WSHPCO’s 2023 “Expanding Dimensions in Hospice & Palliative Care” conference confirmed sessions:

Monday, October 23, 2023

**KEYNOTE:** “There is a Thread You Follow”. Ginny Heinitz, RN, BSN, CHPN, Outpatient Palliative Care Coordinator – Confluence Health | Palliative Care

**Session Description:** There is a thread you follow. Sometimes you don’t know about your thread of who you are until looking back on your life that surprised, motivated, and even scared you, as you faced new challenges or opportunities. Similarly, a patient diagnosed with a serious illness, doesn’t know how they will face their own challenges, until looking back, they find how much they have learned about themselves, despite the diagnosis. We guide them to some degree, and equally they guide us, and in turn, though we can’t always cure, we can always bring healing, through the exchange of the humanistic dance called life.

**About the Presenter:** Ginny has worked over 40 years to bring forth the importance of the patient’s story in health care. After leaving a 25-year career in hospice, Ginny started the palliative care program at Confluence Health with her physician colleague in 2010. She believes the patient is the expert of themselves, and we in health care need to take the time to listen to the patient’s story, to provide the best possible care for the unique individual person as they define living well.

**What’s Your Disposition?** Laurie Jackson, MDiv, Masters Certificate in Clinical Ethics, CEO, Chaplaincy Healthcare Hospice in Richland

**Session Description:** A panel presentation featuring representatives from different body disposition programs discussing and explaining the variety of ways a person’s body can be disposed of after death. Cremation, traditional burial, aquamation, natural burial, human composting will be explored in this panel presentation moderated by Laurie Jackson, CEO, Chaplaincy Healthcare in Richland. *Session presenters, goals currently under development.*

**Case Review: Compassionate Extubation at Home for an ALS Patient.** Jennifer Jarret Lee, Hospice and Palliative Care Clinical Nurse Specialist, MSN, RN, ACNS-BC, CHPN, Providence Hospice and Palliative Care and Madison Campbell, RN Lead, BSN, RN, CHPN, Providence Hospice of Seattle

**Session Description:** Come learn how the Hospice team facilitated a planned, compassionate extubation at home, for a gentleman with ALS. You will learn about interdisciplinary planning, medications given and routes used, organizational policies and procedures that supported provision of this care. You will also be exposed to a Case Review format that can be used as an educational strategy for staff.

**Learning Objectives:** Learners will evaluate nursing interventions and anticipate nursing needs in complex situations; Learners will identify two principles they can take back to their practice related to caring for complicated patients; Learners will be exposed to a structured Case Review format that can be used for staff education.

**About the Presenter(s):** Jen Lee is a Hospice and Palliative Care Clinical Nurse Specialist, currently working at Providence Hospice. Before coming to Hospice 7 years ago, she worked in the ED for 7 years. Madison Campbell is a Registered Nurse and has been a hospice nurse for almost 7 years. She currently works at Providence Hospice of Seattle as a Nurse Lead. Madison and Jen have collaborated several times on nursing care of complex patients at home and are looking forward to sharing about this one!

**Nurturing Compassion: Cultivating a Trauma-Informed Care Culture in Hospice.** Leanna Anderson, Counseling & Integrative Services Manager - MSW, LICSW, APH, Karuna Duval, Spiritual Counselor - MSW, LICSW, APBCC, Hospice of the Northwest.
Session Description: This presentation delves into the crucial aspects of growing a trauma-informed care culture within a hospice organization. We explore the profound impact of trauma on patients, staff, and volunteers, and provide practical strategies to create a safe, supportive, and empathetic environment. Through a blend of research insights, a real-life case study, and interactive discussions, attendees will gain a deeper understanding of trauma-informed principles, trauma-sensitive communication techniques, and self-care practices. By embracing this transformative approach, hospice organizations can enhance the well-being of patients and empower their dedicated teams to deliver compassionate end-of-life care.

