



Let's Talk Palliative Care: A Holistic Approach

Hosted by the IUPUI RESPECT Signature Center
Research in Palliative and End-of-Life Communication and Training

February 28, 2019

Pre-conference Workshop

7:30am - 5pm

Regenstrief Institute, 1101 West 10th St.

Indianapolis, IN 46202

March 1, 2019

Conference

7:30am - 4:00pm

Ritz Charles, 12156 N. Meridian St.

Carmel, IN 46032

#IURESPECT19

<https://respect.iupui.edu/> - (317) 274-9114 - respectc@iupui.edu

IUPUI RESPECT Signature Center

The IUPUI Research in Palliative and End-of-Life Communication and Training (RESPECT) Signature Center is a collaborative, interdisciplinary scientific community of researchers and clinicians who work together to advance the science of communication in palliative and end-of-life care across the lifespan. Established in 2010, the IUPUI RESPECT Center is supported by the IU School of Nursing and the IU School of Medicine, Division of General Internal Medicine and Geriatrics.

The goals of the IUPUI RESPECT Signature Center are to: accelerate the development of innovative, descriptive and intervention research trials relevant to communication and decision-making in children, adolescents, adults, and elders with serious and/or life-threatening illness; develop new community partnerships for translational science to enhance palliative and end-of-life care research and practice; and create mentorship opportunities for developing scholars who will become the next generation of productive, passionate palliative and end-of-life care researchers. IUPUI RESPECT Signature Center activities include faculty review group meetings, visits by international experts in palliative and end-of-life care, and pilot funding to support preliminary work.

IUPUI RESPECT Signature Center Faculty

Silvia Bigatti, PhD
Gabriel Bosslet, MD, MA
Debra Burns, PhD, MT-BC
James Cleary, MD
Amber Comer, JD, PhD
Ken Cornetta, MD
Larry Cripe, MD
Cheryl Crisp, PhD, PCNS-BC
Lyle Fettig, MD
Greg Gramelspacher, MD
Joan Haase, PhD, RN*
Paul Helft, MD
Susan E. Hickman, PhD*
Michin Hong, PhD
Shelley Johns, PsyD, ABPP
Amy Martin, DBE, MA
Erin Newton, MD
Susan Perkins, PhD
Sandra Petronio, PhD
Kevin Rand, PhD
Sheri Robb, PhD

Greg Sachs, MD, FACP*
Zeynep Salih, MD, MA, FAAP
Alexia Torke, MD
Brownsyne Tucker-Edmonds, MD
Kathleen Unroe, MD, MHA
Lindsay Weaver, MD
Lucia Wocial, PhD, RN, FAAN

RESPECT Center Trainees

Lori Catalano, JD, MSN
Stacey Crane, MSN, RN
Connie Cole, DNP, RN-BC, MDI, NP-C

RESPECT Center Staff

Laura Holtz, MS, CCRP

*RESPECT Co-Directors

Agenda

7:00-8:30 am	Registration and Breakfast
7:30-8:25 am	Early Morning Session (Optional) The Indiana Palliative Care Network – An Idea Whose Time Has Come?
8:30 -10:00 am	Welcome and Keynote Presentation Measuring and Improving Communication About Palliative and End-of-life Care: An Opportunity for Healthcare Systems J. Randall Curtis, MD, MPH
10:00-10:15 am	Break
10:15-11:30 am	Concurrent Sessions <ul style="list-style-type: none">❖ Integrating Palliative Care into the ICU: Lessons from Recent Trials❖ A Case Study of Living Life to the Fullest While on Hospice❖ Palliative Care for Patients with Dementia
11:30 am-12:30 pm	Lunch
12:30-2:00 pm	Panel Discussion Addressing a Patient’s Total Pain: When Pain Medications Are Not Enough
2:00-2:15 pm	Break
2:15-3:30 pm	Concurrent Sessions <ul style="list-style-type: none">❖ Legislative and Policy Updates❖ The Importance of Self Care❖ Pain Management for Patients with Substance Use Disorders
3:35-4:00 pm	Closing Remarks
4:00 pm	Adjourn

Conference Session Descriptions

Pre-Conference Workshop: Respecting Choices Advanced Steps®

Regenstrief Institute

1101 West 10th Street, Indianapolis, IN 46202

February 28, 2019 – 7am- 5pm

Joanne Fox Social Hub, 1st floor

Katelyn Hougham, Chris Brinneman, Amy Spallinger

Advanced Steps® (AS) advanced care planning (ACP) is initiated as a component of quality end-of-life care for frail elders and those whose death in the next 12 months would not be unexpected. The AS planning conversation is focused on goals of care to make timely, proactive, and specific end-of-life decisions. Ideally, these decisions are documented as medical orders that can be followed throughout the continuum of care. The Physician Orders for Scope of Treatment (POST) program is the nationally recognized model for this stage of planning.

