



HARVARD MEDICAL SCHOOL
Department of Continuing Education
and Center for Palliative Care



PRACTICAL ASPECTS OF PALLIATIVE CARE

INTEGRATING PALLIATIVE CARE INTO CLINICAL PRACTICE



Photo credit: Nicholas Nixon

October 9 - 11, 2009

Royal Sonesta Hotel • Cambridge, MA

COURSE DIRECTORS:

J. Andrew Billings, MD

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Associate Professor of Medicine, Harvard Medical School
Co-Director, Harvard Medical School Center for Palliative Care*

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Dana-Farber Cancer Institute and Brigham and Women's Hospital
Professor of Psychiatry and Medicine, Harvard Medical School
Co-Director, Harvard Medical School Center for Palliative Care*

Course Description

**FEATURED
SPEAKERS**
Eric Cassell, MD
Timothy Quill, MD

This three-day course is designed to offer physicians and other clinicians the information and skills needed to provide high-quality, specialist-level palliative care to patients with life-threatening illnesses in a variety of practice settings. Through plenaries and workshops, participants will develop a toolbox of palliative care competencies and will learn from colleagues facing similar practice challenges. The course will address the assessment and management of physical, psychological, social, spiritual, and existential sources of suffering experienced by patients and their families. Sessions also focus on cultural issues, communication, prognostication, bereavement, management of various non-oncological conditions, the special needs of patients at various stages of the life cycle, and ethical, legal, and practical issues in the setting of advanced illness. Recent research in palliative care will also be included.

Our keynote speaker, Eric Cassell, MD, has been a foundational contributor to the field of palliative medicine, and will speak on Healing. Timothy Quill, MD, highly regarded nationally for his writing and teaching on communication skills, physician-assisted suicide, and palliative care, will give the closing plenary on *Combating Stress and Refinding Meaning in Palliative Care: Exploring both Survival and Growth Strategies*. Our expert, interdisciplinary faculty will provide a broad and deep perspective on the field of hospice and palliative medicine for clinicians at all levels.

Course Objectives

This course will enable clinicians to:

1. Assess and manage the physical, psychological, social, and spiritual/existential causes of distress in patients with life-limiting diseases and their families.
2. Develop practical strategies for introducing discussions of patient fears, hopes, goals, and wishes for care at the end of life, including use of life-sustaining technology, balancing hope and honesty in discussing treatment options, and dealing with the ethical issues that arise at the end of life.
3. Cultivate approaches to working with different patient populations (e.g., pediatrics, geriatrics), diseases (e.g., heart failure, pulmonary disease, dementia), challenging scenarios (e.g., withholding fluids and nutrition at the end of life, addiction, palliative sedation, "difficult" patients and families, talking with children about death), and settings (e.g., long-term care, intensive care unit).

General Information

ACCREDITATION

Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Harvard Medical School designates the course only for a maximum of 18.25 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. Risk Management credits and AANC approved CEUs pending.

REGISTRATION INFORMATION

Tuition Fee - \$790 (USD)

Repeat Physician Participant - \$690 (USD)

*Residents/Fellows in Training and Nurses - \$635 (USD)

Repeat *Residents/Fellows in Training and Nurses - \$535 (USD)

*a letter of verification from Department Chair must accompany the registration form for a reduced fee

Attendance is limited to 160 participants. Register early!

All foreign payments must be made by a draft on a United States Bank or by Visa or MasterCard. If paying by check, please make payable to Harvard Medical School and mail with completed registration form to: **Harvard Medical School - Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825**. If paying by credit card, please register online at www.cme.hms.harvard.edu/courses/palliativecare. **Telephone or mail-in registration with credit card payment is not accepted.** Inquiries should be directed to the above address, made by telephone: (617) 384-8600, Monday - Friday, 10 AM to 4 PM (EST), or by e-mail: hms-cme@hms.harvard.edu. Upon receipt of registration a confirmation will be mailed to the address listed on the form.

ONLINE INFORMATION

To register or view course information online, visit our homepage:
www.cme.hms.harvard.edu/courses/palliativecare

REFUND POLICY

A handling fee of \$75 is deducted for cancellation. Refund requests must be received by mail or fax one week prior to the course. No refunds will be made thereafter.

