2015 Clinical Practice Forum

Schedule at a Glance

Thursday, October 22, 2015

Registration ....................................................................................................................................................... 7:00 AM – 5:00 PM
Continental Breakfast – provided .................................................................................................................. 7:00 AM – 8:00 AM
ACHPN® Certification Review Course ............................................................................................................. 8:00 AM – 5:30 PM
CHPN® Certification Review Course ................................................................................................................ 8:00 AM – 5:30 PM
Luncheon – provided ..................................................................................................................................... 12:00 PM – 1:00 PM

Friday, October 23, 2015

Registration ....................................................................................................................................................... 7:00 AM – 5:00 PM
Continental Breakfast – provided .................................................................................................................. 7:00 AM – 8:00 AM
Preconferences ................................................................................................................................................ 8:00 AM – 11:30 AM
- Cancer Care in 2015: Palliative Care from Diagnosis Through Survivorship and End of Life
- The Language You Cry In: Applying Culturally Effective Care at End of Life
- Communicate, Delegate, Educate, and Inspire Like a Leader

Clinical Practice Forum Sessions

Welcome and Introduction ............................................................................................................................... 1:00 PM – 1:15 PM
Keynote – Nurses Improving the Health of a Nation: On the Sidelines or Leading? ....................................... 1:15 PM – 2:30 PM
Reimagining Ethical Integration in Healthcare Operations: A Nursing Driven Model for Resolving Uncertainty and Improving Transitions in Care ......................................................................... 2:45 PM – 3:45 PM
LVADS, Defibrillator Vests, and ICD’s OH MY: Maintaining Quality of Life for Patients Receiving Advanced Cardiac Therapies
Hospice Regulatory Update
4:00 PM – 5:15 PM
Opening Reception with Exhibitors and Poster Presenters ...................................................................................... 5:30 PM – 7:00 PM

Saturday, October 24, 2015

Registration ....................................................................................................................................................... 7:00 AM – 1:30 PM
Continental Breakfast – provided .................................................................................................................. 7:00 AM – 7:45 AM
Welcome and Introduction ............................................................................................................................... 7:45 AM – 8:00 AM
Palliative Nursing Leadership – Shaping the Future of Healthcare .................................................................................. 8:00 AM – 9:00 AM
Dyspnea Assessment and Treatment at the End of Life
Office Hours for Advanced Practice Registered Nurses
9:30 AM – 10:45 AM
Moving from Guessing to Managing Medication Coverage: Navigating the Waters of the Three Rivers
Follow the Yellow Brick Road: End Stage Liver Disease and End of Life
11:00 AM – 12:00 PM
Luncheon – provided ..................................................................................................................................... 12:00 PM – 1:15 PM
Interventions that Lack an Evidence Base for Treating Dyspnea, Nausea, and Death Rattle
Providing Palliative Care for Zebras: Caring for Patients with Uncommon Diseases
1:15 PM – 2:45 AM
Embracing the Opportunity for Conversations about Serious Illness ................................................................ 3:00 PM – 4:15 PM
Conclusion ......................................................................................................................................................... 4:15 PM – 4:30 PM

Hospice and Palliative Nurses Association www.goHPNA.org
The focus of this conference is to “advance expert care in serious illness” by highlighting the essential roles and practices related to strong, effective nursing leadership and the promotion of evidence-based practices into care. Nursing leadership includes nurses from the bedside to the boardroom. This interactive and interdisciplinary education conference features influential leaders in healthcare and in the specialty of palliative nursing and palliative care, evidence-based interactive sessions to enhance practice in various settings, poster presentations, and many opportunities to network with colleagues.

**Intended Audience**
The Clinical Practice Forum is designed for nurses who practice either primary or specialty palliative care. This includes nurses who work in hospice, palliative care programs, or work in other settings but provide care for patients with a serious illness. The success of palliative care is dependent upon a strong interdisciplinary team and therefore our conferences also includes an interdisciplinary focus.

**As requested:** The Clinical Practice Forum will have focused sessions on specific topics and content. The session descriptions are identified.

- **A** – Advanced content
- **C** – Clinical
- **H** – Hospice specific

**Back by popular demand:** The ACHPN® Certification Review Course and the CHPN® Certification Review course, will take place on Thursday, October 22nd. These courses may be used to increase the hospice and palliative nurse’s knowledge of general palliative nursing or to assist the nurse in self-identifying topics that require further preparation and study in advance of sitting for the specialty certification examination.

