

# Palliative Care, Pain Management and Whole Person Care Symposium

*Providing the Best Care Possible*

September 21 & 22, 2017

Anaheim Marriott, Anaheim, California

## FEATURED SPEAKERS

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**Ira Byock, MD,  
FAAHPM**  
Founder and Chief  
Medical Officer  
Institute for  
Human Caring



**Steven Z. Pantilat,  
MD, MHM,  
FAAHPM**  
Founding Director  
UCSF Palliative  
Care Program



**Glen Komatsu, MD**  
Chief Medical  
Officer  
Providence  
TrinityCare Hospice  
and Regional  
Palliative Care

St. Joseph  Hoag Health

Hoag Mission St. Joseph St. Jude St. Mary

# Course Description

This two-day continuing education symposium covers key topics related to palliative care and pain management and is designed to enhance clinicians daily practice. The course presents new ideas for tailoring the most appropriate treatment plan for each patient to ensure the best care possible is achieved and features nationally-recognized expert physicians and authors Ira Byock, MD, Founder and Chief Medical Officer, Providence Institute for Human Caring and Steven Pantilat, MD, Director, Palliative Care Program, University of California, San Francisco, as well as six breakout sessions each day by physicians and clinicians from St. Joseph Hoag Health and Providence Institute for Human Caring.

## TARGET AUDIENCE

This course is designed for clinical physicians. All specialties who provide complex care are invited to attend including nurses, physical therapists, nurse practitioners, physician assistants, physical therapists, occupational therapists, respiratory therapists, case managers, social workers, chaplains and other practitioners with a special interest in palliative care, pain management and whole person care.

The presentational methods for this activity will be case presentation with learner participation, lecture with Q&A session, small group discussion and panel discussion.

This activity will encompass the following desirable physician attributes: patient care and procedural skills, medical knowledge, professionalism, interpersonal and communication skills and systems-based practice.



## EDUCATIONAL OBJECTIVES

After completion of this meeting, attendees should be able to:

### DESIRED OUTCOMES

- 1 Utilize advanced therapeutic communication skills with seriously ill and/or dying patients and their families to improve quality and efficiency of emotion-laden conversations and decisions.
- 2 Identify patients/families in physical or spiritual distress.
- 3 Prescribe and recommend leading evidence-based interventions to achieve patient goals, improve pain management, and to ease the burden of chronic and terminal disease and treatments.
- 4 Confidently respond to patients request for physician assisted suicide according to St. Joseph Hoag Health Ethical and Religious Directives, and provide appropriate alternative interventions to ensure optimal comfort and quality of life.

### ADDITIONAL EDUCATIONAL OBJECTIVES

- 1 Describe the concept of “personhood” and recognize aspects of the personal experience of dying that are not captured by the problem-based model of medicine.
- 2 Identify a novel paradigm of palliative care which emphasizes self-compassion and mitigates against burn-out, as well as how to incorporate mindfulness and emotional intelligence practices into daily life.
- 3 Distinguish the rationale of developing care plans focused on the unique diagnosis and prognosis of the patient when goals of care are shifting towards end of life.
- 4 Recognize the interplay between psychological trauma and pain, with particular emphasis on chronic pain development, joint physiological mechanisms, and patient factors (i.e. resilience, adjustment, history).
- 5 Discuss the recent change in opioid prescribing patterns and understand the value of protocols and templates to safeguard the provider and patient.
- 6 Explore interventional treatment options for various chronic pain conditions including pharmacologic options, neuronal blockade, spinal cord stimulation and kyphoplasty.
- 7 Examine tools and resources available to assist with advance care planning conversations and learn the four steps in the advance care planning process.
- 8 Understands how an intentional and purposeful family conference impacts psychosocial/spiritual relief for patients, families and clinicians.
- 9 Describe effective strategies for improving care provided by palliative care teams learned from a national quality indicators collaborative.
- 10 Discuss the importance of treatment plans and self-management strategies as they relate to therapy for chronic pain management.
- 11 Recognize the psychospiritual connections between palliative care, pain management and countertransference responses to suffering when working with critically ill patients.
- 12 Identify the different categories of adjuvant analgesics and what types of patients would benefit most from incorporating these medications into their pain management regimen.
- 13 Examine the value of interprofessional team collaboration for a case discussion identifying the indications for palliative sedation and the importance of bereavement support for children.

