

THE 2011 NATIONAL CONFERENCE ON END OF LIFE CARE

STEP #1: Registration Options:

CONFERENCE LOCATION:
Las Vegas, NV, October 24-October 26, 2011
50521IVE

Register online 24/7 at www.pesihealthcare.com!

- Your choice of 9 - 10 sessions:
 - \$550 standard seminar tuition
 - \$520 registration postmarked by September 23, 2011
- Your choice of 7 - 8 sessions:
 - \$480 standard seminar tuition
 - \$450 registration postmarked by September 23, 2011
- Your choice of 1 - 6 sessions:
 - \$390 standard seminar tuition
 - \$360 registration postmarked by September 23, 2011

Please indicate which sessions you will be attending:

- Session 1: National Consensus Project for Quality Palliative Care
- Session 2: Disease and Symptom Management
- Session 3: Essentials of Patient and Family Communication
- Session 4: The Most Overlooked Symptoms
- Session 5: Dementia: The Long Good-bye
- Session 6: Pain Management
- Session 7: What is the Meaning of Life? and Sexuality
- Session 9: Two Interventions to Consider: POLST and NODA
- Session 10: Laughing Through the Tears: Dealing with Caregiver Fatigue

STEP #2: Please complete entire form

(to notify you of seminar changes); please print; staple duplicate forms.

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph (_____) _____

Dept. Ph (_____) _____

E-mail address _____

For your convenience, a confirmation/receipt will be sent only via e-mail. We do not sell e-mail addresses.

Tax-Exempt Customers: Please send copy of exempt certificate.



Call us early with your ADA needs.

PLEASE INCLUDE MAILING LABEL, EVEN IF INCORRECT.

STEP #3: Indicate Method of Payment

- Payment or purchase order must accompany each registration.
- Check enclosed payable to **PESI HealthCare**
 - Signed purchase order/Check request enclosed
 - MC 16 digits VISA 13-16 digits AmEx 15 digits Discover 16 digits
- Card # _____ Card Exp. _____
- Signature _____
- V-Code #: _____
- (*MC/AM/Discover has 3-digit # on signature pad on back of card) (*American Express: 4-digit # above account # on face of card)
- ON-LINE:** www.pesihealthcare.com
- By FAX: 800-675-5026** with credit card payment.
By PHONE: 800-843-7763 M-F, 7 am-5 pm, CT
Please have credit card information available.

By MAIL:

Detach or photocopy (including mailing label) and mail to:
PESI HealthCare
P.O. Box 900
Eau Claire, WI 54702-0900
Fed. ID #: 26-3896894
www.pesihealthcare.com
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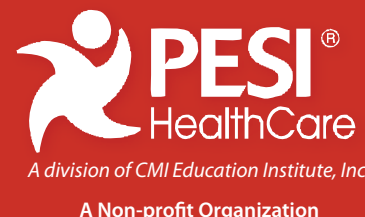
The 2011 NATIONAL CONFERENCE ON END OF LIFE CARE

- Palliative Care
- Disease Management
- Overlooked Symptoms
- Pain Management
- Hidden Taboos
- Complications and Interventions
- Caregiver Fatigue



LAS VEGAS, NV
October 24 - October 26, 2011
Monte Carlo Resort and Casino

This event is also available via live webcast.



A division of CMI Education Institute, Inc.
A Non-profit Organization

pesihealthcare.com

CUSTOMIZE YOUR CONFERENCE EXPERIENCE!

PESI HealthCare is offering 10 conference sessions in an 'a la carte' format. Choose which sessions you want to attend or choose all 10 for the lowest per-session cost! Please see the registration panel for details on conference pricing.

