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, until looking back on your life, of what surprised, motivated, and made you uncomfortable, as you faced new challenges. Similarly, a patient diagnosed with a serious illness, doesn’t know how they will face their own challenges, until looking back of what they have learned about themselves along the way. We guide them to some degree, and equally they guide us. We cannot always cure them, but one can provide healing through the exchange of humanistic support, despite their profound challenges.

**Learning Objectives:** At the end of this session, the attendee will be aware of learning and following one’s own core values in work and life, and seek out new opportunities for growth, even when uncomfortable with change; be aware of the importance that is up to the individual to have enthusiasm for their work/life, and not up to others or organizations to correct one’s attitude; be aware, respect, and enjoy the privilege of accompaniment with other lives who are challenged with serious illness, and learn from your most wonderful teachers: the patient.

**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:** The Pacific Northwest offers several options for disposing of a body after death. In this seminar, we will explore cremation, traditional burial, aquamation, natural burial, human composting, and organ donation for both transplant and education/science. We may even have some local experts available to share their wisdom on the subject.

**Learning Objectives:** As a result of participating in this seminar, participants will be able to describe three options for body disposition after death; speak to Washington options for organ donation for transplant and education/science; describe costs and processes of body transport and unique burial issues in our region.

**About the Presenter(s):** Laurie Jackson is Chief Executive Officer of Tri-Cities Chaplaincy in Richland, Washington. She has been a leader in end-of-life care in the Pacific Northwest for the last 15 years. One paper away from completing her Doctor of Ministry degree, Laurie is also a published author and has just completed her second book. Her personal vision is to remove the fear of dying in our region, and to help match each person’s greatest joy with the world’s greatest needs so we can live our best lives, especially at the end of life.
Case Review: Compassionate Extubation at Home for an ALS Patient. Jennifer Jarrett 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 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 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.

**Tricks of the Trade: Symptom Management Knowledge You Need.** MD, FAAP, Providence Hospice of Seattle and Cheryl Medawattage, RN, BSN, BC: Gerontology, CHPN, ACHE, CPMN, Executive Director – Hospice, EvergreenHealth

**Session Description:** As our patients become more complex, and case loads increase, it is important that we have a solid understanding of how to efficiently and effectively address some of their most worrisome symptoms. Pain, Dyspnea, Anxiety, Agitation, and Nausea are bread and butter concerns for hospice caregivers. Do we really know the basic science behind our classic responses to such life-limiting concerns? Are there some new approaches we should be considering as well?

**Learning Objectives:** Upon completion of this session, participants will be able to fully understand how Transdermal Fentanyl works and which patients are unlikely to respond adequately; increase awareness of non-opioid medications we should be using for management of severe pain; adopt a thoughtful approach to determining when and how to convert immediate-release opioid to longer-acting forms.

**About the Presenter(s):**

- **David Brunelle** is a Hospice Physician with Providence Hospice of Seattle, serving as Physician Medical Director for patients in King and Pierce counties. Originally from Maine, he earned his B.A. from Dartmouth College and his M.D. at the University of Vermont College of Medicine. A residency in General Pediatrics at Seattle Children's Hospital brought him to the Pacific Northwest. Dr. Brunelle spent decades providing care to infants, children, and teens as a PCP, Hospitalist, Urgent Care provider, and Emergency Room physician. He went on to develop Pediatric Palliative Care and Hospice divisions at the Mary Bridge Children's Hospital in Tacoma, broadened his practice to include adult patients under with the support and guidance of Dr. Mimi Pattison and her team at Virginia Mason – Franciscan Hospice, and received his Hospice Medical Director board certification along the way.

- **Cheryl Medawattage** came to the United States from India in 1989. She went into hospice when her son was 9 months old and she’s called it her mission since then. She practiced in Oklahoma and Texas for the last 25 years prior to making the move to the Pacific Northwest almost 3 years ago. Cheryl is board certified in hospice and palliative nursing; pain management and gerontology and served on the ANCC Pain Management Expert Panel from 2012-2018. She was awarded the HPNA Employer of the Year in 2022 for certification efforts with hospice that resulted in 34 RNs getting their CHPN. “No matter what I do, I will always be a hospice nurse. Being able to impact end of life care in such a humbling way, has given me my life’s purpose.”
Psychosocial Risk Assessments: Use of Anxiety, Depression and Suicide Tools at the End of Life. Stacey Jones, LICSW, ACHP-SW, Director, Providence Hospice of Seattle

Session Description: It is not uncommon for people at end of life to struggle with anxiety, depression and suicidal ideations. Hospice plays an important role in supporting those who have these struggles. This presentation will provide one hospice’s process used to address these needs with patients. Education will include how to use screening tools as well as how to develop interventions/care plans for harm reduction and management of symptoms.

