

KEYNOTE PRESENTERS



J. Donald Schumacher, PsyD

J. Donald Schumacher, PsyD has 25 years of progressively responsible experience in hospice and palliative care administration. Since 2002, he has served as the President and Chief Executive Officer of The National Hospice and Palliative Care Organization (NHPCO), which is the largest nonprofit membership organization representing hospice and palliative care programs and professionals in the world. In 2003, he was appointed as the President and CEO of NHPCO's affiliated organization, the National Hospice Foundation. He became the President of the Foundation for Hospices in Sub-Saharan Africa in 2004 and in 2007 he became the President of the Alliance for Care at the End of Life. Dr. Schumacher is a licensed clinical psychologist in New York and Massachusetts and holds a doctorate degree in psychology from the Massachusetts School of Professional Psychology, Boston, Mass. In 2005, he received the Distinguished Alumni Award from the State University of New York at Buffalo, where he earned his M.S. degree in counseling psychology.



David Casarett, MD, MA

David Casarett, MD, MA, completed his medical training at Case Western Reserve University in 1993, and his internship and residency in internal medicine at the University of Iowa in 1996. His additional training has included a Master's degree in medical anthropology at CWRU, and fellowships in ethics at the University of Chicago and in Palliative Medicine at the University of Pennsylvania. He has worked as a hospice medical director and is currently an Assistant Professor in the Division of Geriatric Medicine at the University of Pennsylvania. He is also a staff physician at the Philadelphia VAMC, where he is the medical director of the palliative care service, and is on the faculty of the Center for Health Equity Research and Promotion. Dr. Casarett is board certified in Internal Medicine and Palliative Medicine, and is a Fellow of the American Academy of Hospice and Palliative Medicine.



Paul Alexander, LCSW-R

Paul Alexander, LCSW-R, is a singer, songwriter, psychotherapist, author, actor and performing artist who has shared his music and message of hope throughout the United States and Canada. Paul's music has been inspired and enriched through his work as a psychotherapist and hospice social worker. For over ten years Paul's bereavement work was in a hospice for terminally ill children journeying with the children and their families through the dying and the grief process. His grief work further moved into a private practice and strongly influenced his musical expression. His unique integration of his artistry and sensitive awareness to the hurting heart is what brings meaning to Paul Alexander's voice and music.



Joyce Sheldon

Joyce Sheldon, known affectionately as "Joy" is an author, inspirational speaker, faith coach and caregiver advocate. She is the author of *From Fear to Faith, A Caregiver's Journey and also Seekers and Dreamers ... a collection*. Joy has a passion for the work of Hospice, having experienced the benefit of their services during her husband's illness and subsequent death in 2001. She created and facilitates a Caregiver's Support Group for Hospice of Iredell County and speaks often of her personal experiences. Joy also shares her insight into heart and spirit by speaking on matters of awakening both spiritually and emotionally. Joy has been featured in many magazine and newspaper articles, has produced a moving meditation CD based on the writings of her book, *Seekers and Dreamers*, and is a published guest writer for several online magazines. She is the mother of seven children and relates humorous stories of their childhood that allow the listener to know she speaks from experience.

WEDNESDAY, MARCH 31, 2010

7:15 Registration Opens

8:00 Welcome

8:15 **General Session I** **The Hospice Industry Moving Forward**
Don Schumacher, PsyD
President and CEO, National Hospice and Palliative Care Organization, Alexandria, Virginia
This session will highlight the many issues impacting the hospice and palliative care industry.

Objectives

- Identify changes in the hospice and palliative care industry.
- Identify the policy implications of uncontrolled growth.
- Identify the potential solutions for impending regulatory changes.

9:30 Break/Exhibits **Supported by: Community Hospital, McCook**

10:00 Concurrent Sessions

Session A1 **Running on Empty and Living Sanctuariously**
Joyce Sheldon
Author, Inspirational Speaker, Mooresville, North Carolina
This session inspires the participant to create a sanctuary of peace within their heart. In a profession of compassion, learn what you can do when your cup becomes filled with fatigue, doubt, fear and anxiety. Joyce will discuss how to empty your cup of the negative energy and to embrace the positive.