The AS ACP Facilitator Certification course is intended for healthcare clinicians (nurses, social workers, chaplains, physicians) and others involved in assisting those with serious illness or frailty in making treatment decisions based on their goals of care.

Early Bird Session: Indiana Palliative Care Network: An Idea Whose Time Has Come?

7:30-8:30 AM

Room C

Colleen Brown, Susan Hickman, Jennifer Christophel Lichti, David Mandelbaum, Rafael Rosario, Shilpee Sinha

This working session is focused on identifying potential directions for the development of a statewide palliative care network. Potential goals for this network include fostering ongoing collaboration, advocating for palliative care, and growing the palliative care community. Everything is open for discussion and nothing has been decided--please come with your ideas about what this group could look like! The session is specifically recommended for palliative care clinicians and administrators.

Breakfast & Welcome

8:30 - 8:45 AM

General Session Room

RESPECT Center Co-Directors

Susan Hickman, Greg Sachs & Joan Haase

Breakfast courtesy of Franciscan Health

Keynote Address

Measuring and Improving Communication About Palliative and End-of-life Care: An Opportunity for Healthcare Systems

8:45-10:00 AM

General Session Room

J. Randall Curtis, M.D., M.P.H.

Professor of Medicine

Director, Cambia Palliative Care Center of Excellence

A. Bruce Montgomery – American Lung Association Endowed Chair in Pulmonary and Critical Care Medicine

University of Washington, Seattle, WA



Palliative care is defined as healthcare that focuses on reducing the stress and burden of serious illness, minimizing symptoms including physical and psychological, maximizing quality of life, incorporating spiritual care, and ensuring that patients receive healthcare that is consistent with their values and goals. Communication with patients and their family members about the goals of care and assessing palliative care needs are critical components of palliative care and should be integrated into serious illness care throughout the healthcare system. This presentation will identify the major challenges confronting clinicians, researchers, educators, and healthcare systems regarding improving communication about goals of care and palliative care. The presentation will highlight the opportunities to integrate research and education into clinical care in a way that enhances care. Dr. Curtis will review recent randomized trials of interventions designed to improve this communication and the challenges and opportunities for implementing these interventions at a healthcare system level. He will also discuss the opportunities and challenges for integrating primary palliative care (provided by all healthcare providers) with the care provided by palliative care specialists in a way that promotes continuity and consistency of high quality care. Healthcare systems that can utilize this information to improve care have a better chance of ensuring that all patients with serious illness and their families receive the high quality of patient- and family-centered care that they deserve.

Break

10:00-10:15 AM

Concurrent Sessions

10:15 - 11:30 AM

Palliative Care for Patients with Dementia?

General Session Room

Anne Thomas, Patrick Healey, Greg Sachs

This session focuses on special considerations in providing palliative care for persons with dementia. Topics addressed include pain management, behavioral symptoms, and medical decision-making such as the use of artificial nutrition.

Integrating Palliative Care into the ICU: Lessons from Recent Trials

Room C

J. Randall Curtis

Moderator: Liz Carroll

Because of the severity of illness, the ICU is a setting where death is common and where clinicians must commonly make decisions about the value of starting or continuing life-sustaining treatments. There is marked variability in approaches to decision-making about life-sustaining treatments in the ICU and in quality of palliative care provided. This presentation will review research in this area including a number of recent trials examining interventions to improve palliative care in the ICU and will discuss implications for research and clinical practice.

A Case Study of Living Life to the Fullest While on Hospice: Collaboration Among Family, Hospice, Palliative care, and the Community.

Room D

Amy Haskamp

Christine Price

Tim Broach

Kristen Kirby

Lia Triscari

This session focuses on creative ways to assure a young adult facing end-of-life is helped to live out his aspirations, including attending college. During the panel discussion, the presenters will describe their approaches and strategies to achieve a seamless transition from home to college. Through the collaboration among this college student, his family, a School of Nursing student and faculty, the hospital palliative care team and the hospice agency, this student is able to live at school for academics and socialization.

Lunch

11:30 AM - 12:30 PM

Room A & B

Dessert courtesy of Community Health Palliative Care

Presentation and Discussion Session

12:30-2:00 PM

Addressing a Patient's Total Pain: When Pain Medication is Just Not Enough

General Session Room

Emily Albery

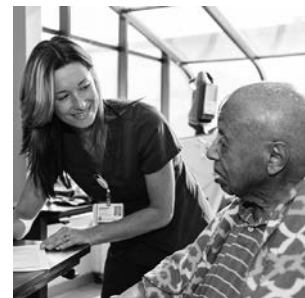
Colleen Brown

Jennifer Christophel Lichti

Sheri Robb

Moderator: Joan Haase

This session focuses on alternative approaches to addressing complex cases of patients in pain when medicine is not enough. The session format will include case-specific discussions led by a panel of experts across several disciplines including music therapy, art therapy, and interdisciplinary teams. The discussions will include alternative and complementary pain management approaches.



