

PENNSYLVANIA GERIATRICS SOCIETY WESTERN DIVISION



AN AFFILIATE OF THE AMERICAN GERIATRICS SOCIETY

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Fall Program Highlights *“Geroscience and the Promise of Eternal Youth”*

The Pennsylvania Geriatrics Society - Western Division held their annual fall program Thursday, November 9, 2017, at the University Club in Pittsburgh. More than 70 internists, family practitioners, geriatricians, geriatric psychiatrists, pharmacists, nurses, nursing home administrators, and social workers attended the evening dinner program.

The annual fall program, which began in 2003, has been a popular and well-respected program attracting distinguished guest speakers comprised of both national and local faculty.

This year was no exception, as the Society welcomed Toren Finkel, MD, PhD, Professor of Medicine, University of Pittsburgh School of Medicine; Director, Aging Institute of UPMC Senior Services and the University of Pittsburgh. Dr. Finkel has made seminal contributions to our understanding of aging, and his lab's research focuses on the role of cellular metabolism and oxidative stress in aging and age-related diseases. He is the author or co-author of more than 200 publications. According to Google Scholar, Finkel ranks as the 12th-most highly cited author in aging and the 11th-most cited in cardiovascular disease.

Dr. Finkel presented "Geroscience and the Promise of Eternal Youth." The presentation focused on recent



From left are Judith Black, MD, MHA, Secretary/Treasurer; Toren Finkel, MD, PhD, presenter, and Fred Rubin, MD, President.

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President's Message

Our Society continues to remain an important resource for healthcare professionals in this region who are dedicated to improving the health and well-being of older persons. This edition of the newsletter includes details on upcoming educational offerings and recognition of individuals who have made significant contributions to the education and training of learners in geriatrics, through the Geriatrics Teacher of the Year Award. This award serves to recognize outstanding teachers for their dedication and commitment to geriatrics education and practice across the health professions. I would like to congratulate this year's awardees, Jordan F. Karp, MD (Physician Award), and Heather A. Sakely, PharmD, BCPS, BCGP (Healthcare Professional Award).



Dr. Rubin

In association with UPMC/University of Pittsburgh Institute on Aging, University of Pittsburgh School of Nursing, and University of Pittsburgh School of Medicine Center for Continuing Education in the Health Sciences, the Society is proud to present the 24th session of our popular Clinical Update in Geriatric Medicine on April 5-7, 2018. This is the largest ongoing CME event in Western Pennsylvania and has been the recipient of a national award from the American Geriatrics Society.

Our program directors, Judith S. Black, MD, MHA, Shuja Hassan, MD, and Neil Resnick, MD, have worked tirelessly with our dedicated Planning Committee, which includes: Daphne Bicket, George Gleeson, Christine Herb, Lisa Hilal, Rachel Jantea, Jordan Karp, David Nace, Karen Powers, Victor Rudkin, Heather Sakely, Carey Vinson, and myself, to assemble an impressive lineup of speakers to present the latest information about clinical problems in geriatric medicine.

On behalf of the committee, I would like to thank our partners: Aging Institute of UPMC Senior Services and University of Pittsburgh; Allegheny Health Network - Department of Medicine, Allegheny Health Network - Forbes Family Medicine Residency Program; Community LIFE; Geriatric Workforce Enhancement Program of Pennsylvania (GWEP/PA), University of Pittsburgh; Heritage Valley Health System; Highmark Blue Cross Blue Shield, UPMC Health Plan; UPMC McKeesport; UPMC St. Margaret, UPMC Shadyside; and Washington Health System's Geriatrics Fellowship.

Your membership provides support to continue our program and award offerings and strengthens our commitment to fulfill our mission of improving health care for all older persons.

Thank you for your continued support. I look forward to seeing you at an upcoming program.

Fred Rubin, MD

Fall Program Highlights

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discoveries in the field of Geroscience, which aims to explain biological mechanisms of aging, and have provided insights into molecular processes that underlie biological aging and, perhaps more importantly, potential interventions to delay aging and promote healthy longevity. Dr. Finkel shared some of

these advances, along with efforts to move Geroscience from the bench to the clinic.