Learning Objectives: On completion of this session, participants will understand the concept of trauma-informed care and its significance in the context of hospice organizations, recognizing the impact of trauma on patients, circles of support, volunteers and staff; participants will be able to identify practical strategies and evidence-based practices for fostering a trauma-informed care culture within a hospice organization, including techniques for enhancing empathy, communication, and self-care among all employees and volunteers; participants will gain insights on how to create a safe and supportive organizational environment that promotes healing and resilience, empowering individuals and teams to navigate the complexities of end-of-life care with sensitivity and compassion.

About the Presenter(s): Leanna Anderson: Leanna Anderson earned her Master’s degree in Social Work from Eastern Washington University and is a Licensed Clinical Social Worker. She was part of the first cohort to receive the new Advanced Palliative Hospice Social Worker Certification in 2019. Leanna has worked as a social worker in healthcare for over 35 years and has been at Hospice of the Northwest since 2006. Leanna has served as the Social Work Community Leader with MyNHPCO as well as on the NHPCO Trauma Informed Care Work Group. Leanna co-presented at national NHPCO and WSHPCO conferences on topics including trauma informed care at end of life, leadership, improving the IDG, and the social work role in hospice care. Karuna Duval: Karuna Duval is Licensed Clinical Social Worker, an ordained Interfaith minister, an Advance Practice Board Certified Chaplain and Certified End of Life Doula. She earned a Masters degree in Social Work from California State University-Long Beach and a Bachelors degree in Interpersonal Communication from California State University-Hayward. She was ordained by the Chaplaincy Institute in 2003. Karuna’s ministry has included serving the community as a hospital and hospice Chaplain (completing 4 units of CPE - Clinical Pastoral Education residency), and Social Worker for teens, adults and elders. Karuna also offers talks and workshops on conscious aging, death, dying and grief, Trauma and Trauma Informed Care, and various spiritual practices and topics. Karuna is the author of Spirituality of Aging: Stirring the Spirit, a chapter in the 2006 nationally recognized book, Awakening to Aging: Glimpsing the Gifts of Aging; and she has published articles on grief and the holidays for Elephant Journal in 2020 and 2021.

Cheryl Medawattage Session

Stacey Jones Session

Rooted in Compassion: Cultivating Trauma-Informed Approaches for Hospice Patients and Their Circles of Support. Halley Harris, Social Worker - MSW, LICSW and Daniel Booker, Spiritual Counselor – MA, Hospice of the Northwest

Session Description: This session delves into the significance of trauma-informed care in the hospice setting, focusing on patients and their circles of support. Participants will explore practical strategies to create a nurturing environment that prioritizes safety, empathy, and understanding. By recognizing the impact of trauma on patients and their families, participants will learn to integrate trauma-informed approaches that address unique emotional needs during end-of-life care. Through real case studies, this session equips team members with essential tools to recognize signs of trauma, improve communication, and foster resilience within the hospice experience.
Learning Objectives: On completion of this session, participants will be able to demonstrate understanding of the fundamental principles of trauma-informed care in relation to patient care within the hospice setting, discerning the specific needs and challenges that patients with trauma histories may face during their end-of-life journey. On completion of this session, participants will be able to identify and utilize essential strategies to avoid trauma activation and build trust with patients and their support circles. On completion of this session, participants will be able to apply effective communication and therapeutic approaches to engage and support patients with trauma histories, ensuring their unique needs are met throughout the end-of-life care process.

About the Presenter(s): Halley is a Washington State Native, an Army veteran, and volunteered at the Seattle Crisis Line on Saturday nights for two and a half years between 2013 - 2015. She graduated from Eastern Washington University in 2017 after completing a two-year practicum at Hospice of the Northwest, and earned her LICSW in Oct of 2022. She started full time at Hospice of the Northwest in Feb, 2018. She fostered and continues the pet loss bereavement program, and has been involved in the We Honor Veterans and Trauma Informed Care committee. Daniel is originally from the Midwest, having lived in Illinois, Wisconsin, and Minnesota at various points in life. He studied physics in undergrad, graduating in 2002 from Carthage College and received his MA is Spiritual Formation from North Park University in 2008, focusing on Adult Formation and Family Systems. After 13 years in congregational and Spiritual Direction settings he started full time at Hospice of the Northwest in Nov, 2021. He currently serves on the Trauma Informed Care committee.

