

Palliative Care
Summer Institute

HEAL without CURE

Helping Providers
Heal Without Cure



July 8-10, 2015
PROGRAM SCHEDULE

Event sponsored by the Palliative Care Institute: Transforming Human Responses to Living and Dying

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Welcome

Wednesday, July 8: Courageous Conversations for Enhanced Palliative Care

7:30 Registration

8:00 Opening and Welcome to the Institute – *Dr. Casey Shillam, PhD, RN-BC*

8:15 **Communication in Serious Illness: Courageous Conversations to Elicit Goals of Care**

Keynote Speaker



TONY BACK – MD

Anthony Back M.D., is professor at the University of Washington and Fred Hutchinson Cancer Research Center and codirects the UW Center for Excellence in Palliative Care with Randy Curtis. He studies patient-clinician communication and interventions to make clinicians more effective. He was the principal investigator for the Oncotalk interventions, wrote *Mastering Communication with Seriously Ill Patients* with Bob Arnold and James Tulsky, released the first iPhone app for clinician communication skills and is a 2013-2014 Contemplative Studies Fellow of the Mind and Life Institute.

9:15 **Communication Demonstration** – *Bree Johnston, MD, MPH, FACP*
Meg Jacobson, MD

9:30 Break

9:45 Small Group Practice

12:00 Lunch and Discussion – Topic: Creating a Palliative Culture

1:00 **Skills for Understanding the Patient's Perspective**

Keynote Speaker



MEGAN COLE – MA

Megan Cole has had a long acting career on the professional stage, and has also made frequent TV guest-star appearances on *Seinfeld*, *ER*, various *Star Treks*, *The Practice*, *Judging Amy*, *Las Vegas*, and many others.

She originated the leading role in Margaret Edson's Pulitzer Prize-winning drama *WIT* in 1995, for which she received the L.A. Drama Critics' Circle Award for Outstanding Performance. She now tours with "The Wisdom of WIT," her solo version of the play.

As Artist-in-Residence at the University of Texas Health Science Center in Houston, Ms. Cole developed workshops on Empathic Physician/Patient Communication, as well as on Literature and the Art of Medicine. She now takes these workshops and other related performances to healthcare and end of life care venues across the country. (www.megancole.net)

1:45 Break

2:00 Breakout Group Session A

- **Realities of Advanced Medical Interventions, Part 1** – *Koala (Maureen) Connelly, RN, CCRN (C114)*
Strategies for sharing risks and benefits of advanced medical interventions and the implications for patients' abilities to make informed decisions.
- **Understanding Death with Dignity Legislation: A Necessity for the Palliative Care Provider, Part 1** – *Frances DeRook, MD, FACC (Settlemyer Hall)*
Evidence and experience to date of Death with Dignity in Washington and Oregon.
- **Meeting People Where They Are: Taking Spiritual Assessment** – *Tessie Mandeville, Reverend & Bobbi Virta, Reverend (C119)*
Key aspects, benefits and strategies for conducting a spiritual assessment.
- **POLST Skills Development** – *Sharmon Figenshaw, ARNP, RN (C120)*
Purpose and use of POLST forms as compared with advanced directives and assisting patients and families with completion.
- **Tools for How to Hold Family Meetings** – *Bree Johnston, MD, MPH, FACP (C115)*
Evidence and structured framework to support family meetings as a high value medical intervention.

3:00 Breakout Group Session B

- **Realities of Advanced Medical Interventions, Part 2** – *Koala (Maureen) Connelly, RN, CCRN (C114)*
Strategies for sharing risks and benefits of advanced medical interventions and the implications for patients' abilities to make informed decisions.
- **Understanding Death with Dignity Legislation: A Necessity for the Palliative Care Provider, Part 2** – *Frances DeRook, MD, FACC (Settlemyer Hall)*
Evidence and experience to date of Death with Dignity in Washington and Oregon.
- **Meeting People Where They Are: Taking Spiritual Assessment** – *Tessie Mandeville, Reverend & Bobbi Virta, Reverend (C119)*
Key aspects, benefits and strategies for conducting a spiritual assessment.
- **POLST Skills Development** – *Sharmon Figenshaw, ARNP, RN (C120)*
Purpose and use of POLST forms as compared with advanced directives and assisting patients and families with completion.
- **Tools for How to Hold Family Meetings** – *Bree Johnston, MD, MPH, FACP (C115)*
Evidence and structured framework to support family meetings as a high value medical intervention.

4:15 Closing – *Casey Shillam, PhD, RN-BC*

4:30 Social Hour (Bellingham Technical College: Café Culinaire)



Thursday, July 9: Acquiring Additional Core Competencies in Palliative Care

- 7:30 Registration
- 8:00 Welcome – *Casey Shillam, PhD, RN-BC*
- 8:15 **Pharmaceutical and Advanced Approaches to Pain Management**
– *Meg Jacobsen, MD and Shaun Sullivan, MD*
- 9:00 **Nausea/Vomiting/Anorexia** – *Bree Johnston, MD, MPH, FACP*
- 9:45 Break
- 10:00 **Mindfulness in the Management of Pain** – *Nancy Welch, MS, PC*
- 10:45 **Cannabis and Psychedelics** – *Leanna Standish, PhD, ND, LAC, FABNO*
- 11:30 Lunch
- 12:30 **Community-based Palliative Care:
Trends, Challenges, Examples and Collaboration with Payers**

Keynote Speaker



ERIC WALL – MD, MPH

Dr. Eric Wall is the Pacific Northwest Medical Director for United Healthcare overseeing quality and affordability initiatives in Alaska, Washington, Oregon, Idaho and Montana. Dr. Wall is a board-certified family physician with 35 years of practice experience. He was formerly the Senior Medical Director for Qualis Health and before that, the Vice-President for Medical Affairs at Lifewise Health Plan of Oregon.

