

end OF *life* CONSENSUS COALITION

Vol. 19, January 2009

The newsletter of the Washington End of Life Consensus Coalition (WEOLCC)

INITIATIVE 1000: Implications for practice and opportunity for improving end-of-life discussions

Monday, Feb. 23, 2009
Holiday Inn Sea-Tac

17338 International Blvd., Seattle, WA 98188

Sponsored jointly by the WA End-of-Life Consensus Coalition and the WA State Hospice & Palliative Care Organization

Workshop on Initiative 1000 this February

Initiative 1000, which allows terminally ill adults to request and self-administer lethal medications prescribed by a physician, becomes law March 4, 2009. Health professionals need to understand the law and its requirements in order to be fully prepared when it takes effect.

Please join us on Monday, Feb. 23 for “*Initiative 1000: Implications for practice and opportunity for improving end-of-life discussions*,” an interdisciplinary educational workshop. CME credit and CEUs will be offered.

Topics discussed will include:

- Lessons Learned in Oregon: Do they have practical application in Washington?
- Legal/ethical interventions to alleviate suffering at end-of-life, i.e., voluntary withdrawal of food, fluids, interventions; palliative sedation, PAD
- Case studies in discussing requests for Physician Aid in Dying: The Good, The Bad, and The Ugly

Featured presenters will include Ann Jackson, MBA, Gregg VandeKieft, MD, WEOLCC Past-Chair Stuart Farber, MD, and WEOLCC steering committee members Linda Seaman, MD & Robb Miller.

The workshop, sponsored jointly by the WA End-of-Life Consensus Coalition and the WA State Hospice &

Palliative Care Organization will take place from 9:00 a.m. – 3:30 p.m. at the Holiday Inn Sea-Tac, 17338 International Blvd., Seattle, WA 98188. Registration fee is \$175 and includes training materials and continental breakfast, breaks and lunch.

Deadline for registration is Feb 15, 2009 based upon space availability. Seating is limited. Register online at www.wshpco.org (click on Events Calendar, then select Click Here to Register for this event). For more information about the program, contact Anne Koepsell, WSHPCO Executive Director, at 253.661.3739 or 866.661.3739.

Updates on changes to the POLST Form and Program

In December of 2008, the Physician Orders for Life Sustaining Treatment (POLST) form was reviewed and revised by the Washington POLST Taskforce, a sub-committee of the WEOLCC. The changes were approved by the Washington State Medical Association (WSMA) and the Washington State Department of Health (DOH), the program’s co-sponsors. The revision process reflects a commitment by the WSMA and DOH to review and consider revisions to the POLST program every two years. The form was last updated in December of 2006.

Details of the recent revisions can be found at the WSMA’s website at

http://www.wsma.org/patients_resources/polst.cfm#revisions. The new form can be viewed at http://www.wsma.org/patient_resources/polst.cfm.

You can begin to use the new form immediately. You do not have to re-do existing POLST forms in resident charts—all prior versions remain valid.

Information on how to order the new POLST form can be found at http://www.wsma.org/patients_resources/polst.cfm#order.

Highlights from the 2008 WEOLCC Fall conference

New steering committee member Char Barrett was the keynote speaker at the WEOLCC Fall Conference, held

Friday, November 2, 2008 at the Red Lion Hotel Seattle Airport. Char, a licensed funeral director, home funeral guide and founder of A Sacred Moment, a home funeral service, gave a fascinating history of home funerals; its common practice in American homes in the 19th century, the birth of the funeral home industry coming out of the Civil War, and how a typical home's front parlor eventually evolved into today's living room, and why that change occurred. A riveting story.

Char then guided attendees through the process of a family-directed home funeral, using a slide show of photos from a home funeral. She demonstrated how this approach can extend the loving care families experience through hospice and allows families the time to work through their grief as they care for their loved one for the last time.

Other highlights from the conference included a number of end of life topics addressed by experts in their respective fields, first as brief presentations, then later in interactive breakout sessions. Kathryn Koelemay, MD, MPH, Medical Epidemiologist at Public Health - Seattle & King County led a session on palliative care during a natural disaster/pandemic. Krista Robak, a grief counselor with the Sunflower program at Sacred Heart, led a session on the topic of child grief. Steering committee members Donna Oiland and Jim Shaw led sessions on the creation of legacy and POLST, respectively.

The WEOLCC fall conference serves as its annual meeting where Coalition members get a chance to meet, network, and give input to the direction of the Coalition and the work of the steering committee.

WEOLCC steering committee welcomes new member

The WEOLCC would like to welcome Char Barrett to its Steering Committee. Char is a licensed funeral director, home funeral guide and founder of A Sacred Moment, a home funeral service (<http://www.asacredmoment.com/>).

The WEOLCC is excited to have Char Barrett as part of its leadership.

End of Life Resources

Home Funeral Vigils & Green Burials - Shoreline Library Talk presented by A Sacred Moment, Inc.
Thursday, February 5, 2009, 6:30pm-8:00pm
Shoreline Library, 345 NE 175th
Shoreline, WA, 98155
Free to the public.
<http://www.asacredmoment.com/events/>

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The Washington State Living Will Registry Educational Materials

Available through the Department of Health, the following materials are available, currently for free:

- Fact-sheet
- Brochure for health care providers
- Poster
- Brochure for general public
- DVD for providers and general public

To order, contact Carol Wozniak at (360) 236-4369, carol.wozniak@doh.wa.gov
Visit the living will registry at <http://www.doh.wa.gov/livingwill/>

Participation and Staying Informed

Visit the coalition's Web home to find out more.
http://www.wsma.org/about_wsma/weolcc.cfm

**For more information regarding the End of Life Coalition, contact Graham Short at gfs@wsma.org, or (800) 552-0612
Visit us online at http://www.wsma.org/about_wsma/weolcc.cfm**