Managing the Less Common But Troublesome Symptoms in Hospice and Palliative Care. Caren McHenry Martin, PharmD, BCGP Senior Clinical Manager, Enclara

Session Description: Hospice and palliative care clinicians are often well-versed in managing the common end-of-life symptoms of pain, nausea, and constipation. But there are numerous other symptoms, such as cough, itching, muscle/bladder spasms, hiccups, and dry mouth that can be troublesome to patients and somewhat challenging to treat. This presentation will discuss management of these troublesome symptoms to enable the hospice and palliative care clinician to understand the clinical data behind various treatment options and to feel as expert in managing these symptoms as they do the other more common end of life symptoms.

Learning Objectives: At the completion of this session, participants will be able to identify when less common symptoms at end of life such as pruritus, cough, hiccups, muscle spasms, bladder spasms, and dry mouth; participants will know how to recommend appropriate non-pharmacologic and pharmacologic management of these symptoms.

About the Presenter(s): Dr. Martin earned her Doctor of Pharmacy degree from the University of Nebraska Medical Center and completed an executive residency with the American Society of Consultant Pharmacists. She has enjoyed working in a wide range of nonconventional clinical roles, including pharmacy association management, senior care, pharmacy benefits management, ambulatory care, value-based care, and hospice. She is a board certified geriatric pharmacist, has worked as a North Carolina Clinical Pharmacist, and has authored more than a hundred articles for national pharmacy publications. She is a frequent presenter at state and national hospice conferences. Dr. Martin is currently serving in the role of Senior Clinical Manager at Enclara Pharmacia.

Hospice Volunteers: Cultivating Trauma Informed Care for Compassionate Support. Erin Long, Volunteer Services Manager, Hospice of the Northwest

Session Description: This concise session focuses on trauma-informed care for hospice volunteers, and those who manage Volunteer Programs, emphasizing their vital role in providing compassionate support to individuals facing end-of-life challenges. Participants will explore the impact of trauma on patients' journeys and learn practical strategies to create a caring environment that prioritizes safety, empathy, and understanding. Participants will gain insights into recognizing signs of trauma, improving communication skills, and practicing self-care to better support patients and their support circles.
Learning Objectives: On completion of this session, participants will be able to demonstrate an understanding of trauma-informed care principles and their relevance to hospice volunteer work, including the recognition of the impact of trauma on patients and families throughout the end-of-life journey; participants will have acquired practical skills to effectively train and support hospice volunteers in trauma-informed approaches, including enhanced communication techniques and the ability to recognize and respond to trauma activation.

About the Presenter(s): Erin Long came to Hospice of the Northwest with 25 years of experience as a community volunteer. In her 5 years she has more than doubled the number of volunteers in the program and increased retention of new and existing volunteers. Erin received her Bachelor's Degree from WSU in 2007. She has completed Level 1 of NHPCO's Hospice Manager Development Program and in 2021 completed a year long intensive leadership and coaching program. Erin and the amazing leadership team at Hospice of the Northwest found safe ways for volunteers to continue providing the same level of love and support for their patients throughout the pandemic.

Unlocking Healing Pathways: Exploring EMDR as a Powerful Tool in Grief and Loss Counseling. Diane Hart, Bereavement Lead, MSW, LICSW, CT and Halley Harris, Social Worker - MSW, LICSW

Session Description: In this succinct presentation designed for counseling and bereavement professionals, we explore the profound benefits of integrating Eye Movement Desensitization and Reprocessing (EMDR) as a valuable tool in grief and loss support. This session will show how EMDR can address unresolved trauma and facilitate healing within the grieving process. Through a condensed case study and practical insights, we will explore the effectiveness of EMDR in processing traumatic memories, alleviating distressing symptoms, and fostering resilience.