Thank you to the following who supported the program: Abbott Nutrition, Allegheny Healthcare@Home, naviHealth (a Cardinal Company), Optum, Presbyterian SeniorCare Network, and Sanofi.

Thank you to our program sponsors:



GCO Complex Care: Access to Resources Simplified

GeriatricsCareOnline.org (GCO) is your one-stop online shop for all American Geriatrics Society (AGS) publications, resources, and tools. Access to high-quality, trustworthy information for all healthcare professionals is just a click away. All AGS members are already registered users of GeriatricsCareOnline.org.

The most popular content includes:

- American Geriatrics Society Updated Beers Criteria for Potentially Inappropriate Medication Use in Older Adults

VISIT
GeriatricsCareOnline.org
for AGS info and news

- Geriatrics Evaluation & Management Tools
- Geriatrics Review Syllabus(9th Edition)
- AGS Geriatrics Evaluation and Management Tools (GEMS) App
- Geriatrics At Your Fingertips 2017

Clinical Update in Geriatric Medicine

Registration is now open for the 26th annual Clinical Update in Geriatric Medicine conference, jointly sponsored by the PAGS-WD, UPMC/University of Pittsburgh Institute on Aging, University of Pittsburgh School of Nursing and University of Pittsburgh School of Medicine Center for Continuing Education in the Health Sciences. The conference will be held April 5-7, 2018, at the Pittsburgh Marriott City Center.

The fastest-growing segment of the population comprises individuals above the age of 85 years. The purpose of the conference is to provide an evidence-based approach to help clinicians take exceptional care of these often-frail individuals. Designed by course directors Shuja Hassan, MD; Judith Black, MD; and Neil Resnick, MD; along with the PAGS-WD planning committee, this award-winning course is designed for family practitioners, internists, geriatricians and other health care professionals who provide care to older adults.

Speakers are selected by a multidisciplinary committee of academic and practicing clinicians based on two criteria: (1) expertise - nationally recognized and often responsible for advances relative to practice, and (2) ability - to share it in a practical, succinct and entertaining way to facilitate its easy incorporation into a practice.

This year's distinguished guest faculty include: William B. Applegate, MD, MPH, MACP, Professor of Gerontology and Geriatric Medicine, Wake Forest Baptist Health, Winston-Salem, NC; and Barbara J. Messinger-Rapport, MD, PhD, FACP, CMD, Chief Medical Officer Hospice Care, Hospice of the Western Reserve; Geriatric Staff, Cleveland Clinic; Associate Professor, Cleveland Clinic Lerner College of Medicine of Case Western Reserve University, Cleveland, OH. Local expert faculty, most of whom also are nationally renowned, will further enhance the program with key, evidence-based sessions.

Conference highlights include:

- "Year in Review," covering highlights of recent advances/controversies
- State of the Art updates on common geriatric conditions, and tailored to each setting, i.e., office, hospital, home, nursing home
- Geriatric Cardiology Symposium on TAVR, heart failure, lipids, and pulmonary hypertension
- Special topics: New approaches to chronic pain in the elderly, Practical incorporation of the Beers list, the Geriatric ER, Geriatric Trauma Consultation, How to elicit goals of care, Deprescribing, Case-based solutions to difficult end of life issues



Dr. Applegate



Dr. Messinger-Rapport

- Multiple breakout sessions allowing attendees to design their own course and also affording close interactions with experts on challenging topics and real-world cases (including your own)
- Keynote Talk on the "Biology of Aging" by an internationally renowned authority
- Board Review for Clinicians

The dinner symposium, "Past, Present and Future of Geriatrics," will be presented by Dr. Applegate, Editor of the Journal of the AGS (JAGS), former President of the American College of Physicians, Dean and Head of the Health System at Wake Forest University, and primary investigator for the seminal SHEP study of systolic hypertension and the landmark SPRINT trial.

Clinical Update in Geriatric Medicine
April 5-7, 2018 - Pittsburgh Marriott City Center
Visit <http://www.dom.pitt.edu/UGM> for conference information and to register!

