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ALLINA
Hospitals & Clinics

Center for Learning & Innovation
PO Box 43, MR 10701
Minneapolis, MN 55440-0043

*Due to the multiple
mailing lists we use,
you may receive a duplicate
copy. Please share with
your colleagues.
For additional brochures,
please call
612-262-5030.*

PALLIATIVE CARE

BEST PRACTICE FOR
ADVANCED ILLNESS

September 29-30, 2008



ALLINA
Hospitals & Clinics

ALLINA COMMONS AT MIDTOWN EXCHANGE

This two-day intensive course

will provide foundational knowledge for the best practice of palliative care. The interdisciplinary team will gain understanding in the provision of palliative care for those with advanced illness or dying patients and their families.



PALLIATIVE CARE BEST PRACTICE FOR ADVANCED ILLNESS

GENERAL REGISTRATION (PLEASE PRINT)

NOTE: Allina employees and affiliates need to self-register in Saba on the AKN.

Name _____

E-mail _____

(Your registration confirmation, conference information & survey will be sent to you via email)

Last Four Digits of SS# _____

(This is your transcript # only and will remain confidential)

Credentials: MD PA NP RN MDiv LSW CCMC RD Other: _____

Home Address _____

City | State | Zip _____

Phone: W _____ H _____

Fax _____

PLEASE REGISTER ME FOR THE FOLLOWING CONFERENCE EVENTS (SELECT ALL THAT APPLY)

- \$175 General Registration
- \$200 including Lunch & Learn with a boxed lunch & credits

PLEASE REGISTER ME FOR THE FOLLOWING **FREE** MONTHLY VIDEO CONFERENCE EVENTS AT THE FOLLOWING SITE:

- | | |
|--|--|
| <input type="radio"/> June 20
State of the Art: What makes a highly effective patient care Conferences? | <input type="radio"/> October 17
Honoring and Respecting patient wishes. Advance Care Planning beyond the completion of a health care directive. |
| <input type="radio"/> August 15
Hospice or Palliative Care: Taking the mystery out of accessing resources for chronic progressive or terminal illness. | <input type="radio"/> November 21
Methadone: The Super Hero Returns. |
| <input type="radio"/> September 19
Rapid Response to Pain and Dyspnea. | <input type="radio"/> December 19
State of the Art: What makes a highly effective patient care Conferences? |

Video Conference Sites

- Abbott Northwestern Hospital
- Allina Commons Rooms
- Buffalo Hospital
- Cambridge Medical Center
- Mercy Hospital
- New Ulm Medical Center
- Owatonna Hospital
- PEI
- River Falls Area Hospital
- St. Francis Medical Center
- United Hospital
- Unity Hospital
- Westgate
- Woodbury

METHOD OF PAYMENT:

- Check Enclosed, Payable to *Allina Hospitals & Clinics*
- Please charge my credit card: Visa MasterCard AmEx Discover

Name: _____

Card #: _____ Exp. Date: _____

Allina Hospitals & Clinics Center for Learning & Innovation
PO Box 43, MR 10707
Minneapolis, MN 55440-0043

Fax Registration to: 612-262-5050
Questions: 612-262-5030 or
email education@allina.com.



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REGISTRATION

To register through the AKN

1. On the AKN homepage, click on Education & Research.
2. Under Training, click on Saba e-learning.
3. Log in using your Allina network ID (A#, D#, etc.) and password. Go to step #4.

To register through Internet Explorer

- 1) Open Internet Explorer on your computer desktop
- 2) Type in correct case: <https://training.onsaba.net/Saba/Desktop>.
- 3) Log in using your Allina network ID (A#, D#, etc.) and password. Go to step #4.
4. On the My Allina Learning page, type "1st word of the title" in the Catalog Search box and click on the Search button.
5. On the results table, click on the Register link on the far right.
6. Select the type of CEU you need (for general contact hours, do not select anything), either way you must click Save.
7. On the Shopping Cart screen, click on Billing Information if tuition payment is due and enter your payment information.
8. On the Shopping Cart screen, click on Billing Information if tuition payment is due and enter your payment information.

For Technical assistance regarding access or problems in Saba, contact Allina's Technology Support Center at 612-262-1900 or 1-800-315-4085.

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September 29-30, 2008

TARGET AUDIENCE

Physicians, physician assistants, nurse practitioners, nurses, chaplains, social workers, case managers, discharge planners, counselors, receptors and patient care leaders.

