A Message from the Directors

The Cambia Palliative Care Center of Excellence (Cambia PCCE) has had its most successful year to date. Not only have we continued to develop and grow our research, education and clinical programs, we have been recognized nationally by leading health care organizations as a leader in palliative care.

This year, all four UW Medicine hospitals achieved Joint Commission Advanced Certification in Palliative Care making us the first healthcare system in the country to have all of its hospitals achieve this certification. We were also honored to receive the American Hospital Association’s Circle of Life Award. This award celebrates programs across the nation that have demonstrated excellence and innovation in palliative care. Many thanks to all of our members who contributed to these achievements. You can read more about these accomplishments and the hard work of our leadership in this annual report.

We are also pleased to announce that we have achieved all of our strategic goals that were set forth at the launch of the Center in 2012. Those goals incorporate advancing the quality of primary and specialty palliative care, growing palliative care research funding, advancing educational offerings in palliative care across UW Medicine as well as the UW Health Sciences Schools, and serving as a resource to other institutions interested in improving palliative care regionally and nationally. We have also accomplished the four specific goals that we set for our palliative care clinical programs within UW Medicine, including: 1) developing and implementing standards for palliative care programs at each hospital; 2) developing and implementing a palliative care quality metrics programs across primary and specialty palliative care; 3) piloting screening programs to identify patients with unmet palliative care needs; and 4) achieving the Joint Commission Advanced Certification in Palliative Care at all UW Medicine hospitals. We are now moving into the second phase of our strategic planning for the Center, which is described in this report.

A special thank you to all who have joined the Center and contributed to the growth and development of the Center in many diverse ways. We look back over the past year with gratitude and honor and look forward to the future with great hope and excitement!

J. Randall Curtis, MD MPH
Director

Anthony Back, MD
Co-Director

MISSION

To improve the palliative care received by patients with life-threatening illness and their families in the UW system and to provide new knowledge, educational and clinical resources to improve palliative care regionally, nationally, and globally. The Center will accomplish this mission by enhancing research, education, and clinical services in palliative care at the University of Washington and in the region.
Cambia PCCE Membership

The Cambia PCCE includes 610 members with over 80 members added in the past year. Membership is open to anyone with an interest in palliative care and is free of charge. Membership benefits include receiving our quarterly newsletter and announcements detailing special events such as guest lectures, educational activities and the latest in palliative care news from the University of Washington, UW Medicine and throughout the region.

Membership remains diverse and interdisciplinary; distribution by primary role is as follows: 5% Spiritual Care Providers, 4% Educators, 6% Administrators, 17% Nurses/ARNPs, 27% Physicians, 5% Researchers, 13% Social Workers, and 23% other disciplines, patients and their friends and family members.

Cambia PCCE Clinical Operations

In March 2016 all four UW Medicine hospitals—Harborview Medical Center, Northwest Hospital and Medical Center, University of Washington Medical Center and Valley Medical Center—achieved Joint Commission Advanced Certification in Palliative Care. UW Medicine is the first healthcare system in the country to have all of its hospitals achieve this certification.

This important accomplishment honors the work of the palliative care clinicians and staff at all four UW Medicine hospitals. They have worked toward this certification for the past couple of years under the leadership of the Palliative Care Clinical Strategic Planning Committee, and achieving it is key to the Center’s mission of ensuring all UW Medicine patients with serious illness—and their families—have access to the best possible palliative care.

Founded in 1951, The Joint Commission evaluates and accredits nearly 21,000 healthcare organizations and programs in the United States. An independent, not-for-profit organization, The Joint Commission is the nation's oldest and largest standards-setting and accrediting body in health care and launched the Advanced Certification Program for Palliative Care in 2011. UW Medical Center became the first hospital in Washington state to be certified in palliative care in 2014 and was recertified in 2015 and again in 2016.
In May, the Cambia PCCE hosted our annual HMC Palliative Care Conference. This yearly event was co-sponsored by the Harborview Medical Center Palliative Care Committee and welcomed Betty Ferrell as our keynote speaker. Dr. Ferrell has been in nursing for 37 years and has focused her clinical expertise and research in pain management, quality of life, and palliative care. Over 200 attendees joined us this year for the highly successful event at the Swedish Culture Center.

This year’s two-day event focused on communication and diversity. Day 1 centered on clinical issues and the second day focused on current palliative care research. Topics included “Addressing the Spiritual Needs of our Patients and Families,” “Palliative Care for the Homeless,” “Cross Cultural Communication,” and “Supporting Hospice Caregivers.” Each day offered interactive workshops as well as informative lectures and Q&A sessions with well seasoned presenters.

