CAMBIA PALLIATIVE CARE CENTER OF EXCELLENCE

2015 Annual Report
A Message from the Directors

The Cambia Palliative Care Center of Excellence (Cambia PCCE) has had such a tremendous year that it’s hard to believe we launched the Center just over three years ago. 2015 saw substantial growth and development in not only in our Research, Clinical and Education Operations, but also in our Metrics, Quality, and Evaluation Core, Faculty recruitment and fundraising.

This year we launched the Cambia PCCE Advancement Council which is charged with providing strategic leadership, direction and oversight for philanthropic activities for palliative care programs at the University of Washington. We welcome our chair, Peggy Maguire, who is also Chair of the Board for the Cambia Health Foundation. Other members of our Advancement Council include Judy Young and Alan Frazier. A special thank you to the Frazier Family Foundation for their generous gift to the Center in 2015. Our work could not happen without the time and support of these important members.

We welcomed several new faculty to the Cambia PCCE leadership team this year including Drs. Joan Teno, Lu Marchand, Rashmi Sharma and James Fausto. Their experience and enthusiasm will be a perfect blend to the amazing team that provides leadership to the Cambia PCCE. We are very excited to have them join us!

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!

Anthony Back, MD  
Co-Director  
J. Randall Curtis, MD MPH  
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.

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Cambia PCCE Clinical Operations

The Clinical Operations, under the guidance of the Palliative Care Clinical Strategic Planning Committee, has been focused on the application to the Joint Commission for Advanced Certification in Palliative Care. We are planning to have all UW Medicine hospitals surveyed in the Spring of 2016.

All of the palliative care clinical services have expanded over the past year and now offer 24/7 coverage and access to services previously unavailable to patients, such as spiritual care and social work support, making our clinical palliative care programs at UW Medicine truly interdisciplinary. We have also recently joined with MEDCON to offer consultation services throughout the WWAMI region.

Achievement of Advanced Certification may make UW Medicine the first full system in the country to be certified by the Joint Commission in palliative care. The Joint Commission is a national accreditation organization that sets standards of care and certifies programs across the nation.

The University of Washington Medical Center became the first hospital in Washington State to receive Advanced Certification in Palliative Care in February 2014 and achieved its second year of Advanced Certification in Palliative Care in February 2015. We’re excited to have all of the services follow suit. Palliative care continues to be high priority for UW Medicine leadership.

Cambia PCCE Research Operations

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, and well over $7 million in 2015. The chart below details federal grant and foundation grant totals from 2012-2015. In 2015, Cambia PCCE Members have also published over 90 research articles in peer-reviewed journals.

Palliative Care Research became the focus of the second day of our Annual HMC Palliative Care Conference. The conference expanded to two days in 2014 and more than 10 oral presentations and poster presentations were featured at our 2015 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 2015 we welcomed notable guest lecturers such as Dr. Arif Kamal from Duke University and Dr. Graeme Rocker from Dalhousie University, Nova Scotia.
Cambia PCCE Education Operations

One of the biggest highlights of the year for the Education Operations is the Annual HMC Palliative Care Conference organized and led by Dr. Caroline Hurd and Kathy Colagrossi. Due to overwhelming demand, the conference was relocated to the UW Center for Urban Horticulture this year and sold out. More than 200 attendees welcomed our keynote speaker, Dr. Steve Pantilat from UCSF with a standing ovation after his presentation. The conference was expanded to a two-day event that offered continuing education credit to its attendees and featured a half day communication skills workshop led by Drs. Tony Back and Caroline Hurd.

Our annual Community of Educators Retreat was also a huge success attracting over 50 educators in the region interested in education in areas concerning palliative care, resiliency, or clinical communication with interest in opportunities to network with individuals to share ideas and develop innovative strategies to teach these skills. This year’s retreat was entitled, “Nurturing Resiliency In Our Learners and Ourselves” and welcomed Dr. Claudia Finkelstein, UW Faculty Wellness, as the Keynote Speaker.

The Education Operations formed a committee in 2015 charged with developing and encouraging palliative care education in all disciplines of medicine and we look forward to the implementation of palliative care training throughout the UW clinical schools.

UW Palliative Care Training Center

The University of Washington was awarded a grant from the Cambia Health Foundation in 2013 to develop and implement a training center for palliative care specialists. The training center recruited 24 interdisciplinary clinicians from across the region and successfully completed its first 9 month training program in December 2015. Training focused on patient centered care and narrative communication, effective interdisciplinary practice and teamwork, and program building and sustainability. This training included three 3-day workshops in Seattle as well as distance webinars and learning exercises.

