

serious illnesses and how it may pertain to patients with LVADs including loss of control, self-image, dependency, social stigma, anger, abandonment, isolation and thinking about death. Tools to manage psychosocial stressors such as local support groups and the implementation of therapeutic metaphors (the Labyrinth and Butterfly Release Life Transformation Celebration for LVAD patients) will be described in detail. We will discuss the incorporation of our palliative care team in assisting with management of LVAD patients in collaboration with the advanced heart failure team including advanced care planning and assessing psychosocial factors prior to implantation. Through brief case examples from our experience, we will discuss how spirituality has played a role in decision-making for patients as they view their heart as a sacred entity.

Project ECHO: A Disruptive Innovation to Expand Palliative Care (SA503)



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Objectives

- Describe the needs within the larger palliative care community, including workforce shortage, that could be addressed with the use of Project ECHO and other innovative practices.
- Explain the concept and practice of Project ECHO around the world and its role in disseminating specialty medical knowledge to medically underserved populations.
- Discuss the value of interdisciplinary input and multi-site collaboration in palliative care.

Project ECHO uses teleconferencing to link specialist medical teams with community medical care providers who are seeking expertise in a specific field. The specialist teams hold regular “teleECHO” sessions, essentially virtual grand rounds, combining teaching, mentoring and patient case presentations. Over the past few years palliative care programs internationally have begun to utilize this method to expand palliative care knowledge and services in communities. As workforce shortages continue, Project ECHO is an innovative way to increase the capacity of providers by offering education, resources and skills. We will conduct a teleECHO session, using ZOOM videoconferencing. The purposes of the session are

to explain and model Project ECHO, facilitate a discussion of how it and other innovative programs can be used in palliative care, to encourage group input and to model interdisciplinary and international collaboration.

People can participate in several different ways—through attending the session in person or by logging into the session from anywhere. The interdisciplinary specialist team will facilitate the discussion from the concurrent session room.

We will follow a typical ECHO session agenda:

1. Didactic presentation: The didactic topic will be “Project ECHO-A Revolutionary Model for Expanding Access to Care”. The presenter will be a Project ECHO leader/expert. The goal is to familiarize audience/participants with the ECHO model.
2. Case presentation and discussion: The “case” will involve a palliative care provider presenting to the session participants some obstacles their organization and providers face. Main question for interdisciplinary specialist team and session participants will be “what innovative solutions have other groups used to address needs/deficiencies in their palliative practice communities?” We will have some of our international ECHO colleagues participating. We will encourage audience to share their own innovative ideas. Interdisciplinary expert panel will share with the audience how Project ECHO has been used to address needs in the PC community.

Beyond Meditation and Deep Breathing: Programmatic Strategies for Clinician Wellness and Team Resilience (SA504)



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Objectives

- Describe the intrinsic framework and core features of five diverse wellness programs across the spectrum of hospice and palliative medicine practices.
- Identify organizational, programmatic and team related challenges and strategies to overcome them when developing, implementing and sustaining wellness programs in diverse settings.
- Adapt and apply at least three strategies/tools that could be implemented in attendees’ own practice environments.