Break

2:00-2:15 PM

Concurrent Sessions

2:15 - 3:30 PM

The Importance of Self Care

General Session Room

Adam Hill, Shelley Johns, Renee Twibell

Moderator: Jennifer Christopel Lichti

Participants will discuss issues critical to self-care including the signs and symptoms of compassion fatigue and burnout, as well as the challenges faced by distressed individuals providing care to others. Self-care strategies will be discussed. Engaging self-care activities will focus on promoting self-awareness and resiliency.

Legislative and Policy Updates

Room C

Jeff Dible, Susan Hickman, Bryan Hannon

This session will include a brief overview of recent policy and legislative topics that affect practitioners in Indiana relevant to palliative and end-of-life care including: relevant Indiana legislation introduced in the 2019 session; the national Palliative Care and Hospice Education and Training Act; and final recommendations developed by the Indiana Palliative Care and Quality of Life Advisory Council.

Substance Use Disorder and Pain Management

Room D

Greg Gramelspacher & Palmer MacKie

Moderator: Greg Sachs

Ensuring adequate pain management in patients with a history of substance abuse raises complex issues. This session will focus on both opioid/medication-assisted pain management and non-pharmacologic strategies.

Closing Remarks

3:35-4:00 PM

General Session Room

RESPECT Center Co-Directors

Susan Hickman, Greg Sachs & Joan Haase

RESPECT Center 2019 Conference Keynote Speaker

J. Randall Curtis, MD, MPH

*Professor of Medicine
Director, Cambia Palliative Care Center of Excellence
A. Bruce Montgomery – American Lung Association Endowed
Chair in Pulmonary and Critical Care Medicine
University of Washington, Seattle, WA*



Dr. Curtis completed medical school at Johns Hopkins University then an internal medicine residency and pulmonary and critical care fellowship at the University of Washington. He is a pulmonary and critical care physician and palliative medicine physician at Harborview Medical Center at the University of Washington. He also holds the A. Bruce Montgomery – American Lung Association Endowed Chair in Pulmonary and Critical Care Medicine and he is the inaugural Director of the Cambia Palliative Care Center of Excellence at the University of Washington.

He has an active research program with over 15 years of funding from the National Institutes of Health and has also received funding from a number of foundations including the Cambia Health Foundation, Robert Wood Johnson Foundation, the Soros Open Society Institute, and the Greenwall Foundation. His research focuses on improving palliative care for patients with serious illness as well as patients' families. He has authored more than 280 peer-reviewed research articles and more than 150 editorials and chapters.

He is also committed to mentoring in palliative care research and is the director of two T32 awards and a K12 award from the National Institutes of Health to train researchers of the future. Dr. Curtis has been the recipient of several awards for his research and teaching in palliative medicine and, in 2017, he was named one of the 30 Visionaries in Hospice and Palliative Medicine by the American Academy of Hospice and Palliative Medicine.

RESPECT Center conference Keynote Speaker supported by a grant from the Woltman Family Communication Program and Kaye Woltman Endowed Lecture Series.

Presenter Biographies

Timothy Broach, MD, HMDC

IU Health Hospice

Tim Broach has served as both the Medical Director for IU Health Hospice and as an inpatient Palliative Care provider at the IU Health Academic Medical Center since September 2016. Prior to that he worked for a decade as a hospitalist within the IU Health system, including five years as the hospitalist service line lead physician. During that time, his passion for honest, compassionate conversations with his patients led him to palliative care and hospice. Tim's professional goal is to provide high-quality individualized hospice care to the patients of IU Health and to establish home-based palliative care in the hospice model. When he isn't working Tim loves being a "soccer dad" for his three girls. He is also a lifelong avid gamer and consumer of sci-fi and fantasy novels and movies, much to the exasperation/amusement of his long-suffering wife.

Colleen Brown, MD

St. Vincent Hospital and Peyton Manning Children's Hospital

Dr. Colleen Brown leads the Adult and Pediatric Supportive Care at Ascension St. Vincent and Peyton Manning Children's Hospital in Indianapolis. She is Board Certified in Family Medicine and Hospice & Palliative Medicine. She completed her residency in Family Medicine at St. Vincent, then returned to Indiana University for her Palliative Medicine Fellowship. In addition to her work at St. Vincent, she serves as a volunteer physician with the Moi Teaching and Referral Hospital Palliative Care Team in Eldoret, Kenya. When away from work, Dr. Brown enjoys travelling and spending quality time with her family and her dogs.