**Continuing Education:** The Hospice and Palliative Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation (ANCC).

- Certification Review Courses – 7.5 CEs
- Preconferences – 3.0 CEs
- Full Conference – 10.0 CEs
  - Friday Only – 3.5 CEs
  - Saturday Only – 6.5 CEs
Certification Review Courses
Thursday, October 22, 2015
8:00am – 5:30pm

CHPN®
The Hospice and Palliative Nurses Association (HPNA) supports nurses looking to advance their professional development and career with specialty certification. HPNA is offering two day-long courses that encompass the concepts of palliative nursing. The review courses are based on the HPCC detailed test content outlines. The courses may be used to increase the hospice and palliative nurse's knowledge of general palliative nursing or to assist nurses in self-identifying topics that require further preparation and study in advance of sitting for the specialty certification examination.

Please note: Participation in a review course does not guarantee successful completion of a certification test.

Required Materials
- Core Curriculum for the Hospice and Palliative Registered Nurse, 4th edition – order online from the HPNA Shop.
- CHPN® Candidate Handbook – print for free from the HPCC website.

Optional

ACHPN®

Required Materials
- Core Curriculum for the Advanced Practice Nurse – order online from the HPNA Shop.
- ACHPN® Candidate Handbook – print for free from the HPCC website.

Preconferences
Friday, October 23, 2015
8:00am – 11:30am

Cancer Care in 2015: Palliative Care from Diagnosis Through Survivorship and End of Life
- Bronwyn Long DNP MBA RN ACHPN® AOCNS

“You have cancer.” And so begins a life-changing journey that for many includes state-of-the-art treatment and transition to survivorship and end of life. This session gives an overview of current understanding of cancer and its surgical, radiologic, and pharmacologic treatments. It includes targeted therapy, trends, oncologic emergencies, and interdisciplinary palliative care.

Objectives
1. Describe the pathophysiology of cancer.
3. Discuss 10 oncologic emergencies.

The Language You Cry In: Applying Culturally Effective Care at End of Life
- Julie Tanner RN-C BSN CTS

You can speak another language; you can live in another culture. But to cry over your dead, you always go back to your mother tongue; the language you cry in. It is understood that there are wide variances among cultures in how we process grief. These variances are often subtle and challenging to recognize and are fundamental to how a culture feels and behaves about end of life decisions and care.

Objectives
1. Detail factors that influence the diverse cultural values, beliefs, and traditions of end-of-life healthcare practices.
2. Adapt end of life culturally effective care delivery techniques through utilization of cultural interviewing methods and case study discussions.
3. Collaborate on constructing culturally effective plans for end of life care delivery.

Communicate, Delegate, Educate, and Inspire Like a Leader
- Ginger Marshall MSN ACNP-BC ACHPN® FPCN®
- Erica Frechman MSN AGPCNP-PB ACHPN®

Few hospice and palliative care professionals receive leadership training during their education. However, due to rapid growth of the specialty and the current workforce shortage, many of us are increasingly called upon to take on leadership responsibilities. This three hour preconference will significantly enhance your leadership capabilities. Through interactive didactic presentations, small group discussions, role-playing, and hands-on use of leadership tools you will learn how to more effectively communicate, delegate, educate, and inspire.

Objectives
1. Utilize 2 new strategies to improve their communication.
2. Identify 5 steps needed to successfully delegate.
3. Name 3 important components to a successful abstract submission.
4. Identify 4 inspirational traits of a transformational leader.
# Clinical Practice Forum Sessions

**Friday, October 23, 2015**

1:00pm – 7:00pm

<table>
<thead>
<tr>
<th>1:00pm – 1:15pm</th>
<th>Welcome and Introduction</th>
</tr>
</thead>
</table>

## Keynote: Nurses Improving the Health of a Nation: On the Sidelines or Leading?

- **Diana J. Mason PhD RN FAAN**

The nation’s focus on meeting the Triple Aim of improving the health of populations, improving people’s experiences with healthcare, and reducing care costs is creating opportunities to change how the public, health professionals, and other key stakeholders think about how and where health is created and supported. Nurses have long been leaders in hospice and palliative care, though not always in visible ways. Nurses assuming visible leadership roles in reforming healthcare aligns with the Institute of Medicine’s recommendations in the landmark report, *The future of Nursing*, and will help to drive the changes in health and social policy that are needed to improve the health of individuals, families, and communities.

### Objectives

1. Discuss the opportunities for reforming healthcare in the direction of the Triple Aim.
2. Identify 3 opportunities for hospice and palliative care nurses to influence the direction of healthcare reform.
3. Describe 3 strategies for hospice and palliative care nurses to use as leaders in reforming healthcare and promoting the health of the nation.