Controversies in Geriatric Medicine

Planning is underway for the Controversies in Geriatric Medicine Program. The program features an actual case from a practice where the appropriate course of action was unclear, management was complex, or there were serious ethical issues. The meeting will take place in June.

Members will receive the meeting notice once the program is finalized; details also can be found on the society website, www.pagswd.org

Pennsylvania Geriatrics Society - Western Division

Serving as a resource in providing information and educational programming among a society of professionals who are dedicated to advancing clinical care and quality of life for the elderly.

Society Announces Award Recipients

The Awards Committee, chaired by Rollin Wright, MD, is pleased to announce the 2018 Geriatrics Teacher of the Year Award winners: Jordan F. Karp, MD, director, Fellowship in Geriatric Psychiatry, University of Pittsburgh Medical Center, and associate professor, psychiatry, anesthesiology, and clinical and translational science, University of Pittsburgh School of Medicine; and Heather A. Sakely, PharmD, BCPS, BCGP, director, PGY2 Geriatric Pharmacy Residency, and director, Geriatric Pharmacotherapy, UPMC St. Margaret.

Each will be honored at a ceremony during the dinner symposium at the 26th Annual Clinical update in Geriatric Medicine on April 5, 2018.

Physician Award

Jordan F. Karp, MD, is the 2018 Geriatrics Teacher of the Year Award recipient. The award recognizes a physician who has made significant contributions to the education and training of learners in geriatrics and to the progress of geriatrics education across the health professions.



Dr. Karp

Dr. Karp has maintained a clinical practice of psychiatry since 2003, in which he focuses on the care of older adults and patients living with both psychiatric and chronic medical conditions, in particular, chronic pain. He has served as medical director for psychiatry at UPMC Pain Medicine at Centre Commons from 2006 to 2017, is the director of Student Mental Health Services at the University of Pittsburgh School of Medicine, serves as medical director for the UPMC LifeSolutions Employee Assistance Program, and is a staff physician at the VA Pittsburgh Medical Center.

Dr. Karp is a prominent teacher, mentor, and researcher in geriatric psychiatry and has worked to help strengthen the relationships between the educational missions of the geriatric psychiatry and geriatric medicine training programs at the University of Pittsburgh Medical Center. He has provided scholarly mentorship to 20 trainees and serves as a faculty mentor on the University of Pittsburgh NIH-funded training grant, "Clinical and Translational Research Training in Geriatric Mental Health."

Dr. Karp is author of 86 peer-reviewed publications, numerous book chapters, and hosts a popular podcast describing research updates in geriatric mental health for the American Journal of Geriatric Psychiatry. He also serves as assistant to the editor-in-chief of the American Journal of Geriatric Psychiatry since 2016, editing a series entitled, "Treatment in Geriatric Mental Health: Research in Action."

Pennsylvania Geriatrics Society - Western Division
Promoting geriatric education to all healthcare professions.

Healthcare Professional Award

Heather A. Sakely, PharmD, BCPS, BCGP, is the 2018 recipient of the Healthcare Professional Geriatrics Teacher of the Year Award, which recognizes a healthcare professional who has made significant contributions to the education and training of learners in geriatrics and to the progress of geriatrics education across the health professions.



Dr. Sakely

Dr. Sakely is a leader in teaching geriatrics to both physicians and pharmacists. She directs UPMC St. Margaret's PGY2 Geriatric Pharmacy Residency program and has developed a curriculum for a geriatric pharmacy residency that includes an integrated system of collaborating pharmacists and doctors in inpatient, outpatient, and long-term care settings. Dr. Sakely is faculty in the Family Medicine Residency Program and Geriatric Fellowship at UPMC St. Margaret and adjunct instructor at the University of Pittsburgh School of Pharmacy.

Dr. Sakely complements her role as an educator with strong research experience. She has been principal investigator and leader of the PIVOTs research (Pharmacist-led Reduction of Drug Therapy Problems in an Interprofessional Geriatric Practice) since 2012, which has helped assess the impact of collaboration between pharmacists and doctors in nursing home, assisted living and independent living environment for seniors.

