2017 PALLIATIVE CARE INSTITUTE CONFERENCE
Helping ‘til it Hurts: Building Resilience for Caregivers
MAY 12, 2017

Program Schedule
2017 PALLIATIVE CARE INSTITUTE CONFERENCE
Helping 'til it Hurts:
Building Resilience for Caregivers

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Add your name to this list next year!
Helping ‘til it Hurts: 
Building Resilience for Caregivers

8:30-9:00 a.m.  
REGISTRATION & Check In  
Lobby

9:00-9:10 a.m.  
WELCOME  
Large Room  
MARIE EATON, Director  
Settlemyer Hall  
Palliative Care Institute, WWU

9:10-10:00 a.m. 
Beyond Resilience: Building an Anti-Fragile Approach to Compassion Fatigue 
Large Room  
Settlemyer Hall

Casey will present evidence on factors contributing to health providers’ compassion fatigue. She will also describe emerging trends in developing resilience for both professional and family caregivers.

CASEY SHILLAM, PhD, RN-B Associate Dean for 
Baccalaureate Education, University of Portland School of 
Nursing.

Casey, the founding Director of Western Washington University’s RN-to-BSN Nursing Program, is also a Robert Wood Johnson Foundation Executive Nurse Fellow. Casey is a national leader in developing practice models for holistic and compassionate palliative care and supporting caregivers who provide this care.

On completion of this session participants will be able to:

1) Describe the greatest influences contributing to health providers compassion fatigue.
2) Identify negative outcomes in patient care associated with compassion fatigue and caregiver burn-out.
3) Describe the difference between the concepts of resilience and anti-fragility.
4) Apply concepts of resilience and anti-fragility to specific provider case studies.

10:00-10:15 a.m.  
BREAK
10:15-12:00 p.m.  
Large Room  
Settlemyer Hall

**Oxygen for Caregivers part 1: Real-World Self-Care to Guard Against Burnout, Build Resilience, and Sustain Compassion**

Learn about the occupational hazards of caregiving, such as: compassion fatigue and vicarious trauma, and the solutions/antidotes/protective measures caregivers can take to guard against them and build resilience.

**Simon Fox, Executive Director, Adventures in Caring Foundation**

Simon is Executive Director of the Adventures in Caring Foundation (AiC), which pioneers the education of the heart. He is also co-producer of five video-based training on compassion, including The Medicine of Compassion and Oxygen for Caregivers. For 30 years AiC has taught the art and practice of compassion as a skill that restores well-being and promotes healing. Recommended by the End-of-Life Nursing Education Consortium (ELNEC), more than one thousand hospitals, one thousand hospices, two thousand churches and several hundred nursing schools have used AiC programs.

On completion of this session participants will be able to:

1) Create and begin a quick-start self-care plan by identifying a one percent improvement you can make within a week, within a month, within a year.

2) Engage in a reflective, positive conversation about caregiver stress that leads to mutual understanding, greater insight, and a stronger commitment to one’s own well-being.

3) Recognize five primal threats, know their antidotes, and understand how the perception of threat can be changed to a perception of challenge, and so reduce stress.

**12:00-12:10 p.m.**  
**Large Room**  
**Settlemyer Hall**

**Reflections on Caregiving**

**Marie Eaton, Director, Palliative Care Institute, WWU**

Poetry and song help us reflect on what it means to be a caregiver.

**12:10-1:00 p.m.**

**LUNCH**
1:00-2:00 p.m.  
Large Room  
Settlemyer Hall

Compasión Familiar: Culturally Responsive Care of Latinos.
Latinos diagnosed with severe or life threatening diseases are less likely than non-Hispanic whites to have access to palliative care. The reasons for the lack of access to palliative care are numerous and include limited referral to palliative care, cultural and language barriers, and lack of patient information about palliative care.

