

HEAL
without
CURE

Palliative Care Institute

2019 Palliative Care Institute Conference

**Palliative Care:
Treating the Whole Person**

MAY 17, 2019

Settlemyer Hall

Bellingham Technical College





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AT A GLANCE:

8:00am - 9:00am	Registration
9:00am	Casey Shillam
9:30am	Jennifer Kett
10:30am	Break
10:45am - 11:45am	Arika Patneau
11:45am - 12:35pm	Lunch
12:35pm - 1:55pm	Break out sessions #1
1:55pm - 2:10pm	Break
2:10pm - 3:25pm	Break out sessions #2
3:30pm - 4:10pm	Where do we go from here?

Speakers and workshops addressing the interdisciplinary nature of palliative care, and the importance of addressing the totality of the patient’s relational existence—physical, psychological, cultural, social, and spiritual.

SPEAKERS:

Casey Shillam, PhD, MSN, RN, Dean, School of Nursing, University of Portland, Portland, OR

Jennifer Kett, MD, Pediatric Palliative and Complex Care, MultiCare, Mary Bridge Hospital, Tacoma, WA

Arika Patneau, MSW, LICSW, Manager, Palliative Care & Clinical Bioethics, Seattle Children’s Hospital

Lauren Schmidt, MSW, LICSW, palliative care consultant in the Palliative Care Program at Seattle Children’s Hospital, Seattle, WA

Tessie Mandeville, MDiv, BCC, Hospital Chaplain at Peacehealth St. Joseph Medical Center, Bellingham, WA

Thom Barthelmess, MLS, Youth Services Manager, Whatcom County Library System, Ferndale, WA

Sylvia Tag, MLS, Librarian/Associate Professor, Curator of the Children’s Literature Interdisciplinary Collection, Western Washington University, Bellingham, WA

Linda Allen, DM, Certified Clinical Musician, Hospice of the Northwest, Mount Vernon, WA

Marie Eaton, PhD, Community Champion, Palliative Care Institute, Western Washington University, Bellingham, WA

Sarah Bear, EdD, MSN, RN, CNE, Director, Palliative Care Institute and RN-BSN Nursing Program, Western Washington University, Bellingham, WA

SCHEDULE:

TIME	ACTIVITY	FORMAT	DURATION	ROOM #
8:00am - 9:00am	Registration			Settlemyer Hall Lobby
9:00am - 9:30am	Casey Shillam Care for the Whole Person: Improving Quality of Life Beyond Biopsychosocial Approaches to Palliative Care	Lecture	30 minutes	Large Room, Settlemyer Hall
9:30am - 10:30am	Jennifer Kett Pediatric Palliative Care: Treating the Whole Infant, Child, or Teen	Includes lecture presentation and case study review	60 minutes	Large Room, Settlemyer Hall
10:30am - 10:45am	Break		15 minutes	
10:45am - 11:45am	Arika Patneaude Embracing Cultural Humility: A journey from the professional to the personal	Includes lecture presentation and case study review	60 minutes	Large Room, Settlemyer Hall
11:45am - 12:35pm	Lunch		50 minutes	
12:35pm - 1:55pm	Break Out Session #1 – Session A Jennifer Kett Treating the Whole Infant, Child, or Teen: Case-based practice	Includes lecture presentation and case study review	75 minutes	Campus Center (CC) 120

TIME	ACTIVITY	FORMAT	DURATION	ROOM #
12:35pm - 1:55pm	Break Out Session #1 – Session B Linda Allen <i>The Healing Power of Music in Palliative Care</i>	Includes lecture, demonstration and discussion	75 minutes	G Bldg 102
12:35pm - 1:55pm	Break Out Session #1 – Session C Thom Barthelmess, Sylvia Tag and Marie Eaton <i>Not If But When: Books for Young People about Death & Loss</i>	Includes discussion and case studies.	75 minutes	G Bldg 103
12:35pm - 1:55pm	Break Out Session #1 – Session D Tessie Mandeville <i>There Is Always Hope: The Essence of Spiritual Care</i>	Includes discussion, case studies and practice	75 minutes	Campus Center (CC) 120
1:55pm - 2:10pm	Break		15 minutes	
2:10pm - 3:25pm	Break Out Session #2 – Session A Lauren Schmidt <i>Honoring a family's goals about a meaningful life and death: A case study</i>	Includes discussion and case studies	75 minutes	Campus Center (CC) 120

