



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

September 16 - 18, 2011
Royal Sonesta Hotel • Cambridge, MA

COURSE DIRECTORS:

J. Andrew Billings, MD

*Director, Palliative Care Service, Massachusetts General Hospital
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

Sean Morrison, MD
Arthur Kleinman, 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.

Dr. R. Sean Morrison is Professor of Geriatrics and Medicine at the Mount Sinai School of Medicine, Director of the National Palliative Care Research Center, and immediate Past-President of the American Academy of Hospice and Palliative Medicine. He has received numerous awards for his research and has published over 100 articles. He was featured on the Bill Moyers PBS series "On Our Own Terms" and is a frequent commentator in the national media.

Arthur Kleinman is a physician and social scientist who holds separate Harvard professorships in Anthropology, Medical Anthropology, and Psychiatry. He formerly chaired the Department of Social Medicine. His research has focused on Asian societies. His most recent book is *What Really Matters: Living a Moral Life Amidst Uncertainty and Danger*. His keynote presentation is informed by many years caring for his ill wife.

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 diverse patient populations (e.g., pediatrics, geriatrics) different 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 various 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 this educational activity for a maximum of 18.25 *AMA PRA Category 1 Credits™*. 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)

**Past Attendee - \$690 (USD)

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

**Past Attendee Social Workers and Nurses - \$535 (USD)

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

**past attendee refers only to previous enrollment in this course, not other Harvard offerings

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 your registration form an email confirmation from the HMS-DCE office will be sent to you. Therefore, be sure to include an email address that you check daily/frequently. Your email address is used for critical information about the course including: registration confirmation, course evaluation and certificate.

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, 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 August 16, 2011.** Please specify that you are enrolled in the Harvard Practical Aspects of Palliative Care course to receive the reduced room rate of \$259.00 Single/Double. A map of Boston/Cambridge 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 the HMS Travel Desk toll free 1(877) 4-HARVMD (1-877-442-7863) Monday – Friday 9 AM – 8 PM (EST). From outside the U.S., Canada and Virgin Islands, please call (617) 559-3764.

QUESTIONS

Log on to our website at <http://www.hms.harvard.edu/pallcare/PAPC.htm>

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

Friday, September 16, 2011

AM Sessions

- 7:30 - 8:00 Registration and Breakfast
8:00 - 8:30 Welcome, Introduction and Overview of Course and Day (Block)
8:30 - 9:45 KEYNOTE: Caregiving: Preventing the Moral Impoverishment of Medicine and Health Care (Kleinman) (P)
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 for Session 1 and one for Session 2.

- SESSION 1** (10:00 - 11:15)
A. Care of Patients with Advanced Cardiac Disease (Flavell/Weintraub) (S)
B. Breaking Bad News (Jacobsen/Thomas) (P)
C. An Overview of Pharmacological Pain Therapy (Scullion/Kamdar) (S) (R)
D. Practical Aspects of Pediatric Palliative Care (Vesel/Goldstein) (S)
E. Practical Management of Patients Dying At Home (Wilson) (S)

- SESSION 2** (11:30 - 12:45)
A. A Practical Approach to Feeding Decisions in Advanced Dementia (Mitchell) (S) (E) (R)
B. After the Bad News (Jacobsen/Thomas) (P)
C. Managing Neuropathic Pain (Narang) (S)
D. Common Challenges in the Management of Non-Pain Symptoms (Brandoff/Fitzgerald) *repeated at 3:15 pm* (S)
E. Depression and Anxiety in Advanced Disease (Meyer) (S) (P)

12:45 - 1:45 Lunch on Your own

PM Sessions

- 1:45 - 3:00 PLENARY: Integrating Palliative and Oncology Care in the Ambulatory Care Setting (Temel/Jackson) (S) (P)
3:00 - 3:15 Break
3:15 - 4:30 Breakout Session 3
4:30 - 4:45 Break
4:45 - 6:00 Breakout Session 4

For Friday PM Breakouts, participants will choose one for Session 3 and one for Session 4.