LEARNING OBJECTIVES:

At the conclusion of the course, participants should be able to:

- Describe the need to fundamentally improve care for patients with advanced or terminal illness.
- Articulate how personal experiences with serious illness, death and dying influence professional roles.
- Describe a holistic approach to pain and symptom management with advanced or terminal illness.
- Identify some of the emotional and/or spiritual needs for advanced or terminally ill patients.
- Describe the legal, ethical, cultural and communication issues faced when attending to patients and families.
- Describe the relationship between palliative care and hospice.
- Describe Allina's vision, initiatives, tools and resources to best meet patient and family needs.



PALLIATIVE CARE
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DAY 1: SEPTEMBER 29TH

- 8:00 – 8:25 am** Registration & Continental Breakfast
- 8:25 – 8:30** **Welcome & Introduction**
Sandy Schellinger, RN, MSN, CNP
- 8:30 – 9:00** **The Big Picture of Palliative Care:
Philosophy, Program & Specialty Medicine**
Eric Anderson, MD, BC-PM
- 9:00 – 10:30** **Looking in the Mirror: How Do I Get in Touch
with Advanced Illness on a Personal Level?**
Katie Herman, MDiv
- 10:30 – 10:45** Break
- 10:45 – 11:45** **Suffering, Grief and Meaning Making:
A Spiritual Care Perspective**
Kim Goodman, MDiv, BCC or Gerald Friest, BA, MDiv, BCC
- 11:45 – 1:00 pm** **Lunch on your own or Lunch & Learn with boxed lunch:
Integrative Medicine & Therapies for Palliative Care**
Mary Ellen Kinney, RN, BA, ATP, CHTP
- 11:45 – 12:00** Break
- 12:00 – 12:45** **Lecture**
- 12:45 – 1:00** Break
- 1:00 – 2:45** **Communication: Why is it so Hard?**
Kerstin McSteen, APRN-BC &
Margaret O'Connor, MD, BC-PM
- 2:45 – 3:00** Break
- 3:00 – 4:15** **Moral Distress in Palliative and End of Life Care**
Eric Anderson, MD, BC-PM
- 4:15 – 4:30** **Questions & Closing Comments**
Sandy Schellinger, RN, MSN, CNP
- 4:30 pm** Adjournment





PALLIATIVE CARE
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ACCREDITATION

Allina Hospitals & Clinics is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Center for Learning & Innovation, Office of Accreditation at Allina Hospitals & Clinics designates this educational activity for a maximum of 1.0 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Center for Learning & Innovation, Office of Accreditation at Allina Hospitals & Clinics is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
Participants can earn up to 1.0 nursing contact hours.

This activity has been designed to meet the Commission Case Managers Certification (CCMC) continuing education requirements for a maximum of 1.0 hours.

This activity has been designed to meet the Minnesota Board of Pharmacy education requirements for 1.0 hours of credit. However, the pharmacist is responsible for determining whether this activity meets the requirements for acceptable continuing education.

Individuals representing other professional disciplines may submit course materials to their respective professional associations for 1.0 hours of continuing education credit.

DAY 2: SEPTEMBER 30TH



8:00 – 8:30 am	Registration & Continental Breakfast
8:30 – 9:30	What Can I Expect from a Palliative Care Consult? Sandy Schellinger, RN, MSN, CNP
9:30 – 9:40	Break
9:40 – 11:00	Complex Symptom Management Kerstin McSteen, APRN-BC & Bill Axness, PharmD
11:00 – 11:10	Break
11:10 – 12:15	Complex Family Situations Laura Lathrop, BC-ANP, ACHPN
12:15 – 1:30 pm	Lunch on your own or Lunch & Learn with boxed lunch: Advance Care Planning: A Patient Centered Approach to Making your Wishes Known. Sheri Bavery, RN, BSN, CHPN
1:30 – 2:45	Complex Pain Management Laura Lathrop, BC-ANP, ACHPN Bill Axness, PharmD
3:00 – 3:45	How Do I Make a Difference? Sandy Schellinger, RN, MSN, CNP
3:45 – 4:15	Questions & Closing Comments Sandy Schellinger, RN, MSN, CNP
4:15 pm	Adjournment



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ACCREDITATION

Allina Hospitals & Clinics is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Center for Learning & Innovation, Office of Accreditation at Allina Hospitals & Clinics designates this educational activity for a maximum of 12.25 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Center for Learning & Innovation, Office of Accreditation at Allina Hospitals & Clinics is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Participants can earn up to 12.25 nursing contact hours.

