



to comfort  always 2007
a course on palliative care



North Memorial

north Memorial Continuing Education and North Memorial Hospice

Session Detail

November 12

Advanced Pain and Symptom Management at End of Life

Presented by Mary Lynn McPherson, Pharm.D., BCPS, University of Maryland School of Pharmacy, Baltimore, MD

You can expect to learn the following from this all day program.

Given an actual or simulated patient, conduct a pain assessment, and assess distress in a patient at end of life and be able to:

1. Assess pain in pediatrics, geriatrics, adults, and specialty populations.

2. Correlate and interpret relationships between pain assessment and distress assessment.

Given an actual or simulated patient with a pain complaint, you will be able to:

1. Design a pharmacotherapeutic regimen specific to the given patient.

2. Describe appropriate monitoring parameters and develop a plan for change as appropriate.

Using dosing strategies for the use of opioids, including oral short and long acting opioids, transdermal fentanyl and methadone, you will be able to:

1. Accurately convert between routes of administration and between opioids.

2. Recommend an appropriate regimen for a specific patient.

Given an actual or simulated patient, assess non-pain symptoms such as gastrointestinal, neuropsychiatric and cardiopulmonary complaints, recommend appropriate interventions and be able to:

1. Use your knowledge about assessment and monitoring tools for these complaints, describe how to monitor therapeutic response and potential toxicity.

2. Recommend interventions as the clinical situation changes.

"This is the third time I have heard Mary Lynn. I learn something new every time I attend one of her presentations!"

Alicia Noyes, RN Director, Bangor, Maine

November 13

1A Families and Second Circle: Obligation or Opportunity?

Death is a fact of life. Death

reminds us that although we want predictability and control over our lives, neither is guaranteed. Life changing events challenge our coping skills, force us to reassess our priorities and can transform us. As professionals, working with patients and their families change us. This presentation will examine strategies and interventions when working with patients and families and what it means to live in

the "second circle."

Ben Wolfe, M.Ed., Licensed Independent Clinical Social Worker, Program Manager/Grief Counselor, St. Mary's Grief Support Center, St. Mary's Medical Center, Duluth, MN

1B Methadone: Taming the Beast

Methadone is increasingly being utilized as a cost-effective and efficient analgesic in hospice and palliative care. However methadone dosing, particularly conversion from other opioids, can be a challenging process. This educational session is designed to alert practitioners to the key issues in methadone dosing, an to describe best practices for methadone dosing in opioid-naive patients, conversion from other opioid regimens, monitoring and titration of methadone. Participants will leave with practical information they can implement immediately in their practice.

Mary Lynn McPherson, Pharm.D., BCPS, University of Maryland School of Pharmacy, Baltimore, MD

1C Professional Boundaries and Healthy Hearts

Despite the best laid intentions of establishing professional boundaries, the inherent nature of hospice and home care offer situations that challenge them. Professional boundaries and guidelines are established through professional licensing boards and associations, standards of practice, and agency/facility policies. The presentation will explore examples of vague and ambiguous boundary scenarios with guidelines for ethical decision making to best ensure professional and personal health in the hospice environment.

Lores Vlamnick, RN, BSN, MA, Lores Consulting, Rochester, MN

1D Neuroleptics...Should I Use My Old Standard or the New One on the Market?

Neuroleptics, both the older "typical" and the newer "atypical" agents, are used for multiple clinical conditions. They are used in varied clinical settings-and often the caregivers have concerns regarding what neuroleptic to use, in what condition, in what setting and by what route. Through the use of vignettes, we will work through these situations as well as discuss the underlying pharmacology.

Wm. Christopher Downey, MD, Diplomate ABFM, Diplomate ABHPM, Certificate of Added Qualifications, Geriatrics, North Clinic, PA, Minneapolis, MN

1E "Naming the Elephant in the Room" and Associated Communication Challenges

An elephant is standing in the middle of the room. His presence is looming and foreboding. Everyone is walking around the obvious without ignoring him as if avoiding him might encourage him to go away. Who is responsible to "name the elephant" and encourage open and healthy communication? This session will define the "elephants" in the room and offer tips and identify opportunities to enhance communication at the end of life. Explore ways in which your role as a patient

advocate may be strengthened.