Dr. Sakely is currently serving as a practice change leader for Aging and Health, Division of Health Care Policy and Research at the University of Colorado Anschutz Medical Campus, funded through the John A. Hartford Foundation and Atlantic Philanthropies. She is a regionally and nationally recognized presenter and has authored or co-authored numerous publications that have significantly contributed to the training of current and future health professionals in geriatric clinical practice.

2019 Geriatrics Teacher of the Year Award

Do you know a physician or healthcare professional who has made significant contributions to the education and training of learners in geriatrics and to the progress of geriatrics education across the health professions? If so, consider nominating them for the 2019 Geriatrics Teacher of the Year Award.

The annual award recognizes and honors both a physician and a healthcare professional from healthcare disciplines including nursing, advanced practice, physical therapy, pharmacy, occupational therapy, dentistry, audiology, speech-language, pathology, and social work.

The call for nominations begins in September. Award eligibility and criteria, along with the nomination form, will be available on the society's website at www.pagswd.org.

Membership

2018 Renewals

Dues notices for 2018 have been mailed! Society membership dues are renewed on a yearly basis. Your dues are instrumental in aiding the society to provide quality educational program offerings to healthcare professionals in our region. Dues also support the David C. Martin Award, which provides financial support to qualified medical students who have an interest in the field of geriatrics, and the Geriatrics Teacher of the Year Award, which recognizes outstanding teachers for their dedication and commitment to geriatrics education.

Contact Nadine Popovich, administrator, at (412) 321-5030 to renew your dues by credit card or to inquire about your membership status.

Annual Report 2017

The Annual Report can be viewed by visiting the society website, www.pagswd.org. This yearly report summarizes the activities of the organization.

Election Results

The following have been elected to serve on the Board of Directors for a three-year term, which began January 1, 2018, and will end December 31, 2020.

Board of Directors

Namita Ahuja, MD
Elizabeth Mohan, MD*
David Nace, MD, MPH
Heather Sakely, PharmD, BCPS, BCGP
David Yuan, MD*



Dr. Mohan



Dr. Yuan

**newly elected to serve on the Board of Directors*

Recruit a member! Invite a colleague to join!

A membership application can be downloaded at www.pagswd.org.

Members in the News

Society leaders stepping down

In December 2017, two devoted champions of the Society stepped down from their leadership positions: George Gleeson, MD, and Victor Rudkin, MD.

Dr. Gleeson has been a member for 26 years since the Society's inception (1991) and served as one of the first board members. During this time, he held the office of Secretary/Treasurer and President, and most recently served on the Board of Directors. He was the Membership Chair for numerous years, until stepping down in 2017.

Dr. Rudkin, like Dr. Gleeson, has been a member since 1991 and has served on the Board of Directors for numerous years. He was the Course Director for the Clinical Update for 16 years, before stepping down in 2008. He remains active as a planning committee member and has served as the Nominating chair since 2009.

The Society would like to thank Dr. Gleeson and Dr. Rudkin, true leaders, for their years of dedicated service and commitment to the Society. Their management and tireless efforts have furthered the goals and mission of the Society and directly contributed to the organization's growth and success.

Committee Chairs announced

Christine Herb, MD, has been selected to serve as Membership Chair, and Kawita Vichare, MD, has been chosen to serve as Nominating Chair. Each has assumed their roles as of January 1, 2018.



Dr. Gleeson



Dr. Rudkin

Accolades

Christine M. Ruby, PharmD, assistant professor in pharmacy and therapeutics, has attained board certification as a Geriatric Pharmacist (BCGP).



Dr. Ruby

The national certification program in geriatric pharmacy, now offered by the Board of Pharmacy Specialties, is intended to recognize those pharmacists who demonstrate knowledge of geriatric pharmacotherapy and the skills required to provide pharmaceutical care to the elderly.

Congratulations, Dr. Ruby!

The 2017 Peter P. Lamy Memorial Lecture featured **Steven M. Handler, MD**, a practicing geriatrician with medical director responsibilities, who currently serves as an associate professor of geriatric medicine and biomedical informatics at the University of Pittsburgh. Dr. Nicole Brandt, executive director of the Peter Lamy Center on Drug Therapy and Aging served as host for the discussion. Drs. Brandt and Handler reviewed Dr. Handler's research on medication and patient safety for older adults in a variety of settings. They discussed the model of care Dr. Handler is developing focused on the use of telemedicine to improve access to high-quality medical care in the nursing home, and they examined the importance of translating research into practice.



