

25th Annual Barbara and Alan Echikson Memorial Palliative Care Symposium

What Is Reflective of a Robust Palliative Care Program?

A CE Accredited Live Virtual Event



Tuesday, April 9, 2024
4:00 - 7:15 pm

Jointly Provided by

Cooperman Barnabas Medical Center
Palliative Care Education Committee
and
Rutgers Health

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Generous Financial Support Provided by

Bill Echikson
Robert J. Freeman Memorial Fund

Activity Overview

Palliative care necessitates a multifaceted approach involving healthcare providers from various disciplines. However, practice gaps persist, hindering the optimal delivery of care to palliative patients and their families.

Challenges include fragmented communication among healthcare providers, limited collaboration between different specialties, and inadequate understanding of the diverse needs of patients. Variations in prescribing practices, insufficient utilization of available guidelines, and a lack of systematic approaches of goal-concordant care further contribute to suboptimal outcomes. The underutilization of child life services can result in missed opportunities to address the unique emotional and developmental needs of pediatric patients and their families. Lastly, emotional burnout and compassion fatigue among healthcare staff may compromise the delivery of holistic care, further exacerbating these gaps.

This activity will provide an overview on the current palliative care guidelines and evidence-based prescribing practices; effective methods for enhancing communication and collaboration skills of team members; strategies for recognizing and managing emotional well-being and fostering resilience of the medical staff, and unique contributions child life specialists can bring to the care team.

Learning Objectives

Upon completion of this activity, participants should be better able to:

- Describe a systematic approach to prescribing goal-concordant medications in serious illness
- Review safe and responsible opioid prescribing strategies in palliative care
- Define the role of the child life specialist in palliative care
- Recognize how grief impacts healthcare professionals in their professional and personal lives
- Describe strategies to managing emotional well-being and reducing the risk of compassion fatigue and burnout of providers

Faculty

Mary Lynn McPherson, PharmD, PhD, BCPS
Professor and Executive Director
Advanced Post-Graduate Education in Palliative Care
Department of Practice, Sciences, and Health Outcomes Research
University of Maryland School of Pharmacy
Baltimore, MD

Lisa Athan, MA
Founder and Executive Director
Grief Speaks
Springfield, NJ

Caitlin Ridge, BA
Child Life Coordinator
Cooperman Barnabas Medical Center
Livingston, NJ

Planning Committee

Cooperman Barnabas Medical Center

Co-Chairs

Maria Roesler, MSN, RN, CHPN
Mary Velardi-Stoffel, MSN, RN, NPD-BC, HNB-BC
Natasha Lopez, MSN, APN, AGNP-BC, CCRN, CSC, CMC

Planners

Phyllis S. DeJesse, DMH, MA, RN
Wendy S. A. Edwards, MD
Kristin G. Fless, MD
Harriet Freeman, BA
Rabbanit Jennifer Geretz, BA
Brittany Haliani, MLS, AHIP, CHIS II
Bilal Khan, MD, MBA
Angela McCabe, MSW, LCSW-R, OSW-C
Julya Rempel, MSN, GNP, WCCN
Caitlin Ridge, BA
Ripka Sethi, MD
Rosemarie Vasquez, DNP, APN, AGNP-C, ACHPN

Accreditation



In support of improving patient care, this activity has been planned and implemented by Rutgers Biomedical and Health Sciences and Cooperman Barnabas Medical Center. Rutgers Biomedical and Health Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians: Rutgers Biomedical and Health Sciences designates this live activity for a maximum of 3 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is awarded 3 ANCC contact hours. Nurses should claim only those contact hours actually spent participating in the activity.

Social Workers: This program is approved for social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey administrative code 13:44G-6.4 and recognized by The New Jersey Board of Social Work Examiners. This program is approved for 3 clinical social work continuing education hours. This course meet NJBSW Requirements for Prescription Opioid Education: N.J.S.A. 45:15BB-11.

Method of Participation

In order to meet the learning objectives and receive continuing education credits, participants are expected to register for the activity, watch the webcast and complete an online evaluation at the conclusion of the activity. A CE certificate will be emailed to participants upon completion of the online evaluation.

The relevant financial relationships of all individuals who affect the content of continuing education activities and any discussion of off-label/investigational uses will be disclosed to the audience at the time of the activity.

Agenda

- 4:00 pm *Welcome*
Kristin G. Fless, MD
Chair, Department of Medicine, Director, Neurocritical Care, Director, Division of Pulmonary, Cooperman Barnabas Medical Center; Clinical Associate Professor of Medicine, Rutgers New Jersey Medical School
- 4:05 pm *Introduction*
Mary Velardi-Stoffel, MSN, RN, MSN, HNB-BC, NPD-BC
Nursing Professional Development Specialist
Cooperman Barnabas Medical Center
- 4:10 pm **Goal-Concordant Prescribing in Serious Illness**
Mary Lynn McPherson, PharmD, PhD, BCPS
- 5:10 pm **Myths and Misconceptions about Opioid Use in Serious illness**
Mary Lynn McPherson, PharmD, PhD, BCPS
- 5:30 pm **Navigating Grief with Patients and Their Families**
Lisa Athan, MA
- 6:30 pm **Beyond the Patient: A Child Life Specialists Approach to Palliative Care within the Hospital Setting**
Caitlin Ridge, BA
- 7:15 pm *Adjourn*

Activity Code: 24MC01

Registration Fee: Complimentary

Pre-registration is required.

Registration for the symposium can only be accepted through our secure online website until April 7, 2024.

To Register:

<https://rutgers.cloud-cme.com/25CBMCPalliativeCare>



Confirmation

Once registered, you will receive an email confirmation. As the activity date approaches, you will receive additional information to assist you with your plans to participate in this activity.

Virtual Meeting

Additional information and instructions for virtual platform access will be emailed to registrants on or around April 8, 2024.

Course Material

In an effort to provide the most complete materials to attendees and conserve resources, PDF versions of the lecture slides will be made available online to registered attendees. Additional information will be provided in future confirmation communications.

Additional Information

For additional information, questions, concerns, or if you require special arrangements to attend this activity, please contact CCOE by email at ccoe@rbhs.rutgers.edu.

Rutgers and Cooperman Barnabas reserve the right to modify program content, faculty and program activities. It also reserves the right to cancel the activity if necessary.