Learning Objectives: On completion of this session, participants will be able to recognize the importance of addressing anxiety, depression and suicidal ideations for hospice patients; identify standardized screening tools that can be used to understand patient needs; develop a comprehensive plan for care to manage symptoms and reduce harm.

About the Presenter(s): Stacey Jones, LICSW, ACHP-SW received her Master’s degree in Social Work from Washington University in St. Louis in 1995. Stacey has worked in a variety of settings—hospital, outpatient clinic and hospice—as a medical social worker. Stacey has been in hospice care for the last 22 years as a social worker, grief counselor, clinical manager and is currently the Director of Providence Hospice of Seattle. Stacey currently serves on the Washington State Hospice and Palliative Care Board of Directors as Vice President.

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 equip s 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 Harris 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 Booker 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.

Washington State Department of Health In-Home Services Division – An Update for Hospice Providers. Lori Heiner, RN, In-Home Services Surveyor from the Washington State Office of Investigation and Inspection

**Session Description:**

**Learning Objectives:**

**About the Presenter(s):**

Changes to Washington’s Death with Dignity Law and Hospice’s Role in Complying with the Updated Statute. Barb Hansen, RN, Exec. Director, Washington State Hospice & Palliative Care Organization

**Session Description:** This session will provide an overview of the changes to Washington’s Death with Dignity law that went into effect on July 23rd, 2023, as a result of the passage of SB 5179. The actions hospices must do to comply with SB 5179 will also be discussed.

**Learning Objectives:** Upon completion of this session, participants will be able to identify the changes to Washington’s Death with Dignity law regarding which qualified medical providers may serve as attending and consulting physicians; identify the changes in Washington’s Death with Dignity law regarding the required waiting period, how the prescription may be delivered to the pharmacy and how the dispensed drug may be delivered to the patient; identify the requirements for hospices to send their policies about Death With Dignity to the Washington Department of Health and to have these policies posted to a website.

**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.
### 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.

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### 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 Harris 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 Senior Clinical Manager, Enclara

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 opioid 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 is the former Dean of Western Washington University’s Fairhaven College, where she taught courses on childhood and death and dying. Eaton was the founding Director of the Palliative Care Institute (https://pci.wwu.edu), which offers continuing medical education and support to providers and mounts educational programs for the wider community around issues of serious illness and end of life. She currently serves as the Institute’s Community Champion and also is a Board member of the Washington State Hospice and Palliative Care Organization.

Sylvia Tag is a librarian at Western Washington University in Bellingham, WA. She curates the children and young adult literature library collections and teaches courses on children's literature and communication disorders. She is active in regional and national library organizations that celebrate art and writing for young people. Sylvia is a member of The Bellingham Threshold Singers, a group of women volunteers whose purpose is to relieve distress, pain or anxiety with comforting song. These songs are offered to individuals who are at life’s threshold, often seriously ill or dying. Participating in the Not If But When project is especially rewarding because the work connects professional interests with personal experience.

Thom Barthelmess has worked with children, teens, and families in public libraries for more than 30 years, in Austin, TX; Pittsburgh, PA; Spokane, WA; and currently as the Youth Services Manager at the Whatcom County Library System. His national leadership includes decades of work with the American Library Association, including serving as President of the Association for Library Service to Children and Chair of the Newbery Award Selection Committee. When sharing literature with young people, he is proactive in reflecting the breadth of human experience, including issues of death, grief, and loss.

**Plenary: The Missing Middle-Aging in a Fragmented Health Care System.** Leslie Emerick, MPH, Director of Public Policy, WSHPCO

**Session Description:** Leslie will be presenting on the current state of our health care system and how woefully unprepared most soon to be retired persons are for the high costs of health care. The “Missing Middle” refers to the people who make too much money to qualify for the state’s Medicaid program, and too little to purchase private pay care either in their home or a residential facility. Most will be forced to spend down to poverty to qualify for Medicaid...which is not the most desirable
outcome for many families. Leslie will incorporate public policy and legislative actions from the past legislative session into the presentation and discuss how we can do a better job serving our aging population.