COURSE LOCATION

All sessions will be held at the Royal Sonesta Hotel Boston, 40 Edwin H. Land Blvd., Cambridge, MA 02142 (Telephone: 617-806-4200 or Fax: 617-806-4232).

ACCOMMODATIONS

Hotel rooms in the Cambridge/Boston area are limited. You are urged to make your reservations early. **A limited number of rooms have been reserved at the Royal Sonesta Hotel, Cambridge, MA until September 17, 2009.** Please specify that you are enrolled in the HMS Palliative Care-Integrating Palliative Care into Clinical Practice Course to receive the reduced room rate of \$279 Single/Double. A map of Boston listing local hotels will be sent with your confirmation of enrollment. For additional housing assistance, call Boston Reservations at (617) 332-4199.

TRAVEL

For information on reduced airfare, call Harvard Medical School - Department of Continuing Education at (617) 384-8600, Monday - Friday, 10 AM to 4 PM (EST).

QUESTIONS

Log on to our website at www.cme.hms.harvard.edu/courses/palliativecare

We may also be contacted via e-mail at pallcare@partners.org or by telephone at 617-582-7859.

Friday, October 9, 2009

AM Sessions

- 7:30 - 8:00 Registration and Breakfast
8:00 - 8:30 Welcome, Introduction and Overview of Course and Day (Billings/Block)
8:30 - 9:45 KEYNOTE: Healing (Cassell)
9:45 - 10:00 Break
10:00 - 11:15 Breakout Session 1
11:15 - 11:30 Break
11:30 - 12:45 Breakout Session 2

For Friday AM Breakouts, participants will choose one breakout group for Session 1 and one for Session 2.

Session 1 (10:00-11:15)

- A. Practical Management of Patients Dying At Home (Cullinan/Dahlin) **(S)**
- B. Care of Patients with Advanced Cardiac Disease (Flavell/Stevenson) **(S)**
- C. Pharmacological Pain Therapy (Blinderman/Lynch) **(S) (E) (R)**
- D. Breaking Bad News (Hultman/Jacobsen) **(R)**
- E. Pain and Non-Pain Symptoms in Pediatric Palliative Care (Ullrich) **(S)**

Session 2 (11:30-12:45)

- A. Common Challenges in the Management of Non-Pain Symptoms (Lynch/Nasrallah) *repeated at 3:15 PM* **(S)**
- B. Care of Patients with Neuropathic Pain (Ross) **(S)**
- C. Final Days and Hours of Life (Hultman/Jacobsen)
- D. Decision Making About Artificial Nutrition and Hydration in Advanced Disease: From Evidence to Ethics (Givens) **(S) (E) (R)**
- E. Depression, Anxiety (Block/Meyer) *repeated at 4:45 PM* **(S)**

12:45 - 1:45 Lunch Provided

PM Sessions

- 1:45 - 3:00 PLENARY: Palliative Sedation for Physical, Psychological, or Existential Distress (Blinderman/Fowler) **(R)**
3:00 - 3:15 Break
3:15 - 4:30 Breakout Session 1
4:30 - 4:45 Break
4:45 - 6:00 Breakout Session 2

For Friday PM Breakouts, participants will choose one breakout group for Session 1 and one for Session 2.

Session 1 (3:15-4:30)

- A. Assessment and Management of Delirium in Palliative Care (Buss) **(S)**
- B. Methadone: Risks and Benefits (Blinderman/Fowler) **(S) (R)**
- C. Palliative Care in the Long-Term Setting (Buxbaum) **(S)**
- D. Common Challenges in the Management of Non-Pain Symptoms (Lynch/Nasrallah) *repeat session* **(S)**
- E. Promoting Palliative Care in Advanced Practice Nursing (Dahlin/Kales)

Session 2 (4:45-6:00)

- A. Sexuality Issues in Palliative Care Patients and their Families (Bennett)
- B. Depression, Anxiety (Block/Meyer) *repeat session* **(S)**
- C. Dyspnea and Advanced Pulmonary Disease (Billings/Jacobsen)
- D. Management of Palliative Care Emergencies (Buss)
- E. Overview: Ethical Challenges in Patients with Advanced Disease (Blinderman) **(E) (R)**

Saturday, October 10, 2009

AM Sessions

- 7:30 - 8:00 Breakfast
8:00 - 8:15 Overview of the Day (Billings/Block)
8:15 - 9:30 PLENARY: Discussing Prognosis with Seriously Ill Patients (Quill)
9:30 - 9:45 Break
9:45 - 11:00 Breakout Session 1
11:00 - 11:15 Break
11:15 - 12:30 Breakout Session 2

Saturday, October 10, 2009 continued

For Saturday AM Breakouts, participants will choose either the Experiential Workshop or one breakout group from Session 1 and one from Session 2.