Dr. Handler

The Peter P. Lamy Memorial Lecture honors Dr. Lamy, a pioneer in geriatric pharmacotherapy who dedicated his life to improving drug therapy for the elderly.

Congratulations, Dr. Handler!

Mark Your Calendar

AMDA – the Society for Post-Acute and Long-Term Care Medicine – 2018 Annual Conference

When: March 22-25, 2018

Where: Gaylord Texan Resort & Convention Center, Grapevine, TX

Phone: 800-876-2632 or 410-740-9743

Website: <https://paltc.org/annual-conference>

AMDA – The Society for Post-Acute and Long-Term Care Medicine designates this live activity for a maximum of 24.75 AMA PRA Category 1 Credits™.

National Conference of Gerontological Advanced Practice Nurses Association (GAPNA) – 37th Annual GAPNA Conference

The GAPNA Annual Conference will help you improve patient care and connect with other nurses who share your compassion and commitment.

When: September 26-29, 2018

Where: Marriott Wardman Park, Washington DC

Website: <https://www.gapna.org/events/annual-conference>

American College of Physicians Internal Medicine – 2018

When: April 19-21, 2018

Where: Ernest N. Morial Convention Center, New Orleans, LA

Phone: 800-523-1546 x2600 or 215-351-2400

Website: <https://im2018.acponline.org/>

Choose from more than 200 CME courses in internal medicine and the subspecialties presented by distinguished faculty and the ability to earn up to 31 AMA PRA Category 1 credit(s)™.

Society of General Internal Medicine 40th Annual Meeting

Health IT: Empowering General Internists to Lead Digital Innovation

2018 Annual SGIM National Meeting

When: April 11-14, 2018

Where: Denver, CO

Website: <http://www.sгим.org/>

The UASOM designates this live activity for a maximum of 16.5 AMA PRA Category 1 credits™ and a maximum of 16.5 MOC points.



THE PENNSYLVANIA SOCIETY
FOR POST-ACUTE AND
LONG-TERM
CARE MEDICINE

26th PMDA Annual Symposium

Save the Date!

November 9-10, 2018

The Hotel Hershey, Harrisburg, PA

Website:

<https://ce.med.psu.edu/pmda-annual-symposium/>

American Geriatrics Society

2018 Annual Scientific Meeting

May 3-5, 2018

Orlando, FL

Website: www.americangeriatrics.org

The AGS Annual Scientific Meeting is the premier educational event in geriatrics, providing the latest information on clinical care, research on aging, and innovative models of care delivery. The 2018 Annual Meeting will address the educational needs of geriatrics professionals from all disciplines. Physicians, nurses, pharmacists, physician assistants, social workers, long-term care and managed care providers, health care administrators, and others can update their knowledge and skills through state-of-the-art educational sessions and research presentations.

The 2018 Annual Meeting offers many continuing education sessions, including invited symposia, workshops and meet-the-expert sessions. Sessions will include information about emerging clinical issues, current research in geriatrics, education, health policy and delivery of geriatric health care.

National Healthcare Decisions Day: April 16, 2018

NHDD aims to help people across the U.S. understand the value of advance healthcare planning.

Visit www.nhdd.org

POLST update



**Pennsylvania Orders for Life-Sustaining Treatment
POLST: Doing It Right! Training Course**

**Thursday, April 26, 2018
8:30 a.m. – 2:45 p.m.**

Sponsored by Jewish Healthcare Foundation

Co-sponsored by
University of Pittsburgh School of Social Work

Joint Providership by
University of Pittsburgh School of Medicine
Coalition for Quality at the End of Life (CQEL) of the Jewish Healthcare Foundation

Faculty

Judith S. Black, MD, MHA
Jewish Health Foundation Physician Advisor, National POLST Paradigm Task Force Member,
Clinical Associate Professor University of Pittsburgh School of Medicine

Marian Kemp, RN, BSBA
POLST Coordinator, Coalition for Quality at the End of Life

Libby Moore, LSW, DHCE
Vice President of Patient Care, River Communities Fiduciary Services

Frank A. Petrich, Esq., CFP®, CELA
Elder Law Offices of Frank A. Petrich,
Of Counsel, Gray Elder Law

Sign-in and Continental Breakfast 8:00-8:30 a.m.