Lores Vlamnick, RN, BSN, MA, Lores Consulting, Rochester, MN

1F Legal and Practical Issues in Health Care Planning: How Can You Better Help Your Clients and Families?

This presentation will outline the responsibilities and opportunities for hospice providers to assist their clients and families to identify, make and implement important decisions at end of life. Distinctions between planning tools for health care and financial matters as well as significant nuances present when assessing decision making capacity will be explored. Learn about the Patient's Self Determination Act and the opportunities it offers hospice providers.

Barbara J. Blumer, JD, Attorney at Law, Orbovich & Gartner Chartered, St. Paul, MN

"I have been to many hospice conferences - this one stands out - thank you! You have created a 'tipping point' for me to take back home - setting the bar higher and giving me the tools to do so. Much Appreciation!"

Fran Boyd, RN, Clinical Supervisor, Tucson, Arizona

November 14

2A Giving Until It Feels Good

Working with people in a collegial and service-based environment can be exhausting. This presentation provides professionals with important reminders on how to retain one's focus while working under pressure with colleagues. This talk serves as a reminder that personal stories shape behavior and that everyone has a story to tell.

Nick Mezacapa, BA, MDiv, Motivational Speaker, Rochester, MN

2B Do's and Don'ts in Depression, Dementia and Delirium at End of Life

Palliative and hospice providers find themselves dealing with cognitive, mood and behavioral changes individuals nearing the end of life. These can be both distressing for the individual as well as challenging for families and caregivers to manage. Assessment and management strategies will be presented. Case studies will be used to explore success stories and potential pitfalls.

Kris Allen, RN, CNP, Geriatrics, Palliative Care, North Memorial Palliative Care Team, North Memorial Health Care, Minneapolis, MN

2C Creative Uses of Music in Hospice Care

Music is important to many people... in their living and in their dying. This presentation will include experiential and didactic examples of the use of music in hospice care. A clear definition of "what is music therapy?" will be discussed, with suggestions for establishing and funding music therapy programs. Participants will explore ways to utilize music in hospice care, with an awareness of indications and

contraindications of the use of music. *Dawn McDougal Miller, MME, MT-BC, FAMI, Music Therapist, Hospice and Oncology, Music Therapy Internship Director, Park Nicollet Health Services/Methodist Hospice, Minneapolis, MN*

2D When Comfort is a Priority
Pressure ulcers can be a great concern and source of discomfort in the dying patient. They are a common problem and poor attention to skin care in the dying patient will result in pain, odor, swelling, reduced quality of life and increased care demands for family and other caregivers. This session will focus on the goal of comfort...not necessarily healing the pressure ulcer. *Linda Roehl, RN, CWON, BS, Wound and Ostomy Care Services, North Memorial Health Care, Minneapolis, MN*

2E An Alternative to the Traditional Funeral Rite
Survey data indicates the baby boomer generation is not content with the traditional funeral rituals practiced largely unchanged since the civil war era. A Minneapolis based company-PartyTherafter-offers alternatives to families and individuals who may be unaware of the options that exist. Consultants help families with advanced medical directives, living wills and planning for these "celebrations of life" that may include themes, special music, speakers, vocalists and poignant rituals. *Brad Farnham, President, PartyTherafter, Minneapolis, MN*

2F Offering Comfort From the Beginning-Perinatal Hospice through the Teenage Years and Beyond
Although it is hard to admit, children do die and need palliative care. Few have access to palliative care and appropriate pain and symptom management. They need our hospice expertise, care and compassion. It is just a matter of reaching out to share the gifts you have. *Joan "Jody" Ramer-Chrastek, MSN, CHPN, Pain and Palliative Care Coordinator, Children's Hospitals & Clinics of Minnesota, Mpls./ Paul, MN*