• Experiential Workshop (9:45-11:00/Break/11:15-12:30)

- Session 1 (9:45-11:00)
- A. Communication Challenges (Block/Schaefer) **(R)**
 - B. Use of Complementary and Alternative Medicine in Palliative Care (Rosenthal)
 - C. "Difficult" Families (Maytal) **(R)**
 - D. Assessing and Treating Spiritual and Existential Distress (Peteet/Scott)
 - E. Body/Mind Medicine in Palliative Care (Webster)
- Session 2 (11:15-12:30)
- B. Palliative Care Challenges in Patients with Addiction (Nabati) **(S) (R)**
 - C. Case-Based Ethical Dilemmas (Forrow/Joffe) **(E) (R)**
 - D. "Difficult" Patients (Maytal) **(R)**
 - E. ABCs of Hospice (Nowak)

12:30 - 1:30 Lunch On Your Own

PM Sessions

- 1:30 - 2:45 PLENARY: When Your Patient Asks: How Do I Talk With My Kids? (Muriel)
- 2:45 - 3:00 Break
- 3:00 - 4:15 Breakout Session 1
- 4:15 - 4:30 Break
- 4:30 - 5:45 Breakout Session 2

For Saturday PM Breakouts, participants will choose one breakout group for Session 1 and one for Session 2

Session 1 (3:00-4:15)

- A. Caring for Geriatric Patients at the End of Life, Part 1: Focus on Dementia (Bernacki/Thomas) **(S)**
- B. Family Goal-Setting in the ICU Setting (Billings/Rinehart) **(R)**
- C. Music Therapy in Palliative Care (Hanser)
- D. Legal Aspects at the End-of-Life, Especially Withholding and Withdrawing Life Sustaining Treatments (Brendel) **(E) (R)**
- E. Advanced Care Planning for the Geriatric Patient (Gillick)

Session 2 (4:30-5:45)

- A. Managing Patient Requests for Hastened Death (Billings) **(E) (R)**
- B. Caring for Geriatric Patients at the End of Life, Part 2: Focus on Pain and Other Symptoms (Bernacki/Thomas) **(S)**
- C. Compassion Fatigue (Kales/Moment/Scott) **(E) (R)**
- D. Psychological Challenges in the Care of Young Adults and their Families (Fasciano)
- E. Advanced Care Planning and DNR Discussions (Chittenden) **(R)**

Sunday October 11, 2009

- 7:30 - 8:00 Breakfast
- 8:00 - 8:15 Overview of the Day (Billings/Block)
- 8:15 - 9:15 Bereavement (Block)
- 8:15 - 9:00 Interview
- 9:00 - 9:15 Structured Debrief
- 9:15 - 9:30 Break
- 9:30 - 10:45 Breakout Session
- 10:45 - 11:00 Break
- 11:00 - 12:00 CONCLUDING PLENARY: Combating Stress and Re-finding Meaning in Palliative Care: Exploring both Survival and Growth Strategies (Quill)

For Sunday Breakouts, participants will choose one breakout group

Breakout Session (9:30-10:45)

- A. Spiritual Support of Advanced Cancer Patients: Associations with Quality of Death and Medical Care Received at the End of Life (Balboni/Scott)
- B. Hypnosis (Cassell)
- C. Self-Care (Billings/Fasciano) **(R)**
- D. An Update on Bereavement Research (Block)

Please note: Program changes/substitutions may be made without notice.