## SYMPOSIUM CO-DIRECTORS

### Yvonne Corbeil, RN

Providence Institute for Human Caring,  
Torrance

### Sheri Curtis, BSN, RN, CHPN

St. Mary Medical Center, Apple Valley

### Margaret Delmastro, MSN, FNP-BC

St. Joseph Hospital, Orange

### Kristyn Fazzalaro, LCSW, ACHP-SW

Hoag Memorial Hospital Presbyterian,  
Newport Beach

### Lindsay Flacks, MBA, MPH

Providence Institute for Human Caring,  
Torrance

### Gloria Franklin, NP, MSN

St. Jude Medical Center, Fullerton

### Tracey Larsen, MSN, RN, NE-BC

St. Jude Medical Center, Fullerton

### Alissa Ulanday, MSN, BSN, AGACNP-BC, CCRN

St. Jude Medical Center, Fullerton

### Margie Whittaker, MSN, RN

Mission Hospital, Mission Viejo

## INVITED FACULTY

### Reverend Gerald Arata, M. Div.

Lead Chaplain  
Hoag Memorial Hospital Presbyterian  
Newport Beach, CA

### Ashley Areyan

Community Engagement Liaison  
Providence Institute for  
Human Caring  
Torrance, CA

### Allison Bicksler, Psy.D.

Clinical Psychology  
St. Jude Chronic Pain Program  
Brea, CA

### Brian Boyd, MD

Program Director, Palliative Care  
Oncology  
Medical Director, Palliative Care Pain  
Management Consulting Service  
Medical Director, St. Joseph Home  
Health Palliative Care  
St. Joseph Hospital  
Orange, CA

### Natalia Covarrubias, MD

Rehabilitation and Pain Management  
St. Jude Medical Center  
Fullerton, CA

### Tracy Covington, Ph.D. BCB, AAPM

Bickford, Covington & Associates  
Redlands, CA

### Mona El-Kurd, LCSW, ACHP-SW

Community Palliative Care Social Worker  
Hoag Memorial Hospital Presbyterian  
Newport Beach, CA

### Suzanne Engelder, MSW, ASW

Program Manager  
The Center for Advance Care Planning  
and Advocacy  
St. Joseph Health  
Anaheim, CA

### Matthew Gonzales, MD

Associate Medical Director  
Providence Institute for Human Caring  
Torrance, CA

### Ellen Kim, LCSW

Inpatient Palliative Care Social Worker  
Hoag Memorial Hospital Presbyterian  
Newport Beach, CA

### Glen Komatsu, MD

Chief Medical Officer  
Providence TrinityCare Hospice  
and Regional Palliative Care  
Southern California  
Medical Director, TrinityKids  
Pediatric Hospice  
Director, Edmond R. and Virginia G. Doak  
Center for Palliative Care  
Providence Little Company of Mary  
Medical Center  
Torrance, CA

### Rebecca Lomaka, MA, CT

Director of Grief Support and Education  
O'Connor Mortuary  
Laguna Hills, CA

### Vincent Nguyen, DO

Medical Director, Palliative Care Program  
Hoag Memorial Hospital Presbyterian  
Newport Beach, CA

### Kurt Openshaw, MD

Interventional Radiology Physician  
St. Joseph Hospital, Orange, CA

### Andrea Romero, OTR/L

Occupational Therapy  
St. Jude Medical Center  
Fullerton, CA

### Brad Shumway, DPT

Physical Therapy  
St. Jude Chronic Pain Program  
Brea, CA

### Margie Whittaker, MSN, RN

Palliative Care Coordinator  
Mission Hospital  
Mission Viejo, CA

### Arthur Zepeda, MD

Pain Medicine  
St. Jude Heritage Medical Group  
Fullerton, CA

## FEATURED SPEAKERS



### Ira Byock, MD, FAAHPM

Ira Byock, MD, FAAHPM is a leading palliative care physician, author, and public advocate for improving care through the end of life. He is Founder and Chief Medical Officer of the Institute for

