University of Missouri; Abigail Rolbiecki, PhD, Assistant Professor, University of Missouri; George Demiris, PhD, Professor, University of Pennsylvania; Cynthia Lombardo, BA, University of Missouri; Julia Garza, BS, University of Missouri

Palliative Care in Our Community - Can We Collaborate?
Krista Altaker, PhD, MSN, RN, Assistant Professor of Nursing, Sonoma State University

Singing Goodbye: The Use of Music Therapy Interventions at End of Life for Pediatric Hospice Patients and Their Families
Lindsay Zehren, Mt-BC, The Elizabeth Hospice; Michelle Goldbach, DNP, MHA, RN, CHPN, The Elizabeth Hospice

The Use of a High-Fidelity Human Patient Simulator in Palliative Care
Jose R. Guitian, PhD, EdD-c, RN, Nurse Scientist, Nursing & Health Sciences Research, Baptist Health South Florida

Transition to Hospice Care: Experience of Caregivers of Home Hospice Patients in the Rural Community in the U.S.
Eunjeong Ko, PhD, Associate Professor, San Diego State University

Training Preferences of Veterans Affairs Interdisciplinary Palliative Care Consult Teams
Beverly Williams, PhD, Associate Professor of Medicine, The University of Alabama at Birmingham and Department of Veterans Affairs; Amos Bailey, MD, Director, Master of Science in Palliative Care, University of Colorado Anschutz Medical Campus; Patricia Goode, MD, Professor of Medicine, The University of Alabama at Birmingham and Department of Veterans Affairs; Elizabeth Kvale, MD, MSPH, Associate Professor of Medicine, Dell Medical School, University of Texas at Austin; Marie Bakitas, DNSc, NP-C, FAAN, Marie O’Koren Endowed Chair, School of Nursing/Department of Medicine, The University of Alabama at Birmingham; Kathryn Burgio, PhD, Professor of Medicine, The University of Alabama at Birmingham and Department of Veterans Affairs

6:00 PM  ADJOURN
SATURDAY, OCTOBER 12

6:30 AM  WORKSHOP  FAIRBANKS C & D

*Meditation in Motion: Yoga*

*Alessandra Colfi, UC San Diego Health, San Diego Cancer Research Institute, North County Cancer Fitness, The HeartWay*

Meditation in Motion will offer a direct experience of yoga, which comprises a set of tools/modalities with research- and evidence-based applications and benefits in palliative care. This workshop will provide a restorative, soothing, focused yoga session as a guided meditation in motion set to music that will relax the body and sharpen the mind. This will be an easy, relaxing process with guided self-awareness, blending asanas with several options for level of difficulty and deeper stretches, ending with a guided meditation. Bring your mat, or towels provided by hotel will be available.

7:30 AM  CONTINENTAL BREAKFAST  BEL AIRE AND FAIRBANKS FOYER

8:45 AM  WELCOME  BEL AIRE BALLROOM

*Pamela Kohlbry, RN, PhD, CNL, Director of University Relations and Research, CSU Shiley Institute for Palliative Care*

9:00 AM  KEYNOTE  BEL AIRE BALLROOM

*A Journey of Leadership and Innovation*

*Christine Ritchie, MD, MSPH, FACP, FAAHPM, Minaker Chair in Geriatrics and Director of Research for the Division of Palliative Care and Geriatric Medicine at Massachusetts General Hospital (MGH), and formerly the Harris Fishbon Distinguished Professor in Clinical Translational Research and Aging in the Division of Geriatrics, Department of Medicine at the University of California San Francisco*

Dr. Ritchie’s groundbreaking work has touched nearly every aspect of serious illness and end-of-life care in diverse settings and clinical applications across the country. In her keynote address, she will share the challenges and obstacles she has faced in her work and how she has overcome them to advance the field and achieve personal balance, meaning, and success.