SCHEDULE:

TIME	ACTIVITY	FORMAT	DURATION	ROOM #
2:10pm - 3:25pm	Break Out Session #2 – Session B Linda Allen <i>The Healing Power of Music in Palliative Care</i>	Includes lecture, demonstration and discussion	75 minutes	G Bldg 102
2:10pm - 3:25pm	Break Out Session #2 – Session C Casey Shillam <i>Contemplative Healing Videos in Palliative Care: Practical Tools for Holistic Care</i>	Includes discussion and case studies	75 minutes	G Bldg 103
2:10pm - 3:25pm	Break Out Session #12– Session D Tessie Mandeville <i>There Is Always Hope: The Essence of Spiritual Care</i>	Includes discussion, case studies and practice	75 minutes	Campus Center (CC) 120
3:30pm - 4:10pm	Sarah Bear & Marie Eaton <i>Implications for Practice - Where do we go from here?</i>	Includes small group discussion and reflection on the day's presentations	40 minutes	Large Room, Settlemyer Hall
TOTAL			6.0 hours	

BIO-SKETCHES & LEARNING OBJECTIVES

Keynote: Care for the Whole Person: Improving Quality of Life Beyond Biopsychosocial Approaches to Palliative Care



Casey Shillam, PhD, MSN, RN, is the Dean of the School of Nursing at the University of Portland. She was the founding Director of Western Washington University's RN-BSN Nursing Program. Casey serves on the Health Policy Advisory Council for the American Association

of Colleges of Nursing Washington, DC, and was selected for the American Association of Colleges of Nursing Leadership for Academic Nursing Program (LANP) and Robert Wood Johnson Foundation Executive Nurse Fellow program.

This opening session will set the stage for the conference by providing an overview of important aspects of palliative care outside of traditional medical approaches to care. Particular focus is placed on differentiating between religiosity and spirituality and the importance of supporting spiritual and cultural preferences in palliative care.

On completion of this session, participants should be able to:

1. Describe the impact of providing spiritual care on the biopsychosocial model of palliative care;
2. Distinguish between religiosity and spirituality;
3. Explore different dimensions of spiritual care in palliative care;
4. Develop a strategy for incorporating spiritual care into current practices.

Keynote: Pediatric Palliative Care: Treating the Whole Infant, Child, or Teen



Jennifer Kett, M.D. is a physician in Pediatric Palliative and Complex Care at Mary Bridge Children's Hospital, Tacoma WA. She specializes in complex critical care, working as part of an interdisciplinary team that provides family-centered care for children with

chronic or life-threatening illnesses. She is dedicated to fostering partnerships between clinicians and patients' families. Her current research focuses on improving families' experiences in fetal care centers. Jennifer is the senior editor of the American Academy of Pediatrics Young Physicians' Newsletter.

When children and youth are facing serious illness or death, care needs to respond to the special needs of both the patient and the families. This session will use case studies to explore some of those dynamics and challenges.

On completion of this session, participants should be able to:

1. Describe similarities and differences between pediatric and adult palliative care
2. Outline the unique challenges faced in pediatric palliative care (medically, ethically, legally and socially)
3. Outline an initial approach for managing some of these challenges
4. Describe the key components of the interdisciplinary pediatric palliative care team

Keynote: Embracing Cultural Humility: A journey from the professional to the personal



Arika F. Patneau, MSW, LICSW, EMMHS, is Palliative Care Program Manager at Seattle Children’s Hospital, Seattle, WA. In this role she is responsible for staff supervision, and supports the planning, development, and

implementation of strategic initiatives and projects to improve quality of care. Arika provides education and training in the philosophy and elements of palliative care to internal and external health professionals, particularly incorporating equity, diversity and inclusion (EDI) principles into all modalities and interactions.