Jeffrey Dible, JD

Frost Brown Todd, LLC

Mr. Dible is a member of the law firm of Frost Brown Todd, LLC and practices in that firm's Indianapolis office. He concentrates his practice in estate planning, estate and trust administration, related litigation, and taxation. Mr. Dible is a Fellow of the American College of Trust and Estate Counsel (ACTEC) and is currently the Indiana State Chair for ACTEC. He has been certified as an Indiana Trust and Estate Lawyer by the Trust and Estate Specialty Board (TESB), on which he served as co-chairperson for two years ending in April 2014. Mr. Dible is a past president of the Estate Planning Council of Indianapolis. He is a frequent continuing legal education writer and speaker on estate planning topics, including powers of attorney and health care directives. He was selected by the Indiana Lawyer newspaper as one of 15 "Distinguished Barristers" named among the 2017 Leadership in Law honorees. Mr. Dible has frequently testified on behalf of the Indiana State Bar Association at Indiana General Assembly committee hearings with respect to legislation affecting estate planners and their clients, including the 2013 enactment of Indiana's POST statute and the 2018 amendments to the POST statute and the Health Care Consent Law. In 2017, he served as the chairperson of a large ISBA Task Force that drafted the legislation for electronically-signed wills, trusts and powers of attorney, which was passed as House Enrolled Act 1303 during the 2018 Session of the Indiana General Assembly.

Cassie Dobbs, LPC, ATR, MAAT

Riley Hospital for Children at IU Health

Cassie received her Masters of arts in art therapy from the School of the Art Institute of Chicago in 2012. In Chicago, she worked with several different populations including residential and inpatient psychiatric, domestic violence, bereavement, and pediatric medical. In 2014, Cassie moved to Indianapolis to begin her work at Riley Hospital for Children at IU Health where she has continued her work on several different units including oncology/hematology, stem cell transplant, burn center, NICU (family needs), PICU, heart center, and heart transplant. Cassie also works at Hope in Healing, Riley's pediatric bereavement center providing grief and loss support to parents and children. In addition, Cassie is the current president of the Indiana Art Therapy Association.

Gregory Gramelspacher, MD

IU School of Medicine

Dr. Gregory P. Gramelspacher is a Professor of Medicine at Indiana University School of Medicine (IUSM). Dr. Gramelspacher received his undergraduate degree in government and international relations from the University of Notre Dame and his medical degree from Indiana University. Following an internal medicine residency at the University of Michigan, Dr. Gramelspacher served for two years with the National Health Service Corps in Appalachia. He then completed a fellowship in medical ethics at the MacLean Center for Clinical Medical Ethics at the University of Chicago. He joined the Department of Medicine at Indiana University in 1989.

In addition to founding the Program in Medical Ethics at IUSM, Dr. Gramelspacher established the Palliative Care Program at Wishard Health Services in 1999. He also established the Palliative Medicine Fellowship at Indiana University School of Medicine in 2005. His interests include medical professionalism and the doctor-patient relationship, palliative care, health care for the underserved, addiction medicine and global health. Dr. Gramelspacher served as the team leader of the IU-Kenya program in Eldoret, Kenya from 1996 to 1997. He recently stepped down as the Director of the Palliative Care Program in order to devote his clinical time to expand addiction services at Eskenazi Health.

Joan E. Haase, PhD, RN, FAAN

Indiana University School of Nursing

Dr. Haase is the Holmquist Professor in Pediatric Oncology at the Indiana University School of Nursing. She is Co-Director of the RESPECT (Research in Palliative and End-of-Life Communication and Training) Center, an IUPUI Signature Center. Her research focuses on ways children, adolescents, young adults, and families positively adjust to cancer and other chronic illnesses and on palliative and end-of-life communication. Her Resilience in Illness Model (RIM) was adapted by the Nursing Discipline Committee of the Children Oncology Group (COG) as the guiding framework for their research—the COG is an international consortium and it provides treatment to 90% of children and adolescents newly diagnosed with cancer in the USA. The RIM identifies ways protective factors (i.e. family environment, social integration, spiritual perspective, hope-derived meaning, and courageous coping) and risk factors (i.e., illness-related stressors and defensive coping) influence resilience, self-transcendence, and quality of life outcomes. Along with the RIM, Dr. Haase's expertise in mixed methods research and palliative and end-of-life communication has guided several intervention studies. Dr. Haase also provides leadership as co-director the IUPUI Signature RESPECT center.

Bryan Hannon

American Cancer Society Cancer Action Network

Bryan Hannon is the Director of Indiana Government Relations for the American Cancer Society Cancer Action Network (ACS CAN). Working with public officials at the local, state and federal level, Hannon directs policy campaigns to make cancer prevention, detection and research a priority in Indiana. He also serves as the Chair of Tobacco Free Indiana and Raise it for Health, a statewide campaign to raise Indiana's cigarette tax.