Under the leadership of Dr. Ardith Doorenbos, the UW Palliative Care Training Center will launch its second year of training beginning in September 2016 and offer a Graduate Certificate in Palliative Care through the Professional and Continuing Education program and will be sponsored by the UW Schools of Nursing and Medicine.

Cambia PCCE Metrics, Quality & Evaluation Core

The Cambia PCCE Metrics, Quality and Evaluation (MQE) Core provides evaluation and metrics services for each of the Clinical, Education and Research Operations groups. In the last year, a big focus for the MQE Core has been to work with each of the hospitals in gathering and reporting the monthly quality improvement metrics to support their applications for Joint Commission Certification. This work has included automating reports based on clinical encounter notes to minimize the burden of data collection for the clinical services. The Core also conducted the evaluation of the first cohort of Palliative Care Training Center participants who reported significant learning gains as a result of participating in the program.

In addition, the MQE core is in the second year of a three-year grant from the Cambia Health Foundation to develop and implement palliative care quality metrics and a quality dashboard across UW Medicine hospitals and outpatient clinic networks. The project team identified 22 quality measures from the literature and in May 2015, conducted its first stakeholder meeting with 120 diverse stakeholders across UW Medicine and throughout the region who helped prioritize the measures for development. Participants included clinicians, healthcare administrators, quality improvement professionals, information technology professionals, health services researchers, payers, patients and patient advocates. The project is using information from clinical and administrative databases to build dashboards to guide performance improvement activities for advance care planning, pain screening and intervention, and other palliative care outcomes.
Cambia PCCE Community Advisory Board

It was with great pleasure that the Community Advisory Board welcomed two new Co-Chairs in 2015, Ron Peck and Priscilla Armstrong.

Ron is a graduate of Columbia Pacific University with an MBA in Marketing and has worked around the globe for fortune 500 companies as a sales and marketing executive in Healthcare, Medical Imaging and Radiation Oncology. Ron is currently the co-founder of the Blind Judo Foundation, a non-profit corporation introducing blind and visually impaired children, young adults and returning blind military men and women to the sport of Judo.

Priscilla is currently the Director of Workforce Development at Skills Inc., an aerospace manufacturing and finishing company. As a Columbia University graduate in East Asian Languages and Cultures and Johns Hopkins SAIS participant she also has spent many years living and working in Asia and helping organize seven Sino-American Infectious Disease Conferences in Taipei and Shanghai.

The Cambia PCCE Community Advisory Board was formed to provide advice, input and support to the Cambia PCCE, and to help ensure that the Center meets its mission of improving the lives of patients with serious illness and their families. First launched in 2013, the Board currently has 25 members and includes patients, families and clinicians. It meets quarterly to provide feedback and guidance on the Cambia PCCE’s activities.

Cambia PCCE Membership

The Cambia PCCE includes 520 members with over 170 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 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, friends and family members.
Dr. Lu Marchand

Lucille (Lu) Marchand, MD, BSN, FAAHPM, is professor of family medicine at the University of Wisconsin School of Medicine, and joined the faculty at the University of Washington Department of Family Medicine as Section Chief of Palliative Care and Medical Director of the UWMC Palliative Care Program in 2014. In 2015, she was awarded the Dr. Stu Farber and Annalu Farber Endowed Faculty Fellowship (soon to be professorship) in Palliative Care Education. She is involved in palliative care education and curriculum development for medical students, physician assistant students, residents, PC fellows and other interdisciplinary learners. Lu received her MD degree from the University of California- San Francisco in 1987 and completed her family practice residency at the University of Connecticut in 1990, and fellowship in 1991 in faculty development, qualitative research, and family therapy. Following fellowship, she served as family physician, integrative medicine and palliative medicine physician at University of Wisconsin Department of Family Medicine for 23 years and was awarded emerita status for distinguished service. She served as a clinic director and hospice medical director. She also developed palliative care curriculum for residents, was communication director for medical students, and developed the palliative care service at St Mary’s Hospital in Madison, WI. She was the section editor of the “Art of Caring” column in the American Academy of Hospice and Palliative Medicine Quarterly for eleven years.