Featured Speakers

JUDY DOBSON, RN, MSN, CHPN, has gained extensive experience caring for patients through her 48 years as a nurse in a variety of settings. While serving as a hospice director, Judy organized a hospice orientation program, extended hospice care to residents in skilled nursing facilities and developed the first local bereavement camp for children and teens. In addition to Judy's expertise in caring for end stage disease hospice patients, she will draw from her invaluable experiences in acute care, caring for specialized patient populations including: emergency departments, medical/surgical, end stage renal disease, pediatric oncology and gastroenterology. She has also encountered many of these end stage diseases through personal family experiences, which adds another important perspective to the discussion. Judy is a sought-after end of life presenter, having shared her insights at the local, state, and national levels. She holds certifications as a Hospice and Palliative Care Generalist Nurse and as a Hospice Trainer. Judy is an ELNEC (End-of-Life Nursing Education Consortium) trained and Hospice and Palliative Nurses Association presenter. She recognizes that caring for persons with end stage disease requires extreme sensitivity, deep compassion and extraordinary knowledge. Judy has a special interest in "finding meaning" at the end of life, and in the near-death awareness exhibited by many patients.

AMANDA HUDSON LUCAS, MSN, RN, CCRN, ACNS-BC, ACHPN, is a Clinical Nurse Specialist and founding team member of the Center for Palliative Care at the Medical Center of Central Georgia. She combines years of clinical experience in intensive care with her current role as member of an acute-care palliative consulting service. While promoting quality care at the bedside, Amanda has also held faculty positions with local medical and nursing schools, and continues to mentor clinical nurse specialist students and Geriatric Fellows in the principles of palliative care. Amanda is a sought-after speaker at the state, national and international levels, including engagements at the American Association of Critical Care Nurses National Teaching Institute and Sigma Theta Tau International Biennium. She is published in the areas of interdisciplinary palliative teams, withholding and withdrawing life support, and implementing palliative care in the intensive care unit. Amanda has spoken for the Hospice and Palliative Nurses Association on ethical issues at the end of life, and continues to teach hundreds of nurses every year as an End of Life Nursing Education Consortium (ELNEC) trained instructor.

ELIZABETH DAY, RN, MSN, CHPN, is a Medical Surgical Nursing Instructor and Psychiatric Mental Community Health Nursing Instructor for Fresno City Community College in California. Prior to this, she was a Clinical Manager for a large hospice agency in Sacramento. Much of her nursing career has been concentrated specifically in hospice and palliative care. Elizabeth has gained tremendous insight into death and dying through previous nursing experiences, including intensive care, neurology, medical/surgical, and home care. She also serves as a Hospice & Home Health Surveyor for the Accreditation Commission for Health Care (ACHC). Elizabeth won the Excellence in Caring Practice Award twice from the American Association of Critical Care Nurses. She has co-authored a chapter on "Ethical Considerations for Neuroscience Nurses" for the American Association of Neuroscience Nurses Core Curriculum. She is also a nationally and internationally recognized speaker on topics pertaining to death and dying, spirituality, cultural diversity, communication, stress management and compassion fatigue. Elizabeth's signature saying is: *"Death is not routine, even though it is a part of life. Neither the patients facing death nor the patients' loved ones will ever tell you that death is routine. This is where we as health care professionals can make a difference, not only in the lives of our patients, but also in the lives of those left behind."*

Luxury Accommodations

The **Monte Carlo Resort & Casino** is glamorously styled after the legendary playground in Monaco but without the high price tag! Richly appointed with the flair of a bygone era, the Monte Carlo sets a new standard for resort casinos. Complete with lavish amenities such as a full-service health spa, world-class cuisine, exceptional accommodations and majestic entertainment, the Monte Carlo is the epitome of a luxury resort.



Fantastic Room Rates!

PESI HealthCare has secured a very limited block of rooms on a first-come, first-served basis for \$54.00 per night for the nights of Sunday 10/23, Monday 10/24, Tuesday 10/25 & Wednesday 10/26/11. Rates are for a Single or Double room and are subject to a 72-hour cancellation fee.



3770 Las Vegas Blvd South - Las Vegas, Nevada
Located on the strip, across the street from MGM Grand.
Free Parking. www.monte-carlo.com

PESI HealthCare strongly recommends that you do not make hotel and air travel arrangements prior to receiving confirmation of your conference registration. PESI HealthCare conferences are well-respected by attendees from across the country and frequently become sold-out events. PESI HealthCare is not responsible for any travel costs incurred.

Our room block will be held until rooms are filled on or before Friday, September 23, 2011. After the room block is filled, rooms will be filled contingent on space and rate availability. For reservations, please call the hotel directly 800-311-8999. Request group code: PESI HEALTHCARE - END OF LIFE CONFERENCE to receive group rates.