Learning Objectives: On completion of this session, participants will be able to demonstrate understanding of the theoretical foundations and principles of EMDR in the context of grief and loss support; participants will have acquired knowledge of the training involved to be able to do EMDR with clients and overview of the techniques for effectively integrating EMDR into bereavement practices.

About the Presenter(s): Diane Mills Hart, MSW, LICSW, CT is the Bereavement Lead at Hospice of the Northwest for the past 9 years. Diane obtained her MSW at Arizona State University in 2003 and her Washington State Independent Clinical Social Worker License in 2022. Diane also has her Certification in Thanatology from Association of Death Education and Counseling [ADEC] in 2019 and she is a Grief Recovery Method Specialist since 2019. Halley is a Washington State Native, an Army veteran, and volunteered at the Seattle Crisis Line on Saturday nights for two and a half years between 2013 - 2015. She graduated from Eastern Washington University in 2017 after completing a two-year practicum at Hospice of the Northwest, and earned her LICSW in Oct of 2022. She started full time at Hospice of the Northwest in Feb, 2018. She fostered and continues the pet loss bereavement program, and has been involved in the We Honor Veterans and Trauma Informed Care committee.

End of Life Pain Management in Patients with Opioid Use Disorder. Caren McHenry Martin, PharmD, BCGP

Session Description: Effective pain management is a hallmark of end-of-life care. Patients with a history or suspicion of opioid use disorder can present unique challenges to the hospice team. This presentation will discuss pain management strategies for patients admitted to hospice who are currently receiving methadone or buprenorphine for medication assisted therapy, as well as other considerations for patients with known or suspected opioid use disorder.

Learning Objectives: By participating in this workshop, participants will be able to describe the differences in the use of buprenorphine and methadone for opioid use disorder vs. analgesia; participants will be able to list three challenges or barriers to pain management in patients receiving methadone or buprenorphine treatment for
opiod use disorder; participants will explain three basic approaches to pain management in the patient receiving
methadone or buprenorphine treatment for opioid use disorder.

About the Presenter(s): Dr. Martin earned her Doctor of Pharmacy degree from the University of Nebraska
Medical Center and completed an executive residency with the American Society of Consultant Pharmacists. She
has enjoyed working in a wide range of nonconventional clinical roles, including pharmacy association
management, senior care, pharmacy benefits management, ambulatory care, value-based care, and hospice. She
is a board certified geriatric pharmacist, has worked as a North Carolina Clinical Pharmacist, and has authored
more than a hundred articles for national pharmacy publications. She is a frequent presenter at state and
national hospice conferences. Dr. Martin is currently serving in the role of Senior Clinical Manager at Enclara
Pharmacia.

The Intersection of Hospice & EMS Does Not Have to be a Collision! Barb Hansen, RN, Exec. Director,
Washington State Hospice & Palliative Care Organization and Jen Jarrett Lee, Jennifer Jarrett Lee, Hospice and
Palliative Care Clinical Nurse Specialist, MSN, RN, ACNS-BC, CHPN, Providence Hospice and Palliative Care

Session Description: There is a need for more collaboration between Hospice programs and local EMS providers.
Hospice patients and families often do not understand or fully appreciate the possible impacts of “electing”
hospice should they later choose to access the EMS system while a patient is currently receiving hospice care.
There are potential clinical, financial and emotional repercussions when a family member calls “911” for their
loved one who is currently receiving hospice services. EMS staff, as well as new hospice staff, may also be
unaware of the possible clinical or financial implications when a hospice patient is transported to a local
emergency department. When a call is received by EMS or when the EMS providers arrive on site, they do not
always know when someone is a current hospice patient. This session will explore strategies and tools Hospices
could utilize in doing outreach to the EMS providers in their service area to create more collaborative
relationships and to minimize negative impacts on patients and families.

Learning Objectives: By participating in this session, participants will be able to identify at least three negative
impacts a patient or their family could encounter when calling 911 while receiving hospice care; participants will
list two possible strategies to utilize when seeking to collaborate with local EMS providers; participants will be
able to identify at least two key components of an educational tool about accessing EMS services designed for
end users (hospice patients and families.)