- SESSION 3** (3:15 - 4:30)
A. Assessment and Management of Delirium in Palliative Care (Buss) (S)
B. Common Challenges in the Management of Non-Pain Symptoms (Brandoff/Fitzgerald) *repeat session* (S)
C. Final Days and Hours of Life (Jackson/Jacobsen) (S) (P)
D. Methadone: Risks and Benefits (Scullion/Kamdar) (S) (R)
E. Sexuality Issues in Palliative Care Patients and Their Families (Bober) (P)

- SESSION 4** (4:45 - 6:00)
A. Management of GI Symptoms (Wilson) (S)
B. Palliative Care Emergencies (Buss) (S)
C. Palliative Care in the Long-Term Setting (Yurkofsky) (S)
D. Palliative Care in the Homeless Population (O'Connell) (S) (P)
E. The Management of Dyspnea at the End of Life (Jacobsen/Schaefer) (S)

Saturday, September 17, 2011

AM Sessions

- 7:30 - 8:00 Breakfast
8:00 - 8:10 Overview of the Day (Block)
8:10 - 9:25 PLENARY: Palliative Sedation for Physical, Psychological, or Existential Distress (Krakauer) (S) (P) (E)
9:25 - 9:45 Break
9:45 - 11:00 Breakout Session 1
11:00 - 11:15 Break
11:15 - 12:30 Breakout Session 2

Saturday, September 17, 2011 continued

For Saturday AM Breakouts, participants will choose either the Experiential Workshop Session or one breakout group from Session 5 and one from Session 6.

- Experiential Workshop (9:45 - 11:00/Break/11:15 - 12:30)
- A. Communication Challenges (Block/Schaefer) (P) (R)
- SESSION 5** (9:45 - 11:00)
- B. "Difficult" Families (Maytal) (P) (R)
- C. Body/Mind Medicine in Palliative Care (Webster) (P)
- D. Legal Aspects at the End of Life, Especially Withholding and Withdrawing Life Sustaining Treatments (Brendel) (E) (R)
- E. Use of Complementary and Alternative Medicine in Palliative Care (Rosenthal) (S) (P)

- SESSION 6** (11:15 - 12:30)
- B. "Difficult" Patients (Maytal) (P) (R)
- C. ABCs of Hospice and How to Facilitate Referral (Patel) (P)
- D. Case-Based Ethical Dilemmas (Cist/Joffe) (E) (R)
- E. Ethical Challenges in Patients with Advanced Disease (Krakauer) (E) (R)

12:30 - 1:30 Lunch on Your Own

PM Sessions

- 1:30 - 12:45 PLENARY: When Your Patients Ask: How Do I Talk with My Kids? (Swick) (P)
- 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 for Session 7 and one for Session 8

- SESSION 7** (3:00 - 4:15)
- A. Advance Care Planning (Gillick) (P) (R)
- B. Geriatric Palliative Care Seminar for the Non-Geriatrician, Part 1: Focus on Dementia (Bernacki/Kostas) (S)
- C. Communication of Prognosis in Advanced Illness (Mack) (P)
- D. Family Meetings in the ICU (Billings) (P)
- E. Music Therapy in Palliative Care (Hanser) (P)

- SESSION 8** (4:30 - 5:45)
- A. Advance Care Planning and DNR Discussions (Chittenden) (P) (R)
- B. Geriatric Palliative Care Seminar for the Non-Geriatrician, Part 2: Focus on Pain and Other Symptoms (Bernacki/Kostas) (S)
- C. Compassion Fatigue (Blake/Jackson/Moment) (P)
- D. Managing Patient Requests for Hastened Death (Block) (P) (E) (R)
- E. Psychological Challenges in the Care of Young Adults and their Families (Fasciano) (P)

Sunday September 18, 2011

- 7:30 - 8:00 Breakfast
- 8:00 - 8:15 Overview of the Day (Billings/Block)
- 8:15 - 9:15 Bereavement (Block) (P)
- 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 - 2:00 CONCLUDING PLENARY: Palliative Care 2011: The Future of Palliative Care (Morrison)

For Sunday AM Breakouts, participants will choose one for Session 9

- Breakout Session (9:30 - 10:45)
- A. Promoting Palliative Care in Advanced Practice Nursing (Dahlin)
- B. An Update on Bereavement Care (Block) (P)
- C. Hypnosis (Vesel) (S) (P)
- D. Spiritual Support of Advanced Cancer Patients: Associations with Quality of Death and Medical Care Received at the End of Life (Balboni/Scott) (P)
- E. Self-Care (Morris) (P)