10:00 AM  BREAK WITH EXHIBITORS  BEL AIRE AND FAIRBANKS FOYER

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**Fairbanks A**

**Workshop**

*Cultivating Collaborative Clinicians: Preparing for Interprofessional Education in Palliative Care*

Tara Schapmire, PhD, MSSW, OSW-C, FNAP, FAOSW, Associate Professor of Medicine & Affiliated Associate Professor of Social Work, Interdisciplinary Program for Palliative Care & Chronic Illness, University of Louisville School of Medicine

IPE in palliative care is essential to prepare students to practice in today’s healthcare environment where they will work in teams and collaborate with other disciplines in order to provide holistic, patient-centered care. Faculty preparation and planning is key to the success of IPE curricula and activities. Inadequate preparation can contribute to failed initiatives and can stymie further efforts. This workshop will provide methods and tools for building interprofessional faculty teams and planning interprofessional education (IPE) offerings in palliative care.

**Fairbanks B**

**Panel**

*Young Caregivers of Family Members: Diverse Needs and Community Supports*

Sharon Hamill, PhD, Professor of Psychology, California State University San Marcos
Melinda Kavanaugh, PhD, LCSW, Associate Professor of Social Work, Helen Bader School of Social Welfare, University of Wisconsin, Milwaukee
Vivian Stamatopoulos, MA, PhD, Assistant Teaching Professor, Faculty of Social Science and Humanities, University of Ontario, Institute of Technology (UOIT)
Elizabeth Olson, PhD, Professor of Geography & Global Studies, University of North Carolina - Chapel Hill
Amy Dexter, PhD, Lecturer, California State University San Marcos

Millions of youth under age 18 provide care to siblings, parents, or grandparents because of mental/physical health or substance abuse issues. However, most of these young people are hidden from view, silently working to provide the care their loved ones need with little or no education, training, or support. This panel will discuss young caregivers and their experiences, the individuals for whom they care, cultural differences in caregiving, and how communities can respond with support.

**Fairbanks C**

**Workshop**

*Interfaith Conversations with the Dying and the Bereaved: An Experiential Workshop*

Rev. Dr. Terri Daniel, CT, CCTP, Clinical Chaplain, End-of-Life Educator, San Francisco Theological Seminary

Compassionate palliative care professionals may at times be invited into conversations with patients or family members that address religious views on death and the afterlife. This workshop will look at how professionals can use compassionate listening and support when beliefs may be different from their own. Additionally, this workshop aims to show how to honor another person’s reality fully and lovingly, without imposing views and biases. Meeting people “where they are” in terms of belief systems is a delicate art that requires patience, wisdom, and skill. Techniques for these discussions will be practiced in this workshop.

**Fairbanks D**

**Workshop**

*Preparing the Adult Community-Based Palliative Care Provider to Care for the Pediatric Patient: The PANDA Prep Curriculum*

Deborah Fisher, PhD, RN, PPCNP-BC, CHPPN, Pediatric Nurse Practitioner, Children’s National Medical Center, Washington, DC

This workshop will examine the feasibility and effectiveness of the innovative, blended model, PANDA Prep Curriculum, in increasing knowledge, confidence, and competence of the adult hospice provider in caring for the pediatric patient. This curriculum takes the well-established and validated ELNEC-PPC curriculum a step further by creating a self-paced, online version that is a blend of primary and specialty pediatric palliative care, emphasizing the differences and strengthening the similarities between adult and pediatric patients and palliative care.
2018 Seed Grant Awardees’ Project Reports: Innovations in Palliative Care for Older Adults

Palliative Care Knowledge and Needs Among Caregivers of Cognitively Impaired Older Adults

Hyunjin Noh, PhD, MSW, Associate Professor, The University of Alabama School of Social Work
Lewis Lee, MSW, PhD, Assistant Professor, The University of Alabama School of Social Work
Cho-Rong Won, MSW, The University of Alabama School of Social Work

This pilot project aimed to assess the current knowledge of and needs for palliative care among family caregivers of seriously or chronically ill older adults with cognitive impairment and to examine the effectiveness of an educational intervention in improving palliative care knowledge among the caregivers.