About the Presenter(s): Barb Hansen is an RN with over 35 years of experience working in Hospice, including as
director of a hospice and hospice inpatient program. Jen Lee is a Hospice and Palliative Care Clinical Nurse
Specialist, currently working at Providence. Before coming to Hospice 7 years ago, she worked in the ED for 7
years. Barb and Jen met during a webinar about the interface between Hospice and the EMS system. They
quickly realized they 1) recognized gaps in the healthcare system regarding the use of EMS for hospice patients
and 2) share a goal for working on this niche area within hospice to improve outcomes for patients, families and
hospice and EMS providers.

Not If But When: Books for Young People about Death and Loss. Not If But When: Books for Young People
about Death and Loss. Marie Eaton, PhD, Community Champion, Palliative Care Institute, Western Washington
University, Thom Barthelmess, MLS, Youth Services Manager, Whatcom County Library System and Sylvia Tag,
Curator, The Children's Literature Interdisciplinary Collection, Western Washington University.

Session Description: Children and teens experiencing the death of friends or family, or facing their own
mortality, need help navigating the emotional, physical, and practical upheavals and restorations of this natural
process. In this session, we will explore how books offer opportunities to ask questions, wonder, and
acknowledge the realities of their circumstances. Our culture often "protects" children from these conversations,
which inadvertently prevents them from acquiring the skills necessary to make sense of death or loss when it
does arrive. We will illustrate how books and stories provide a safe and comfortable context for these important conversations. https://www.notifbutwhen.org/

**Learning Objectives:** By participating in this workshop, participants will be able to describe the developmental phases in the understanding of death and loss; participants will be able to describe how books and stories can support healthy grieving; participants will be able to describe how books and stories can support healthy grieving.

**About the Presenter(s):** Marie Eaton, PhD, Community Champion, Palliative Care Institute, Western Washington University; Thom Barthelmess, MLS, Youth Services Manager, Whatcom County Library System (https://www.thombarthelmess.com/ for more information and background); Sylvia Tag, Curator, The Children’s Literature Interdisciplinary Collection, Western Washington University. (https://libguides.wwu.edu/clic for more background)

**Tuesday, October 24, 2023**

**Preventing the Prescribing Cascade at End of Life.** Caren McHenry Martin, PharmD, BCGP Senior Clinical Manager, Enclara

**Session Description:** The “prescribing cascade”—in which a new medication is prescribed to “treat” an adverse reaction to another medication in the mistaken belief that the reaction is actually a new condition or symptom—can pose numerous problems for patients at end of life. Increased medication burden, additive opportunity for adverse effects, and decreased effectiveness of symptom management medications are just a few of the potential issues. This presentation will discuss strategies for recognizing whether new symptoms may actually be medication side effects, for deprescribing nonessential medications, and for better managing end of life medication use for the hospice and palliative care patient.

**Learning Objectives:** At the completion of this session, participants will be able to list at least five different medication adverse reactions that can be mistaken as new symptoms or conditions; participants will be prepared to discuss at least three potential benefits of deprescribing in hospice and palliative care, and the medication classes that can often be considered; participants will be able to recommend a strategy for prioritizing the medication evaluation to prevent the prescribing cascade and for deprescribing nonessential medications

**About the Presenter(s):** Dr. Martin earned her Doctor of Pharmacy degree from the University of Nebraska Medical Center and completed an executive residency with the American Society of Consultant Pharmacists. She has enjoyed working in a wide range of nonconventional clinical roles, including pharmacy association management, senior care, pharmacy benefits management, ambulatory care, value-based care, and hospice. She is a board certified geriatric pharmacist, has worked as a North Carolina Clinical Pharmacist, and has authored more than a hundred articles for national pharmacy publications. She is a frequent presenter at state and national hospice conferences. Dr. Martin is currently serving in the role of Senior Clinical Manager at Enclara Pharmacia.