On-Site Bookstore

Make time during the conference to visit the PESI HealthCare bookstore. Books will be available to order or you can save shipping charges and receive them at the conference. Look for special conference pricing of CDs and DVDs.

Written Materials Included With Your Registration

The conference presenters have prepared written materials specifically for this event. One copy is included with your registration and will be given to you at the conference.

Conference Includes:

- Prize drawing giveaways • Continental breakfast each day • Catered networking lunches • Refreshment breaks each day • Conference take-home manual
- The best continuing education experience, *guaranteed!*

Conference Schedule

All events will be held at Monte Carlo Resort and Casino

Monday, October 24, 2011	
7:00 a.m. – 8:00 a.m.	Registration and Continental Breakfast
8:00 a.m. – 9:30 a.m.	National Consensus Project for Quality Palliative Care - <i>Judy Dobson</i>
10:00 a.m. – 11:30 a.m.	Disease and Symptom Management - <i>Amanda Lucas</i>
11:30 a.m. – 1:00 p.m.	Catered Lunch
1:00 p.m. – 2:30 p.m.	Essentials of Patient and Family Communication - <i>Amanda Lucas</i>
3:00 p.m. – 4:30 p.m.	The Most Overlooked Symptoms - <i>Judy Dobson</i>

Tuesday, October 25, 2011

7:00 a.m. – 8:00 a.m.	Registration and Continental Breakfast
8:00 a.m. – 9:30 a.m.	Dementia: The Long Good-bye - <i>Elizabeth Day</i>
10:00 a.m. – 11:30 a.m.	Pain Management - <i>Amanda Lucas</i>
11:30 a.m. – 1:00 p.m.	Catered Lunch
1:00 p.m. – 2:30 p.m.	What is the Meaning of Life? - <i>Judy Dobson</i>
3:00 p.m. – 4:30 p.m.	The Hidden Taboos: Spirituality and Sexuality - <i>Elizabeth Day</i>

Wednesday, October 26, 2011

7:00 a.m. – 8:00 a.m.	Registration and Continental Breakfast
8:00 a.m. – 9:30 a.m.	Two Interventions to Consider: POLST and NODA - <i>Judy Dobson</i>
10:00 a.m. – 11:30 a.m.	Laughing Through the Tears: Dealing with Caregiver Fatigue - <i>Elizabeth Day</i>

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\$390 standard seminar tuition
\$360 registration postmarked by September 23, 2011

Webcasts - Live at your PC!

Each session of the conference can be delivered in real-time to your internet-connected computer!

Visit www.pesihealthcare.com/eseminars for pricing details.

(CE fee per participant payable after event)

Cancellation Policy:

If you contact us before the first day of the conference, you can exchange for a certificate to attend future PESI HealthCare seminar(s), or receive a tuition refund less a cancel fee. Substitutions are permitted at any time.

Occasionally, conference changes are necessary as a result of speaker availability, participant demand, or unforeseen circumstances. While PESI HealthCare will do everything possible to ensure participant satisfaction, PESI HealthCare's liability is limited to the tuition fee only.

Conference Registration

How to Register:

- On-line** www.pesihealthcare.com

Express Registration Code: 50521LVE

- Phone 800-843-7763**

(with credit card) M-F 7:00-5:00 CT

- Fax** the form on the back with credit card information to 800-675-5026.

- Mail** PESI HealthCare, P.O. Box 900, Eau Claire, WI 54702-0900 **Send payment with registration.**

Continuing Education Credit for *each* Session:

Nurses/Nurse Practitioners/Clinical Nurse Specialists: CML...



The following individuals contributed to the planning of this educational event:

Content Expertise

Judy Dobson, RN, MSN, CHPN
Amanda Hudson Lucas, MSN, RN, CCRN, ACNS-BC, ACHPN
Elizabeth Day, RN, MSN, CHPN

Target Audience Consultant

Jennifer Craig, LCSW, BCD

Nurse Planner

Mary Meyers, RN, MSN

Session #1

Monday • October 24, 2011

8:00am - 9:30am

National Consensus Project for Quality Palliative Care

These guidelines are intended to serve as an educational framework and blueprint for the structure and provision of palliative care to patients and families in primary treatment settings. The guidelines in this session promote the optimal functioning and relief of suffering for patients facing serious life-threatening or debilitation illness and support for the best quality of life.