## Reimagining Ethical Integration in Healthcare Operations: A Nursing Driven Model for Resolving Uncertainty and Improving Transitions in Care

- **Mary Ann Beil MTS**

The Bioethics Nurse Liaison (BNL) program at Memorial Health University Medical Center (MUMC) was initiated in 2004 because clinical problems were being referred for ethical discernment far too late, often after uncertainty and conflict had delayed end-of-life decision-making. The practical issues are ethically challenging in professional, clinical, and organizational ways. In recognition of nurses’ role in communication, the BNL program was put in place and has grown to over 30 nurses. This session will share the vision and lessons learned from this experiment in ethics innovation.

This session will include the creation of an interactive, group art project. The creation of the artwork will symbolize the humanity and spirit of our specialty. Attendees will be encouraged to participate by contributing meaningful phrases, images, and other creative elements to reflect their practice and wisdom. Over the two days, participants will join artist and HPNA Board member Joseph F. Ebberwein in creating this interactive art piece. The finished product will be shared on the second day.

### Objectives

1. Present the outlines of Memorial’s Innovation in Ethics Consultation Model.
2. Review the Triple Aim of the nursing driven model (Bioethics Nurse Liaisons).
3. Review the utilization of evidence-based triggers for early intervention and case review.

## LVADs, Defibrillator Vests and ICD’s OH MY: Maintaining Quality of Life for Patients Receiving Advanced Cardiac Therapies

- **Laura Tycon CRNP FNP-BC**

Advances in medical research have afforded a wealth of novel treatment options for patients with advanced heart disease. With it have come a host of previously unappreciated quality of life issues that may occur in patients receiving this technology. This session will identify quality-of-life issues commonly faced by patients receiving advanced treatments for severe heart disease, including left ventricular assist devices, implanted cardiac defibrillators, and IV inotrope infusions. Tips will be provided for managing symptoms and aligning goals of care. This will be case study format presentation with discussion on how to best incorporate, the benefits of palliative care, and when to introduce hospice care. Discussion will include how to navigate the occasionally complex interactions that may arise with other members of the interdisciplinary team.

### Objectives

1. Identify quality-of-life issues commonly faced by patients with advanced heart disease.
2. Discuss how advanced interventions may be used to manage symptoms and optimize quality of life.
3. Navigate the complex interactions that may arise with the treating cardiologist.
4. Review factors to assess the effectiveness of the advanced cardiac interventions.

## Hospice Regulatory Update

- **Jennifer Kennedy MA BSN CHC**

Never before have so many regulatory changes faced hospice providers in such a short amount of time. This session will address the latest information for clinical staff on those changes, what they are, deadlines for implementation, and compliance plans to incorporate those changes. Issues discussed will include what CMS is looking at, determining eligibility, relatedness and prognosis, and quality update.

### Objectives

1. Identify the current “hot” issues in the hospice industry and how they affect hospice providers and the hospice industry as a whole.
2. Describe the climate within CMS and the federal government about hospice care.
3. Identify resources available and receive answers to outstanding questions.

<table>
<thead>
<tr>
<th>5:30pm – 7:00pm</th>
<th>Opening Reception</th>
</tr>
</thead>
</table>

Enjoy refreshments while viewing poster presentations, network with professional colleagues, and visit the exhibitors!
### Clinical Practice Forum Sessions

**Saturday, October 24, 2015**  
7:45am – 4:30pm

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45am</td>
<td><strong>Welcome and Introduction</strong></td>
</tr>
<tr>
<td>8:00am</td>
<td><strong>Palliative Nursing Leadership – Shaping the Future of Healthcare</strong></td>
</tr>
<tr>
<td></td>
<td>- Constance Dahlin ANP-BC ACHPN® FPCN® FAAN</td>
</tr>
<tr>
<td>9:30am</td>
<td><strong>Dyspnea Assessment and Treatment at End of Life</strong></td>
</tr>
<tr>
<td></td>
<td>- Margaret L. Campbell PhD RN FPCN®</td>
</tr>
<tr>
<td>10:45am</td>
<td><strong>Office Hours for Advanced Practice Nurses</strong></td>
</tr>
<tr>
<td></td>
<td>- Faculty TBA</td>
</tr>
<tr>
<td>11:00am</td>
<td><strong>Moving from Guessing to Managing Medication Coverage: Navigating the</strong></td>
</tr>
<tr>
<td></td>
<td>- Jason Kibrel Pharm.D. BCPS</td>
</tr>
<tr>
<td>12:00pm</td>
<td><strong>Follow the Yellow Brick Road: End Stage Liver Disease and End of Life</strong></td>
</tr>
<tr>
<td></td>
<td>- Denise Stahl MSN ACHPN®</td>
</tr>
<tr>
<td></td>
<td>- Roberta Gillespie MPA PA-C</td>
</tr>
</tbody>
</table>

**Objectives:**

**Palliative Nursing Leadership – Shaping the Future of Healthcare**

- Define leadership for the palliative care nurse.
- Define the elements of palliative nursing leadership: clear vision, engagement, inspiration, role-modeling, and execution of change.
- Describe leadership across hospice and palliative settings in the venues of clinical care, administration, research, education, policy, and advocacy.