Human Caring of Providence based in Torrance, CA. The Institute advances efforts to measure, monitor and improve person-centered care systemwide and supports culturally diverse communities in expanding models of caring. Dr. Byock is Professor Emeritus of Medicine and Community & Family Medicine (Active) at the Geisel School of Medicine at Dartmouth. He served as Director of Palliative Medicine at Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire from 2003 through July 2013.

Dr. Byock has been involved in hospice and palliative care since 1978 during his residency. At that time he helped found a hospice home care program for the indigent population served by the university hospital and county clinics of Fresno, California. He is a past president (1997) of the American Academy of Hospice and Palliative Medicine. During the 1990s he was a co-founder and principal investigator for the Missoula Demonstration Project, a community-based organization in Montana dedicated to the research and transformation of end-of-life experience locally, as a demonstration of what is possible nationally. From 1996 through 2006, he served as Director for Promoting Excellence in End-of-Life Care, a national grant program of the Robert Wood Johnson Foundation. Dr. Byock has authored numerous articles on the ethics and practice of care. His research has led to

conceptual frameworks for the lived experience of advanced illness, subjective quality of life measures, and simple, effective life-completion counseling. His leadership in development of groundbreaking prototypes for concurrent care of people through the end of life has been foundational to advancing patient-centered care.

Byock's first book, *Dying Well*, (1997) has become a standard in the field of hospice and palliative care. The *Four Things That Matter Most*, (2004) is used as a counseling tool widely by palliative care and hospice programs, as well as within pastoral care. His most recent book, *The Best Care Possible* (March 2012) tackles the crisis that surrounds serious illness and dying in America and his quest to transform care through the end of life. It has been praised by the *Wall Street Journal*, the *Economist* and other major publications, and won the Annual Books for a Better Life Award in the category of Wellness.

Dr. Byock has been the recipient of numerous awards for academic achievement and community services. In 2014 he was recognized as a Visionary by the Academy of Hospice and Palliative Medicine, as well as being given the Academy's most prestigious Lifetime Achievement Award. Byock has been a featured guest on national television and radio programs, including NPR's *All Things Considered*, *Talk of the Nation*, and *On Being*, CBS *60 Minutes*, *Fox and Friends*, and PBS *The News Hour*. More information is available at [IraByock.org](http://IraByock.org)

### Faculty Disclosure

Current guidelines state that participants in continuing medical education activities should be aware of any affiliation or financial interest that could affect the speaker's presentation(s). The Accreditation Council for Continuing Medical Education policy mandates that the provider adequately manages all identified potential conflicts of interest prior to the program. Faculty members and planners have completed disclosure forms and potential conflicts of interest have been reviewed and resolved prior to the program. All disclosures must be listed in the course syllabus.

## FEATURED SPEAKERS - CONTINUED



**Steven Z. Pantilat, MD, MHM, FAAHPM**

Steven Pantilat, MD, is a Professor of Medicine in the Department of Medicine at the University of California, San Francisco, the Kates-Burnard and Hellman Distinguished Professor in

Palliative Care, and the founding Director of the UCSF Palliative Care Program that received a Circle of Life Award in recognition of excellence and innovation from the American Hospital Association in 2007. Dr. Pantilat is a palliative care physician and a hospitalist, and is an internationally recognized expert in both hospital medicine and Palliative Care. He is a leading voice for changing the healthcare system and creating innovative programs to improve care for people living with serious illness.