**Learning Objectives:** Upon completion of this session, participants will be able to identify key elements from the last legislative session and use those elements to better serve our aging population.

**About the Presenter(s):** Leslie Emerick, MPA, has 26 years of public policy experience in Washington state. She is currently the Director of Public Policy for the WA State Hospice and Palliative Care Association and has been representing the association since 2007, initially as our lobbyist. She is a former Douglas County Commissioner and a legislative liaison for the state Department of Agriculture and the Department of Health. She has a Master of Public Administration degree, a BA in Speech Communication and Secondary Education with a minor in Political Science. Leslie started her contract lobbying business in 2006 and currently has seven health care clients.
PLENARY: Hold Your Head High and Lift Your Voice: Advocacy in Hospice and Palliative Care. Hope Wechkin, MD, FAAHPM, HMDC, Medical Director - EvergreenHealth Home Care (Hospice and Home Health)

Session Description: In this plenary session, the concepts of clinical and organizational advocacy will be explored. In the clinical realm, the complexities of delivering comprehensive end-of-life care will be highlighted, and the clinician’s role as an advocate for self, patients, families, and organizations will be discussed. The opportunity for individuals and organizations to advocate for the advancement and improvement of the delivery of serious illness care within the specialty of Hospice and Palliative Medicine will be examined, and participants will be invited to consider the role that advocacy plays in the ways that they conceive of their work in the field.

Learning Objectives: Upon completion of this session, participants will be able to identify: the complexities in delivering comprehensive end-of-life care; multiple approaches to clinician advocacy in Hospice and Palliative Medicine; areas within the field of Hospice and Palliative Medicine that benefit from informed clinician advocacy

About the Presenter(s): Dr. Hope Wechkin is the medical director of EvergreenHealth Home Care Services and is on the clinical faculty at the University of Washington School of Medicine. She graduated summa cum laude from Yale College and from the University of Washington School of Medicine. She led the Palliative Care Service at EvergreenHealth from 2007-2021 and has mentored many students and colleagues in Hospice and Palliative Medicine. She has been recognized multiple times in Seattle Magazine and Seattle Met Magazine as one of the region’s “Top Doctors,” and is a sought-after speaker regarding a broad range of topics in end-of-life medicine.

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 unconventional 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; Jenni Finzimer, RN, Assistant Nurse Manager, Hospice of the Northwest; Robin Brouwer, RN, Pediatric Palliative Care, Heartlinks Hospice; Caiti Morehead, LICSW, ACHP-SW, Stepping Stones, Providence Hospice of Seattle

**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 RN, CHPPN, has worked for almost two decades in pediatric palliative care, both in the hospice and hospital setting. Anne is the nurse coordinator with the Palliative Care Program at Seattle Children’s Hospital. Anne is on the WSHPCO board and is one of the founders of the Northwest Pediatric Palliative Care Coalition.

Jenni Finzimer, RN is the Assistant Nurse Manager at Hospice of the Northwest, based in Skagit County. She’s enjoyed more than five years working in the Hospice setting, with a special focus on Pediatric patient care. She comes from a family of nurses, stretching back to her great-grandmother, great-aunts, grandmother, mother and numerous aunts and cousins. Jenni achieved her Associates Degree in Nursing in 2005, while working full time and raising two small children. At that time it became necessary for her to halt any further degree/coursework. She thoroughly enjoys teaching/mentoring fellow nurses, and will be pursuing a Bachelor’s Degree beginning in Fall 2024 at Western Washington University. Jenni and her husband live in a very rural area east of Sedro Woolley. They enjoy many wild visitors on their acreage, and have a dog and two cats. In their spare time, they’ve enjoyed developing the Medical program for the safety crew at Skagit Speedway, as well as “glamping” in their toy hauler.

With more than 12 years of dedicated service in the field, Robin Brouwer, RN, has extensive experience in a rural pediatric palliative care environment. Robin currently holds the position of Nurse Case Manager at Heartlinks, an organization delivering pediatric palliative and concurrent care services across three counties in Eastern Washington.

Caiti Morehead, LICSW, ACHP-SW has worked as a pediatric palliative and hospice care social worker with the Stepping Stones program at Providence Hospice of Seattle since 2011. She is now the program lead for both the Stepping Stones team which provides care in King and Pierce County as well as the Carousel team which provides care in Snohomish County.

