It is with great pleasure that we begin 2016 by presenting our 2015 Annual Report. The last 12 months have been a remarkable period of growth for the Center. We have welcomed new faculty, initiated a palliative care research fellowship program and recruited new research trainees, completed a successful new clinical pilot training program, implemented palliative care quality metrics, prepared for Joint Commission Advanced Certification in Palliative Care, integrated palliative care content into multiple training curriculums, welcomed new leaders to our Community Advisory Board, nearly doubled our membership, and watched research funding for palliative care at UW grow. For more details, check out our newsletter spotlight to the right and click on the Annual Report link below for a downloadable copy. A special thank you to everyone who has helped make 2015 a stunning success for the Center. We could not have done it without your support!

We begin 2016 with great expectations. Our Annual HMC Palliative Care Conference will again be a two-day event held this year at the Swedish Cultural Center on May 9th and 10th. We welcome Betty Ferrell, Professor, City of Hope National Medical Center, as our Keynote Speaker and the conference will focus on reaching diverse populations. Topics include “Addressing the Spiritual Needs of our Patients and Families,” “Palliative Care for the Homeless,” “Cross Cultural Communication,” and “Supporting Hospice Caregivers.” See our save-the-date announcement below and we will be circulating details about registration soon!

The Cambia PCCE’s Community Advisory Board (CAB) works to provide feedback to the Center about palliative care issues from the patient, family, and public perspectives and helps to spread the word about palliative care to the community. Our CAB welcomes two new co-chairs this year. Ron Peck has worked around the globe for fortune 500 companies as a sales and marketing executive in healthcare and is the co-founder of the Blind Judo Foundation. Priscilla Armstrong is the Director of Workforce Development at Skills, Inc., an aerospace manufacturing and finishing company. Both Ron and Priscilla bring passion and personal experience with palliative care to our board and we look forward to working with them to further the mission of the Cambia PCCE. A special thank you to Amy Hamblin who steps down as Chair of the CAB and who did an amazing job launching and growing our Community Advisory Board. If you or anyone you know would be interested in joining our CAB or finding out more, please contact us at pallcntr@uw.edu.

Finally, the UW Palliative Care Training Center completed its first successful pilot year of training for interdisciplinary palliative care specialists in December. We accepted 24 applicants for this 9-month training program that focused on patient-centered care, narrative communication, effective interdisciplinary practice, and palliative care program building and sustainability. Our second year of training will begin in September 2016 and will offer a graduate certificate in palliative care through the UW Professional and Continuing Education program. This certificate is jointly sponsored by the UW Schools of Nursing and Medicine.
Many thanks to the Cambia Health Foundation for making our pilot year possible and to the leadership who developed and implemented the program. Be watching future announcements about registration for the upcoming year or email ptc@uw.edu for more information.

As always, thank you for your support and interest in the Cambia Palliative Care Center of Excellence. We welcome your feedback and look forward to your participation in the ongoing implementation of our Center and in providing excellent care to all patients with serious illness and their families.

J. Randall Curtis, MD, MPH
Director, UW Cambia Palliative Care Center of Excellence

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

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**Palliative Care Training Center Announces Graduate Training Program**

In July 2013, the Palliative Care Training Center (PCTC) was established at the University of Washington through a three-year grant from the Cambia Health Foundation to develop, pilot test and evaluate an interprofessional curriculum for clinicians seeking specialty training in palliative care. In December 2015, MDs, ARNPs, RNs, MSWs and one chaplain from around Washington State completed the 9 month pilot program to strongly positive reviews. As the grant comes to an end, the PCTC will sustain the training program by transitioning it into a Graduate Certificate in Palliative Care.

The proposed interprofessional Graduate Certificate in Palliative Care is designed for health care providers from nursing, medicine, social work, spiritual care and other disciplines seeking to deliver high quality, person-centered palliative care. This curriculum maximizes several teaching modalities including distance learning, peer and faculty mentoring, and three in-person workshops to support participants in developing their expertise in communication, interprofessional team practice, and program sustainability in their palliative care practice.

Jointly offered through the Schools of Nursing (SON) and Medicine (SOM), the proposed Graduate Certificate will begin in Autumn 2016 and continue through Spring 2017. The 15-credit, 3 course graduate certificate will admit students with professional experience in nursing (ARNP, DNP), medicine, social work (MSW), spiritual care and other disciplines (e.g., pharmacy, clinical psychology). Competencies for the program include:

- Integrate narrative and person-centered communication skills, attitudes and knowledge into patient and family communication
- Deliver person-centered care across the continuum of palliative care
- Deliver team-based palliative care
- Enhance team development and communication
- Apply principles of change management and organizational development to sustain and advance palliative care within the healthcare setting
- Describe methods for implementing and tracking palliative care quality metrics

The application deadline is May 1st. For additional information and to be notified when applications open, please email ptc@uw.edu

“This program led not only to some of my deepest learning experiences, but also in developing lasting bonds with new peers in the palliative care community at large.”  Karen Clay, MSW