He has distilled his 27 years of experience into his new book for the public about how to live well with serious illness titled, "Life After the Diagnosis: Expert Advice on Living Well with Serious Illness for Patients and their Caregivers" that was published by DaCapo Lifelong Books in 2017. He has also published over 90 peer-reviewed scientific papers, authored two dozen book chapters, and co-edited with colleagues at UCSF a textbook on palliative care titled, "Care at the Close of Life" and in 2015 the textbook, "Hospital Based Palliative Medicine."

Dr. Pantilat is the Director of the UCSF Palliative Care Leadership Center that has trained teams from over 200 hospitals across the country on how to establish Palliative Care Services and he consults with hospitals and health systems nationally to help them establish, implement and grow palliative care programs. He is also the Director of the Palliative Care Quality Network, a national collaboration of over 85 Palliative Care teams focused on improving the quality of care

for seriously ill people. Dr. Pantilat is Board Certified in Hospice and Palliative Medicine and in Internal Medicine with Focused Practice in Hospital Medicine. Dr. Pantilat was elected a Master of Hospital Medicine by the Society of Hospital Medicine in 2014 in recognition of his many contributions to the field and is a Fellow of the American Academy of Hospice and Palliative Medicine and a Fellow of the American College of Physicians. In 2007 he was a Fulbright Senior Scholar studying palliative care at the Royal Prince Alfred Hospital, University of Sydney, and Curtin University in Sydney, Australia. He served as President of the Society of Hospital Medicine in 2005-6, and is a past member of the Board of Directors, and the former Chair of the Ethics committee for the Society of Hospital Medicine. Dr. Pantilat serves on the UCSF Medical Center Ethics Committee.

In 2011 Dr. Pantilat received a James Irvine Foundation Leadership Award in recognition of his work to improve the lives of Californians and in 2014 Dr. Pantilat received the Ritz E. Heerman Award from the California Hospital Association in recognition of his work to improve the quality of palliative care. Dr. Pantilat also serves as Chair of the Advisory Board for the Cambia Foundation's Sojourn Scholars Leadership Award program and on the Steering committee of the Palliative Care Research Collaborative. Dr. Pantilat was a Robert Wood Johnson Clinical Scholar at UCSF and is a Faculty Scholar of the Project on Death in America. In 2015 he was named a Best Doctor in Palliative Care by San Francisco Magazine and Marin Magazine and a Top Doctor for Cancer by Newsweek magazine. He has received five teaching awards from the medical students at UCSF for outstanding lectures and lecture series.



**Glen Komatsu, MD**

Glen Komatsu, MD, Chief Medical Officer, Providence TrinityCare Hospice and Regional Palliative Care. Dr. Komatsu earned a BS in biological sciences at the University of Arizona and his

MD at the Arizona College of Medicine. After completing a pediatric residence at UC Irvine Affiliated Hospitals and a neonatology fellowship at Long Beach Memorial/Miller Children's Hospital, he entered private practice. He served as medical director of the Neonatal Intensive Care Unit at Providence Little Company of Mary Medical Center, Torrance from 1985-2004, as well

as director of bioethics for Providence Health & Services in the South Bay. In 2004, Dr. Komatsu pursued an additional specialty by taking an adult palliative care fellowship at Dana-Farber Cancer Institute, Brigham and Women's Hospital, and Harvard Medical School. Returning to California in 2005, he now serves as Chief Medical Officer for Providence TrinityCare Hospice and Regional Palliative Care Southern California, Medical Director for TrinityKids pediatric hospice, and director of the Edmond R. and Virginia G. Doak Center for Palliative Care at Providence Little Company of Mary Medical Center, Torrance, and Senior Advisor for Strategy and Education, Providence Institute for Human Caring.