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

Faculty

Tracy Balboni, MD, MPH

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Instructor in Medicine
Harvard Medical School

PRACTICAL ASPECTS OF PALLIATIVE CARE

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Class # 311740

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

**Past Attendee Social Workers and Nurses: \$535 (USD)

All Fields Required. Please Print Clearly

* with letter of verification from Department Chair

** past attendee refers only to previous enrollment in this course, not other Harvard courses

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** _____

Profession _____ **Board Certified:** Yes No

Primary Specialty (Physicians Only) _____

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, September 16

AM Session	PM Session
Rank 1-5 A ___ Care of Patients with Advanced Cardiac Disease (S) B ___ Breaking Bad News (P) C ___ An Overview of Pharmacological Pain Therapy (S) (R) D ___ Practical Aspects of Pediatric Palliative Care (S) E ___ Practical Management of Patients Dying at Home (S) Rank 1-5 A ___ A Practical Approach to Feeding Decisions in Advanced Dementia (S) (E) (R) B ___ After the Bad News (P) C ___ Managing Neuropathic Pain (S) D ___ Common Challenges in the Management of Non-Pain Symptoms <i>repeated at 3:15 pm</i> (S) E ___ Depression and Anxiety in Advanced Disease (S) (P)	Rank 1-5 A ___ Assessment & Mgmt. of Delirium in Palliative Care (S) B ___ Common Challenges in the Management of Non-Pain Symptoms <i>repeat session</i> (S) C ___ Final Days and Hours of Life (S) (P) D ___ Methadone: Risks and Benefits (S) (R) E ___ Sexuality Issues in Palliative Care Patients and Their Families (P) Rank 1-5 A ___ Management of GI Symptoms (S) B ___ Palliative Care Emergencies (S) C ___ Palliative Care in the Long-Term Setting (S) D ___ Palliative Care in the Homeless Population (S) (P) E ___ The Management of Dyspnea at the End of Life (S)

Saturday, September 17

AM Session	PM Session
A ___ Communication Challenges (2 1/2hr) (P) (R) OR Rank 1-4 B ___ "Difficult" Families (P) (R) C ___ Body/Mind Medicine in Palliative Care (P) D ___ Legal Aspects at the End of Life, Especially Withholding and Withdrawing Life Sustaining Treatments (E) (R) E ___ Use of Complementary and Alternative Medicine in Palliative Care (S) (P) Rank 1-4 B ___ "Difficult" Patients (P) (R) C ___ ABCs of Hospice and How to Facilitate Referral (P) D ___ Case-Based Ethical Dilemmas (E) (R) E ___ Ethical Challenges in Patients with Advanced Disease (E) (R)	Rank 1-5 A ___ Advance Care Planning (P) (R) B ___ Geriatric Palliative Care Seminar for the Non-Geriatrician, Part 1: Focus on Dementia (S) C ___ Communication of Prognosis in Advanced Illness (P) D ___ Family Meetings in the ICU (P) E ___ Music Therapy in Palliative Care (P) Rank 1-5 A ___ Advance Care Planning and DNR Discussions (P) (R) B ___ Geriatric Palliative Care Seminar for the Non-Geriatrician, Part 2: Focus on Pain and Other Symptoms (S) C ___ Compassion Fatigue (P) D ___ Managing Patient Requests for Hastened Death (P) (E) (R) E ___ Psychological Challenges in the Care of Young Adults and their Families (P)

Sunday, September 18

AM Session
Rank 1-4 A ___ Promoting Palliative Care in Advanced Practice Nursing B ___ An Update on Bereavement Care (P) C ___ Hypnosis (S) (P) D ___ Spiritual Support of Advanced Cancer Patients: Associations with Quality of Death and Medical Care Received at the End of Life (P) E ___ Self-Care (P)

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

If paying by credit card, telephone or mail-in registrations are not accepted. Please register online at

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

Online registrants - add the **first three characters** of the source code found here ⇨

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