“This past year has been a learning experience unlike any I have encountered. With a creative and supportive staff we have been coached and guided through challenging situations”  Jerald Sanders, MD

“While I have had similar communication courses in the past, this was by far the best! The rewards it has brought to me have allowed me to reap immediate benefits in my practice and will continue to serve me in the years to come.”  Charlie Pietrick, ARNP

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**Dr. Joan Teno featured on KUOW**

Dr. Joan Teno is interviewed on the institute's radio program, and she provides valuable insights into the field of palliative care.
Dr. Anthony Back Featured in The Washington Post

Dr. Tony Back, Co-Director of the Cambia PCCE was recently featured in an article in the Washington Post entitled, “The simple way doctors can make their patients feel understood.” Based on an article Dr. Back wrote for The Journal of the American Medical Association (JAMA), the Post article discusses how doctors can make a connection to their patients that helps the patient feel understood.

CLICK HERE for a link to the Washington Post article.

CLICK HERE for a link to the JAMA article.

Palliative Care Research Fellowship Welcomes Jill Steiner

The Palliative Care Research Fellowship Program welcomes its newest research fellow, Dr. Jill Steiner. Jill Steiner, MD is a fellow in the Division of Cardiology at the University of Washington. Jill proposes to study the use of palliative care services in the adult congenital heart disease population. “Adult congenital heart disease refers to the care of a growing, heterogeneous group of patients whose needs are largely unknown. Our ability to care for these patients is limited not only by anatomy and physiology, but also by our lack of understanding of their needs as they cope with challenges posed by their disease. By understanding the current state of palliative care services in this population, including barriers to and predictors of use, we will be able to improve the availability of services as well as patient outcomes.”

UW Medicine Palliative Care Services Utilize MEDCON

UW Medicine Palliative Care Services at University of Washington Medical Center, Harborview Medical Center, Northwest Hospital and Valley Medical Center have contracted with MEDCON to provide 24/7 coverage for all palliative care needs.

MEDCON is a toll-free consultation and referral service of the UW School of Medicine and its academic medical centers, Harborview Medical Center and UW Medical Center.

As a major resource for education, medical discovery and patient care, UW School of Medicine places particular importance on its communication with practicing physicians. The line is open 24 hours a day, seven days a week. A MEDCON consultation coordinator will connect you with the appropriate expert.

Call toll free 800.326.5300 or email medcon@uw.edu

Dr. Lu Marchand Awarded Farber Faculty Fellowship

Lucille (Lu) Marchand, MD, BSN, FAAHPM was recently awarded the Stuart J Farber, MD and Annalu Farber Endowed Faculty Fellowship in Palliative Care Education for her leadership, clinical care, teaching, research and scholarly work in palliative care. Like Dr. Farber, she has dedicated her career to family medicine, palliative care, and integrative and narrative medicine. Her love of narrative medicine is at the core of her dedication in providing compassionate care to patients and families and fostering an interdisciplinary approach to clinical care and teaching.

Dr. Stuart Farber was a pioneer in palliative care and established the University of Washington Medical Center (UWMC) Palliative Care Program in 2005, and was its first director. Together with his wife Annalu, he created curriculum and videos for palliative care education to medical students and other learners, and more recently created the Cambia Palliative Care Training Center for community interdisciplinary clinicians.

Dying patients in hospice and nursing homes aren’t always getting the care they need during the last days of their lives. That’s according to a study co-authored by Dr. Joan Teno, a palliative care specialist and University of Washington professor of medicine. Teno and her colleagues analyzed Medicare data for the last two days of life of patients, to see if they received any hospice visit. They found that one in eight dying patients does not get a visit. Black patients were less likely than whites to be visited. “In the last days of life pain and other symptoms are exacerbated,” Teno said.

CLICK HERE to hear the full interview.
Wesley Homes Announces Hospice Director Position

New Hospice is coming to King County! Founded in 1944, Wesley Homes is a mission-driven, not-for-profit organization, strongly rooted in ministry to older adults. We currently serve residents in retirement communities in Des Moines and Auburn. To serve people in the greater community, Wesley Homes Community Health Services was started in 2003 and provides in-home care to Wesley residents and community clients throughout King and Pierce counties. Wesley Homes At Home is the Medicare/Medicaid-certified home health agency and Home Care by Wesley offers licensed home care services. Having received the Certificate of Need for hospice in King County in June, 2015, Wesley Homes now embarks on a mission to expand its current continuum of care to include in-home hospice and palliative care. Our program is being designed to offer superior level of palliative and hospice care focused on symptom management, support for quality and meaningful life for each patient and their loved ones, and honoring patient goals. We are excited to offer the opportunity to qualified and passionate individuals to create the interdisciplinary team and establish an exemplary program. Our plan is to obtain the hospice license, admit our first patients, and obtain Medicare certification this year.

We are currently recruiting applicants for our interdisciplinary team, starting with Hospice Director, Medical Director, MSW, and other members of the IDT. For more information, please contact Executive Director Melinda Moore at 206-870-1127 and visit our website at www.wesleyhomes.org.