OBJECTIVES - Following this conference session, you will be able to:

- List the 8 domains of palliative care which are promoted by the NCP.
- Explain continuity of palliative care across settings (home, residential care, hospital, and hospice).
- Recognize the guidelines as a blueprint and practical guide to the provision of quality care.

TOPICS

- Evolution of the guidelines
- Evidence-based domains
- The eight domains in the plan of care
- Examples of new programs using the guidelines

FEATURED SPEAKER - Judy Dobson, RN, MSN, CHPN

Session #2

Monday • October 24, 2011

10:00am - 11:30am

Disease and Symptom Management

Within the next 20 years there will be over 69 million elderly individuals in the United States living with a multitude of chronic, advancing illnesses. Now is the time to prepare - we will review some of these diseases, their commonly associated symptoms, and methods for improved interdisciplinary teamwork. The emotionally laden decision around artificial hydration and nutrition will be tackled with current evidence and key points of communication.

OBJECTIVES - Following this conference session, you will be able to:

- Identify 5 of the fastest growing chronic diseases and associated symptoms.
- Compare pharmacological and nonpharmacological symptom management strategies.
- Determine the pros and cons of artificial food and fluids.

TOPICS

- Population changes and growth patterns
- Artificial food and fluid
- COPD, CHF, General Debility, Renal Disease, Liver Failure
- Assessment and Management Fluid overload
- Dyspnea
- Anorexia/cachexia
- Pruritis

FEATURED SPEAKER - Amanda Hudson Lucas, MSN, RN, CCRN, ACNS-BC, ACHPN

Session #7

Tuesday • October 25, 2011

1:00pm - 2:30pm

What is the Meaning of Life?

One of the questions many patients ask when death is approaching is "What should I do with the time I have left?" An important universal task for all of us is to think about how we lived our lives and what to do with the time that remains. Finding meaning and purpose in life is an individual task. We can communicate in ways that will help the patient and family with this challenge even during the dying process.

OBJECTIVES - Following this conference session, you will be able to:

- Describe 3 ways patients find meaning in life.
- Explain the use of "Life review" to facilitate meaning.
- Identify 2 interventions for families to help with meaning.
- Understand the dying process and the value of presence.

TOPICS

- Victor Frankl's logotherapy
- Finishing "unfinished" business
- Ira Byock's "Five Last Things"
- The dying process: There's still time to make a difference

FEATURED SPEAKER - Judy Dobson, RN, MSN, CHPN

Session #3

Monday • October 24, 2011

1:00pm - 2:30pm

Essentials of Patient and Family Communication

When faced with life or death decision making, it is common for the fight or flight response, shock, anger or confusion to arise. Focusing on how to provide the information to the head and then work through the emotions of the heart will aid patients and families in making difficult decisions. The goal will be to learn methods to assess understanding, ways to determine emotions and coping skills, key phrases to aid in sharing information, and processes to use to advocate for your patients and families.

OBJECTIVES - Following this conference session, you will be able to:

- Determine 2 strategies to guide an effective family meeting.
- Identify communication concepts to promote coping of patients and families.
- Discuss 3 methods to effectively combat denial, anger and bargaining behaviors.

TOPICS

- Conducting a family meeting
- Speaking the same language
- The "do everything" phenomenon
- Grief and loss stages
- Assessment tools for comprehension
- Coping behaviors

FEATURED SPEAKER - Amanda Hudson Lucas, MSN, RN, CCRN, ACNS-BC, ACHPN

Session #8

Tuesday • October 25, 2011

3:00pm - 4:30pm

The Hidden Taboos: Spirituality and Sexuality

However strained and limited, our focus can shift to the positive aspects of a relationship. A couple's role and intimacy will undergo change, but there are still facets of the relationship that can be nurtured. Effectively coping with these changes are essential. It is important to distinguish the differences between spirituality, intimacy and sexuality to better address the challenges created when providing care for an older adult or someone chronically ill or with a disability.

OBJECTIVES - Following this conference session, you will be able to:

- Describe the paradigm of spiritual care. Who can provide this?
- Discuss the difference between spirituality, intimacy and sexuality.
- Explain how the mind, body and spirit should be included in standard of care.