Faculty

Tracy Balboni, MD, MPH

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Director, Mind/Body Program for Cancer
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Benson-Henry Institute
Massachusetts General Hospital

PRACTICAL ASPECTS OF PALLIATIVE CARE

October 9-11, 2009

Tuition Fee: \$790 (USD)

Class # 291740

Repeat Physician Participant: \$690 (USD)

All Fields Required. Please Print Clearly

*Residents/Fellows in Training and Nurses: \$635 (USD)

Repeat *Residents/Fellows in Training and Nurses: \$535 (USD)

* with letter of verification from Department Chair

Full Name				Degree(s)
	First	Middle Initial	Last	
Mailing Address				
	Street	City	State	Zip Code
Daytime Phone ()		Fax Number ()		
E-Mail Address				

Please check if you wish to be **excluded** from receiving e-mail notices of future HMS-DCE programs.

Professional School Attended	Year of Graduation
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Profession	Board Certified: Yes <input type="checkbox"/> No <input type="checkbox"/>
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Primary Specialty (Physicians Only)
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Organization Affiliation

BREAKOUT REGISTRATION

Please indicate your preferences for each day's breakouts.

All breakouts are limited to 40 registrants and are assigned on a first-come, first-served basis. We will try to give you your top choices.

Friday, October 9

AM Session	PM Session
Rank 1-5 A ___ Practical Management of Patients Dying At Home (S) B ___ Care of Patients with Advanced Cardiac Disease (S) C ___ Pharmacological Pain Therapy (S) (E) (R) D ___ Breaking Bad News (R) E ___ Pain and Non-pain Symptoms in Pediatric Palliative Care (S) Rank 1-5 A ___ Common Challenges in the Management of Non-Pain Symptoms (S) B ___ Care of Patients with Neuropathic Pain (S) C ___ Final Days and Hours of Life D ___ Decision Making About Artificial Nutrition and Hydration in Advanced Disease (S) (E) (R) E ___ Depression, Anxiety (S)	Rank 1-5 A ___ Assessment & Mgmt. of Delirium in Palliative Care (S) B ___ Methadone: Risks and Benefits (S) (R) C ___ Palliative Care in the Long-Term Setting (S) D ___ Common Challenges in the Management of Non-Pain Symptoms <i>repeat session</i> (S) E ___ Promoting Palliative Care in Advanced Practice Nursing Rank 1-5 A ___ Sexuality Issues in Palliative Care Patients and their Families B ___ Depression, Anxiety <i>repeat session</i> (S) C ___ Dyspnea and Advanced Pulmonary Disease D ___ Management of Palliative Care Emergencies E ___ Overview: Ethical Challenges in Patients with Advanced Disease (E) (R)

Saturday, October 10

AM Session	PM Session
A ___ Communication Challenges (2 1/2hr) (R) OR Rank 1-4 B ___ Use of Complementary & Alternative Medicine in Palliative Care C ___ "Difficult" Families (R) D ___ Assessing and Treating Spiritual and Existential Distress E ___ Body/Mind Medicine in Palliative Care Rank 1-4 B ___ Palliative Care Challenges in Patients w/Addiction (S) (R) C ___ Case-Based Ethical Dilemmas (E) (R) D ___ "Difficult" Patients (R) E ___ ABCs of Hospice	Rank 1-5 A ___ Caring for Geriatric Patients at the End of Life, Part 1 (focus on dementia) (S) B ___ Family Goal-Setting in the ICU Setting (R) C ___ Music Therapy in Palliative Care D ___ Legal Aspects of End-of-Life Care, Especially Withholding and Withdrawing (E) (R) E ___ Advanced Care Planning for the Geriatric Patient Rank 1-5 A ___ Managing Patient Requests for Hastened Death (E) (R) B ___ Caring for Geriatric Patients at the End of Life, Part 2 (focus on pain and symptoms) (S) C ___ Compassion Fatigue (E) (R) D ___ Psychological Challenges in the Care of Young Adults and their Families E ___ Advanced Care Planning and DNR Discussions (R)

Sunday, October 11

AM Session	
Rank 1-4 A ___ Spiritual Support of Advanced Cancer Patients B ___ Hypnosis	C ___ Self-Care (R) D ___ An Update on Bereavement Research

PAYMENT INFORMATION

If paying by check, make it payable to Harvard Medical School and mail with the completed registration form to:
Harvard Medical School-Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825

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www.cme.hms.harvard.edu/courses/palliativecare