

# end OF *life* CONSENSUS COALITION

## Vol. 20, February 2010

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

### **Overcoming Barriers, Building Bridges Diversity Workshop**

Friday, May 7, 2010

Tukwila Community Center

12424 42nd Ave. S., Tukwila, WA 98168

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

### **Save the date: Diversity Workshop, Friday, May 7, 2010**

*Overcoming Barriers, Building Bridges* is the title of the upcoming day-long diversity workshop, scheduled for Friday, May 7, 8:30 a.m. - 4:30 p.m. at the Tukwila Community Center. The workshop is co-sponsored by the Washington End of Life Consensus Coalition and the Washington State Hospice & Palliative Care Organization.

Keynote speakers will include **Ira SenGupta**, Cross Cultural Health Care Program's Executive Director and former Director of Cultural Competency Programs, with a presentation on *Utilizing Cultural Competence for Optimal EOL Care*, and **John Pham, DO**, a family practice physician with Adventist Health Care in Portland, OR, with a presentation on *Understanding Death & Dying in the Asian Community*. Also featured will be a luncheon presentation by author, speaker, executive coach, and consultant, **Gloria Burgess**, on *Celebrating our Creativity and Diversity*.

Registration fee is \$150, which includes coffee, lunch & CEs (for RN and SW). Register online at [www.wshpco.org](http://www.wshpco.org). For more information about the program, contact **Anne Koepsell**, WSHPCO Executive Director, at 253.661.3739 or 866.661.3739.

### **2009 WEOLCC Annual Meeting wrap up**

An examination of the current state of end-of-life care in Washington State was featured at the 2009 WEOLCC Annual Meeting on Friday, November 20 at the Red Lion Hotel Seattle Airport.

Passage of Washington's Death With Dignity Act, the evolving fields of palliative and hospice care and the

increasing use nationwide of the Physician Orders for Life-Sustaining Treatment (POLST) were among the topics covered. Also featured was an update by State Representative **Jim Moeller**, (D-Vancouver) on legislative issues related to end-of-life care, as well as a presentation on the endangered online Washington State Living Will Registry titled "*Washington's Living Will Registry – Use It or Lose It.*"

Meeting minutes, including the recommendations from breakout sessions for the steering committee, can be downloaded at [http://www.wsma.org/about\\_wsma/weolcc.cfm](http://www.wsma.org/about_wsma/weolcc.cfm). Also available for download are the presentations on hospice by **Lisa Butler**, Director of Public Policy and Outreach from the Washington State Hospice and Palliative Care Organization, and the Living Will Registry presentation, by **Robb Miller**, Executive Director of Compassion and Choices of Washington.

### **PNWU adds palliative care education to their core curriculum**

Pacific Northwest University of Health Sciences-College of Osteopathic Medicine, now in its second year of operation, has incorporated palliative care education into their Community Behavioral Medicine core curriculum. Based in Yakima, Washington, and in keeping with its commitment to prepare new physicians to optimally serve their future patients, the second year medical school class received close to 30 hours of didactic teaching on critical issues pertinent to caring for patients with life limiting diseases such as cancer, advanced cardiac, lung and kidney disease, dementia and others. Important topics such as pain management, understanding the spiritual and psychological distress in these journeys, and many of the ethical and legal dilemmas in caring for patients at end of life were discussed.

Under the leadership of WEOLCC steering committee member **Dr. Linda Wrede-Seaman**, who is one of the few board certified palliative medicine specialist in Eastern Washington, and a pioneer of the this new specialty in medicine, the students were able to receive cutting edge education, including exercises in filling out their own advanced directives, writing essays on current issues, and observing hospice care in the field with Yakima's local hospice agencies. "This is a dream come true," says Dr. Seaman. "The best way to change the way we care for our aging population and do a better job of achieving a 'good death' is to teach our young physicians how to be prepared for the many biomedical issues and questions that patients

and their families have as they make this powerful journey toward death.”

### **How you can help save Washington's Online Living Will Registry**

Here in Washington we are fortunate to have an online Living Will Registry where residents can register their advance planning documents with the Department of Health (DOH).

As leaders and innovators in the end of life arena, it is especially important for us to lead by example, and register our advance directives.

By registering our directives, we not only can empower ourselves to educate others, but we will increase the usage of the online registry - the more people who register, the better the chances the Living Will Registry will survive future budget cuts.

The Registry website covers why and how to register and provides each of the documents that can be registered. Registration is easy, free, and provides peace of mind.

For more information, go to the Washington State Living Will Registry website at [www.doh.wa.gov/livingwill](http://www.doh.wa.gov/livingwill), or call the DOH's Consumer Hotline toll free, 1.800.525.0127.

*Prepared by the Living Will Registry Task Force, a project of the Washington End of Life Consensus Coalition. For more information about Washington's Living Will Registry, contact Iona Stenhouse, 206.369.0644.*

### **State Medical Association now offers physician end of life CME OnDemand**

The WSMA has launched a new membership service – OnDemand CME. The programs are now posted on the WSMA website – [www.wsma.org](http://www.wsma.org). Included is a program on end of life care and the new assisted suicide law, featuring presentations by WEOLCC steering committee members **Stu Farber**, **Linda Wrede-Seaman** and **Robb Miller**. The cost to view and claim CME credit is \$25 for 2010 WSMA delegates, \$50 for WSMA members and \$100 for non-members. To access, click on the OnDemand button in the menu bar.

### **Upcoming End of Life Events**

*23rd Annual Pain & Suffering Symposium, the Assessment & Management of the Patient with Complex Chronic Pain*  
March 12-13, 2010

Fairmont Hotel Vancouver  
Vancouver, British Columbia  
Registration information at [www.tfme.org](http://www.tfme.org)

*Living with Grief: Cancer & End-of-Life Care*  
Hospice Foundation of America Teleconference

March 24, 2010, 10:30am-1:30pm

Check-in begins at 10:00am

\$25 – fee includes companion book & boxed lunch

Register by calling 425.899.3000 or online at

[www.evergreenhospital.org](http://www.evergreenhospital.org)

Hosted by Evergreen Hospital's Spiritual Care Department & Group Health Cooperative

*Challenges in Caregiving: Giving Care, Taking Care*

June 7, 2010

Tukwila Community Center

Tukwila, Washington

The conference is intended for family caregivers and the community caregivers who support them.

Pre-registration is required and space is limited. Call today to receive a full brochure and registration form.

1.800.422.3263 or 360.725.2544

*Nuts & Bolts of Advanced Pain & Symptom Management Workshop*

June 9 & 10, 2010

The Heathman Lodge, 7801 NE Greenwood Dr.,  
Vancouver, WA

Sponsored by Washington State Hospice & Palliative Care Organization

Registration fee: \$395/WSHPCO member; \$450, non-member

Registration information will be posted in March on

[www.wshpco.org](http://www.wshpco.org)

Contact: Anne Koepsell, 253.661.3739 or email

[anne@wshpco.org](mailto:anne@wshpco.org)

### **Participation and Staying Informed**

Visit the coalition's Web home to find out more.

[http://www.wsma.org/about\\_wsma/weolcc.cfm](http://www.wsma.org/about_wsma/weolcc.cfm)

**For more information regarding the End of Life Coalition, contact Graham Short at [gfs@wsma.org](mailto:gfs@wsma.org), or 800.552.0612  
Visit us online at [http://www.wsma.org/about\\_wsma/weolcc.cfm](http://www.wsma.org/about_wsma/weolcc.cfm)**