

THE GEORGIA GERIATRIC EDUCATION CENTER PRESENTS:

“IMPROVING PALLIATIVE AND END-OF-LIFE CARE
FOR FRAIL OLDER ADULTS” CONFERENCE



FRIDAY MAY 16, 2008
SATURDAY MAY 17, 2008
ATHENS, GEORGIA

Jointly sponsored by:

**The University of Georgia Institute of Gerontology
Armstrong Atlantic State University School of Allied Health Professions
Mercer University School of Medicine
Medical College of Georgia
Georgia Statewide AHEC Network**

CONFERENCE WELCOME

Greetings! We are delighted to welcome you, both to this first conference sponsored by the Georgia Geriatric Education Center, and to the beautiful campus of The University of Georgia in the dynamic "Classic City" of Athens. We chose the very important topic of "Improving Palliative and End-of-Life Care for Frail Older Adults," as there are so many opportunities to enhance the care provided to this vulnerable population, at a critical time in their lives, by sharing best practices.



Our goal is to supply you with ideas that you can take back and use in your own practice. We hope that the information you learn, as well as the networking facilitated by bringing together people interested in improving end-of-life care, will inspire you to make positive changes! Enjoy the conference and please let our staff know if you need assistance at any time.

Anne Glass
Associate Director
Georgia Geriatric Education Center

ABOUT THE GEORGIA GERIATRIC EDUCATION CENTER



In 2007, the U.S. Department of Health and Human Services, Health Resources and Service Administration (HRSA), funded the Institute of Gerontology in the College of Public Health at The University of Georgia in its efforts to develop the first Geriatric Education Center in the state. Joining the Institute in this endeavor are partners in the Departments of Medicine, Psychiatry, Neurosurgery, and Geriatrics from the Mercer University School of Medicine, the Georgia Neurosurgical Institute, and the College of Health Professions at Armstrong Atlantic State University. The \$1.26 million dollar grant will continue through June 30, 2010. The Center will provide special opportunities for health care professionals practicing in underserved areas of Georgia and for the training of minority faculty and health care professionals throughout the state.

The Georgia Geriatric Education Center (GGEC), through its interdisciplinary training team, will provide CEU and CME conferences and workshops, supervised on-site clinical training, and training through the internet. Participants can select from a variety of content areas. Some examples include: Cancer, Dementia, End-of-Life/Palliative Care, Genitourinary Health, Health Literacy, Mental Health, Oral Health, Pharmacological Issues, Health Promotion and Prevention, Aging and Public Health, and Meeting the Needs of Our Elders.

Leonard W. Poon, Ph.D. and Anne P. Glass, Ph.D. of The University of Georgia are the director and associate director, respectively, of the Georgia Geriatric Education Center. Partners at Mercer University School of Medicine include Lee A. Hyer, Ed.D., ABPP, and Richard J. Ackerman, M.D. Partners at Armstrong Atlantic State University include Richard W. St. Pierre, Ed.D., and Anita S. Nivens, R.N., Ph.D.

IMPROVING PALLIATIVE AND END-OF-LIFE CARE FOR FRAIL OLDER ADULTS CONFERENCE SCHEDULE

Friday, May 16, 2008

- 9:00 - 10:00 AM *Registration Sign-In*
- 10:00 - 10:45 AM *Opening Session*
Welcome by Leonard Poon, Ph.D., Director
Introduction by Anne Glass, Ph.D., Assistant Director
Institute of Gerontology, College of Public Health
University of Georgia, Athens, GA
- 10:45 - 11:45 AM *Palliative Care: Looking at the Broad Picture*
Laurent Adler, M.D.
Medical Director of Evercare Hospice and Palliative Care, Atlanta, GA
- 11:45 - 1:00 PM *Luncheon provided*
- 1:00 - 3:00 PM *Palliative Care at the Medical Center of Central Georgia, Macon, GA*
Carol Babcock, Palliative Care Manager
Laura Mullis, Palliative Care Nurse Practitioner
Margaret Jones, Marriage and Family Therapist, Transitions Program

Moderator: Steven House, M.D.
Assistant Medical Director of Palliative Care
- 3:00 - 3:15 PM *Break: 2nd Floor, Georgia Center*
- 3:15 - 4:00 PM *Pain Management in Terminally Ill Geriatric Patients*
Steven House, M.D.
Assistant Medical Director of Palliative Care, Macon, GA
- 4:00 - 5:00 p.m. *Starting a Palliative Care Consult Service in Small Rural Hospitals*
Tina Smusz, M.D., Director, Palliative Medicine Program
Carilion New River Valley Medical Center, Christianburg, VA