Objectives

- Identify the tools available in Spiritual Tool Box to assist in dealing with the challenges of daily life, both personal and professional.
- Identify and assess the stumbling blocks encountered during personal and spiritual growth.

Session A2 **An Evidence-Based Approach to Hospice Decision-Making**
David J. Casarett, MD, MA
Associate Professor, University of Pennsylvania, Philadelphia, Pennsylvania
This session will describe recent research that can impact patients' and families' decisions about hospice enrollment.

Objectives

- Recognize common barriers to hospice enrollment from the patient's and family's perspective.
- Identify and be able to avoid common barriers to hospice discussions that health care providers face.
- Apply a simple, evidence-based approach to hospice discussions.

Session A3 **PTSD: The Unrecognized Symptom**
Jorge I. Ramirez, MD, FAAHPM
Hospice and Palliative Care Medical Director, VISN 23, Fort Meade, South Dakota
Caroline Schauer, RN, BSN, CHPN
Hospice and Palliative Care Coordinator, VISN 23, Fargo, North Dakota
This session will look at Post Traumatic Stress Disorder (PTSD), which can surface for any patient at the end of life. In particular, veteran specific issues will be addressed as well as interdisciplinary interventions.

Repeated in Session C3

Objectives

- Describe PTSD and the population affected by this disorder.
- Identify team specific interventions that can be offered to those identified to be suffering from PTSD.

Session E3

This presentation is supported by the University of North Texas Health Science Center, Interstate Postgraduate Medical Association and the University of Nebraska Medical Center through an educational grant from Wyeth.

Opioid Induced Constipation in Palliative Care**Catherine M. Eberle, MD***Associate Professor, University of Nebraska Medical Center, Omaha*

This session will improve recognition and prevention of opioid-induced constipation in palliative care.

Objectives

- Recognize the risk of constipation with the use of opioid for analgesia.
- Explain the physiological reasons for constipation as a side effect of opioid use.
- Recognize the adverse effects of opioid induced constipation.
- Recognize risk and initiate preventive measures to avoid adverse sequelae from opioid induced constipation.

Session E4

Repeat of
Session B2

Introduction to the Funeral Process**Kimberly Beedle, AFPP***Family Service Representative, Butherus, Maser, Love Funeral Home, Lincoln***Rick Carney, AFPP***Family Service Representative, Butherus, Maser, Love Funeral Home, Lincoln***Andy Elliot***Funeral Director, Butherus, Maser, Love Funeral Home, Lincoln*

This session will be an introduction to the funeral process with emphasis to the process of advanced funeral planning, the funeral/at need and ongoing aftercare assistance processes.

Objectives

- Describe advanced funeral planning and reasons to plan ahead, the advanced funeral planning process and funeral options.
- Outline the funeral/at need process.
- Describe the aftercare assistance process.

12:15 Lunch

1:15 Reconvene and Announcements

1:30 **General Session IV****From Fear to Faith and The Power of Presence****Joyce Sheldon***Author, Inspirational Speaker, Mooresville, North Carolina*

Learn to be aware of the blessings of the journey even though they come in the disguise of loss. This session is based on Joyce's personal experience with caregiving, loss, and her personal movement through the five steps of pain and recovery - disbelief, despair, acceptance, farewell and triumph.

Objectives

- Describe and discuss the five Steps of Transition relevant to any type of loss.
- Create a plan for spiritual renewal, emotional and physical well-being and personal and professional awareness.

2:15 Break/Exhibits

3:15 Concurrent Sessions

Session F1

Repeat of
Session D2

End Stage Dementia: The current state of prognosis and palliative care**Ed Vandenberg, MD, CMD***Associate Professor, University of Nebraska Medical Center, Section of Geriatrics, Omaha*

This interactive, lively session will provide the learner with the importance of providing high quality palliative care for advanced dementia patients. The lecture will describe the current barriers and challenges to providing this care. Lastly, Dr. Vandenberg will discuss the array and strength of the current prognostic tools to identify dementia patients near end-of-life.

Objectives

- Describe current state of palliative care provided to patients with end-stage dementia.