Previously Hannon led ACS CAN's grassroots advocacy efforts in Indiana where he helped volunteer advocates connect with their elected officials on various policy priorities including tobacco control, access to care and research funding priorities like the 21st Century Cures Act. Prior to joining ACS CAN Hannon worked in the Indiana state legislature and served in various capacities for political campaigns and non-profit organizations in Indiana.

Amy Haskamp, MSN, RN, PCNS-BC, CPON, CHPPN

Riley Hospital for Children at IU Health

Ms. Haskamp is a Pediatric Clinical Nurse Specialist for the Pediatric Palliative Care Team (PACT) at Riley Hospital for Children at IU Health Hospital. She has over 16 years of experience caring for children with cancer before joining PACT in 2014. Working with the oncology population, she became interested in pain management, psychosocial support, and pediatric palliative care. She lectures and teaches at the local, national, and international level, and has been a member of the ELNEC pediatric faculty since 2011. Ms. Haskamp is an active reviewer for pediatric palliative care education, and has co-authored several articles on various aspects of pediatric palliative care. She earned her bachelor's degree from Purdue University and master's degree from Indiana University.

Patrick Healey, MD

St. Vincent Hospital

Born in St. Louis Mo, Dr. Healey is otherwise an Indianapolis native. He graduated from Wabash College in 1976, received a Masters Degree in Biology in 1978. He attended Indiana University Medical School and graduated in 1983. He completed a 3-year Residency program in Internal Medicine at St. Vincent Hospital in Indianapolis and a 1-year Fellowship in Geriatric Medicine at the University of Nottingham, UK. He has been a member of the St. Vincent Hospital Center for Healthy Aging with a teaching practice in Geriatric Medicine since 1987. He is a member of the teaching faculty at St. Vincent Hospital and is a Clinical Assistant Professor at Indiana University School of Medicine. He has always had an interest in the care of the frail elderly and the specialized needs of patients with dementia and their caregivers. He is married to Dr. Diane Healey, also a geriatrician. They have 3 children ages 28, 26 and 21. Hobbies include running, cooking, travel, and golf. Current challenges include becoming a gracefully-aging Baby Boomer and preparing for my Third Age.

Susan Hickman, PhD

Indiana University School of Nursing

Dr. Hickman is a Professor in the Indiana University School of Nursing and a Senior Affiliate Faculty Member in the IU Health Fairbanks Center for Medical Ethics. She is Co-Director of the RESPECT (Research in Palliative and End-of-Life Communication and Training) Center, an IUPUI Signature Center, Associate Director of the Indiana Patient Preferences Coalition, and Chair of the Indiana Palliative Care and Quality of Life Advisory Council. Dr. Hickman is dedicated to improving the care of older patients near the end of life, primarily through research on decision-making. A major focus of her work is on the POST (Physician Orders for Scope of Treatment), a widely used tool that documents treatment preferences in the form of medical orders. She has studied use of the POST Program in nursing facilities, the community, and hospices since 2000 and Chairs the National POLST Paradigm Task Force Research and Quality Improvement Committee. She is the Principal Investigator of a National Institutes of Health (NIH) study to evaluate the quality of POST decisions in the nursing facility. Additionally, Dr. Hickman is a Co-Investigator on the Centers for Medicare and Medicaid Services funded demonstration project OPTIMISTIC which includes implementation of the Indiana POST in 19 nursing facilities. She is also a Co-Principal Investigator with Dr. Kathhleen Unroe on a new NIH grant to develop and pragmatically evaluate an advance care planning training program in 200 nursing homes across the country.

Adam Hill, MD

Riley Hospital for Children

Dr. Adam B. Hill is the division chief of pediatric palliative care at Riley Hospital for Children. Dr. Hill is graduate of Butler University for his undergraduate work and Indiana University School of Medicine (IUSOM). He completed his pediatric residency training at St. Louis University, a fellowship in pediatric hematology/oncology at Duke University and a palliative medicine fellowship at Indiana University. His work in palliative care is focused on allowing patients to live the best quality of life possible, in the midst of chronic, life-limiting and/or life-threatening medical conditions. In addition, he works with colleagues on debriefing clinical work to decrease caregiver distress by finding meaning and purpose in the work. He is the founder/director of Compassion Rounds at Riley Hospital for Children, a town hall humanities based forum to process human emotions in healthcare.

Dr. Hill has a passion for international medical work with opportunities to work in Kenya, Belize, Mexico and Tanzania over the past decade. Dr. Hill also serves as the medical director for Camp Little Red Door, a week-long summer camp for children/siblings living with cancer.