IMPROVING PALLIATIVE AND END-OF-LIFE CARE FOR FRAIL OLDER ADULTS CONFERENCE SCHEDULE

Saturday, May 17, 2008

- 9:00 - 10:00 AM *Lessons Learned About Beginning a Palliative Care Consult Service*
Laura Wiggins, N.P.
Steward Center for Palliative Care, Savannah, GA
- 10:00 - 10:30 AM *Experiences With End-of-Life Care: A Tale of Four Families*
Anne Glass, Ph.D.
Institute of Gerontology, College of Public Health
University of Georgia, Athens, GA
- 10:30 - 10:45 AM *Break*
- 10:45 - 11:45 AM *Improving the Final Days and Hours in the Nursing Home*
Kathy Kemle, PA-C, Geriatric Physician Assistant, Macon, GA
- 11:45 - 12:45 PM *Luncheon provided*
- 12:45 - 1:45 PM *Artificial Hydration and Nutrition in Dying Patients*
Richard Ackermann, M.D.
Medical Director of Inpatient Palliative Care Service, Macon, GA
- 1:45 - 2:30 PM *Expanding Hospice Across the Continuum*
Karen Joyce, R.N., B.S.N., O.C.N.
Director of St. Mary's Home Health/Hospice Services, Athens, GA
- 2:30 - 2:45 PM *Break: 2nd Floor, Georgia Center*
- 2:45 - 3:45 PM *Improving End-of-Life Care for Family Caregivers*
William Haley, Ph.D.
University of South Florida, Tampa, FL
- 3:45 - 4:45 PM *Putting It All Together and Next Steps*
Kelly Erola, M.D.
Chief Medical Director, Hospice Savannah, Savannah, GA

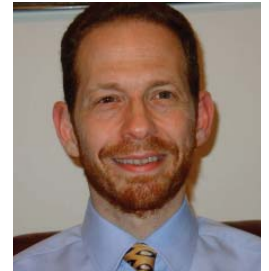
ABOUT THE CONFERENCE SPEAKERS



Richard Ackermann is Professor of Family Medicine at Mercer University School of Medicine in Macon, Georgia. He earned his medical degree from Duke University and completed his family practice residency at the Naval Hospital in Charleston, SC. He has earned the certificate of added qualifications in geriatric medicine, is a certified medical director of a long-term care facility, and is certified in hospice and palliative medicine.

Dr. Ackermann is the Director of the Division of Geriatrics and the Geriatrics Fellowship Program in Macon. He also serves as medical director of the only comprehensive inpatient palliative care service in Georgia. He has published more than 40 articles in the family medicine and geriatric literature. His research interests include health care policy in caring for frail elderly and clinical issues in long-term care. He has been principal or co-investigator on over \$1 million of federal, state, and foundation grants. He lives in the countryside in Lizella with his wife Hilary, also a family physician, and two children. Hobbies include music of all ages and gardening.

Laurent Adler is the Medical Director of Evercare Hospice and Palliative Care in Atlanta, Georgia. Prior to that, he was the Medical Director of Palliative Care at the Wesley Woods Center of Emory University in Atlanta. He was the co-founder of the Physician Home Visit Program at Mount Sinai Medical Center in New York, NY.



Dr. Adler also currently serves as a Clinical Assistant Professor in the Department of Internal Medicine at the Emory University School of Medicine. He received a Masters of Science degree in Clinical Research at the Rollins School of Public Health at Emory, and an MD from Hahnemann University School of Medicine in Philadelphia, PA.



Carol Babcock has her master's degree in Marriage and Family Therapy from Mercer University School of Medicine. She is the Manager of The Center for Palliative Care at The Medical Center of Central Georgia and was one the co-founders of the department.

Carol has past experience with supervising Adult Protective Services in Bibb County and several years as a Social Worker in Home Health. She received the Vice President's Award for her team approach and commitment to patient and family centered care at The Medical Center in August, 2006.