**Pediatric Palliative Care Panel Discussion.** Anne Anderson, BSN, CHPPN, Seattle Children’s Hospital

**Session Description:** Hear from people working with pediatric patients around our state, who can share the joys and challenges of doing this important work. Learn about Hospice Concurrent Care, and how kids and families benefit greatly from being able to continue curative or life prolonging care while receiving the support of a hospice team. This will be an interactive time, where questions or puzzles you have encountered can be discussed by the panel.

**Learning Objectives:** At the end of this session, participants will be able to better understand the complexity of hospice concurrent care; learn how to care for pediatric patients within an adult hospice agency; name 3 pearls for successful care of pediatric patients.
About the Presenter(s): Anne Anderson is the nurse coordinator with the Pediatric Palliative Care Program at Seattle Children’s Hospital. Prior to joining this team, Anne worked as a pediatric hospice nurse with the Stepping Stones program at Providence Hospice of Seattle. Anne is a board member of WSHPCO.

Acupuncture, Massage, and Integrative Therapies in your Hospice. Dr. Robyn Curtís, Acupuncturist and Amy Wylde, LMT, PeaceHealth Whatcom Hospice

Session Description: This fun and informative presentation will demonstrate the positive impact of integrative therapies on our unique patient base. Learn how these interventions can help not only the patient but also their friends, families, caregivers, and the rest of the whole hospice team. You’ll come away with an understanding of how integrative therapies work in practice, specifically how they can be useful with those especially tough cases, as well as some of the science behind why they work so well. Our goal is to give a starting point to go home and build your own integrative therapies program.

Learning Objectives: Students will be able to identify the benefits of acupuncture and massage in a hospice setting; explain the mechanics of these integrative therapies to their teams; be equipped to vet and hire integrative therapists that fit each program’s needs.

About the Presenter(s): Having served hospice patients for over ten years, Robyn Curtis has brought together a highly skilled group of integrative therapists to work alongside the interdisciplinary team. She is passionate about both patient advocacy and developing relationships with providers to help with education and enthusiasm around how integrative therapies help our patients and support our staff. She received her Masters in Science and Acupuncture from Bastyr University in Seattle, WA and Doctorate in Acupuncture from Five Branches University in San Jose, CA. Robyn lives in Bellingham with her beau and four-legged fur-baby in a tiny home in the woods. Hospice massage has always been a calling for Amy Wylde, who has served with Kline Galland Hospice in Seattle and at Whatcom Hospice in Bellingham. She is passionate about working closely with all hospice disciplines to bring comfort to patients as well as diving into the latest research available in the field of massage. When she isn’t at work, she enjoys travel, hiking, and spending time with her two beloved cats.

Brad Macy Session: Bradford Macy, RN, BSN, BA, CHPN, Founder, Hospia Corporation

Session Description: To quickly identify and effectively treat severe symptoms in the last few days of life it is important to understand the physiological changes that occur during this transition. This course reviews these challenges that must be considered in properly assessing patients.

Learning Objectives: At completion of this course the learner will be able to describe the behaviors, and key factors differentiating Terminal Agitation and Terminal restlessness; describe 2 indicators of severe respiratory distress in a non-verbal patient; describe the incidence of pain in the last week of life and describe the 2 primary reasons for a spike in pain in the last week of life.

About the Presenter(s): Bradford Macy, RN, BA, BSN, CHPN is a 25-year veteran hospice nurse, inventor of the Macy Catheter and Founder of Hospia Corporation. Mr. Macy was awarded the 2013 National Award for Hospice and Palliative Care Nurse of the Year through the National Board for Certification of Hospice and Palliative Care Nurses. Brad also applied his innovative spirit and nursing background to invent the Macy Catheter, Hospia’s first product, which has received 510(k) clearance from the FDA and is now available in the United States. The Macy Catheter is a patented, innovative medical device designed to enable the discreet and comfortable rectal administration of liquids and medications, which is particularly relevant during serious or terminal illness.