Palliative care research at the University of Washington has grown significantly since the launch of the Cambia PCCE. Palliative care researchers received $2.1 million in research grant funds in 2012, $2.9 million in 2013, $3.8 million in 2014, over $8 million in 2015, and $10.8 in 2016. The chart below details annual direct federal and foundation grant totals from 2012-2016. In 2016, Cambia PCCE Members have also published over 80 research articles in peer-reviewed journals.

Palliative care research has become the focus of the second day of our Annual HMC Palliative Care Conference (now renamed the Pacific Northwest Palliative Care Conference). The conference expanded to two days in 2014 and more than 15 oral presentations and poster presentations were featured at our 2016 conference highlighting the latest in palliative care research at the University of Washington. Our monthly Palliative Care Research Seminar continues to attract a wide audience, and in 2016 we welcomed notable guest lecturers such as Dr. Charles Sprung from Hadassah Medical Center and Dr. Betty Ferrell from City of Hope Medical Center in Duarte, California.
**Cambia PCCE Clinical Training**

In January 2016 the Cambia PCCE launched a project to better integrate training in palliative care into the clinical training of medical students at the University of Washington School of Medicine (UWSOM). During their third-year required Medicine and Surgery clerkships, all students now participate in active learning activities including assessing pain in a surgical patient, discussing advance care planning with a patient and delivering serious news. Over 200 students have already completed these exercises this year and the response has been very positive. In addition, this Spring we will launch new 2-week basic clerkships and 4-week advanced electives with palliative care clinicians in Seattle, Olympia, Billings, Bozeman, Anchorage and Boise.

The clerkships include active learning exercises and an original syllabus designed specifically for medical students. Topics include communication, pain and symptom management, grief and bereavement and spiritual assessment. The long-term goal is to build enough capacity that all UWSOM students would have at least a 2-week clinical palliative care experience. The project is being led by Susan Merel, a general internist at the UWMC and member of the palliative care consult service at Harborview, by Melissa Bender on behalf of the Department of Family Medicine and UWMC palliative care consult service, and by Tony Back and Caroline Hurd on behalf of the Cambia PCCE. Partners in this project include the UWSOM Dean’s Office and the Departments of Medicine, Family Medicine, and Surgery. If you might be interested in hosting medical students for a clerkship at your palliative care site please contact Susan Merel at smerel@uw.edu.

**UW Palliative Care Training Center**

The Palliative Care Training Center (PCTC) curriculum was unanimously approved as an interprofessional Graduate Certificate in Palliative Care by the UW Board of Regents in March 2016. After a brief application window, 18 clinicians including physicians, nurses (ARNP, DNP and PhD), a social worker, spiritual care provider and patient advocate were accepted into the 2016-2017 cohort. Classes started in September and the first in-person workshop, an enriching and deep learning experience, was held in mid-October. Students remain engaged and enthusiastic as they continue their journey through the 9-month graduate certificate.

In addition to launching the Graduate Certificate, lessons learned from the PCTC pilot program are actively being disseminated. One manuscript, A Community Needs Assessment for the Development of an Interprofessional Palliative Care Training Center, detailing the PCTC pilot needs assessment is currently in-press with the *Journal of Palliative Medicine*. Both the pilot needs assessment and learning outcomes will be presented in a poster presentation at the Western Institute of Nursing annual conference in April 2017.

As we enter 2017, we look forward to awarding our first Graduate Certificates in Palliative Care in June 2017. We will also focus our efforts on creating a wider recognition and awareness of the Graduate Certificate for prospective students.

**We are now accepting applications for the course starting in September 2017 at the following weblink:** www.uwpctc.org
Notable Leadership Accomplishments

Dr. Dan Lam, Medical Director of Palliative Care Services at Harborview Medical Center was featured in a story on KING5 TV describing the Homeless Palliative Care Outreach Program at Harborview’s Clinic at Pioneer Square entitled, “Harborview takes new approach to healthcare for homeless.”

Dr. Rashmi Sharma, Assistant Professor (General Internal Medicine) was selected to receive a 2016 Hastings Center Cunniff-Dixon Early Career Physician Award for improving the care of patients near the end of life.

The John A. Hartford Foundation has announced a $3.5 million initiative to create a collaborative, led by Dr. Anthony Back, that brings together a team of innovators who will work cooperatively to greatly accelerate and expand better end-of-life and serious illness care.