Kelly A. Erola is Hospice Savannah's Chief Medical Director. She is a graduate of McMaster University Medical School in Ontario, Canada, and completed her residency in Family Medicine at the University of Ottawa where she received the award for the highest standing on her certification exams. Dr. Erola has served as Medical Coordinator of the Northeastern Ontario Breast Screening Program, Associate Director of Family Practice Residency at Floyd Medical Center in Rome, Georgia and as a family physician for International Paper Family Medical Center. She is Board Certified by the American Board of Family Practice and is a member of the American Medical Association, Georgia Medical Society and the American Academy of Hospice and Palliative Medicine.



Dr. Erola has been working full-time in the field of hospice and palliative care for over five years. She participated in one of the first CAPC training programs on how to develop a palliative care program in 2004. Dr. Erola oversees the hospice care of Hospice Savannah patients and serves as a resource in end-of-life care to the patient's primary physician and to the medical community.



Anne Glass received her Ph.D. from Virginia Tech and worked for several years in Virginia in a variety of roles, in government agencies, as a researcher at the Center for Gerontology at Virginia Tech, and for ten years, with a large healthcare system. Earlier, she completed the Graduate Certificate of Gerontology at The University of Georgia while obtaining her masters degree.

In 2005, she returned to The University of Georgia to serve as the Assistant Director of the Institute of Gerontology in the College of Public Health, and as Graduate Coordinator for the Graduate Certificate of Gerontology. She is also an Assistant Professor in the Department of Health Policy and Management, and she serves as the Associate Director of the Georgia Geriatric Education Center. Her major research interests are in death and dying, improving long term and end-of-life care, and in the new "aging in community" movement.

ABOUT THE CONFERENCE SPEAKERS



William Haley received his Ph.D. in Clinical Psychology at the University of Massachusetts-Amherst, and completed postdoctoral work in Geriatric Clinical Psychology at the University of Washington-Seattle. Dr. Haley has over 150 publications in the area of aging, focused primarily on helping family caregivers cope with chronic conditions including Alzheimer's disease, cancer, arthritis, stroke, and terminal illness. He has a special interest in research that develops and evaluates psychosocial interventions for family caregivers.

Dr. Haley is Past Chair of the Behavioral and Social Sciences Section of the Gerontological Society of America, and a Past President of the Section on Clinical Geropsychology of the American Psychological Association. He serves on the Editorial Boards of four leading journals in the field of gerontology, and on a Scientific Review Panel of the National Institute of Mental Health. Dr. Haley is currently Professor in the School of Aging Studies at the University of South Florida and has additional appointments at the Florida Alzheimer's Disease Center, H. Lee Moffitt Cancer Center, and the Center for Hospice, Palliative Care, and End of Life Studies at the University of South Florida.

Steven House is an Assistant Professor of Family Medicine at the Mercer University School of Medicine. His hospice and palliative care experience includes service as a hospice medical director and assistant medical director for the Center for Palliative Care at MCG. Dr. House achieved certification through the American Board of Hospice and Palliative Medicine in 2004. He has spoken locally and regionally on multiple palliative medicine topics, mostly in relation to pain and symptom management in a variety of disease states.



Dr. House currently serves on the Board of Trustees for Georgia Health Decisions, the organization that developed the Critical Conditions advance directive workbooks. He is married to Dr. Alice House (immediate past president and current chair of the board of directors for the Georgia Academy of Family Physicians) and has 3 children and 2 grandchildren.



Margaret Jones is a Licensed Marriage and Family Therapist who works as a Transitions Counselor for the Center for Palliative Care/Transitions at the Medical Center of Central Georgia. She received a Master of Family Therapy degree from Mercer University School of Medicine in July of 2001, and did her internship at the Family Health Center in Macon, Georgia.

She is a clinical member of the American Association for Marriage and Family Therapy. She was the 2006-2007 chair of the Middle Georgia Chapter/Georgia Association for Marriage and Family Therapy and currently serves as its vice-chair. She is also a member of the Collaborative Family Healthcare Association.

Karen Joyce is the Director of St. Mary's Home Health/Hospice Services in Athens, Georgia. She has been an RN for 29 years, and has spent the last 16 years as a certified Oncology nurse working in hospice. She was instrumental in the creation of St. Mary's Hospice House, which opened in 2006.

She received a BSN from the Medical College of Georgia and a diploma from the Mercy Hospital School of Nursing. Karen is married with 1 daughter, 2 cats, 2 geckos and a mouse.



