

# 23<sup>rd</sup> Annual Barbara and Alan Echikson Memorial Palliative Care Symposium

## *Lifting the Curtain on the End of Life Experience* *A CE Accredited Activity in Two Acts*



**Live Virtual Educational Event**  
**Wednesday, April 6, 2022**  
**4:00 - 7:15 pm**

**Jointly Provided by**  
Cooperman Barnabas Medical Center  
Palliative Care Education Committee  
and  
Rutgers Biomedical and Health Sciences

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**Generous Financial Support Provided by**  
Bill Echikson  
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### **Activity Overview**

Grab your popcorn and settle in for a dynamic workshop with a double feature of two award-winning short films, *Caregiver: A Love Story* and *Extremis*, that bring you right up to the bedside of seriously ill patients and their families. Join Dr. Jessica Zitter and explore the intricacies of advance care planning and family centered care through the characters on the screen.

In our current medical culture, patients with serious and end-stage illness are subjected to a healthcare system that relies on protocols and does not encourage communication, information transfer, or solicitation of patient preferences. As a result, patients are often treated with unnecessarily aggressive and unwanted medical and surgical procedures, which frequently impair quality of care and safety. And even in circumstances where patients and families opt out of this default high-intensity medical treatment, they are often left with a lack of support and preparation for the realities they will be facing. Healthcare providers also suffer in this system, as they find themselves following protocols without really considering the preferences, needs, and values of the humans involved.

This activity aims to increase resilience among healthcare providers by raising awareness of the challenging culture in which they work and reflecting on their own psycho-emotional responses to it. Giving people an opportunity to see themselves from outside can bring to light some of the disconnects and conflicts they may not have time to notice in their overwhelming workdays. With this perspective, and the opportunity to reflect on new approaches, healthcare providers will become more aware of their role in the system, and understand how enhanced communication and planning can improve the outcomes of their patients and families, and themselves.

This narrative medicine workshop will explore not only how we can be better clinicians, but how we can have more compassion for ourselves as we do the challenging work of caring for seriously ill patients.

### **Learning Objectives**

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

- Recognize the challenges in decision-making for patients with serious illness and end of life conditions in America
- Describe the prevalence and impact of family caregiver burden
- Provide support to seriously ill patients in crucial decision-making moments, whether in the ICU or at home
- Reflect on the increased self-compassion and resilience around this difficult work

### **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](mailto: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.

Activity Code: 22MC04

## Jessica Zitter, MD, MPH, FCCP, FAAHPM

Dr. Jessica Zitter specializes in Critical Care and Palliative Care medicine, and practices at a public hospital in the San Francisco Bay Area. Throughout her twenty-five years as an ICU physician, she has had a front-row seat to the public health crisis of over-mechanized dying. Her mission is to unveil this hidden crisis through personal narrative and the stories of real patients—and to envision a new way forward. She is the author of *Extreme Measures: Finding a Better Path to the End of Life*. Her work is featured in the Oscar and Emmy-nominated documentary, *Extremis*, as well as her new film, *Caregiver: A Love Story*. Whether caring for patients, making films, writing, or speaking on the national stage, her message is clear: We must bring more honesty, compassion, and justice to the care of patients with serious and end-stage illness. In that way, we will achieve the best life possible for all.

## Agenda

- 4:00 pm *Welcome and Introduction*  
Paul C. Yodice, MD, FCCP, FCCM  
Chair, Department of Medicine
- 4:05 pm **Narrative Medicine**  
Dr. Zitter's Origin Story  
Overview of "Bad Dying"  
End-of-Life Conveyor Belt
- 4:25 pm **Screening of *Extremis***
- 4:50 pm **Themes and Challenges Covered in the Film**  
Dr. Zitter Presentation  
Breakout Group Discussion  
Full Group Discussion
- 5:30 pm *Break*
- 5:45 pm **Dying at Home: Benefits and Challenges**  
Recognizing Challenges of Care at Home: Dr. Zitter's Story
- 6:05 pm **Screening of *Caregiver: A Love Story***
- 6:30 pm **Themes and Challenges Covered in the Film**  
Dr. Zitter Presentation  
Breakout Group Discussion  
Full Group Discussion
- 7:10 pm **Nuances of Advance Care Planning**  
**Integrating the Messages of the Two Films**
- 7:15 pm *Adjourn*

**Registration Fee: Complimentary**

**Pre-registration is required.**

Registration for the symposium can only be accepted through our secure on-line website until April 3, 2022.

**To Register:** <https://rutgers.cloud-cme.com/CBMCPalliativeCare>

## 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*<sup>™</sup>. 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:** As a Jointly Accredited Organization, Rutgers Biomedical and Health Sciences is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Rutgers Biomedical and Health Sciences maintains responsibility for this course. Social workers completing this course receive 3 clinical continuing education credits.

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.

## Method of Participation

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

## 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 on-line to registered attendees. Additional information will be provided in future confirmation communications.

## 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 4, 2022.