Developing a Humanities-Based Death and Dying Course to Address Death Anxiety in Medical Students

Kristyn Pellecchia, RN, MSN, PMHNP-BC, Assistant Clinical Professor, School of Medicine, University of California Riverside
Juliet McMullin, PhD, Professor and Chair, Department of Anthropology, University of California Riverside

Physician death anxiety is a major barrier to building compassionate, empathic relationships with patients and families, often leading to mental health issues, burnout, and poor patient care. Researchers developed a humanities-focused curriculum on death and dying for medical students.

Narrative Medicine and Advance Care Planning

Cara L. Wallace, PhD, LMSW, APHSW-C, Assistant Professor, School of Social Work, Saint Louis University
Leslie Hinyard, PhD, MSW, Associate Professor, School of Medicine, Saint Louis University
Jennifer Ohs, PhD, Associate Professor, Communication, Saint Louis University

This study discusses the preparation of a narrative medicine workshop for clinicians to assist in conducting advance care planning discussions with patients.

Investigating Communicative Access in Advance Care Planning for Persons with Aphasia

Nidhi Mahendra, PhD, CCC-SLP, Associate Professor and Director, Spartan Aphasia Research Clinic (SPARC), Interim Chair, Department of Communicative Disorders and Sciences, Associate Director, SJSU Center for Healthy Aging in Multicultural Populations (CHAMP), San José State University

The purpose of this study was to investigate advance care planning (ACP) in persons with aphasia (PwA), an acquired language disorder most commonly caused by stroke. Materials and processes were designed to facilitate ACP and offer clinicians some guidance on ACP for patients with aphasia.

Palliative Care Referral in the ICU: A Mixed Methods Study

Kim Martz, PhD, RN, Associate Professor Emeritus, Boise State University School of Nursing
Tylar Swanson, Research Assistant, Boise State University

The purpose of this study was to describe patients’ treating physician perceptions of the Serious Illness Conversation Guide and to compare outcomes associated with palliative care referral among patients who screen “positive” via a nurse-driven palliative care ICU protocol.
SATURDAY

BEL AIRE AND FAIRBANKS FOYER

2:00 PM  BREAK

2:15 PM  CONCURRENT SESSIONS

Fairbanks A
Workshop

When One Has to Go Through It...and Faith Seems to Be a Source of Distress

Judy Knudson, PA, Assistant Professor, Medicine-Internal Medicine, University of Colorado School of Medicine
Julie Swaney, MDiv, Director of Spiritual Care Services, University of Colorado Hospital

Palliative care team members often meet individuals whose existential suffering includes spiritual distress. This session will address themes of spiritual distress that arise among patients and families who are facing serious illness. Case discussions will be used to identify approaches by palliative care team members to address spiritual distress and to enhance spiritual well-being. Included will be discussion on technique, rationale, and approaches for the palliative care team member that may be beneficial to addressing spiritual distress with the goal of moving the patient or family member closer to healing, peace, and well-being.

Fairbanks B
Panel

The Rapid Improvement Event: An Interdisciplinary Framework to Improve Hospice Utilization in an Academic Veterans Affairs Institution

Rebecca Yamarik, MD, MPH, FAAHPM, HMDC, Staff Physician, Tibor Rubin Veterans Affairs Health System
Samuel Baz, MD, FACP, Tibor Rubin Veterans Affairs Health System
Jennifer Ballard-Hernandez, DNP, AACC, FAHA, FAANP, Nurse Practitioner, Tibor Rubin Veterans Affairs Health System

This Academic Veterans Affairs institution has a low hospice length of stay and a high inpatient mortality rate. The authors undertook a Rapid Improvement Event (RIE) to improve hospice utilization, goals of care communication, and primary palliative care skills of staff on an inpatient medicine service. Participants in this panel discussion will learn how to utilize A3 thinking and Lean Tools to improve palliative care at their institutions using an interdisciplinary team.