**Dyspnea Assessment and Treatment at End of Life**

- Define and distinguish dyspnea and respiratory distress.
- Describe the prevalence and trajectories of dyspnea and respiratory distress across diagnoses.
- Describe psychometrically sound, objective dyspnea assessment tools.
- Describe an evidence-based approach to treating refractory dyspnea.

**Moving from Guessing to Managing Medication Coverage: Navigating the Waters of the Three Rivers**

- Identify the current regulatory landscape regarding medication appropriateness in hospice.
- Describe the methodologies used to determine the relationship of medications to the patient’s prognosis.
- Explain common medication scenarios encountered within the interdisciplinary team.

**Follow the Yellow Brick Road: End Stage Liver Disease and End of Life**

- Review the pathophysiology and trajectory of liver disease.
- List key pharmacologic, nonpharmacologic, and surgical options for management of advanced liver disease.
- Describe hospice eligibility criteria and essential components of end of life care for patients with advanced liver disease.

**Office Hours for Advanced Practice Nurses**

- Discuss practice challenges faced by the hospice and palliative advanced practice nurse.
- Discuss professional development opportunities for the hospice and palliative advanced practice nurse.

**Lunch (provided)**
**Clinical Practice Forum Sessions**

Saturday, October 24, 2015
7:45am – 4:30pm

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenters</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:15pm – 2:45pm</td>
<td>Interventions that Lack an Evidence Base for Treating Dyspnea, Nausea, and Death Rattle</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Margaret L. Campbell PhD RN FPCN®</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dyspnea, nausea, and death rattle are common among patients nearing the end of life across diagnoses. Some interventions that are commonly or routinely prescribed or recommended lack an evidence base. The studies that demonstrate no effectiveness will be presented and critiqued. Alternatives to non-beneficial treatments will be presented. The participants will have the opportunity to anonymously identify their opinions using audience-response technology.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Objectives:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1. Describe the studies that have demonstrated no benefit.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Identify alternative interventions to those lacking supporting evidence.</td>
<td></td>
</tr>
<tr>
<td>3:00pm – 4:15pm</td>
<td>Providing Palliative Care for Zebras: Caring for Patients with Uncommon Disorders</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jennifer Gentry ANP BC GNP ACHPN® FPCN®</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jessica McFarlin MD</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Though nurses providing hospice and palliative care frequently encounter patients with common life-limiting illnesses, it is important to be familiar with less common diseases. With as many as 7,000 rare diseases and 30 million persons affected, it is inevitable that nurses will encounter these patients in practice. This presentation will highlight rare diseases using a case-based approach to three uncommon diagnoses: progressive multifocal leukoencephalopathy (PML), Huntington’s disease, and prion disease. Using these as case examples, this session will highlight pertinent issues in the approach to patients with uncommon illnesses, including practical information regarding symptom management, prognostication, disease trajectory and resources.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Objectives:</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1. Describe the presentation of 3 uncommon life-limiting diseases.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2. Discuss common themes associated with uncommon diseases and how these themes may inform the approach of palliative care teams.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3. Discuss an interdisciplinary approach to formulating a plan of care to address the palliative care needs of patients with uncommon illnesses.</td>
<td></td>
</tr>
</tbody>
</table>

| 4:15pm – 4:30pm – Conclusion |

**Registration**

**Certification Review Courses (October 22, 2015)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACHPN® Certification Review Course</td>
<td>$350</td>
<td>$450</td>
</tr>
<tr>
<td>CHPN® Certification Review Course</td>
<td>$350</td>
<td>$450</td>
</tr>
</tbody>
</table>

**Preconferences (October 23, 2015 – morning)**

<table>
<thead>
<tr>
<th>Preconference</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer Care in 2015: From Diagnosis Through Survivorship and End of Life</td>
<td>$125</td>
<td>$225</td>
</tr>
<tr>
<td>The Language You Cry In: Applying Culturally Effective Care at End of Life</td>
<td>$125</td>
<td>$225</td>
</tr>
<tr>
<td>Communicate, Delegate, Educate, and Inspire Like a Leader</td>
<td>$125</td>
<td>$225</td>
</tr>
</tbody>
</table>

**Clinical Practice Forum Conference – October 23-24, 2015**

<table>
<thead>
<tr>
<th>Registration Date</th>
<th>Full Conference</th>
<th>One-Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Registration (on/before Sept 22, 2015)</td>
<td>Member: $350</td>
<td>Non-Member: $450</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>