2G Spinning Straw into Gold: Transforming Compassion Fatigue and Work-Related Stress into Greater Resilience
At first glance, compassion fatigue and stress seem like liabilities: things we just want to get rid of. Some recent research, however, has suggested that they may be indicators of significant internal growth, potentially leading end of life practitioners towards increased resilience. This session will include a summary of the research, and a model for understanding these serious work stressors as transformative agents instead of crippling problems. Specific examples and strategies will be included. Sometimes, it really is possible to spin the "straw" of inner struggle into the "gold" of greater resilience, excellence and longevity in the field. *Rev. Gretchen Thompson, MDiv, Chaplain, HealthPartners Hospice of the Lakes, Doctoral Candidate, United Theological Seminary of the Twin Cities, Minneapolis, MN*

2H Sometimes We Get it Right
Living with dying is a powerful experience that can be both unspeakably sad and incredibly joyful. Sherry will speak to my experience of living with my own cancer diagnosis while supporting her husband and her father as they faced death. Friends, family and faith were her foundation and she speaks movingly about what is and what is not helpful during times of crisis. *Sherry Welch, Author of Doug's Miracle (2005) and President of the St. Agnes Foundation, Baltimore, MD*

"Thank you for your hard work in offering a conference that is truly worthwhile attending. I would forego all other conferences in order to attend this one."

Sandy Hamburg, Member of the Clergy,
Rhinelander, Wisconsin

November 15

3A After They Forget: The Thriving Spirit of Alzheimers
A frequent sentiment of many professional and family caregivers is that persons with advanced Alzheimer's disease have lost the essence of who they are. This belief can lead to decrease in desire, time and energy caregivers invest with patients who "will not remember I was there anyway". Dr. Rusnak will take a deep look into the concept of personhood that supports this view and give examples of its moral, ethical and social consequences in history. She will offer thought-provoking alternative views of personhood that challenge participants into a deeper and more spiritual analysis of human nature and worth. *Kathleen J. Rusnak, PhD, MDiv, Speaker, The Brick Wall 2, Dalton, MA*

3B Barriers to Palliative Care: Family and Physician Issues
The culture of medicine in our society promotes care of disease and denial of death. Physicians, patients and families often resist palliative care. Many reasons for this with familiar examples will be described. Ongoing education is necessary so that patients receive comfort care in a timely manner. *Joseph Amberg, MD, Medical Director, North Memorial Palliative Care Services, North Memorial Health Care, Minneapolis, MN*

3C What My Dog Sasha Taught Me About Hospice Care
Pets have a special way of showing unconditional love and uplifting spirits, no matter what the circumstances. An interaction with animals can help people reminisce, encourage them to talk about their feelings and process their grief. Pets provide socialization opportunities and give isolated people an opportunity for touch and snuggling. Join us as Dave and Sasha share poignant stories about their experiences being with the dying. *Dave Kettering and Sasha, Delta Volunteers, Minneapolis, MN*

3D Determining Medical Prognosis
Physicians tend to be overly optimistic about prognosis, estimating lifespan up to five times longer than really occurs. More scientific and clinical information is needed to answer these questions. Necessary hospice care is rushed when patients are referred too late. Patients and families need honest information to guide care decisions and know how to live their remaining days to the fullest. *Joseph Amberg, MD, Medical Director, North Memorial Palliative Care Services, North Memorial Health Care, Minneapolis, MN*

3E Dying Well or Not So Well: Doing Your Best and Letting Go of the Rest
Are there patients and families that you find particularly satisfying to work with? Particularly difficult to work with? How do you care for patients and families when you find your own deeply held values and beliefs being challenged? And how do you care for yourself, as you go about your daily work? Through the use of poetry, stories and self-reflection, this workshop will assist you in examining some of the difficult aspects of palliative care and hospice work, as well as offering tools to provide you with encouragement and support. *Patty Lee, MA, MSW, MPH, Chaplain, North Memorial Health Care*

3F The Land Beyond Forever: Lessons of Death, Dying and Living
In the business of making a living and getting through the day, it is easy to forget about the deeper meaning of life and death. During this inspiring presentation, Tracy, Kate and Meg use their personal experiences of losing a mother and brother to cancer to help people soften their fear of death, work with the sorrow of their grief and create ways to move forward in their lives with mean, purpose, and an ongoing connection with the people they love. *The Three Sisters: Tracy Flynn Bowe, Kate Flynn and Meg Flynn, Three Sisters Publishing House, St. Cloud, MN*

To Comfort Always: A Course on Palliative Care

November 12 (Pre-Conference), 13-15, 2007

Millennium Hotel Minneapolis

November 12, 2007

Monday--Preconference

Advanced Pain and Symptom Management at End of Life

8:00 A.M. - 4:30 P.M. (check in at 7:30 A.M.)