TOPICS

- Interventions for spiritual distress
- Self discovery is private and often non-verbal
- Spirituality, intimacy and human sexuality include the power of touch
- Failure to respond can intensify suffering

FEATURED SPEAKER - Elizabeth Day, RN, MSN, CHPN

Session #4

Monday • October 24, 2011

3:00pm - 4:30pm

The Most Overlooked Symptoms

Palliative care interventions need to be based upon a good assessment of the patient's symptoms and the goals of care. Patients who are seriously ill frequently have multiple symptoms at the same time. In order to give holistic care, health care providers need to take a fresh look at symptoms that can be present in serious diseases. This session will address depression, anxiety, xerostomia, asthenia, and constipation.

OBJECTIVES - Following this conference session, you will be able to:

- Differentiate asthenia from depression.
- List three interventions for xerostomia.
- Explain the phenomenon of constipation.
- Explore 3 interventions for anxiety.

TOPICS

- If only I had energy: Asthenia/Depression
- My mouth is so dry: Xerostomia
- Keeping all the tubes "open": Constipation
- Help me calm down: Anxiety

FEATURED SPEAKER - Judy Dobson, RN, MSN, CHPN

Session #9

Wednesday • October 26, 2011

8:00am - 9:30am

Two Interventions to Consider: POLST and NODA

POLST (Physician orders for life-sustaining treatment) is a bright pink form reflective of a patient's advance directive. This is a voluntary document that communicates a patient's preferences for end-of-life treatment across treatment settings. It can clarify wishes for full or limited interventions when the patient is transferred from one setting to another for any reason. NODA (No One Dies Alone) is a program that uses volunteers to sit with dying persons when they have no one else to be with them. It was designed for hospitals, but can be adapted to any setting.

OBJECTIVES - Following this conference session, you will be able to:

- Understand the differences among advance directives, living wills, and POLST.
- List 2 benefits of using the POLST form in your state.
- Describe 2 reasons why no one should die alone.

TOPICS

- The POLST form and instructions for use
- Evidence of POLST outcomes
- NODA process for instituting the program
- Don't wait until retirement

FEATURED SPEAKER - Judy Dobson, RN, MSN, CHPN

Session #5

Tuesday • October 25, 2011

8:00am - 9:30am

Dementia: The Long Good-bye

Anticipatory grief is common when loved ones are diagnosed with dementia. With these losses, the handwriting is on the wall... but it does not make coping any easier. Complicating things further is the fact that emotions often run high at this time - leaving logic to frequently take second place. Personalities also come into play, as do individual and cultural beliefs. Given all of these factors, it's somewhat miraculous that patients are ever able to achieve a peaceful and dignified death. And yet, that's always the goal and frequently the outcome. How does this happen and what can we do to facilitate the process?

OBJECTIVES - Following this conference session, you will be able to:

- Identify the stages between early and late anticipatory grief.
- List ways to prevent physical and aggressive behavior while caring for a patient suffering from dementia.
- Explain appropriate communication techniques.

TOPICS

- Communication matters.
- Preventing aggressive behaviors
- Stages of grief
- Surviving the loss

FEATURED SPEAKER - Elizabeth Day, RN, MSN, CHPN

Session #10

Wednesday • October 26, 2011

10:00am - 11:30am

Laughing Through the Tears: Dealing with Caregiver Fatigue

Nothing pops the stress balloon like humor. It strengthens the immune system and gives a much-needed break from day to day living. How do we gain control when we feel helpless and limited as to what we can do? The key to prevention is to never underestimate the power of laughter to heal the body as well as the soul. In this workshop you will learn how to prevent some of the negative effects of stress from harming the physical bodies and emotional state of mind. It is how we laugh through our tears.

OBJECTIVES - Following this conference session, you will be able to:

- Identify the symptoms of compassion fatigue
- List the differences between "good stress" and "bad stress"
- Assess various ways to use self-care strategies.

TOPICS

- What does stress look like?
- Power of the positives
- Nurturance is the remedy
- Don't wait until retirement

FEATURED SPEAKER - Elizabeth Day, RN, MSN, CHPN