# Symposium Agenda

## THURSDAY, SEPT. 21, 2017

7:00 am – 8:00 am	Registration Continental Breakfast	
8:00 am – 8:15 am	Opening Remarks/Welcomes	Lee Penrose COO, Acute Care Services St. Joseph Hoag Health
8:15 am – 9:45 am	Keynote Speaker <i>Imagining People Well: Human Development Through the End of Life</i>	Ira Byock, MD, FAAHPM
9:45 am – 10:00 am	Break	
10:00 am – 12:30 pm	Breakout Session 1 (choose 2 out of the 3 topics) 10:00 – 11:05 am and 11:25 – 12:30 pm with a 20-minute break in between	
	<i>Contemplative Palliative Care: From a Human Doing to a Human Being Part 1</i>	Glen Komatsu, MD
	<i>The Importance of Time: Transitioning to Comfort Care at the End-of-Life</i>	Margie Whittaker, MSN, RN
	<i>The Relationship Between Psychological Trauma and Chronic Pain: Implications for Conceptualization and Treatment</i>	Allison Bicksler, Psy.D.
<b>OR</b>		
10:00 am – 12:30 pm	Advanced Communication Training Workshop (ACT) 2.5 hours long. Space is limited to 60 participants, early registration required	Ira Byock, MD, FAAHPM and Matthew Gonzales, MD
12:30 pm – 1:30 pm	Lunch	
1:30 pm – 3:45 pm	Breakout Session 2 (choose 2 out of the 3 topics) 1:30 – 2:30 pm and 2:45 – 3:45 pm with a 15-minute break in between	
	<i>Complexities of Pain Management in a Palliative Care Setting</i>	Brian Boyd, MD
	<i>Contemplative Palliative Care: From a Human Doing to a Human Being Part 2 (attending part 1 is not a prerequisite)</i>	Glen Komatsu, MD
	<i>Interventional Procedures in Chronic Pain Management</i>	Kurt Openshaw, MD and Arthur Zepeda, MD
3:45 pm – 4:00 pm	Break	
4:00 pm – 5:15 pm	Plenary Closing <i>Beyond “We Don’t Do That Here”: Therapeutic Responses to Questions About Hastening Death</i>	Ira Byock, MD, FAAHPM
5:15 pm – 5:30 pm	Closing Remarks	
Ongoing exhibits	Exhibitor tables Interactive “Before I Die” Wall and Global Art Project	

## FRIDAY, SEPT. 22, 2017

7:00 am – 8:00 am	Registration Continental Breakfast	
8:00 am – 8:15 am	Opening Remarks/Welcomes	Richard Afable, MD President and CEO St. Joseph Hoag Health
8:15 am – 9:15 am	Keynote Speaker <i>Life After the Diagnosis</i>	Steven Pantilat, MD, MHM, FAAHPM
9:15 am – 9:30 am	Break	
9:30 am – 12:00 pm	Breakout Session 1 (choose 2 out of the 3 topics) 9:30 – 10:35 am and 10:55 – 12:00 pm with a 20-minute break in between	
	<i>Having the Courageous Conversation: Evidence Based Advance Care Planning Tools</i>	Suzanne Engelder, MSW, ASW and Ashley Areyan
	<i>The Sacred Journey of the Family Consultation</i>	Reverend Gerald Arata, M. Div. and Ellen Kim, LCSW
	<i>If You Want to Go Far, Go Together: Improving the Quality of Palliative Care</i>	Steven Pantilat, MD, MHM, FAAHPM
<b>OR</b>		
9:30 am – 12:00 pm	Advanced Communication Training Workshop (ACT) 2.5 hours long. Space is limited to 60 participants, early registration required	Ira Byock, MD, FAAHPM and Matthew Gonzales, MD
12:00 pm – 1:00 pm	Lunch	
1:00 pm – 3:15 pm	Breakout Session 2 (choose 2 out of the 3 topics) 1:00 – 2:00 pm and 2:15 – 3:15 pm) with a 15-minute break in between	
	<i>Transference and Countertransference in Palliative Care and Pain Management: Conscious Intersections in PsychoSpiritual Care</i>	Tracy Covington, Ph.D. BCB, AAPM
	<i>The Therapy of Pain: How the PT and OT Can Help</i>	Brad Shumway, DPT and Andrea Romero, OTR/L
	<i>Don’t Forget the Other Medications: Pain Management and Adjuvant Analgesics</i>	Natalie Covarrubias, MD
3:15 pm – 3:30 pm	Break	
3:30 pm – 4:30 pm	Plenary Closing <i>Hoag Panel Discussion “Whole Person Care in Action”</i>	Vincent Nguyen, DO Rebecca Lomaka, MA, CT Mona El-Kurd, LCSW, ACHP-SW Brian Stevens
4:30 pm – 4:45 pm	Closing Remarks	
Ongoing exhibits	Exhibitor tables Interactive “Before I Die” Wall and Global Art Project	