Mary Lynn McPherson, PharmD, BCPS, Professor, University of Maryland School of Pharmacy, Adjunct Faculty, University of Maryland School of Nursing, Baltimore, MD

This full day session is for the practitioner eager to explore evidenced-based recommendations that lead to cutting-edge practice in end-of-life care. Participants will learn about pain assessments, the pharmacotherapeutics of pain management, opioid conversion calculations and non-pain symptom management. You will apply what you've learned as you move through the day, tackling cases and working in small groups. You will leave with a binder full of material you can apply in your practice the first day you return to work and you can share this information with other practitioners at your practice site. Bound to hold your attention, this preconference is for new and seasoned practitioners who would like to be "cutting-edge" in patient care!
Lunch is provided.

November 13, 2007

Tuesday

- 7:30 A.M. Conference Check In--Forum Ballroom
- 8:00 *Music Inspired by My Work in Hospice--*
Cathy DeCheine, RN, BSN, Singer/Songwriter
- 8:30 Welcome to "To Comfort Always"
- 9:00 **1A** *Families and the Second Choice: Obligation
or Opportunity--*Ben Wolfe, M.Ed, L.I.C.S.W.
- 12:00 P.M. Lunch (*Provided*)
- 1:00 Concurrent Sessions
- 1B** *Methadone: Taming the Beast--*Mary Lynn
McPherson, Pharm.D., BCPS
- 1C** *Professional Boundaries and Healthy
Hearts--*Lores Vlaminc, RN, BSN, MA
- 2:00 Sessions 1C and 1D adjourn
- 2:10 Concurrent Sessions
- 1D** *Neuroleptics...Should I Use My Old
Standard or the New One on the Market--*
Wm Christopher Downey, MD
- 1E** *"Naming the Elephant in the Room" and
Associated Communication Challenges--*Lores
Vlaminc, RN, BSN, MA
- 3:00 Break
- 3:20 **1F** *Legal and Practical Issues in Health Care
Planning: How Can You Better Help Your Clients
and Their Families--*Barbara J. Blumer, JD
- 4:20 Adjournment
- 4:45 "Happy Hour" Tai Chi

To Comfort Always: A Course on Palliative Care

November 12 (Pre-Conference), 13-15, 2007

Millennium Hotel Minneapolis

November 14, 2007

Wednesday

- 7:30 A.M. Conference Check In--Forum Ballroom
- 8:00 Welcome
- 8:15 **2A** *Giving Until It Feels Good--*
Nicklas Mezacapa, B.A., MDiv
- 10:45 Break
- 11:00 Concurrent Sessions
- 2B** *Do's and Don'ts in Depression, Dementia
and Delirium at End of Life--*Kris Allen, RN, CNP
- 2C** *Creative Uses of Music in Hospice Care--*
Dawn McDougal Miller, MME, MT-BC, FAMI
- 12:00 P.M. Lunch (Provided)
- 1:00 Concurrent Sessions
- 2D** *When Comfort is a Priority--*Linda Roehl,
RN, CWON, BS
- 2E** *An Alternative to the Traditional Funeral
Rite--*Brad Farnum, MA
- 2:00 Sessions 2D and 2E adjourn
- 2:10 Concurrent Sessions
- 2F** *Offering Comfort From the
Beginning:Perinatal Hospice, Through the
Teenage Years and Beyond--*Joan "Jody"
Ramer-Chrastek, MSN, CHPN
- 2G** *Spinning Straw Into Gold: Transforming
Compassion Fatigue and Work Related Stress
into Greater Resilience--*Rev. Gretchen
Thompson, MDiv
- 3:10 Sessions 2F and 2G adjourn
- 3:20 **2H** *Sometimes We Get it Right--*
Sherry Welch, BA
- 4:20 Adjournment
- 4:45 "Happy Hour" Yoga