This activity has been designed to meet the Commission Case Managers Certification (CCMC) continuing education requirements for a maximum of 12.25 hours.

This activity has been designed to meet the Minnesota Board of Pharmacy education requirements for 12.25 hours of credit. However, the pharmacist is responsible for determining whether this activity meets the requirements for acceptable continuing education.

Individuals representing other professional disciplines may submit course materials to their respective professional associations for 12.25 hours of continuing education credit.

NOTE: Chaplains – APC has discontinued the requirement of APC member to complete 10 hours of CCE reviewed courses during a year. You are still required to get 50 continuing education hours of your choice in a year to maintain certified membership.

Day 1 = 6.25 Day 2 = 6.0

***Please note the above calculated hours do not include the Lunch & Learn activities. Each Lunch & Learn Activity that you attend is an additional .75 hour of continuing education credit.**

TUITION

Allina Employees & Affiliates \$150

\$175 including Lunch & Learn with a boxed lunch & credits

General Registration \$175

\$200 including Lunch & Learn with a boxed lunch & credits

Tuition includes conference materials, continental breakfast and free parking each day. Lunch is on your own unless you have chosen to participate in the Lunch and Learn. Advance registration is required.

October 17, 2008:

Honoring and Respecting patient wishes. Advance Care Planning beyond the completion of a health care directive.

Sandy Schellinger, RN, MSN, CNP

"Advance Directives have been promoted as a means to allow adults to control their medical care in the event of incapacitating illness or injury. This is most apparent in patients who subsequently are hospitalized with serious medical conditions or terminal illnesses. In reality these directives are not routinely accessed and honored despite efforts to do so. The most appropriate way to honor wishes is in the context of an ongoing relationship with the primary care team. This session will focus on the best of practice efforts and resources within Allina to provide a patient centered approach to advance care planning."

November 21, 2008:

Methadone: The Super Hero Returns.

Dr. Eric Anderson and
Bill Axness, PharmD

"Opioids are effective for a wide spectrum of painful conditions and their risks are limited to well known and manageable side effects. Methadone has long been known to treat and manage side effects for people recovering from drug abuse. Most avoid using methadone because of the potential of serious side effects if not dosed correctly. Not many are aware of the "rediscovery" of methadone as an effective and safe analgesic and its NMDA-antagonist activity. This session will present the pharmacodynamics and kinetics, adverse effects, contraindications, and conversion formulas for appropriate dosing."

December 19, 2008:

State of the Art: What makes a highly effective Patient Care Conferences?

Dr. Eric Anderson

"Research shows that timely family patient care conferences improve patient care experience across the care continuum. Patients and family feel more informed, staff more satisfied with providing care, and a medical plan is developed keeping the patients goals and wishes in mind. Learn how to hold a family conference that addresses the key issues, involves patients and families in ways that they find valuable, and lays out a plan for effective follow-up. The techniques we will present were developed by professional educators and proven to work in clinical practice."



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June 20, 2008:

State of the Art:

What makes a highly effective Patient Care Conferences?

Dr. Eric Anderson

“Research shows that timely family patient care conferences improve patient care experience across the care continuum. Patients and family feel more informed, staff more satisfied with providing care, and a medical plan is developed keeping the patients goals and wishes in mind. Learn how to hold a family conference that addresses the key issues, involves patients and families in ways that they find valuable, and lays out a plan for effective follow-up. The techniques we will present were developed by professional educators and proven to work in clinical practice.”

August 15, 2008:

Hospice or Palliative Care:

Taking the mystery out of accessing resources for chronic progressive or terminal illness.

Laura Lathrop, BC-ANP, ACHPN

“Palliative Care specializes in the relief of the pain, symptoms and stress of serious illness. The goal is to prevent and relieve suffering and to ensure the best possible quality of life for patients and their families. It is appropriate at any stage of an illness and can be provided at the same time as curative treatment, although it is most frequently considered in the advanced stages of chronic illness. This session will help the care provider in understanding the benefits of a palliative care approach to patient care and when to involve hospice services versus requesting a palliative care consultation.”

September 19, 2008:

Rapid Response to Pain and Dyspnea.

