

dearth of content on hospice and palliative care. This session aims to change that by giving tools to hospice and palliative care practitioners to develop and disseminate their own podcasts.

The workshop will be led by GeriPal Co-Founders Alex Smith and Eric Widera. GeriPal is one of the premier blogs in the hospice and palliative care space, with over 10,000 regular subscribers and listeners across social media platforms.

In the first portion of the session, Alex and Eric will discuss the importance of social media to promote the palliative care movement. We will then describe the steps needed to create one's own hospice and palliative care podcast, drilling down to the nuts and bolts including recording equipment and software, conducting live and remote interviews, and working in a team vs. solo.

In the second portion of the session, we will conduct a live Podcast on a cutting edge published paper, chosen in advance at a date closer to the meeting. We will model for the audience how talk with an author about: how they became interested, what they did, what they found, and why this matters. The audience will have an opportunity to ask questions of the guest speaker during the podcast.

In the third phase, we will discuss the steps that follow the podcast. These steps include post production editing, transcription of the podcast for persons who prefer to read rather than listen, hosting the podcast, and dissemination. Audience members will create individualized goals of commitment to use social media to advocate for hospice and palliative medicine.

“Too Good to be True? No!” Exploring Self, Incorporating a Quick and Easy Reflective Writing Exercise that Anyone Can Do (TH339)



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Objectives

- Identify innate qualities of Self, such as feelings, beliefs, expectations, values, and yearnings, and how they relate to how we define ourselves.
- Construct a self-reflective and insightful 6-10 word phrase.
- Integrate a brief mindfulness exercise into clinical practice and teaching to improve individual and team well-being, resiliency, compassion, and hope and minimize burnout and compassion fatigue.

Narrative medicine is defined as clinical practice strengthened by the ability to “recognize, absorb, interpret, and honor the stories of self and other.” [1] In the form of reflective writing, it has been shown to

help healthcare providers improve critical thinking, understanding of self, cultural humility, and psychological resilience, as well as to better connect with each other, their patients, and their families.[2,3,4] But reflective writing can feel intimidating or overwhelming to clinicians who have never had any formal experience or training in writing or the reflective practices.

We will set the expectation for self-contemplation by reading a poem, completing a mindfulness exercise, and then examining the deeper structures of our coping stances. We will explore our feelings, beliefs, perceptions, expectations, values, and yearnings as they all make up our sense of self. Participants will engage in an innovative self-reflective writing exercise that anyone can adopt and gain insight from, whether professional writer or novice learner. It begins with pen to paper and, through a distillation process, culminates in a 6-10 word revelation. The exercise becomes one of purification, where the result is a precise truth or an unveiled discovery. [5]

- [1] Miller E, Balmer D, Hermann N, Graham G, Charon, R. Sounding Narrative Medicine: Studying Students' Professional Identity Development at Columbia University College of Physicians and Surgeons. *Acad Med* 2014;89:335-342.
- [2] Schuessler JB, Wilder B, Byrd LW. Reflective journaling and development of cultural humility in students. *Nurs Educ Perspect* 2012;33:96-99.
- [3] Sexton JD, Pennebaker JW, Holzmüller CG, et al. Care for the caregiver: benefits of expressive writing for nurses in the United States. *Prog Palliat Care* 2013;17:307-312.
- [4] Sewell E. Journaling as a mechanism to facilitate graduate nurses' role transition. *J Nurses Staff Develop* 2008;24:49-52.
- [5] Forner, Kristin. “Finding Meaning in Stream of Consciousness.” *Mending the Fractured Story*. March 2018. <https://mendingthefracturedstory.weebly.com/blog>

Estimating Costs Across Hospice Episodes (TH340A)



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Objectives

- Describe variation in costs across hospice enrollment periods.
- Compare costs across hospices that provide high quality of care and those that provide low quality of care.

Original Research Background. Routine home care (RHC) payments under the Medicare Hospice Benefit