Without Borders: Cultivating the Peace Building Potential of Palliative Care & Hospice Practice in Rwanda. David Slack, MD, Hospice Without Borders

Session Description: The 1994 Rwandan Genocide challenged the sanctity in dying for an entire nation. The repercussions of that trauma persist 29 years later. Hospice Without Borders, a WA state charity, has worked
with the Ministry of Health in Rwanda since 2010, supporting palliative care and hospice capacity building. The question we explore in this presentation is whether palliative care may serve as a deterrent to dehumanization and the violence that often ensues when we fail to see ourselves as interconnected. We share our experience, research, and conclude that a structured program of community based palliative care development poignantly reminds us that we are all connected. The Rwandan word for this realization is Ubumuntu - realization of our shared heart and humanity. As such, we assert that palliative care is at its core, a peace building practice.

**Learning Objectives:** By participating in this presentation, participants will learn about the history of Rwanda, the 1994 genocide, and the practice of palliative care in Rwanda; participants will learn how they may explore interest in international palliative care and hospice; participants will be able to consider their daily practice in palliative care and hospice more broadly as a peace-building practice.

**About the Presenter(s):** Dr. Slack lives in Olympia with his spouse Christine. He works for Kaiser Permanente as a palliative medicine and hospice physician and is board certified in the field. He is also a board-certified Hospice Medical Director. In 2010, Dr. Slack co-founded Hospice Without Borders in Washington state. Since then, the organization has been working to improve palliative care accessibility in Rwanda. In the United States, Hospice Without Borders has a training course called “Present to Dying - A Community Based Contemplative Care Program for Beginners”. In this program, they aim to improve peoples’ capacity to be resources to themselves and others in the encounter with incurable illness. They also work to extend palliative care access to the homeless population in Olympia.

**Nobody Taught Me That: Serious Illness Guides for Non-Medical Hospice and Palliative Team Members**

**Presenter(s):** Adie Goldberg, PhD, LICSW, Halee Dams, LICSW, Robert Leavitt, M.Div, MAT, Sacred Heart Medical Center

**Sessions Description:** When training a new palliative social worker, two of the presenters were taken aback by her constant note taking during supervision. When queried she replied, “I don’t have a clue about half of the terms you’re using. I go and google them after we meet”. Remembering our first hospital jobs and doing similar research, we reached out to a palliative chaplain and asked if this was his experience as well. Whether you’re a student or a supervisor, this presentation highlights the development of serious guides for hospice and palliative non-medical providers. Grounded in science, the presenters have developed 7 illness guides which can be used in training new staff or updating your experienced colleagues in addressing the psychosocial, spiritual and palliative issues that are confronted in clinical settings. Test your knowledge, learn something new and find tools to bring back to your community!

**Purpose:** New social workers, chaplains and their supervisors bemoan the dearth of understandable diagnosis related information for non-medical providers. As beginning palliative social workers, experienced providers and as educators we have found that our knowledge of disease specific information and medical terminology favorably impacts our ability to be effective participants in IDT discussions. Anecdotally, we felt that medical knowledge contributed to heightened respect and trust among the medical providers on the Palliative/Hospice care team. Given a desire to be both effective members of a patient’s care team and elevate the role of social workers and chaplains, the presenters identified 7 serious illnesses and developed short guides (1-4 pages) which were then fact checked by 2 board certified palliative MDs for accuracy. The guides: Pulmonary Illness, Cardiac Illnesses, End stage Renal disease, End stage Liver, Dementia and Delirium, TBI and Strokes, and Cancer each include background facts, treatment options, psychosocial and spiritual issues and important terms and abbreviations. As the palliative and hospice field focuses on ensuring top of license competencies for its team members, workforce retention and capacity, the Serious Illness guides provide a much needed and to date, unavailable resource, for new and experienced social workers, chaplains, educators and administrators. These guides can serve as an initial training tool as well as a desktop reference. This symposium will introduce the tool as well as provide feedback regarding needed modifications based on participants’ real time experiences.