Dr. Lucille Marchand was 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.

Dr. Wayne McCormick was appointed holder of the William E. Colson Endowed Chair in Gerontology.

Palliative Care Research Fellowship

The Cambia PCCE added three new research fellows to our program in September. We are thrilled to welcome Dr. Nancy Lau, Dr. Bob Lee and Dr. Cara McDermott to the research fellowship and to the Center.

Robert Y. Lee, MD comes to us from the fellowship program of the UW Division of Pulmonary and Critical Care Medicine and will be working under the mentorship of Dr. Erin Kross. Dr. Lee’s research will include an initial project examining the associations between sedation-related practices in the intensive care unit and the development of long-term psychological symptoms in survivors of acute respiratory distress syndrome (ARDS). “My experiences in caring for the chronically and critically ill have brought to light many unanswered research questions surrounding the prevention and relief of suffering associated with intensive care and the advancement of long-term quality of life in survivors of critical illness. I hope to dedicate my career to answering those questions.”

Nancy Lau, MS, PhD joins us from Harvard University where she completed her Doctorate in Clinical Psychology. Dr. Lau will be mentored by Dr. Abby Rosenberg at Seattle Children’s and plans to work with Dr. Rosenberg and Dr. Elizabeth McCauley on the Promoting Resilience in Stress Management (PRISM) study testing a psychosocial intervention for adolescents and young adults (AYAs) with cancer. “I have seen firsthand the ways in which youths in palliative care struggle with a myriad of comorbid psychopathology due to and further complicated by their medical illnesses, and how current quality of care falls short of their needs. Although advances in pediatric cancer care provide state of the art biomedical treatment, psychosocial health outcomes have remained largely ignored. I aim to address this important gap in the field by conducting research on the development and dissemination of psychosocial treatments for young cancer survivors.”

Cara McDermott, PharmD, MSc, PhD has been part of the Pharmaceutical Outcomes and Policy Program (PORPP) at the University of Washington. Her PhD training focuses on health economics and health services research. Dr. McDermott will be working with Scott Ramsey, MD, PhD, Director of the Hutchinson Institute for Cancer Outcomes Research (HICOR). “My future research plans are to explore predictors and patterns of care for multi-morbidity patients with chronic diseases such as cancer, cardiovascular disease, lung disease, dementia and depression, with particular attention paid to palliative and end-of-life care.”
Cambia PCCE Chosen for AHA Circle of Life Award

The Cambia Palliative Care Center of Excellence was selected as a recipient of the American Hospital Association (AHA) Circle of Life Award for 2016. The Circle of Life Award, now in its 17th year, celebrates programs across the nation that have made great strides in palliative and end-of-life care. Dr. Randy Curtis and Cindy Hecker accepted the award on behalf of the UW Medicine at a ceremony in San Diego during the AHA 2016 Annual Meeting.

The AHA is a not-for-profit association of health care provider organizations and individuals that are committed to the improvement of health in their communities. The AHA is the national advocate for its members, which include nearly 5,000 hospitals, health care systems, networks and other providers of care. Founded in 1898, the AHA provides education for health care leaders and is a source of information on health care issues and trends.

2016 UW Medicine Palliative Care Strategic Plan

When the Cambia PCCE was launched in 2012, we set a series of strategic goals in place that we are pleased to announce have all been achieved. As we look forward into the future, we have developed a new strategic plan with the following goals as a second phase of development for the Center which will be supported by the Metrics, Quality & Evaluation Core. We are grateful to our members and leadership for their commitment and passion that led to our success to date and their enthusiasm which helped to create our phase 2 goals.

1. Increase awareness and capacity of advance care planning (ACP) and goals of care discussions through systematic educational efforts in order to improve the value (value=quality/cost) of healthcare to patients with serious illness and their families.

2. Implement systematic screening programs for hospitalized patients with serious illness to identify those with unmet palliative care needs while simultaneously increasing the capacity for primary and specialty palliative care services to meet those palliative care needs.