**Acupuncture, Massage, and Integrative Therapies in your Hospice.** Dr. Robyn Curtis, 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.

**Symptom Assessment and Triage in the last Days of Life.** Bradford Macy, RN, BSN, BA, CHPN, Founder, Hospi Corporation

**Session Description:** Studies show that as many as 88% of patients have some form of terminal restlessness or agitation in the last week of life and 25% have uncontrolled pain in the last week. The last week of life brings on physiological changes that affect the ability to assess and treat symptoms. Being able to quickly identify the symptom and its intensity in non-verbal patients and how to effectively treat these symptoms with the physiological changes that occur in the last days to week of life is of utmost importance in providing a good death outcome for the patient and family. This course reviews these challenges and discusses physiologic changes in the last days of life that must be considered when assessing patients, choosing medication, teaching caregivers, and deciding effective medication delivery routes in the last days of life.

**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; list 5 causes of terminal agitation; 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; describe the key indicators of severe pain in a non-verbal patient; describe 2 indicators of severe respiratory distress in a non-verbal patient.

At the completion of this course, the learner will be able to list the symptoms of opioid induced toxicity and possible 2 treatment options in the last few days of life.

**About the Presenter(s):** Bradford Macy, RN, BA, BSN, is a 25-year veteran hospice nurse, inventor of the Macy Catheter and Founder of Hospi 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 for his contributions to the field of Hospice. Mr. Macy has presented and educated on issues related to the end of life and symptom management throughout the country and internationally for more than a decade. He has contributed to research in the field including publications in the Journal of Pain and Symptom Management and the Journal of Hospice and Palliative Nursing. Mr. Macy received a special major B.A. in psycho-physiology from California State University, Long Beach in 1987, and a B.S. in Nursing from the University of San Francisco in 1989. He is currently completing a Master of Science Degree in Palliative Care at the University of Baltimore, Maryland.
**What Do I Say? Tips for Pediatric Palliative Care Communication.** Anne Anderson, BSN, CHPPN, Seattle Children’s Hospital, Kathy Perko, MS, PPCNP-BC, CHPPN, CPON, CPLC, FPCN, University of Washington Palliative Care Training Center

**Session Description:** Do you worry about what to say when working with pediatric patients? This session will have practical tips to help increase your comfort in caring for kids.

**Learning Objectives:** Upon completion of this session, participants will be able to identify 3 factors that influence communication in the palliative care setting, summarize 3 aspects of excellent ongoing communication with the IDT, the child and the family; describe key factors in communicating bad news.

**About the Presenter(s):** Anne Anderson RN, CHPPN, has worked for almost two decades in pediatric palliative care, both in the hospice and hospital setting. Anne is the nurse coordinator with the Palliative Care Program at Seattle Children’s Hospital. Anne is on the WSHPCO board and is one of the founders of the Northwest Pediatric Palliative Care Coalition.

Kathy Perko has been a nurse for 39 years, 29 years as a PNP. In 2002, she founded the Bridges Pediatric Palliative Care Program at OHSU Doernbecher Children’s Hospital. She directed the program until her clinical retirement in 2020. She holds certificates in Pediatric Bioethics and Palliative Care. She is a national ELNEC and EPEC educator. She has completed faculty Vital Talk training. She is the Pediatric Track Director of the U of WA Palliative Care Certificate Program and continues to provide palliative care education and consultation to interdisciplinary colleagues locally and nationally. In her free time, she enjoys traveling anywhere and baking, reading and spending time with family and friends.

**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.
**Session Description:** Training a new palliative social worker, the presenter was taken aback by her constant notetaking. When queried, she replied, “I don’t have a clue about what you’re saying. I go and google after we meet”. Whether a student or manager, this workshop explores basic biology and terminology related to serious illnesses. The authors have developed 7 illness guides which assist nonmedical team members in addressing the psychosocial and palliative issues your IDT confronts in clinical settings. You don’t need to be a med student or a nurse to help patients and their families navigate the science behind their diagnosis. You don’t need to be a med student or a nurse to help patients and their families navigate the science behind their diagnosis. Test your knowledge, learn something new and find tools to bring back to your community!

**Learning Objectives:** Upon completion of this session, participants will be familiar with pre and post tests to assess knowledge regarding advanced illnesses; understand the physiology and palliative issues related to 7 advanced illnesses; identify two ways to utilize guides once home.

