

It is appropriate for everyone, from quality improvement novices to experienced practitioners.

Personal Resilience and Sustainability 2019: Tools for Happiness in a Complex Environment (P17)



Katy Lanz, DNP AGPCNP-BC ACHPN FPCN, Aspire Health, Pittsburgh, PA. Nancy O'Brien, BS BA, Experience Happiness, LLC, Minneapolis, MN. Linda Sagau Experience Happiness, LLC, Minneapolis, MN.

Objectives

- Distinguish the links between happiness, well-being, engagement, and performance.
- Recognize the physical, emotional, and behavioral toll of unhealthy stress & burnout and why self-care is essential to wellbeing.
- Improve individual levels of resilience and sustainability through redefining happiness as an authentic, inside-out state that can be cultivated with practice.

The magnitude and impact of stress and burnout have received much attention from researchers, however, evidence-based solutions to effectively and measurably address it have not been widely available until now. This ½ day pre-conference is designed to provide learners with the resources to build a high-performance culture of wellbeing by equipping participants with transformative life practices to reduce unhealthy stress and burnout and its physical, emotional and behavioral effects, while simultaneously increasing happiness and its byproducts—including engagement, resilience, innovation, sustainability and performance.

Oncologist in My Pocket: What the Hospice & Palliative Clinician Needs to Know About Hematology/Oncology and Radiation Oncology (P20)



Kristina Newport, MD FAAHPM, Penn State Health and College of Medicine, Hershey, PA. Shanthi Sivendran, MD, Penn Medicine at Lancaster General Health, Lancaster, PA. Joshua Jones, MD MA, University of Pennsylvania Health System, Philadelphia, PA. Thomas LeBlanc, MD MA MHS FAAHPM, Duke University School of Medicine, Durham, NC.

Objectives

- Verbalize the need for increased knowledge of topics in Hematology/Oncology.
- Define and describe the language and assessment tools utilized by Hematologist/Oncologists.
- Describe available treatment and prognosis for advanced solid tumor malignancies with emphasis on emerging treatments such as immunotherapy and targeted treatments.
- List chemotherapy-related most common toxicities, and management.

Care of adult patients with hematologic or oncologic malignancies is increasingly complex. Hospice and palliative care (HPC) clinicians are increasingly asked to care for them, given the growing evidence that early palliative care improves survival, symptoms, mood, cost, and patient satisfaction. To ensure success of upstream involvement, HPC clinicians must be equipped to competently care for these patients and “speak the language” of the hematologist/oncologist and radiation oncologist, particularly in the outpatient setting. This workshop will provide HPC clinicians the essentials needed to approach the care of these patients, including; terminology, treatment options, prognostic uncertainty, targeted therapies, immunotherapy, hematology/oncology emergencies, financial toxicity, radiation therapy, caregiver support, expected side effects of treatments, models of implementation and navigating relationships with hematologists/oncologists.

The workshop will target attendees' specific needs and questions, with real-time adjustment of the curriculum to fulfill their goals and provide appropriate resources. This third generation workshop builds on the well-attended 2017 & 2018 sessions with improvements based on participant feedback. Upon completion of this workshop, HPC clinicians will have the clinical tools necessary to develop an approach to the care of patients with hematologic or oncologic malignancies along the continuum of cancer care.

Whoa, This Patient Is How Young? Strategies for Adult Providers Caring for Pediatric Patients (P21)



Patricia Keefer, MD, University of Michigan, Ann Arbor, MI. Lisa Humphrey, MD, Nationwide Children's Hospital, Columbus, OH. Elissa Miller, MD, Nemours/Alfred I. duPont Hospital for Children, Wilmington, DE. Michael Barnett, MD MS FACP FAAP FAAHPM, UAB/Children's of Alabama, Birmingham, AL. Adam Marks, MD, University of Michigan, Ann Arbor, MI. Kristen Moyer Nationwide Children's Hospital, Columbus, OH.

Objectives

- Describe the significance and an approach to prognostic uncertainty in pediatrics.
- Apply established communication approaches to pediatric patients and demonstrate approaches unique to this population.
- Identify three modifications to enhance care for pediatric patients within the traditional hospice service model.

Pediatric palliative care is a limited resource outside of academic centers. Pediatric patients and their families, however, may live in diverse geographic

locations, remote from their subspecialty medical home. This challenge is well-recognized among pediatric providers, but current projections and care extensions are unlikely to meet this demand as the population of medically fragile children continues to grow. To fill this need, many adult-focused hospice and palliative medicine (HPM) providers are asked to use their palliative skill set to care for these patients. This necessitates HPM providers to gain comfort and competency in the care of pediatric patients and their families as well as the ability to lead interdisciplinary teams in this work. This workshop

is designed as a succinct primer for adult providers in the community with an additional focus on trainees who have limited exposure to pediatrics. Highlighted topics include prognostication, communication, hospice challenges, inpatient palliative care strategies, and ethical dilemmas in pediatrics. Through didactics, case presentations, and group activities, presenters will highlight the similarities between adult and pediatric palliative management and to provide effective pediatric specific tools and resources in the areas where the two practices diverge.