3. Build capacity to meet the community-based palliative care needs of the population with serious illness that UW Medicine serves in order to improve the quality and continuity of care across multiple setting including home, long term care and acute care hospitals and associated transitions.
Select Peer Reviewed Publications


Select Newly Funded Research Grants

J. Randall Curtis, MD MPH  
Funding Agency: Cambia Health Foundation  
Title: Implementing and disseminating quality metrics for primary and specialty palliative care in inpatient and outpatient settings

Ardith Doorenbos, PhD RN FAAN  
Funding Agency: NINR  
Applying technology to problems in pain and symptom management

Catherine Hough, MD  
Funding Agency: NINR  
Prediction of functional outcomes from chronic critical illness

Erin Kross, MD  
Funding Agency: NHLBI  
Predictors of resilience and positive outcomes for patients with acute respiratory failure

Ann Long, MD  
Funding Agency: NHLBI  
Improving clinical outcomes after ICU transfer for acute respiratory failure

Ann O’Hare, MD  
Funding Agency: USRDS  
US Renal Data System Special Study Center on Palliative and EOL Care

Lynn Reinke, PhD ARNP  
Funding Agency: VAHS  
Palliative care interventions for patients newly diagnosed with lung cancer— phase 2

Abby Rosenberg, MD  
Funding Agency: NIH  
Resilience outcomes in adolescents and young adults with cancer

Joan Teno, MD  
Funding Agency: Moore Foundation  
Measure quality of care for community based programs with serious illness

Karen Wernli, PhD  
Funding Agency: NCI  
National trends in EOL care for adolescents and young adult cancer patients
Cambia Palliative Care Center of Excellence Leadership

Wayne McCormick, MD MPH
Chair, Clinical Operations
Director, Palliative Medicine Fellowship Program
Professor of Medicine
Head, Division of Gerontology and Geriatric Medicine
Department of Medicine

Caroline Hurd, MD
Chair, Education Operations
Clinical Assistant Professor
Palliative Medicine & Hospitalist Services
Harborview Medical Center
Department of Medicine

Ardith Doorenbos, PhD RN FAAN
Co-Chair, Research Operations
Professor, BNHS, School of Nursing
Adjunct Professor, Anesthesiology & Pain Medicine, School of Medicine
Adjunct Professor, Global Health, School of Public Health

Ruth Engelberg, PhD
Co-Chair, Research Operations
Research Associate Professor
Associate Director, End-of-Life Care Research Program
Department of Medicine

Helene Starks, PhD MPH
Chair, Metrics, Quality & Evaluation Core
Associate Professor
Department of Bioethics and Humanities

J. Randall Curtis, MD MPH
Director
A. Bruce Montgomery-American Lung Association Endowed Chair in Pulmonary and Critical Care Medicine
Professor of Medicine
Department of Medicine

Anthony Back, MD
Co-Director
Professor of Medicine
Division of Oncology
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The Cambia PCCE sponsored a full day stakeholder summit on palliative care quality metrics at the Cambia Grove in Downtown Seattle in November 2016. The event was co-sponsored by the Hutchinson Institute for Cancer Outcomes Research and the Cambia Health Foundation and focused on using quality metrics to improve primary and specialty palliative care at health systems.

We welcomed over 140 key stakeholders including clinicians, health systems administrators, health plans, healthcare purchasers, IT specialists, patient and family advocates, and others who were interested in palliative care quality initiatives to engage in discussion with us about the following topics: 1) What interventions are currently being developed or implemented to improve advance care planning and palliative care in our region, and how can these be expanded or strengthened? 2) How can healthcare purchasers, healthcare plans, clinicians, and patients work together to use palliative care metrics to improve the availability and quality of primary and specialty palliative care in our region? And 3) What palliative care interventions are available for cancer care providers and their patients, and what are the next steps for adjusting, shaping, implementing and evaluating these interventions?

The goal of this meeting was to get broad input to identify metrics and programs that can be used to assess the quality of primary and specialty palliative care. The meeting was a spectacular success and met with great enthusiasm and engagement.
Farewell to our Program Operations Specialist and Manager

February 2017 marks an important transition in the history of the Cambia Palliative Care Center of Excellence. Jimmy Hoard, the Center’s Program Operations Specialist, is moving on to other opportunities. Jimmy has been with the Center since its inception in 2012 and has provided tremendous support to all aspects of the Center facilitating our growth and development. Jimmy has been centrally involved and instrumental in all Center activities, including our website, our clinical program building, our annual 2-day Palliative Care Conferences and Palliative Care Metrics Stakeholder meetings, our Community Advisory Board Meetings, our T32 palliative care research training program, our newsletters and Annual Reports, as well as many other activities. We are sad to see Jimmy leave the Center, but wish him all the very best in the next phase of his career.
THANK YOU TO OUR SPONSORS

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UW Division of Pulmonary & Critical Care Medicine
UW Department of Biobehavioral Nursing & Health Systems
American Lung Association

2016 Annual Report

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