Our own cultural identities and belief systems impact how we interact and engage with the patients and families we serve. Using personal experience, this session will explore how cultural identity impacts decision making when facing serious illness or death.

On completion of this session, participants should be able to:

1. Examine how our own personal cultural identities can (and do) intersect with those of the patients and families we serve
2. Understand how the medical model “culture” can impact how a patient and family make medical decisions at the end-of-life
3. Describe how cultural identity impacts decision making at the end-of-life
4. Explore the importance of understanding and respecting culture at the end-of-life

BREAK OUT SESSION #1A

Treating the Whole Infant, Child, or Teen: Case-based Practice



Jennifer Kett (See bio page 5)

This session will use case studies to explore the unique challenges faced in pediatric palliative care (medically, ethically, legally and socially)

On completion of this session, participants should be able to:

1. Describe the aspects of each case that illustrate the challenges faced in pediatric palliative care (medically, ethically, legally and socially)
2. Outline as a group an approach to managing some of these challenges
3. Describe the ways interdisciplinary team members are critical to overcoming some of these challenges
4. Discuss systems-issues that can be barriers to success

BREAK OUT SESSIONS #1B & #2B

The Healing Power of Music in Palliative Care



Linda Allen, DMin, is a Certified Clinical Musician with Hospice of the Northwest in Skagit Valley. Linda has been a songwriter and professional musician for most of her career. Ten years ago, she became interested in bedside singing through the Threshold Choir movement. She received

her doctorate in 2006 with a dissertation focusing on the spirituality of voice. She founded the Bellingham Threshold Singers in 2008 and earned her certification as a Clinical Musician in 2009. Since that time, she has founded another choir, Women with Wings, and organized retreats and numerous workshops on music in palliative care. She has also released two CDs of original music and a songbook developed particularly for this work: *Carry Us Through This Night and Into the Promise of Morning*.

Music at the bedside can be deeply relaxing, comforting and often provides relief from pain for those who are seriously ill or facing death. In this session, the principles and practices that support the use of music as a healing modality will be explored.

On completion of this session, participants should be able to:

- 1 Experience healing music.
- 2 Understand the principles and practices that may be employed in providing therapeutic music.
- 3 Explore the various ways that therapeutic music can be utilized by care partners and families in working with patients who may be alert and responsive, experiencing dementia, or actively dying.
- 4 Develop a set of resources including songs, videos, articles and books.

BREAK OUT SESSION #1C

Not If But When: Books for Young People about Death & Loss



Marie Eaton, PhD, is the Community Champion of the Palliative Care Institute (PCI) at Western Washington University in Bellingham, WA. She also chairs the Northwest Life Passages Coalition, which brings together community agencies and volunteers to transform palliative care in Whatcom County and support our human responses to living and dying.



Thom Barthelmess, MLS is the Youth Services Manager for the Whatcom County Library System in Bellingham, WA. Previously he was Curator, Butler Children's Literature Center and a Lecturer at the Graduate School of Library and Information Science, Dominican University, River Forest, IL. He also chaired the Newbery Committee from 2015-2017 for the American Library Association.



Sylvia Tag, MLS is a Librarian and Associate Professor at Western Washington University where she curates the Children's Literature Interdisciplinary Collection. She is a member of The Bellingham Threshold Singers, a group that provides songs of comfort to people who are struggling to live or struggling to die.

Children who have experienced a death in their family or are facing a serious illness can be reassured by stories of other children who have had a similar experience. Books provide a way to begin these conversations, giving the child permission to talk about death and communicating

that we are interested in her feelings and questions. These stories help them understand better what has happened in their own family while at the same time offering the comforting knowledge that they are not alone in their feelings.