Sandra Hernandez, MEd, PhD, is the Education Coordinator for Familias en Acción; this Portland based agency’s mission is “to promote empowerment and holistic family well-being for Latinos through compassionate community engagement, education, research, and advocacy for social change.” Through a Cambia Foundation grant they have developed training programs to help providers become more culturally responsive. Sandra, an educator, Jungian psychologist and a Theatre of the Oppressed director, creates and implements trainings with communities of color, immigrants, and allies in support of social movements. Sandra has collaborated with the Oregon Health Authority/Office of Equity and Inclusion since 2010, and helped create the Oregon Health Equity Alliance. Sandra offers high energy, organizational experience and connections to organizations and communities working for health equity.

On completion of this session participants will be able to:
1) Define culturally responsive palliative care.
2) Recognize potential benefits to patients and caregivers.
3) Use culturally responsive skills in all interactions with patients and families.

2:00-2:10 p.m.  
BREAK

2:10-3:30 p.m.  
Breakout Session 1  
CC 119  
Casey Shillam  
Beyond Resilience: Skills for Creating Anti-Fragile Healthcare Teams

The presenter will lead attendees through skill development to identify opportunities for implementing resilience strategies. At the conclusion of the session, attendees will be able to:
1) Describe at least two strategies for identifying compassion fatigue.
2) Demonstrate a foundational knowledge of at least one skill in managing compassion fatigue.
3) Identify methods for integrating anti-fragile conference learnings into a daily clinical practice.
Helping ‘til it Hurts:
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2:10-3:30 p.m. Breakout Session 2
Large Room
Settlemyer Hall
Simon Fox
Oxygen for Caregivers part 2: Exercises and Resources to Build Your Resilience

Apply an understanding of the challenges of caregiving to oneself. Begin to make the choices and put in place the changes that will make a difference.

On completion of this session participants will be able to:
1) Recognize your own warning signs of compassion fatigue, vicarious trauma, or burnout—and the impact of these in your own life, and in the lives of those close to you.
2) Practice four skills of self-awareness that are fundamental to whole person self-care.
3) Explore four domains of the whole person where sources of renewal are found.
4) Build commitment to a lifelong journey toward wellness that is customized to meet your own needs and goals.

2:10-3:30 p.m. Breakout Session 3
CC-119
Sandra Hernandez
1620
Acting Out Culturally Responsiveness: Nurturing Yourself through Compassionate Care

This interactive session will provide participants with the opportunity to enhance their skills in cross cultural communication through small and large group discussions and theatrical games.

On completion of this session participants will be able to:
1) Apply models of effective cross cultural provider-patient communication to open and build a relationship.
2) Learn the skill of using Ask-Tell-Ask with patients.
3) Compare and contrast culturally exclusive and inclusive patient/family interactions.

3:30-3:40 p.m. Break

3:40-4:30 p.m. Today and Tomorrow: Immediate action and planning for the future.

This closing session will bring participants together in small groups to plan for next steps in our goals of creating an inclusive, caring and active palliative community. We will leave with an action plan!

Sara Weir, PhD, Western Washington University and Palliative Care Institute. Sara Weir earned her doctorate in Political Science at the University of Washington, where she studied health policy and aging in the Political Science department. Her dissertation on the politics of chronic illness, was supported by a research fellowship from The Pew Memorial Trust. The research was carried out at InterStudy, a health policy institute located near Minneapolis, Minnesota. Sara is a faculty member in the Political Science department at Western Washington University, where she teaches courses on health policy, the politics of serious illness, and palliative care. A founder of the PCI, she serves as Community Liaison for the Institute.
Accreditation: 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 5.5 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 5.5 hours of Category I CME credit to satisfy the relicensure requirements of the Washington State Medical Quality Assurance Commission. Accreditation Equivalency: Category 1 CME credits generally are accepted on a 1:1 equivalence by nursing, social work and other health-related licensing authorities. Care providers are advised to check with their licensing authorities in advance.

The Palliative Care Institute
Spring Conference 2017
May 12, 2017
“Helping ‘til it Hurts”

Planner and Speaker Disclosures
The following list have no relevant commercial affiliations to disclose:

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