Dr. Maggie O'Connor

“Continuous infusions of narcotics are useful for control of severe pain or dyspnea at the end of life; however, they require 3-5 half lives for onset of action and many long hours for the person in distress. This session will present a method for rapidly and safely administering escalating doses of narcotics and a formula for then calculating an appropriate rate for a continuous infusion in order to maintain comfort. The method can also be modified for use with oral and subcutaneous routes of administration.”

EMPLOYEE REIMBURSEMENT

If you are planning to use tuition reimbursement to pay for this course, you can file for reimbursement by attaching a copy of the brochure and/or certificate with proof of payment to the HR Service Center. The Center for Learning & Innovation is unable to process tuition reimbursement forms. For questions regarding Tuition Reimbursement call 612-262-4688.

DISCLOSURE POLICY

It is the policy of the Center for Learning & Innovation to provide balance, independence, objectivity and scientific rigor in all its sponsored educational activities. All faculty and planning committee members participating in sponsored activities and/or their spouses or partners are required to disclose to the symposium audience any real or apparent conflict(s) of interest related to the content of this activity.

LOCATION & PARKING

**Allina Commons at Midtown Exchange
Minnesota Room, Greenway Level
2925 Chicago Ave, Minneapolis, MN 55407**

Free parking is available for those who park in the ramp adjacent to the Midtown Exchange Building on 10th Ave. S. Allina employees must have their badge with them in order to receive free parking.

SPECIAL NEEDS

The sponsors of the Palliative Care Conference are fully committed to accommodating the special needs of participants and will do everything possible for requests called in at least 7 days in advance of the start date to 612-262-5038. Accommodations or special needs requested after that timeframe cannot be guaranteed.

CANCELLATION POLICY

Tuition is refundable (less a 25% handling fee) only if registration is cancelled in writing and is received at the Center for Learning & Innovation at least 7 days prior to the beginning.

REGISTRATION CONFIRMATION

A registration confirmation will be sent via email from education@allina.com. This email is the only receipt you will receive; please retain a copy for your records. If you have not received a registration confirmation via email prior to the course, please contact the Center for Learning & Innovation at 612-262-5030 to verify your registration was received. Additional information along with a map will be emailed to all registrants 7 days prior the conference.



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**FACULTY & PLANNING
COMMITTEE**

Lead Planners & Faculty

Eric Anderson, MD, BC-PM
Certified Palliative Care Physician,
Medical Director
Allina Palliative Care

Laura Lathrop,
BC-ANP, ACHPN
Advanced Practice Nurse,
Allina Palliative Care
United Hospitals

Roberta Cassidy, RN, MS*
Director,
Nursing Practice & Education
Abbott Northwestern Hospital

Krista Lee, BS*
Program Specialist
Center for Learning & Innovation,
Allina Hospitals & Clinics

Sandy Schellinger, RN, MSN, CNP
Director,
Allina Palliative Care

Kerstin McSteen, APRN-BC
Clinical Practice Coordinator,
Palliative Care Team
Abbott Northwestern Hospital

**Additional Planning
Committee Members
& Faculty**

Bill Axness, PharmD
Pharmacist, Allina Home Care,
Hospice & Palliative Care

Margaret O'Connor, MD, BC-PM
Lead Physician,
Palliative Care Team
Abbott Northwestern Hospital

Gerald Friest, BA, MDiv, BCC
Chaplain, Spiritual Care
and Clinical Pastoral Education
Mercy & Unity Hospitals

Sheri Bavery, RN, BSN, CHPN
Palliative Care Case Manager
Allina Home Care,
Hospice & Palliative Care

Kim Goodman, MDiv, BCC
Chaplain, Spiritual Care
and Pastoral Education
United Hospital

**Denotes planning committee only*

Katie Herman, MDiv
Spiritual Care
and Bereavement Coordinator,
Palliative Care Team
Abbott Northwestern Hospital

2008 Palliative Care Video Conferencing Series

Please join us for these FREE Educational opportunities
as we explore hot topic area's within Palliative Care.

FRIDAYS 12-1PM

- Abbott Northwestern Hospital
- Allina Commons Rooms
- Buffalo Hospital
- Cambridge Medical Center
- Mercy Hospital
- New Ulm Medical Center
- Owatonna Hospital
- PEI
- River Falls Area Hospital
- St. Francis Medical Center
- United Hospital
- Unity Hospital
- Westgate
- Woodbury