**Jewish Healthcare Foundation,
Center City Tower, 650 Smithfield St, 26th Floor, Pittsburgh PA 15222**

There is no fee to attend.

There is a cost of **\$10** for social workers wishing to earn SW continuing education credits, payable the day of training program. Those seeking such credit should bring cash or a check in that amount, payable to *Jewish Healthcare Foundation*.

Registration Deadline: April 6, 2018

A 2.5 hours online prerequisite course must be completed prior to the in-person program. The link, user name and pertinent information will be provided to registrants approximately two weeks prior to the in-person course date.

Life lessons from a millennial hospice patient

KEITH R. LAGNESE, MD, FACP, HMDC

As physicians, we understand the importance of sustenance, especially in regards to how it affects our patients, particularly in regards to critical end-of-life decisions they are forced to make.

I would like to share a story of a young woman who recently taught me so much about perseverance and Advanced Care Planning. In my profession as a full-time hospice physician, the neon pink document we all refer to as a "POLST" - Physician Orders for Life Sustaining Treatment - has become such a part of my routine workflow that I often sign multiple POLSTs every day.

Considering all of my patient population have been deemed "terminal with a prognosis of 6 months or less," the boxes which designate "DNR" for "Do Not Resuscitate" and "CMO" for "Comfort Measures Only" are almost always checked. In addition, most of my hospice patients do not wish to be kept alive with "Artificial Nutrition" and indicate such on this important form. Although, I will point out that maintaining a "Full Code" status does not preclude a patient from enrolling in hospice. If a patient has never filled out a POLST, we do aggressively encourage all patients to complete one

upon admission to hospice. Back to my particular patient, who I will refer to as HMB. At age 22, she developed a rare autonomic insufficiency syndrome that left her digestive system useless. It possibly had been triggered by a virus. She suffered from severe abdominal pain, gastroparesis and was not able to eat or even tolerate enteral nutrition. She was therefore started on daily Total Parenteral Nutrition (TPN) sometime during her 23rd year of life. She had financial resources and was able to pursue multiple consultations at some of our nation's top medical centers. Many laboratory tests and diagnostic studies were to no avail in regards to a clear diagnosis or treatment plan other than supportive care for her pain and resultant malnutrition.

HMB actually had completed a bachelor's degree in nursing and was working as an Intensive Care Unit (ICU) nurse when she became ill. She had decided to complete Advance Directives on her own volition before she developed a terminal illness. Considering she was in early 20s when she completed these documents with her primary care physician, this might have been considered premature on her part by many health care providers. Her Advance Directives made it very clear to her family and all health care providers that she DID NOT

want to be kept alive on artificial nutrition under any circumstances whatsoever.

What makes a young, vibrant, healthy woman want to complete such powerful yet scary documents? Perhaps it was her upbringing in a Unitarian church and/or her direct care provided to acutely ill patients and exposure to futile treatments in an ICU setting that motivated her to follow through with such strong beliefs and goals. On the other hand, the fact that she was single and without children and had such collaborative support from her parents with these health care directives surely had to be additional factors. Coming from an internal medicine/geriatrics background, I have not encountered such a firm and resolute young adult patient as HMB, in regards to one's Advance Directives.

So, after a year of hooking herself up to TPN every day, which never was really able to meet her nutritional needs, she continued to have worsening pain, intractable nausea and constipation. She also continued to lose weight and become more functionally dependent on others. Her mind was sharp and clear, and she



Dr. Lagnese

did not succumb to depression or even self-pity. She met with palliative care physicians, filled out a POLST and enrolled in hospice this past summer, with the plan to wean off TPN with the support of the hospice multi-disciplinary team and die peacefully at home with her parents.