Finally, Dr. Hill is passionate about physician wellness and self-care in the context of changing the culture of medicine surrounding mental health conditions and addiction. In 2017, Dr. Hill published a groundbreaking New England Journal of Medicine article titled “Breaking the Stigma: A Physician’s Perspective on Self-Care and Recovery”. In this article and his lectures, Dr. Hill shares his own story of personal recovery from depression and substance use. As a result, Dr. Hill has become a nationally recognized lecturer on the topic, including an upcoming book publication with Central Recovery Press entitled “Long Walk Out of the Woods: Lessons from a Physician’s Addiction Recovery”, to be published in February 2020.

Shelley Johns, PsyD, HSPP, ABPP

**Indiana University School of Medicine
Regenstrief Institute**

Shelley Johns, PsyD, HSPP, ABPP is an Assistant Professor of Medicine at Indiana University School of Medicine and appointed research scientist in the Center for Health Services Research at Regenstrief Institute, Inc. Her research primarily focuses on testing integrative mind-body interventions to reduce cancer-related fatigue, increase adaptive coping, and improve quality of life in adults with cancer. Dr. Johns is affiliated faculty with the IU Health Fairbanks Center for Medical Ethics, where she specializes in the ethics of self-care. Dr. Johns is a board-certified clinical health psychologist who has worked in cancer care for > 20 years, and currently works with patients and their family caregivers as part of the palliative care service at Eskenazi Health. Dr. Johns has a 'felt sense' of the blessings - and challenges - of working in palliative care. She has developed a popular self-care program designed to foster mindful resilience among IU faculty and staff, including providers caring for individuals with serious medical conditions in a complex health care system.

Kristen Kirby MSN, RN, FNP-BC, CNE

Purdue University School of Nursing

Kristen Kirby is a Clinical Associate Professor, an ANCC board certified Family Nurse Practitioner, a Certified Nurse Educator and she is certified in LEAN Quality Improvement. She has over 18 years of clinical experience and almost 10 years of teaching experience. She has working knowledge of both a private practice family medicine office as well as the inner workings of a federally qualified health center. She is a prenatal care coordinator and was the Prenatal Substance Use Prevention Program Director for 3 years. Kristen has been teaching in the undergraduate program at Purdue since 2010.

Jennifer Christopel Lichti, MSW, LCSW

Community Health Network

Jennifer Christopel Lichti earned her MSW from the University of Michigan, Ann Arbor, in 2001, and has worked as a clinical social worker with a specialization in palliative care since 2009. Her background as an oncology social worker and clinician at a grief support program for children and families contributed to her interest and expertise in palliative care specialty practice. She completed a post-Master's Certificate in End of Life Social Work at Smith College School for Social Work in 2013. Jennifer expects to graduate from the Zelda Foster Leadership Fellowship in Palliative and End of Life Care at the NYU Silver School of Social Work in April of this year. She helped organize a regular collaborative meeting for palliative care social workers practicing in Indianapolis and the surrounding area. The group has been meeting on a bi-monthly basis for over six years, sharing resources and best practice research.

Palmer MacKie, MD, MS, DABMA

Eskenazi Health Integrative Pain Program+

Palmer's largest clinical and educational focus has been in chronic pain and recovery. He developed the Integrative Pain Program (IPP), a multi-disciplinary participation-based pain management venue. This includes a 5-week Pain School where patients are exposed to and practice such modalities as relaxation response, cognitive-behavioral therapy, plant-based food as medicine, graduated exercise, guided imagery, mindfulness and knowledge critical to making healthier choices. The objective is to integrate healthy practices that enable patients to reduce the impact pain has on their lives and to better achieve their goals. The IPP's approach couples psychological and physical functional rehabilitation and uses the patient's strengths and self-identified life values and goals. The effort and energy are directed toward making progress and improving self-efficacy through achieving reasonable and life-enhancing goals.

Additional contributions to research include patient recruitment and evaluation for fibromyalgia and dopamine research, and patient and provider recruitment to assess impact of new opioid rules and guidelines within primary care. Over the past 10 years, he has applied significant personal and professional energy on pain management and pain education, and most recently, substance use disorders (addictions).

His work at the city, state, legislative and national level lobbying to change pain assessment and treatment has been critical as we face an opioid epidemic that is and has been destroying so many lives. His service in creating protocols and guidelines, lecturing, advising legislatures and drafting state statutes has been recognized with local, state, and national awards.