NHPCO Palliative Care Playbook

Find comprehensive information on: needs assessment, business cases, legal and regulatory considerations, quality and data, staffing, budgets, documentation, reimbursement and more.

Additional chapters coming soon

NHPCO Palliative Care Playbook for Hospices

www.nhpco.org/playbook

csupalliativecare.org/symposium
OCTOBER 12, 2019

2:15 PM CONCURRENT SESSIONS

Fairbanks C Workshop

PhotoPainting: Enhancing Resilience Through Discovering, Transforming, and Integrating Patients’ Narratives

Alessandra Colfi, UC San Diego Health, San Diego Cancer Research Institute, North County Cancer Fitness, The HeartWay

PhotoPainting is an Expressive Arts Therapy workshop designed to assess, support, and strengthen resilience and improve quality of life in oncology patients and caregivers. It facilitates their ability to express their stories as well as cope with present and future challenges of diagnosis, treatments, surgery, and comorbidity, which affect their physical and psychosocial health. This PhotoPainting workshop invites participants to shape their future leadership as they experience their narratives by selecting magazine images to tell their stories as non-linear and trans-chronological, and transform those personal stories as new, symbolic, insightful, more connected reflections by adding paint, texture, and collage.

Fairbanks D Workshop

Leading Change, aka Wrangling the Whirlwind

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

Implementing any new initiative requires the ability to inspire and manage change. However carefully the project is planned, if the change is not planned and well managed, the project will likely fail. Managing change requires an understanding of what change is, where and how it occurs, and who and what is affected. It requires knowing where you are now, where you want to get to, how to get there, and how you will know when you’ve arrived. It requires vision, communication, leadership, and measurement. This highly interactive workshop will equip attendees to lead change effectively in any setting.

3:30 PM BREAK

BEL AIRE AND FAIRBANKS FOYER

BEL AIRE BALLROOM

3:45 PM CLOSING PLENARY SESSION

Setting Your Personal Mission and Agenda

Nidhi Mahendra, PhD, CCC-SLP, Associate Professor and Director, Spartan Aphasia Research Clinic (SPARC), Interim Chair, Department of Communicative Disorders and Sciences, Associate Director, SJSU Center for Healthy Aging in Multicultural Populations (CHAMP), San José State University

Tara Schapmire, PhD, MSSW, OSW-C, FNAP, FAOSW, Associate Professor of Medicine & Affiliated Associate Professor of Social Work, Interdisciplinary Program for Palliative Care & Chronic Illness, University of Louisville School of Medicine

Adam Shapiro, PhD, Professor of Sociology, California State University San Marcos

Two days, 23 sessions, in a one-of-a-kind interprofessional palliative care symposium… now what? Come dream big with the members of the symposium program committee as they facilitate this final plenary session to inspire you to craft your personal mission, vision, and goals for leading palliative care change in your setting. Remember to bring your journey notes sheet to reflect on what you’ve learned and want to implement.

4:45 PM CLOSING REMARKS

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

Calling the conference to a close, Ms. Ballentine will reflect on its highlights and invite the participants to next year’s conference.

5:00 PM ADJOURN
Interested in helping shape the 2020 National Symposium’s program? We are seeking academic palliative care professionals to join our 2020 Program Committee. Please contact Pamela Kohlbry, PhD, Director of University Relations and Research at the CSU Shiley Institute for Palliative Care for more information.

Reply to pkohlbry@csusm.edu

HELP PLAN NEXT YEAR’S PROGRAM

The CSU Shiley Institute for Palliative Care National Symposium awards 14.25 CE hours, provided by California State University San Marcos Extended Learning. This provider is approved by the California Board of Registered Nursing, Provider #CEP 11422 and by the Board of Behavioral Sciences, Provider # PCE-3405. California State University San Marcos is accredited by the Western Association of Schools and Colleges (WASC).