November 15, 2007

Thursday

- 7:30 A.M. Conference Check In--Forum Ballroom
- 8:00 Welcome
- 8:15 **3A** *After They Forget: The Thriving Spirit of
Alzheimer's--*Kathleen J. Rusnak, M.Div., PhD
- 10:45 Break
- 11:00 Concurrent Sessions
- 3B** *Barriers to Palliative Care: Family and
Physician Issues--*Joseph Amberg, MD
- 3C** *What Sasha My Dog Has Taught Me
About Hospice Care--*Dave Kettering and Sasha
- 12:00 P.M. Lunch (Provided)
- 1:00 Concurrent Sessions
- 3D** *Determining Medical Prognosis--*
Joseph Amberg, MD
- 3E** *Dying Well or Not So Well: Doing Your Best
and Letting Go of the Rest--*Patty Lee,
MA, MSW, MPH
- 2:00 Sessions 3D and 3E adjourn
- 2:10 **3F** *The Land Beyond Forever: Lessons of
Death, Dying and Living--*The Three Sisters:
Tracy Flynn Bowe, Kate Flynn and Meg Flynn
- 3:10 Adjournment

More Conference Information

Theatre Tickets



Experience the phenomenon of Disney's THE LION KING. Marvel at the breathtaking spectacle of animals brought to life by award-winning director Julie Taymor, whose visual images for this show you'll remember forever. Thrill to the pulsating rhythms of the African Pridelands and an unforgettable score including Elton John and Tim Rice's Oscar®-winning song "Can You Feel The Love Tonight" and "Circle of Life." Let your imagination run wild at the Tony Award®-winning Broadway sensation Newsweek calls "a landmark event in entertainment." Wednesday, November 14, 2007 7:30 PM Orpheum Theatre
Tickets \$70 each include round trip transportation. Tickets are limited and non-refundable

Conference Hotel



The Millennium Hotel, Minneapolis, 1313 Nicollet Mall is located in a prime downtown location convenient to shopping, dining, vibrant nightlife and cultural activities. The hotel is easily accessible by major interstates and 20 minutes from the Minneapolis/St. Paul Airport. We have negotiated an exceptionally low rate of \$99/single or double occupancy per room, per night (rates do not include local taxes or parking). To ensure accommodations at this discounted rate, you must make your reservations early by calling toll free at 1-800-522-8856 or locally at (612) 332-6000. You can also register online at <https://reservations.synxis.com/LBE/rez.aspx?Hotel=11541&Chain=5303&lang=1&group=NORTM>. Be sure to indicate that you want reservations in the "To Comfort Always" room block. Reservations will be accepted through October 26, 2007. After that reservations will be accepted on a space availability basis. Room rates are also applicable 3 days before and 3 days after the meeting dates, subject to space availability. Check in time is 3 P.M., check out time is 12 P.M.

Travel Arrangements



Macy's Travel at Rosedale has been designated as the preferred travel agency for "To Comfort Always". Call Tracy Beam, Manager, at (651) 639-6776 or e-mail him at tbeam@macystravel.com for reservations. Be sure to mention that you are with the "To Comfort Always" Conference sponsored by North Memorial Medical Center. Please have credit card available when ready to purchase your ticket.

Planning Committee

- *Molly Kunding, PHN, BSN, Conference Coordinator, To Comfort Always
- *Kris Allen, RN, CNP, Geriatrics, Palliative Care, North Memorial Palliative Care Team,
- *Stephanie Dean, BA, Coordinator, Continuing Medical Education
- *Kiki Erickson-Kline, RN, Case Manager, Hospice Home Care
- *Caren Gaytko, PHN, BSN, Manager, Hospice
- *Kris Hall, RN, BSN, CHPN, Unit Shift Coordinator, Hospice Home Care
- Lores Vlaminc, RN, BSN, MA, Lores Consulting, Rochester, MN
- *Georgeann Zurek, RN, BA, CHPN, Unit Shift Coordinator, Residential Hospice
- *North Memorial Health Care, Minneapolis, MN

MedBooks STAT! is the designated conference bookstore. They will host a book display during the entire conference. Selected titles, including books by our speakers will be on sale, however the display is not meant to provide an extensive collection of titles on hospice and palliative care.