David Mandelbaum, MD

Franciscan Health

David Mandelbaum, M.D. was born in New York City but calls himself a Hoosier, having grown up in Indianapolis since age three. He attended North Central High School, Indiana University in Bloomington where he obtained a B.A. in Biology, and the Indiana University School of Medicine in Indianapolis. After completing a six year residency in general surgery at the Ohio State University in 1986, he returned to Indianapolis where he practiced as a founding member of Indy Southside Surgical at St. Francis Hospital for 23 years. He was forced to give up his surgical career in 2009 due to a personal health issue and began a three year term in a mostly administrative position at the hospital. Since 2013, Dr. Mandelbaum has been involved in the practice of palliative medicine and hospice care at Franciscan Health Indianapolis. In 2016, he was appointed to his current position as Medical Director of Palliative Medicine and, in addition, continues his role as an Attending Physician with Franciscan VNS Hospice.

Christine Price, MS, OTR

IU Health Hospice

Ms. Price is a resident of Indianapolis and attended University of Indianapolis. She received a Master's of Science in Occupational Therapy in 1989. She has worked in multiple areas of practice including acute inpatient at Methodist Hospital, orthopedic outpatients with specialty in hands, skilled nursing facility, home health, and now hospice. As well as working with patients, she has supervised multiple students from Indiana University and University of Indianapolis. She has taught classes at University of Indianapolis in swallowing assessment and splint making.

Sheri Robb, PhD, MT-BC

Indiana University School of Nursing

Sheri L. Robb, PhD, MT-BC is a Professor at the Indiana University School of Nursing and serves as Director of the Indiana Clinical and Translational Sciences Institute KL2 Young Investigators Program. Sheri is a board-certified music therapist with degrees in music therapy and early childhood special education. In 2009, she completed a postdoctoral fellowship in behavioral oncology and cancer control at Indiana University and, in 2011, a career development award through the Indiana Clinical and Translational Sciences Institute. Sheri is internationally recognized for her expertise in pediatric music therapy, and recently completed an 8-year term as Editor-in-Chief for the Journal of Music Therapy. Her program of research focuses on development and testing of music therapy interventions to manage distress and improve positive health outcomes in children and adolescents with cancer and their parents. Her work has received funding from the National Institutes of Health including the National Cancer Institute, National Institute of Nursing Research, and Children's Oncology Group. Sheri's clinical background includes work in a variety of settings, including work with children, adolescents, and families moving through acute burn care, traumatic brain and spinal cord injuries, and cancer treatment.

Rafael Rosario, MD

Eskenazi Health

Dr. Rafael Rosario is an assistant professor of clinical medicine at Indiana University School of Medicine. He graduated from Xavier University in Cincinnati, Ohio, and did volunteer work with the Jesuit Volunteer Corp and extensive Central American travel before turning his focus toward medicine. He attended medical school in Dayton, Ohio, at Wright State School of Medicine and completed his internal medicine residency at St. Vincent Hospital in Indianapolis. He is a 2009 graduate of the IU School of Medicine's Palliative Care and Medical Ethics Fellowship and now serves as the Medical Director for Palliative Care at Eskenazi Health.

Greg Sachs, MD

Indiana University School of Medicine

Regenstrief Institute

Dr. Sachs is Professor of Medicine and Neurology and Chief of the Division of General Internal Medicine and Geriatrics at Indiana University (IU) and Research Scientist in the IU Center for Aging Research and the Regenstrief Institute. He also is Co-Director of IU's Research in Palliative and End-of-Life Communication and Training (RESPECT) Center, a campus-wide interdisciplinary research center. Dr. Sachs's research and writing focus on ethical issues in dementia care, including palliative care for people with dementia. Dr. Sachs has been the recipient of grants from the National Institutes of Health, Centers for Medicare and Medicaid Services, and the leading foundations funding research in geriatrics, ethics, or palliative care. He has published over 100 articles in peer-reviewed journals, with one of his most notable papers being "Dying from Dementia," which appeared in *The New England Journal of Medicine*. Dr. Sachs has received the Outstanding Scientific Achievement for Clinical Investigation Award from the American Geriatrics Society (AGS) and was a Medical Honoree of the national Alzheimer's Association. He has taken on leadership roles in several organizations, including serving on the National Board of Directors of AGS, the editorial board of the *Journal of the American Geriatrics Society*, and chairing both the Academic Task Force and Leadership and Workforce Strategic Coordinating Committee for the American Academy of Hospice and Palliative Medicine. Board certified in internal medicine, geriatrics, and palliative care, Dr. Sachs also has been named a "Top Doctor" by Indianapolis Monthly on several occasions, having previously been named a "Top Doctor" in Chicago, and a U.S. "Top Doctor" for more than 15 years consecutively.