Kathy Kemle completed her training as a physician assistant in 1979 at the University of Texas Southwestern at Dallas, Texas. She then practiced in Ob-Gyn in Galveston until transferring to Internal Medicine in 1984 and serving as a faculty member of the UT Medical Branch Physician Assistant Program. In 1990 she moved to Georgia, where she worked as a staff physician assistant in Albany. She was also employed by the SOWEGA AGEC and developed the SOWEGA Medical College of Georgia Physician Assistant Program, a model that has been replicated across the country. In 1994, she was appointed Assistant Professor at Mercer University School of Medicine, where she teaches medical students and Family Medicine residents geriatrics and home care medicine as well as palliative care.

She is the author of numerous publications and several book chapters and is a frequent presenter at state and national meetings. She has served as a leader in state and national professional organizations. In 2008, she was named the Outstanding Physician Assistant of the Year by the American Academy of Physician Assistants.

ABOUT THE CONFERENCE SPEAKERS



Laura Mullis has been a nurse practitioner for over three years and has been with the Center for Palliative Care at the Medical Center of Central Georgia in Macon those three years. She sees patients daily and performs the initial history and physical, discusses code status and treatment goals with families. She also specializes in pain and symptom management.

Laura has a special interest in serving on the board for Hospice of Central Georgia. They are in the process of raising five million dollars for a free standing inpatient hospice house. Laura also serves as a clinical preceptor for area nursing schools and for Mercer's School of Medicine for medical students and residents at the Medical Center of Central Georgia. She is also faculty for the Geriatric Fellowship at the Medical Center of Central Georgia in Macon. She is married and has three children, enjoys reading, walking, gardening and swimming.

Leonard Poon came to The University of Georgia in 1985 to head the Gerontology Center and chair the Faculty of Gerontology, after 12 years on the faculty of psychiatry at Harvard Medical School and the VA Medical Center in Boston. He is Professor of Health Policy and Management at the College of Public Health, and Professor of Life Span Developmental Psychology in the Department of Psychology at The University of Georgia.



He is also the Director of the NIH-funded Georgia Centenarian Study since 1988, and the Director of the Georgia Geriatric Education Center since 2005. Dr. Poon is the founding Executive Director of the International Centenarian Consortium since 1994, a cross-cultural collaboration among nine countries. He is the President of the International Jury of the Ipsen Foundation Longevity Prize in Paris. A fellow of GSA, APA, APS, and AGHE, Dr. Poon was a Senior Fulbright Scholar to Sweden and a Senior Research Fellow to Japan. His primary research interests are longevity and survival of the oldest old, normal and pathological changes in memory and aging, impact of exercise on cognition, and clinical diagnosis of early dementia.



Tina Smusz practices Palliative Medicine at Carilion New River Valley Medical Center in Christiansburg, Virginia. She is board certified in Hospice & Palliative Medicine and teaches these subjects to medical students at the Edward Via Virginia College of Osteopathic Medicine in Blacksburg, Virginia. She received her MSPH from the University of Missouri School of Medicine, and her MD from Southern Illinois University School of Medicine.

After practicing Emergency Medicine for over 15 years, she retrained through the Harvard Medical School Faculty Scholars program in Palliative Care, and learned care of the terminally ill from bedside experience with skilled hospice nurses. She is Medical Co-Director of Carilion Hospice of the New River Valley and initiated the Palliative Medicine consultation program at Carilion New River Valley Medical Center. She participates extensively in educational programs promoting Palliative Care practices throughout healthcare facilities in southwest Virginia.

Laura Wiggins is an Adult Nurse Practitioner who has been involved in End of Life Care since 1992 as an Oncology Nurse at Memorial Medical Center. She continued working with End of Life care at Advantage Home Health during the late 1990s as a part of the Infusion Therapy Team, which specialized in pain management. She received her BSN at the Medical College of Georgia in 1992 and her Master's Degree with a concentration as an Adult Nurse Practitioner in 2001 from Armstrong Atlantic State University.



The focus of her career in nursing has been with oncology, pain management and hospice patients. She has been a part of the Hospice Savannah family since 2001 and in the role as the Palliative Nurse Practitioner since 2004. She is actively involved in the Nurse Practitioner Council of Coastal Georgia and Savannah Chapter of the Oncology Nursing Society. She is also active in the community as a previous board member of the African American Health Information and Resource Center. She currently serves on the board of Savannah Development and Renewal Authority as well as an active member of Delta Sigma Theta Sorority, Inc. and The Savannah Chapter of The LINKS, Inc.



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