**About the Presenter(s):** Adie Goldberg, PhD, LICSW is a palliative social worker who loves teaching. She works as a member of Spokane's Sacred Heart Medical Center’s Palliative Care team and part time as a consultant for the State's DOH Rural Palliative Care program. She cherishes her time learning from her multidisciplinary team members and is known for her interactive presentation style. Adie happily exchanges her palliative care hat for a gardening hat or a ski helmet spending time outdoors with her dog Otis and her three daughters and grandchildren.

Robert Leavitt is a Palliative Care Chaplain at Providence Sacred Heart Medical Center in Spokane, Washington. He is passionate about interfaith chaplaincy and the deep integration of spiritual care providers into the interdisciplinary team. Robert holds a Master of Divinity from Fuller Theological Seminary and a Master of Arts in Theology from Whitworth University. When not at the hospital, he enjoys spending time outside with his wife and two children, having existential crises while staring up at the vastness of space, and following his curiosity into learning about new topics.

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**Symptom Management for the Pediatric Patient.** Annie McDermott, DNP, ANRP, Macallagh McEvoy, MSN, ARNP, Seattle Children's Hospital

**Session Description:** Pediatric patients can have different symptomatic needs based on their specific disease process, including patients with severe neurologic impairment, oncologic diagnoses and genetic and metabolic differences. This talk will provide a review of symptom management pearls for providers caring for pediatric palliative care patients. We will review the most common and more unique experiences of our patients and discuss pharmacologic and non-pharmacologic management techniques. We will highlight different management practices utilized for pediatric patients in contrast to adult patients, as well as discuss chronic symptom management plans and best practices to support end of life.

**Learning Objectives:** Upon completion of this session, participants will be able to discuss common symptoms and clinical issues that arise in infants, children and young adults with serious illness; incorporate unique pediatric interventions and management strategies for pain and other symptoms at end of life in their practice; identify key differences in managing children's symptoms compared with adults.

**About the Presenter(s):** Annie McDermott is a Palliative Care Nurse Practitioner at Seattle Children's Hospital. She has been at Seattle Children's for 7 years and has extensive experience working with medically complex children and especially enjoys caring for this population. She completed her DNP at the University of Wisconsin - Madison and received her BSN from Boston College.
Macallagh McEvoy is a Palliative Care Nurse Practitioner at Seattle Children's Hospital. She has been a part of the palliative care program for over 8 years and at Seattle Children’s for ten years. She completed her Palliative Medicine Fellowship in 2013 from Boston Children’s Hospital.

**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.** 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.
**Session Description:** Resistant, noncompliant, alleges, narcotic-seeking, frequent flyer, defensive, aggressive. Have you read or utilized these phrases in a chart? Studies have quantified bias and examined how biases are communicated in the HER. Implicit bias has clear effects on provider communication, trust in medical care, and the delivery of health care to marginalized populations. Negative descriptors in a patient’s EHR may assign negative value to patients. Subsequent providers may read, be affected by, and perpetuate the descriptors, reinforcing stigma to other health care teams. Revisit how you chart, how you read others’ chart notes and consider what story is unconsciously being communicated.

**Learning Objectives:** Upon completion of this session, participants will be able to identify 5 commonly used descriptors in medical charting that create bias; understand the difference between negative and positive bias; identify 3 alternative approaches to describing pt interactions.

**About the Presenter(s):** Adie Goldberg, PhD, LICSW is a palliative social worker who loves teaching. She works as a member of Spokane’s Sacred Heart Medical Center’s Palliative Care team and part time as a consultant for the State’s DOH Rural Palliative Care program. She cherishes her time learning from her multidisciplinary team members and is known for her interactive presentation style. Adie happily exchanges her palliative care hat for a gardening hat or a ski helmet spending time outdoors with her dog Otis and her three daughters and grandchildren.

Robert Leavitt is a Palliative Care Chaplain at Providence Sacred Heart Medical Center in Spokane, Washington. He is passionate about interfaith chaplaincy and the deep integration of spiritual care providers into the interdisciplinary team. Robert holds a Master of Divinity from Fuller Theological Seminary and a Master of Arts in Theology from Whitworth University. When not at the hospital, he enjoys spending time outside with his wife and two children, having existential crises while staring up at the vastness of space, and following his curiosity into learning about new topics.

**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.