Dr. Wall graduated from the Catholic University of Louvain (Belgium) and completed his family medicine residency at the University of Miami-Jackson Memorial Hospital. He then pursued a Masters of Public Health at the University of Washington after which he became the Director of Research in a community-based family medicine residency in California. Dr. Wall was the first Director of Research at the Department of Family Medicine at the Oregon Health and Sciences University holding appointments in Public Health and Nursing. He has published on wide ranging subjects ranging from Women's Health to Clinical Practice Guidelines.

Relevant to his presentation, Dr. Wall served as a medical director for a freestanding hospice facility in Portland, Oregon and published his experience in the Journal of the American Board of Family Medicine.

Dr. Wall lives and works in Seattle, Washington.



1:30 CAM Modalities Panel - facilitated by Marie Eaton, PhD

- **Acupuncture** – Robyn Curtis, LAC
- **Biofeedback** – John Jordy, LMHC
- **Massage** – Ashley Benem, LMP
- **Naturopath** – Mystique Grobe, ND, LAC

2:45 Breakout session A - Further Exploration with CAM Providers

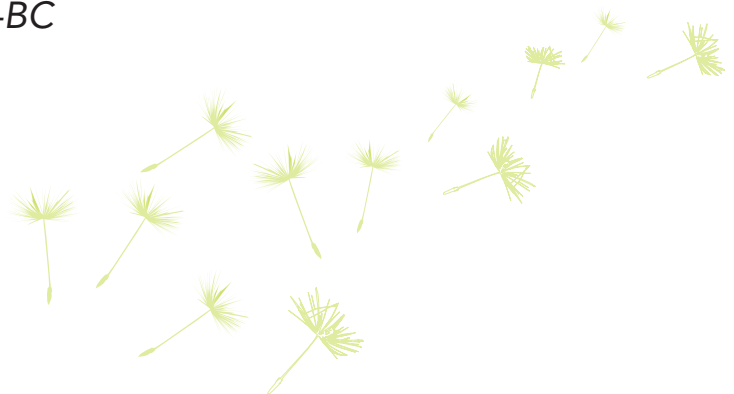
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- **Naturopath** – Mystique Grobe, ND, LAC (C115)
- **Cannabis and Psychedelics** – Leanna Standish, PhD, ND, LAC, FABNO (C114)
- **Mindfulness in the Management of Pain** – Nancy Welch, MS, PC (C120)

3:30 Breakout session B - Further Exploration with CAM Providers

- **Acupuncture** – Robyn Curtis, LAC (Settlemyer Hall)
- **Biofeedback** – John Jordy, LMHC (C119)
- **Massage** – Ashley Benem, LMP (Settlemyer Hall)
- **Naturopath** – Mystique Grobe, ND, LAC (C115)
- **Cannabis and Psychedelics** – Leanna Standish, PhD, ND, LAC, FABNO (C114)
- **Mindfulness in the Management of Pain** – Nancy Welch, MS, PC (C120)

4:15 Building Useful & Productive Partnerships – Eric Wall, MD, MPH – facilitator: Geof Morgan, PhD

5:30 Closing – Casey Shillam, PhD, RN-BC

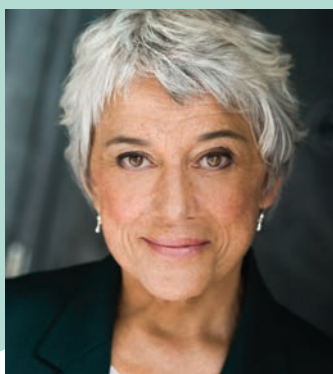


Thursday, July 9: Megan Cole Performance

7:30 Storytime for Grownups, Turning Points

MEGAN COLE PRESENTS:

STORYTIME FOR GROWNUPS TURNING POINTS



THURSDAY
JULY 9 7:30 PM

iDiom Theatre | 1418 Cornwall Ave.

MEGAN COLE – MA

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Friday, July 10: Community Conversations to Enhance Palliative Care

8:00 Registration and Light Refreshments

8:30 **Gallery Walk**

9:00 **Welcome** – Casey Shillam, PhD, RN-BC

9:15 **What Are We Doing to Heal Without Cure? Blended Conversations**

– *Facilitators:*

Hope Corbin, PhD

Devyani Chandran, PhD

Geof Morgan, PhD

Nancy Poulin, RN, BSN

10:30 Break

10:45 **Reconvene and Continue the Circle**

12:15 **Closing Reflections**

12:30 Adjourn





This activity has been planned and implemented in accordance with the accreditation requirements of the Washington State Medical Association through the joint providership of PeaceHealth St. Joseph Medical Center and Western Washington University. PeaceHealth St. Joseph is accredited by the WSMA to provide continuing medical education for physicians.

PeaceHealth St. Joseph designates this live activity for a maximum of 15 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity meets the criteria for up to 15 hours of Category | CME credit to satisfy the relicensure requirements of the Washington State Medical Quality Assurance Commission.

Sponsors



Whatcom Hospice



Palliative & Supportive Care



This event is underwritten by the RiverStyx Foundation to encourage participation in community conversations that bring understanding and awareness to the role of palliative care. Event sponsored by the Palliative Care Institute: Transforming Human Responses to Living and Dying.