Shilpee Sinha, MD,FACP

IU Health

Dr. Shilpee Sinha is the Service Line Lead for the IU Health Palliative Care Services at the Adult Academic Health Center. She completed her medical studies at the Armed Forces Medical College India and a Residency in Internal Medicine at Overlook Hospital, a UMDNJ affiliated program in New Jersey. After completing a Fellowship in Hospice and Palliative care at Beth Israel Medical Center Manhattan, Albert Einstein College of Medicine, she joined the IU System in 2006. Dr. Sinha started working as a Hospitalist providing primary palliative care and overseeing care for patients on the Yellow Rose unit which for patients nearing the end of life. She additionally served as an Associate Medical Director for the Ruth Lilly Hospice. Dr. Sinha transitioned to the Palliative Care department in 2011 when it was formally established. During her years in service, she has been integrally involved in developing a robust inpatient presence at the AHC serving close to 2,000 patients a year and, in her current role as the service line lead, is helping grow IU's palliative care footprint across the spectrum of care. Dr. Sinha is a recipient of the IU School of Medicine ASPIRE scholarship from 2017-2018. Her passion is caring for patients with serious illness and helping advance palliative care both at a specialty level and at a primary level.

Anne Thomas, PhD, ANP-BC, GNP, FAANP

Michigan State University College of Nursing

Dr. Thomas is currently the Associate Dean for Academic Affairs at Michigan State College of Nursing and is well-known for her academic leadership roles and curricular work, particularly in nurse practitioner programs. Her academic leadership and nurse practitioner career trajectory spans over 32 years. She has held administrative positions at the University of Texas at Arlington, Indiana State University, the University of Michigan, the University of Indianapolis and Michigan State University and in the intramural programs at the National Institute of Nursing Research and the National Cancer Institute. Dr. Thomas is active in numerous national nursing organizations and is currently the past-president for the National Organization of Nurse Practitioner Faculties, where she served 4 terms on the board of directors. Her influential work in creating nurse managed centers, leading national competency development for nurse practitioner education, and documenting nurse practitioner clinical outcomes was recognized with induction as a Fellow in the American Association of Nurse Practitioners. Her clinical practice focuses on care of older adults with particular emphasis on dementia. Dr. Thomas has been a consultant on numerous projects regarding dementia care and development of dementia care programming for healthcare providers.

Lia Triscari, BSN

Purdue University

Lia Triscari is a senior at Purdue University School of Nursing expecting to earn her BSN, RN with a Spanish for the Professions Minor. She has over six years of clinical experience with a focus on medical-surgical and intensive care nursing. Lia is currently a Clinical Leader in Obstetrics at Community North Hospital, a Nursing Extern on a medical-surgical unit at Witham Memorial Hospital, and a Church Nursery Caregiver in West Lafayette.

In the summer of 2018, she worked as a Nursing Extern for University Hospitals at the Cleveland Medical Center in the Medical Intensive Care Unit and the Advanced Heart Failure Intensive Care Unit. In the summer of 2017, she volunteered as an intern in Urubamba, Perú, as a leader in sanitation and health specifically focused on parasitic infections of a remote community in the Andes mountains.

In her free time, she enjoys volunteering in the West Lafayette/Lafayette area through Mental Health America, various mentoring programs, and presenting to the local high school on an Interprofessional Education Panel. She is also a leader for the Latin and Ballroom Dance Team, for which she travels throughout the year to compete nationally.

She is currently looking for a full-time position as a Registered Nurse in an Intensive Care Unit, specifically in the Pediatric Intensive Care Unit or the Neonatal Intensive Care Unit post-graduation.

K. Renee Twibell, PhD, RN, CNE

Ball State University School of Nursing

Dr. Renee Twibell is a tenured Associate Professor in the School of Nursing, Ball State University, and serves as Nurse Researcher for IU Health Ball Memorial Hospital in Muncie, IN. Drawing on decades of experience as a direct care high acuity nurse, Dr. Twibell has a realistic understanding of the life of a clinical nurse, as well as the role of a nurse educator and administrator. She has a particular passion for nurses' well-being and has conducted research on compassion fatigue, compassion satisfaction and nurses' self-care. She serves on national and regional committees focused on nurse-led research. She has presented over 120 times at professional conferences on topics related to evidence-based practice, family-centered care and critical care nursing. Her favorite place is a warm beach with family and friends, and she is a frequent flyer on four airlines to keep up with her six grandchildren.

Continuing Education Information

Accreditation Statement

In support of improving patient care, Indiana University School of Medicine 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.



Designation Statement

Nurses: Indiana University School of Medicine designates this activity for a maximum of 7.0 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

Physicians: Indiana University School of Medicine designates this live activity for a maximum of 7.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Workers: Indiana University School of Medicine has been approved by the Indiana Social Worker, Marriage and Family Therapist and Mental Health Counselor Board to provide Category I Continuing Education program. This activity qualifies for 7.0 Category I CEU as outlined by the Indiana Behavioral Health and Human Services Licensing Board.

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Note

While it offers CME credits, this activity is not intended to provide extensive training or certification in the field.

Notes

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