Considering HMB did not have a traditional terminal hospice condition, the following unspoken thoughts amongst her hospice team of nurses and physicians were hard to shake: "Did everyone look hard enough?" "Is she giving up too soon?" I even wondered if this was a variant of physician-assisted suicide. Of course, there had to be someone/somewhere that surely could help this intelligent and thoughtful young woman. We gathered privately as hospice physicians to discuss the ethical constraints as well as the treatment plan and goals of care for this complex hospice patient. We were in agreement that she had appropriate medical decision-making capacity, was not depressed, and that her motives were not misguided and/or unrealistic.

We talked with her family privately multiple times - which included adoptive and birth parents (a total of six with re-marriages) and everyone was at peace and "okay" with HMB's plans. This is extremely rare to have so many family members be in agreement about everything - especially considering the sensitivity and unusual circumstances. We also talked with HMB privately and in groups across multiple different settings - her home, the hospital and an inpatient hospice

unit - to make sure she was firm with her health care directives.

Her treatment goals and desires never wavered. She never showed fear, doubt or seemed unsure of anything. She met with CORE to discuss all the different ways others would benefit from her organs and body after she died. She made sure her friends and family were comfortable with her decisions and made sure they were at peace and given appropriate time to say goodbye to her. A portion of the process was even documented by herself and her family on social media. She made us all believers in herself as a person, a patient and the creator of her own patient-centered goals of care. This wasn't anything we learned in nursing or medical school or even in private practice, yet she taught us to believe in ourselves as the ultimate deliverers of her advanced health care directives.

Although I had counseled many hospice nursing and medical staff about HMB's treatment plan, I did not have the pleasure of meeting her in person until I made a home visit to HMB, after being on our hospice service for about 2 months. I felt like I knew her before I had arrived at her home because of the heartfelt discussions I had with her treatment team previously.

I was asked to visit her because she was having more significant pain and nausea and by now had been off the TPN for 3 to 4 weeks. She was weak and lethargic and was only taking ice chips by mouth. It was very difficult to understand her at times during our

interaction as her voice was so weak.

Although it was hard for her to stay awake, I patiently listened and knelt at her bedside as she wanted to share with me some of her story and health history. More importantly, she wanted to make sure I knew what her wishes were and wanted to make sure I was there to honor them. She also wanted me to provide her with a medical update and hospice physician perspective in regards to her personal current process of dying.

As she dozed off again, I left her bedroom and huddled with her parents and grandmother and reassured them that everything was okay and that we were all just playing supportive roles in the ultimate stage of life for HMB. I made some minor medication adjustments and after some embraces and mildly awkward goodbyes, I got in my car and drove away having experienced all the great emotions in life - joy, anger, love, trust and remorse - as I struggled to focus on the road.

HMB died comfortably exactly one week later with her parents at her bedside and her hospice nurse just outside the door.

Dr. Lagnese is chief medical officer at Family Hospice & Palliative Care. He can be reached at klagnese@familyhospicepa.org.

**This article was originally published in the November 2017 issue of the Allegheny County Medical Society Bulletin.*



THE PENNSYLVANIA SOCIETY
FOR POST-ACUTE AND
LONG-TERM
CARE MEDICINE

“
I hope to share this with department heads at my facilities in hopes of including it in our nursing orientation

FANTASTIC – I will be sharing MOST of this with the multiple facilities I serve
”

Please Don't Say THAT to a Family, Say THIS Instead

Date and Fee

Thursday, May 24, 2018 / 6–8 P.M.

There is **NO CHARGE** for this program, however registration is required.

Purpose/Audience/Objectives

This meeting will include an update on long-term care professional issues as well as a presentation about the sharing of information by post-acute and long-term care providers.

All health-care staff in post-acute and long-term care settings are welcome to attend. Medical directors, physicians managing long-term care patients, advanced practice professionals, nursing staff, nursing home administrators and others are welcome. Non-PMDA members are always welcome.