Cambia PCCE Seeks Educational Resources Weblinks

The Cambia PCCE keeps an up-to-date Educational Resources webpage on its website for clinicians, educators, patients and family members. The page is located at:

http://www.uwpalliativecarecenter.com/educational-resources.html

The content is largely from suggestions from our members about resources they find most helpful. Since new resources are constantly emerging, each year we ask our community to email us with new suggestions. We would like to encourage our members to visit the page and take advantage of any resources you find as well as send us weblinks to any new resources that you do not see posted on our page.

Please email any resources and weblinks to us at pallcntr@uw.edu.
Swedish Palliative Care Symposium March 3-4, 2016

Palliative Care: Focusing on Quality of Life for People With Serious Illness
March 3-4, 2016

New One-and-a-Half Day Format
Workshops: Thursday Afternoon March 3rd
Swedish Cherry Hill

Choose to attend one of these three hour in-depth, advanced care workshops led by expert inter-professional faculty:
- Advanced Pain Management Strategies: Beyond Opioids
- Improving and Maintaining Quality of Life for Seriously Ill Patients and Their Loved Ones
- Integrative Medicine: Tools for the Care of Clinicians and the Seriously Ill People They Care For

Full Day Symposium: Friday, March 4
New Location: Bell Harbor International Conference Center

Didactic lectures, case presentations and round-table discussions will provide health care professionals of all disciplines with the tools needed to provide care that enhances the quality of life for seriously ill people and their loved ones. Topics include best practices for advanced care planning, palliative care from the surgeon's perspective, training the healthcare workforce to provide palliative care, why early referral to palliative care improves quality of life for patients and their loved ones, working with difficult patients who are seriously ill, rehabilitation strategies for patients who are seriously ill and providing palliative care across the continuum. This year's keynote speaker is Dr. Diane E. Meier, M.D., Executive Director of the Center to Advance Palliative Care, a national organization devoted to increasing access to palliative care in the United States. She is the recipient of a MacArthur Fellowship and many other major awards for her outstanding work in palliative care. As a national leader in Palliative Medicine, Dr. Meier regularly appears on television and in print. Take advantage of this opportunity to be educated and inspired by her presentation Palliative Care 20/20: Matching Care to Patient and Family Needs. There will be plenty of time for questions and discussion with Dr. Meier.

For learning objectives, faculty listing, agenda and complete conference details, please visit the conference website:
http://www.swedish.org/for-health-professionals/cme/conferences/palliative-care

You may attend a workshop session, the full-day symposium or both. Each activity requires a separate registration. We have something special planned for you. Please join us!

AACN Endorses Palliative Care Competencies

The American Association of Colleges of Nursing (AACN) is pleased to announce its support for a new set of competencies and recommendations that will guide the education of future nurses on providing quality end-of-life care. Titled Palliative CARES – Competencies And Recommendations for Educating undergraduate nursing Students – the AACN Board of Directors voted to endorse this document at its January 2016 meeting in Naples, FL.
“From initial diagnosis through the end of life, nurses spend more time with seriously ill patients and their families than any other healthcare provider,” said Betty Ferrell, PhD, RN, FPCN, FAAN, Principal Investigator of ELNEC. “Educating nurses to provide quality palliative care across the lifespan in various clinical and community settings is critical as the population ages and patient acuity grows. As a result, the demand for new nurse graduates with a proficiency in palliative care is increasing in response to the greater number of people living with serious illness.”

CLICK HERE to see the full press release.

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**SAVE THE DATE!!!**

**May 9–10, 2016**

**HMC PALLIATIVE CARE CONFERENCE**

Swedish Cultural Center  
1920 Dexter Avenue North  
Seattle, WA 98109

“Caring for the Community: Reaching Diverse Populations”

*Registration will open soon!!*

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**KEYNOTE:**

Betty Ferrell, PhD RN  
Director and Professor of Nursing  
Research and Education  
City of Hope National Medical Center  
Duarte, California

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**Notable Members’ Accomplishments**

Dr. WayneMcCrudden, Chair of the Goodwin PCSE Clinical Operations board, was appointed holder of the Wilshire Fellowship in Palliative Care.
*Articles listed are 2015-2016 publications in peer-reviewed journals and book chapters. If you have an article you would like to have featured, please email pallcntr@uw.edu.


Feemster LC, Curtis JR. "We Understand the Prognosis, but We Live with Our Heads in the Clouds": Understanding Patient and Family Outcome Expectations and Their Influence on Shared Decision Making. Am J Respir Crit Care Med. 2016 Feb 1;193(3):239-41.


Wong SP, Vig EK, Taylor JS, Burrows NR, Liu CF, Williams DE, Hebert PL, O’Hare AM. Timing of initiation of maintenance dialysis: a qualitative analysis of the electronic medical records of a national cohort of patients from the Department of Veterans Affairs. Journal of the American Medical Association Internal Medicine 2016. PMID: 26809745

If you have questions, comments or would like to be removed from our mailing list, email us at pallcntr@uw.edu.

Visit our website at: www.uwpalliativecarecenter.com