On completion of this session, participants should be able to:

1. Understand how developmental stages impact children's understanding of death and loss
2. Explore how books can support fruitful conversations with children about death and loss
3. Identify specific books to use with children and families congruent with their needs
4. Identify other resources useful to children and families experiencing death or loss

BREAK OUT SESSION #1D & #2D

There Is Always Hope: The Essence of Spiritual Care

The Rev. Tessie Mandeville is a board-certified chaplain who serves on the Palliative Care Team at PeaceHealth St. Joseph Medical Center in Bellingham, WA. Tessie traces her palliative care roots to the HIV/AIDS pandemic and the work she did as a pastor in local congregations before she even learned there is a specialty field of medicine called "palliative care." Tessie is passionate about serving



people with life-limiting illnesses and helping them have the necessary, sometimes difficult, occasionally even funny, conversations about end-of-life.

When facing serious illness or death, medical treatments alone are not enough. In this session, we'll explore how addressing the emotional and spiritual dimensions of our patients and families can improve care.

On completion of this session, participants should be able to:

1. Understand a working definition of spirituality and how it is an essential component of wholeness
2. Distinguish between "hope", "cure", and "optimism"
3. Describe recent articles on the science of hope and how hope protects the brain
4. Conclude that there is reason (and science) for hope

BREAK OUT SESSIONS #2 A

Honoring a family's goals about a meaningful life and death: A case study



Lauren Schmidt, MSW, LICSW is a palliative care consultant in the Division of Bioethics and Palliative Care at Seattle Children's Hospital. She provides specialized consultative services to children and families where a child has a potentially life limiting illness, including

social, emotional, and logistical care for the child with a potentially life limiting illness and his/her family. Lauren serves in the multidisciplinary palliative care team, working with Seattle Children's health providers, and community health providers, provide education and training in palliative care to Seattle Children's and external health professionals.

This session will use case studies to illustrate how to work with families whose goals of care or cultural beliefs about serious illness or death may differ from the provider's.

On completion of this session, participants should be able to:

1. Explore how to collaborate with different care team's when their goals for a patient differ from the family.

2. Identify ways a family's culture impacts their views on quality of life and their child's death.
3. Identify how a family's understanding of their child's illness can evolve and change over time and how that impacts their choices.
4. Explore how our role as palliative care clinicians is to utilize our resources for examining our own biases so that they do not impact a family's care and grief process.

BREAK OUT SESSIONS #2 C

Contemplative Healing Videos in Palliative Care: Practical Tools for Holistic Care



Casey Shillam (see bio page 5)

This breakout session will describe the findings of current study on the use of contemplative healing videos for use in palliative care. Attendees will learn the evidence that supports artistic approaches to holistic care and strategies for

incorporating this type of healing video into current clinical practice.

On completion of this session, participants should be able to:

1. Distinguish between religious and spiritual approaches to holistic palliative care;
2. Describe the evidence supporting artistic approaches to improving patient outcomes through holistic care;
3. Demonstrate skill in creating healing videos for a variety of patient populations;
4. Develop a strategy for incorporating contemplative healing videos into current practices.



CLOSING SESSION:

Implications for Practice - Where do we go from here?



Sarah Bear, EdD, MSN, RN, CNE is the Director of the Palliative Care Institute and the Director of the Nursing Program at Western Washington University. She has spent over 30 years in education and nursing education. Sarah is currently the President of the

Council on Nursing Education in Washington State, Board member of Action Now! And serves on PeaceHealth St Joseph Medical Center's foundation board. Sarah holds a doctorate in education and educational leadership from the University of Washington Tacoma, master's degree in nursing from Seattle Pacific University & baccalaureate in economics from Washington State University.



Marie Eaton (see bio page 8)

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The River Styx Foundation



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