

**25th Annual Barbara and Alan Echikson
Memorial Palliative Care Symposium**
What Is Reflective of a Robust Palliative Care Program?

Tuesday, April 9, 2024

CE Accredited Live Activity Jointly Provided by
Cooperman Barnabas Medical Center
Palliative Care Education Committee
and
Rutgers Health

Overview

Palliative care necessitates a multifaceted approach involving healthcare providers from various disciplines. However, practice gaps persist, hindering the optimal delivery of care to palliative patients and their families.

Challenges include fragmented communication among healthcare providers, limited collaboration between different specialties, and inadequate understanding of the diverse needs of patients. Variations in prescribing practices, insufficient utilization of available guidelines, and a lack of systematic approaches of goal-concordant care further contribute to suboptimal outcomes. The underutilization of child life services can result in missed opportunities to address the unique emotional and developmental needs of pediatric patients and their families. Lastly, emotional burnout and compassion fatigue among healthcare staff may compromise the delivery of holistic care, further exacerbating these gaps.

This activity will provide an overview on the current palliative care guidelines and evidence-based prescribing practices; effective methods for enhancing communication and collaboration skills of team members; strategies for recognizing and managing emotional well-being and fostering resilience of the medical staff, and unique contributions child life specialists can bring to the care team.

Learning Objectives

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

- Describe a systematic approach to prescribing goal-concordant medications in serious illness
- Review safe and responsible opioid prescribing strategies in palliative care
- Define the role of the child life specialist in palliative care
- Recognize how grief impacts healthcare professionals in their professional and personal lives
- Describe strategies to managing emotional well-being and reducing the risk of compassion fatigue and burnout of providers

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*[™]. 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: 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. This course meets NJBSW Requirements for Prescription Opioid Education: N.J.S.A. 45:15BB-11.1.

Method of Participation

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

Disclaimer

The views expressed in this activity are those of the faculty. It should not be inferred or assumed that they are expressing the views of any manufacturer of pharmaceuticals or devices, Rutgers Health or Cooperman Barnabas Medical Center.

It should be noted that the recommendations made herein with regard to the use of therapeutic agents, varying disease states, and assessments of risk, are based upon a combination of clinical trials, current guidelines, and the clinical practice experience of the participating presenters. The drug selection and dosage information presented in this activity are believed to be accurate. However, participants are urged to consult all available data on products or procedures before using them in clinical practice.

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For questions or concerns regarding this activity, please contact CCOE at ccoe@rbhs.rutgers.edu.

Faculty

Lisa Athan, MA

Founder and Executive Director, Grief Speaks, Springfield, NJ

Mary Lynn McPherson, PharmD, PhD, BCPS

Professor and Executive Director, Advanced Post-Graduate Education in Palliative Care, Department of Practice, Sciences, and Health Outcomes Research, University of Maryland School of Pharmacy, Baltimore, MD

Caitlin Ridge, BA

Child Life Coordinator, Cooperman Barnabas Medical Center, Livingston, NJ

Agenda

4:00 pm **Welcome**

Maria Roesler, RN, MSN, CHPN

Administrative Director, Palliative and Supportive Care, Cooperman Barnabas Medical Center, Livingston, NJ

4:05 pm **Introduction**

Mary Velardi-Stoffel, RN, MSN, HNB-BC

Nursing Professional Development Specialist, Cooperman Barnabas Medical Center, Livingston, NJ

4:10 pm **Goal-Concordant Prescribing in Serious Illness**

Mary Lynn McPherson, PharmD, PhD, BCPS

5:10 pm **Myths and Misconceptions about Opioid Use in Serious illness**

Mary Lynn McPherson, PharmD, PhD, BCPS

5:30 pm **Navigating Grief with Patients and Their Families**

Lisa Athan, MA

6:30 pm **Beyond the Patient: A Child Life Specialists Approach to Palliative Care within the Hospital Setting**

Caitlin Ridge, BA and Angelica Angeles

7:15 pm *Adjourn*

Disclosure Declarations

In accordance with the disclosure policies of Rutgers Health and to conform with Joint Accreditation requirements and FDA guidelines, individuals in a position to control the content of this educational activity are required to disclose to the activity participants: 1) the existence of any relevant financial relationship with any ineligible company, i.e., a company whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients, within the past 24 months; and 2) the identification of a commercial product/device that is unlabeled for use or an investigational use of a product/device not yet approved.

Faculty

The following speakers have no relevant financial relationships with ineligible companies to disclose.

Lisa Athan, MA

Caitlin Ridge, BA

Mary Lynn McPherson, PharmD, PhD, BCPS

Angelica Angeles

Planning Committee

The following planners have no relevant financial relationships with ineligible companies to disclose.

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Keisha Ferguson, Program Support Coordinator, Continuing Medical Education, has no relevant financial relationships with ineligible companies to disclose.

Off-Label/Investigational Use

Speakers are required to disclose discussion of off-label/investigational uses of commercial products/devices in their presentation. These disclosures will be made to the audience at the time of the activity.

Audience Handouts

The audience guide and speakers' slide presentations are available online at:

<https://tinyurl.com/5f3faudx>



Evaluation and CE Certificates

Following the program, we ask that you take a few moments to complete the on-line evaluation to assist us in assessing the effectiveness of this activity and to make recommendations for future educational offerings. Your response will help ensure that future programs are informative and meet the educational needs of all participants.

In order to obtain a CE certificate, you must complete the online evaluation. The evaluation and certificates are ONLY available online.

An email will be sent to you no later than Monday, April 15, 2024 with instructions for accessing the evaluation and obtaining your CE certificate.

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Supporters

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Bill Echikson

Robert J. Freeman Memorial Fund