# Registration

## SYMPOSIUM REGISTRATION FEES

Includes course tuition, breakfasts, lunches, refreshments, electronic course materials and parking.

### 2-DAY REGISTRATION

Physician	\$325
Health Care Provider	\$225
Student	\$125

### 1-DAY REGISTRATION (THURSDAY OR FRIDAY)

Physician	\$250
Health Care Provider	\$175
Student	\$100

## ONLINE REGISTRATION

[stjudemedicalcenter.org/events](http://stjudemedicalcenter.org/events)

At time of registration, please select if you will be attending the special workshop "Advanced Communication Training in Using the Serious Illness Conversation Guide" on Thursday, Sept. 21, or Friday, Sept. 22. This exceptional course is optional, however space is limited to 60 attendees per day.

### PAYMENT

Visa, Mastercard, American Express, and Discover Card payments will be accepted as forms of online payment.

### REGISTRATION CONFIRMATION

A confirmation email will be sent to you upon receipt of the symposium registration form and payment.

### ATTENDEE CANCELLATION POLICY

All cancellations must be communicated to the St. Jude Medical Center Education Department by phone at (714) 992-3000 ext. 3854 or by email at [sjmceducationservices@stjoe.org](mailto:sjmceducationservices@stjoe.org).

Refunds will not be available after Sept. 15, 2017.

### For additional information, please contact:

St. Jude Medical Center Education Department  
Phone: (714) 992-3000 ext. 3854  
Email: [sjmceducationservices@stjoe.org](mailto:sjmceducationservices@stjoe.org)

In accordance with the Americans with Disabilities Act (ADA), please contact the St. Jude Medical Center Education Department should you require special assistance by Sept. 4.

### SYMPOSIUM MATERIALS

All symposium information including the detailed agenda, faculty listing, and course materials will be provided electronically.

### HOTEL ACCOMMODATIONS

Anaheim Marriott  
700 W. Convention Way  
Anaheim, CA 92802-3424

A special rate of \$109 per night plus taxes for single or double occupancy rooms have been made available for program participants at the Anaheim Marriott. All reservations must be received by the hotel by **Sept. 8, 2017**. After that date, reservations will be accepted based on availability.

Reservations can be made online at <https://aws.passkey.com/go/palliative> or by contacting the reservations department by phone at (877) 622-3056.

You must mention that you are attending the Palliative Care, Pain Management and Whole Person Care Symposium to receive the special group rate.

## CONTINUING EDUCATION CREDIT

Provider approved by the California Board of Registered Nursing, Provider #00407 for up to 13 Contact Hours; up to 7 Contact Hours for Thursday, Sept. 21, 2017 and up to 6 Contact Hours for Friday, Sept. 22, 2017.

This course is approved by St. Jude Medical Center for up to 13 Continuing Competency Hours for Physical Therapists and Physical Therapist Assistants as outlined in Article 13 of Title 16 of the California Regulations.

Administrator of the CE Program is Claudia Skinner, DNP, RN, CCRN, CNML, NE-BC.

Continuing Education hours have been applied for MFCC and/or LCSW, pending approval.



*"Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit."*



St. Jude Medical Center is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

St. Jude Medical Center designates this live activity for a maximum of 13 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

(If only one day is attended, physicians will receive a maximum of 7 AMA PRA Category 1 Credits™ for Thursday, Sept. 21, 2017 and a maximum of 6 AMA PRA Category 1 Credits™ for Friday, Sept. 22, 2017.)



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