Cambia PCCE Welcomes New Faculty

Dr. Joan Teno

Joan M. Teno, M.D., M.S. joins us from the Brown University School of Public Health and Brown Medical School. She is a health services researcher, former hospice medical director, and board-certified internist with added qualification in Geriatrics and Palliative Medicine. Dr. Teno has served on numerous advisory panels including the Institute of Medicine, World Health Organization and American Bar Association and as grant peer reviewer for the National Institutes of Health. She has been the recipient of funding from the National Institute of Health (NIH) and the Robert Wood Johnson Foundation as well as the Center for Medicare and Medicaid Services. Dr. Teno’s focus has been on measuring and evaluating interventions to improve the quality of medical care for seriously ill and dying patients. Dr. Teno led the effort in the design of the Study to Understand Prognoses and Preferences for Outcomes and Risks of Treatments (SUPPORT) intervention analysis and has been the lead author for numerous important publications in palliative care in leading medical journals. Both as a researcher and clinician, Dr. Teno has devoted her career to understanding how to measure and improve the quality of end-of-life care for vulnerable populations. We are very excited to welcome Dr. Teno to the Cambia Palliative Care Center of Excellence and are very grateful for the support from the Cambia Health Foundation that made this recruitment possible.
Dr. James Fausto

Dr. Fausto is the Associate Chief for the Palliative Care Service at University of Washington Medical Center and an Assistant Professor in the Department of Family Medicine. He is also the co-director of the palliative care track of the Chronic Care Clerkship for 4th year medical students at the UW School of Medicine.

Dr. Fausto earned his M.D. from University of Medicine and Dentistry of New Jersey - New Jersey Medical School. He completed his residency training in family medicine in the Department of Family and Social Medicine at Montefiore Medical Center, followed by a Hospice and Palliative Medicine Fellowship at Montefiore Medical Center - Albert Einstein College of Medicine in New York.

Following fellowship, he joined the Albert Einstein College of Medicine faculty as in the Department of Family and Social Medicine. He held multiple positions during his time at Montefiore Medical Center including Fellowship Director for the Hospice and Palliative Medicine Fellowship and Medical Director of the Palliative Care Service.

Dr. Rashmi Sharma

Dr. Rashmi Sharma joined both The Cambia PCCE and the UW Medicine Center for Scholarship in Patient Quality and Safety in 2015. Dr. Sharma is a member of the Division of General Internal Medicine and the Section of Hospital Medicine. Dr. Sharma completed medical school and residency at the University of Washington followed by a General Internal Medicine Fellowship at Johns Hopkins University where she received a Masters in Health Sciences from the Bloomberg School of Public Health. Upon completion of her fellowship, she joined the Northwestern University Feinberg School of Medicine as a faculty member in the Division of Hospital Medicine, Section of Palliative Medicine. Her research focuses on the role of race, ethnicity, and gender in inpatient end-of-life communication and decision making for patients with serious illness. Dr. Sharma is the recipient of an American Cancer Society Mentored Research Scholar Grant to evaluate racial/ethnic differences in inpatient palliative care discussions between physicians and patients with advanced cancer. In addition, she leads a project to develop and evaluate a communication skills training program for physicians to discuss resuscitation and goals of care with patients facing serious illness. Dr. Sharma received the American Academy of Hospice and Palliative Medicine (AAHPM) Young Investigator Award in 2012 and 2013 for her research on communication and was recently selected as one of the Hospice and Palliative Medicine Inspirational Leaders Under 40 by the AAHPM. Her long-term research goals are to improve the quality of care for patients with serious illness through patient-centered communication. We are very excited to welcome Dr. Sharma to the Cambia PCCE. We are also very grateful for the support from the Cambia Health Foundation and the partnership with the Center for Scholarship in Patient Quality and Safety, the Department of Medicine, the Division of General Internal Medicine, and the Section of Hospital Medicine that made this recruitment possible.
Palliative Care Research Fellowship

The Cambia Palliative Care Center of Excellence announced openings this year for a new Palliative Care Research Fellowship Program funded by a T32 Training Grant from the National Heart, Lung, and Blood Institute of the NIH. We are pleased to announce the acceptance of three candidates into our fellowship program.

Heather Coats, PhD, MS, APRN-BC recently received her PhD at the University of Arizona College of Nursing. As a Palliative Care and Advanced Oncology Nurse Practitioner, she joins us with over 18 years of clinical experience in palliative, oncology and hospice care. Her dissertation, titled “African American Elders Psycho-Social-Spiritual Healing across Serious Illness,” describes her research interests. “First, because of my background in transcultural nursing, helping minority elders is my passion. Second, focusing my research on serious illness allows me to contribute to palliative care science, a field with which my clinical practice interests align. Third, the phenomenon of psycho-social-spiritual healing for patients with serious illness, in all stages of serious illness, is a focus for palliative care practitioners. Fourth, my research helps fill knowledge gaps in palliative care science.”

Crystal Brown, MD has been a fellow in the Division of Pulmonary and Critical Care Medicine at the University of Washington. Crystal’s research is the effect of health literacy on adherence in patients with chronic obstructive pulmonary disease (COPD) and how physician trust mediates this effect. “My research interests include studying empirical bioethics questions that pertain to justice in health and health care disparities. By understanding the effects of health literacy and physician trust on adherence to guideline recommended therapies in patients with COPD, we can better understand the patient and physician characteristics that promote adherence to therapies and improve patient outcomes.”