The sponsors of this conference are committed to providing a conference of exceptional quality. **We guarantee 100% unconditional satisfaction.** If you are unhappy with this course, please contact Molly Kunding at (763) 520-5941.

If you need any of the auxiliary aids or services identified with the ADA, (**Americans with Disabilities Act**) please contact North Memorial Continuing Education at (763) 520-5940 a minimum of 10 days in advance.

Credit

This program is being presented by North Memorial Continuing Education, Robbinsdale, Minnesota an approved provider of continuing nursing education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the **American Nurses Credentialing Center's Commission on Accreditation.**

Participants can expect to earn up to 7.5 contact hours on November 12, 5.5 contact hours on November 13 and 14 and 4.5 contact hours on November 15.

Most organizations and states that require mandatory continuing education for license registration renewal will accept this approval.

North Memorial Continuing Education is an approved provider of continuing education for social workers by the **Minnesota Board of Social Work**, Provider Approval Number CEP-160. Social Workers can expect to earn clock hours equivalent to nursing.

To cure
sometimes,
to relieve
often, to
comfort
always.

Registration Form--To Comfort Always 2007

Please PRINT all information, including your **legal name** for CE recordkeeping!

Legal Name _____ Nurse Social Worker Chaplain _____
Home Phone _____ Email _____
Home Address _____
City _____ State _____ Zip _____
Employer _____ Position _____
Employer Address _____ Work Phone _____
City _____ State _____ Zip _____

Course Selections

- Pre-Con November 12 (\$169)
- Full course Nov. 13-15 (\$417)
This discount is not intended to be used by a group. It applies to one individual, from one facility
- Full course *Team Discount* Nov. 13-15 (\$402)
This discount is for teams or more from the same organization. Please send registrations together when taking advantage of this discount.
- November 13 only (\$149)
- November 14 only (\$149)
- November 15 only (\$149)

- Frequent Learner Discount* Nov. 13-15 (\$360)
Yes, I have attended the full course for the last four consecutive years (2003, 2004, 2005, 2006).

- Lion King November 15, \$70 (includes transportation)

For registrations received or postmarked after November 5, 2007

- I include an additional \$25 per day

Only frequent learner and team discounts apply. All other coupons and discounts are excluded.

Total (of all checked items) \$ _____

Questions? Call 763-520-5940

Method of Payment:

- Check/Money Order payable to
North Memorial Medical Center
- Visa, Mastercard, Discover, American Express

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Expiration Date

Enter to win!



Enter to win! Insert the 4 letter code from your mailing label in the boxes below.

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Inserting code enters you in a drawing for a \$50 gift certificate to the Conference Bookstore. Winner announced 11-13-07.



Mail to North Memorial Continuing Education, 3500 France Ave. North, Suite 102, Robbinsdale, MN 55422-2806



Call our registration hotline, TOLL FREE, day or night at 1 (877) 396-5999, or local calls at (763) 520-5942.



FAX your registration 24 hours a day by dialing (763) 520-7568.



Visit us on the web at <http://www.northmemorial.com/healthcareprof/ce.cfm>. Download a registration form and mail or fax to us.

Limited scholarships are available through Continuing Education. For an application, please contact us at ce@northmemorial.com

Cancellation Policy: Things come up; plans need to be changed. We understand this. You may cancel your registration for a full refund by notifying us on or before October 29, 2007. For cancellations after October 29, a \$25 administrative fee per program day will be deducted from your refund. No refunds will be granted for cancellations received or postmarked on or after November 5 or for "no-shows". Substitutes for registered participants are accepted but must be pre-arranged through the North Memorial Continuing Education office.

Online Registration is Coming Soon!!
Please check...

<http://www.northmemorial.com/healthcareprof/ce.cfm>