- ▶ Discuss the relationship between critical thinking skills and information sharing
- ▶ Address the significance of facility culture and how it correlates with communication
- ▶ Discuss customer service and specific ways to make it great
- ▶ Identify what information should never be shared
- ▶ Describe how to handle situations when the customer makes unreasonable demands
- ▶ Offer strategies to build successful partnerships with families
- ▶ Describe the elements of notification and how to incorporate emotion into information sharing

Schedule / 6–8 P.M.

- 6:00 Exhibits and Dinner
- 6:30 Welcome, PMDA Business Update, Announcements and Highlights
- 6:45 **Please Don't Say THAT to a Family, Say THIS Instead**
- 7:45 Speaker Q & A, Wrap-up and Networking
- 8:00 Adjournment

Credit / AMA, CMD, NHA credits are available

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Penn State College of Medicine and The Pennsylvania Society for Post-Acute and Long-Term Care Medicine.

Penn State College of Medicine is accredited by the ACCME to provide continuing medical education for physicians. Penn State College of Medicine designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses Using AMA Credit

Nurses will receive a certificate from Penn State College of Medicine verifying their participation in 1 hour of approved continuing medical education. Continuing education activities which are approved by accredited institutions of higher education and that are relevant to patient care or professional nursing meet the requirements of mandatory continuing education for registered nurses in Pennsylvania, as required by the Pennsylvania State Board of Nursing. The Board of Nursing recommends that nurses retain their certificates for a period of at least five years. Additional information is available through the State Board of Nursing at: <http://bit.ly/dospagovnrse>

This live activity has been pre-approved by the American Board of Post-Acute and Long-Term Care Medicine (ABPLM) for a total of 1 management hour toward certification as a Certified Medical Director (CMD) in post-acute and long-term care medicine. The CMD program is administered by the ABPLM. Each physician should claim only those hours of credit actually spent on the activity.

The State Board of Examiners of Nursing Home Administrators has approved this program for 1 clock hour under provider number PR000201L.

Speaker

Paige Hector, LMSW
Clinical Educator and Consultant
Paige Ahead Healthcare Education & Consulting, LLC
Tucson, AZ

As a clinical educator, Paige is a frequent speaker at health-care conferences across the country on diverse topics including end-of-life care conversations, clinical operations for the interprofessional team, process improvement, statistical theory, documentation and care plans. She is skilled at inspiring staff to critically evaluate their own organizations and then gives them the resources and guidance to make necessary changes. With over 25 years' experience in long-term and post-acute care, she brings a wealth of knowledge to her work. Published in 2017, Paige co-authored a chapter on palliative care in nursing homes in the book titled "Conversations in Palliative Care: Questions and Answers with the Experts," 4th edition. Published in 2016, she wrote two chapters for the textbook titled "Managing the Long-Term Care Facility: Practical Approaches to Providing Quality Care." Monthly, she contributes a column in the "Getting on the Same Page" segment for the Nursing and Assisted Living Facility Professionals newsletter.

Locations (via webinar)

Bethlehem – ManorCare
Chapel Meeting Room
2021 Westgate Drive
Bethlehem, PA 18017

Erie – Lincoln Education Center
Hamot Women's Hospital
118 East Second Street
Erie, PA 16507

Harrisburg – UPMC Pinnacle
Brady Building
Susquehanna/Riverview Room - 1st floor
205 S. Front Street
Harrisburg, PA 17104

Lancaster – Mennonite Home
Juniata Room
1520 Harrisburg Pike
Lancaster, PA 17601

Muncy – Muncy Valley Hospital
215 East Water Street
Muncy, PA 17756

Pittsburgh – Cumberland Woods
Village Conference Center
UPMC Passavant Hospital Campus
700 Cumberland Woods Drive
Allison Park, PA 15101

Philadelphia – Boyd-Horrox
Funeral Home
200 West Germantown Pike
Norristown, PA 19401

Pittston – United Methodist Homes
Wesley Village; Partridge-Tippett Building
209 Roberts Road
Pittston, PA 18640

Registration and Cancellation

R Register Online at: <http://bit.ly/a625918>

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Nadine Popovich, Administrator 713 Ridge Ave Pittsburgh PA 15212
Phone 412/321-5030 ♦ Email npopovich@acms.org

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Pittsburgh, PA 15212