**About the Presenter(s):**
Life After Loss Rwanda (LALR): A Bereavement Program of Self-Discovery, Empowerment and Community Building. David Slack, MD, Hospice Without Borders

Session Description: The presentation describes the results of a study we conducted retrospectively over 5 years of our bereavement program LALR. Very briefly, this is a bereavement program we created and conduct with community partners that combines grief lessons, with income generation, and community building. We are also aiming to cultivate a capacity for graduates to be present to the grief they encounter amongst people they meet in their villages.

Learning Objectives: By participating in this session participants will learn how we utilize the 9 cell bereavement tool and the Dual Process of Adaptive Coping in LALR; how LALR students learn about grief, adaptation to loss, and empowerment; integrate tools from LALR into their own bereavement programs.

About the Presenter(s): Dr. Slack lives in Olympia with his spouse Christine. He works for Kaiser Permanente as a palliative medicine and hospice physician and is board certified in the field. He is also a board-certified Hospice Medical Director. In 2010, Dr. Slack co-founded Hospice Without Borders in Washington state. Since then, the organization has been working to improve palliative care accessibility in Rwanda. In the United States, Hospice Without Borders has a training course called “Present to Dying - A Community Based Contemplative Care Program for Beginners”. In this program, they aim to improve peoples' capacity to be resources to themselves and others in the encounter with incurable illness. They also work to extend palliative care access to the homeless population in Olympia.

Strategies and Tools to Reduce Injuries Related to Patient Handling in Home Hospice. Jen Jarrett Lee, Jennifer Jarrett Lee, Hospice and Palliative Care Clinical Nurse Specialist, MSN, RN, ACNS-BC, CHPN and Carlos Alaniz, Director of Hospice, OTR/L, Providence Hospice and Palliative Care

Session Description: Staff injuries related to patient handling are devastating for individuals. The work done in home hospice is especially high risk. Staff often work with dependent patients in cramped spaces, and do not have the same access to lift equipment or other trained colleagues to help as you’d find in acute or long-term care. Join this interactive session to learn tools and resources that have helped our hospices decrease the number of patient handling injuries from 2021 to 2022.

Learning Objectives: Learners will identify areas of risk to home hospice staff; describe three strategies for injury prevention personally and organizationally; demonstrate a Quick Mobility Screen on a pseudo-patient.

About the Presenter(s): Jen Lee is a Hospice and Palliative Care Clinical Nurse Specialist, currently working at Providence. Before coming to Hospice 7 years ago, she worked in the ED for 7 years. Carlos Alaniz is an Occupational Therapist. He has worked in hospice for 18 years and is currently the Director at SoundHomecare and Hospice in Olympia. He, Jen and others within Providence Hospice have collaborated extensively on the development of the Hospice QMS and other efforts to promote staff safety when it comes to patient handling.

The Practice of Birth & Death. David Slack, MD, Hospice Without Borders

Session Description: This is a guided exercise we call 'the practice of birth and death’. It aims to immerse participants, as best we can in the 'laboratory setting," safely into the direct experience of loss. The practice and subsequent debriefing are often profound experiences, that enhance our empathic concern for one another. By participating in the exercise we will directly experience abrupt loss, anticipatory loss, and the realization that the opportunity to share our story with the people in our lives, is not a sure thing.

Learning Objectives: By participating in this exercise participants will directly experience abrupt loss, anticipatory loss, and acute grief; participants will learn the adaptive value of creating opportunities to reflect upon our losses; participants will better appreciate the value of being heard and of listening to others.
About the Presenter(s): Dr. Slack lives in Olympia with his spouse Christine. He works for Kaiser Permanente as a palliative medicine and hospice physician and is board certified in the field. He is also a board-certified Hospice Medical Director. In 2010, Dr. Slack co-founded Hospice Without Borders in Washington state. Since then, the organization has been working to improve palliative care accessibility in Rwanda. In the United States, Hospice Without Borders has a training course called “Present to Dying - A Community Based Contemplative Care Program for Beginners”. In this program, they aim to improve peoples' capacity to be resources to themselves and others in the encounter with incurable illness. They also work to extend palliative care access to the homeless population in Olympia.