Jill Steiner, MD has been 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.”

Notable Leadership Accomplishments

Dr. Anthony Back, Co-Director of the Cambia Palliative Care Center of Excellence was selected as one of Seattle Metropolitan Magazine’s Top Doctors for 2015.

Dr. Anthony Back also was awarded a grant from the National Palliative Care Research Center for his project entitled, “Development of a scalable intervention to promote palliative care clinician sustainability and prevent burnout.”

Dr. Wayne McCormick was appointed as the new Head of the Division of Gerontology & Geriatric Medicine for the University of Washington School of Medicine.

Drs. Randy Curtis and Ruth Engelberg received a pilot grant from the Institute of Transitional Health Sciences to support community-based research with their project: “Shape and Future of Advance Care Planning in WWAMI Region.”

Dr. Caroline Hurd was featured in the Puget Sound Business Journal’s article, “40 Under 40: Here are a few young health care leaders to watch.”

Dr. Ardith Doorebos received a five year K24 grant from the NIH’s National Institute of Nursing Research. This grant supports mentoring time for predoctoral, postdoctoral, and junior faculty’s research training in the areas of palliative care and pain and symptom management.

Dr. Dan Lam was chosen as one of Cambia Health Foundation’s 2015 Sojourns Scholars for his project, “Integrating Palliative Care into Routine Care Delivery at NW Kidney Centers.”
Select Peer Reviewed Publications in 2014 and 2015


Select Newly Funded Research Grants in 2015

Anthony Back, MD Funding Agency: Arthur Vining Davis Foundation Award: Pallitalk Faculty Development

Anthony Back, MD Funding Agency: NPCRC Title: A pilot study of a scalable resilience and sustainability intervention for palliative care

Claire Creutzfeld, MD Funding Agency: Cambia Health Foundation Award: Sojourns Palliative Care Leadership Award

J. Randall Curtis, MD MPH Funding Agency: PCORI Title: Health system intervention to improve communication for vulnerable patients

George Demiris, PhD Funding Agency: NIH Title: A problem solving intervention for hospice caregivers

Arthed Doorenbos, PhD RN FAAN Funding Agency: CDMRP Title: Enhancing the success of functional restoration using integrative pain therapies

Caroline Hurd, MD Funding Agency: Cambia Health Foundation Award: Cambia Sojourns Leadership Award

Dan Lam, MD Funding Agency: Cambia Health Foundation Title: Integrating palliative care in the dialysis facility

Ann Long, MD Funding Agency: PCRC Title: Experiences of family members of patients admitted to the ICU from acute care

Ann O’Hare. MD Funding Agency: NIH Title: Advanced care planning for elderly veterans with advanced kidney disease

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

Rashmi Sharma, MD MHS Funding Agency: American Cancer Society Title: Racial/ethnic differences in communication for patients with advanced cancer
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Adjunct Professor, Global Health, School of Public Health

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

Cambia PCCE Leadership
In Memoriam—Dr. Stu Farber

Stu was the founder of the palliative care services at UW Medical Center and the inaugural Chair of the Clinical Operations of the Cambia Palliative Care Center of Excellence. Under Stu’s outstanding leadership, the UW Medical Center’s inpatient palliative care service achieved Advanced Certification in Palliative Care by the Joint Commission: it is the only hospital in Washington State to have received this certification in palliative care and one of only 56 certified hospitals in the United States.

Stu will be greatly missed and his legacy will be long-lasting. The leadership of the Cambia PCCE was truly fortunate to have worked with Stu, and we were blessed to be under his leadership and mentorship. His passionate work in palliative care helped form the foundation of our Center and will continue to inspire future leaders in our field for years to come.

Summary

As we complete a very successful year, we look forward towards ensuring the delivery and receipt of high quality palliative care to patients with life-threatening illness and their families. We will continue to pursue the following goals, supported by the Cambia PCCE’s educational, clinical and research activities.

- Advancing the quality of primary and specialty palliative care across UW Medicine and regional clinical sites
- Advancing the quality and quantity of palliative care research designed to improve palliative care in the short term and increasing the number of palliative care researchers at the University of Washington, thereby establishing the University of Washington as one of the top institutions nationally in palliative care research
- Advancing the quality and quantity of clinical education offerings in palliative care across the educational and clinical sites at the University of Washington and in the region, thereby establishing the University of Washington as one of the top institutions nationally in palliative care education
- Serving as a resource to other institutions interested in offering palliative care regionally, nationally and globally
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