

Hospice Foundation of America's Program

CURRENT ISSUES IN PAIN MANAGEMENT AND END-OF-LIFE CARE

Self-Study ONLINE Course

DESCRIPTION

Using a case study approach, this webinar will address pain management at the end-of-life, including issues surrounding the use of opioids, communication with patients and families, regulations, policy implications, and drug monitoring systems.

PROGRAM DETAILS

Hospice Foundation of America has taken its popular webinar program and created a self- study course for professionals. The online presentation features experienced professionals offering their own expertise on the topic. On the screen, you will see the slide presentation and will be able to hear the experts talking and presenting.

RELEASE DATE:	Program originally premiered February 20, 2018
ON DEMAND:	to registered individuals for 1 year after purchase
LENGTH:	90 minutes
CE HOURS:	1.5 hours for a wide variety of professional boards
CE FEE:	One CE certificate is included in the cost of registration. Additional certificates (if selecting more than one board) are \$10 each.
CONTENT LEVEL:	The program is mainly for professionals already working in the field, but is practical for all levels of education – entry level, intermediate or advanced.
TARGET AUDIENCE:	The course is useful to Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home or faith community environments

HOW THE ONLINE SELF-STUDY PROGRAM WORKS

Step 1 - Register/purchase the course

Step 2 - View the course online through the link in your confirmation email or in your account.

Step 3 - Follow the instructions provided to receive your CE certificate*.

*An evaluation and a short exam are a part of this process.

TECHNICAL REQUIREMENTS

To view this online program, you will need a computer and screen, reliable internet access, and speakers. Please test your system ahead of time to ensure you have the capabilities to view and hear the program. Mobile service provider charges may apply.

TEST LINK for Audio and Video:

<http://hospicefoundation.org/Professionals/All-Programs/All-Self-Studies/Video-Test-Page>

REGISTRATION INFORMATION/FEEES

Register directly online, on HFA's website: www.hospicefoundation.org. To have a registration form mailed to you, contact HFA at 800-854-3402 or by email at educate@hospicefoundation.org.

For current prices, please refer to HFA's website at www.hospicefoundation.org.

There are no refunds on registration. *Few exceptions may occur depending on the circumstance. To request a refund, a written request must be received (and granted) by HFA.

REGISTRATION POLICY

INDIVIDUAL REGISTRATION

Provides one person, the registrant, access to the self-study course for personal viewing.

MULTIPLE VIEWER REGISTRATION

Provides one person, the registrant, access to the webcast for streaming from one computer to a group of people. Program access fees remain the same; CEs are included in course fees for the registered user and are \$12 per additional participant per course. **Please note that self-study courses accommodate individual learners only unless prior arrangements are made through HFA for additional certificates.** Contact HFA at 202-457-5811 or email us at educate@hospicefoundation.org to register the additional participants.

MATERIALS AREA

Course materials are accessible to all registered individuals immediately after registering. Program materials are available on HFA's website at <https://hospicefoundation.org/Shop-HFA/My-Account>. From here, click on "Orders/Courses." Materials contain the full-length video, CE instructions, the program's slides, and additional program material. Information will be posted to your account as they become available.

LEARNING OBJECTIVES

AT THE CONCLUSION OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

1. Discuss assessment and management for challenging pain cases
2. List key state and federal policies and guidelines regarding opioid use and abuse
3. List key hospice assessment and management activities for patients at risk of opioid abuse

PROGRAM OUTLINE

1. Background (10 minutes)
 - a. Speaker introductions
 - b. Brief discussion of key principles of pain assessment and management
 - c. Brief background regarding opioid abuse and policy responses to it
2. Case 1- Mr. HG (25 minutes)
 - a. Case background
 - i. 72 yo smoker with metastatic lung cancer
 - ii. History of IVDA, was methadone patient but now unable to go to program
 - iii. Daughter acknowledged he's using heroin again
 - iv. Hospital course
 1. Admitted for pain management
 2. Oncology had no further treatment to offer, recommended hospice
 3. Patient discharged to hospice on 3-day supply of opioids and naloxone prescription
 - b. Case policy implications
 - i. Opioid abuse concerns
 1. CDC pain management guidelines
 2. 2016 Comprehensive Addiction and Recovery Act (CARA) key provisions
 3. Naloxone protocols
 4. Hospice and cancer patients excluded from current policies, growing reluctance to prescribe opioids related to abuse fears
 - c. Hospice potential actions in this case
 - i. Pain control with legal opioids
 - ii. Confirm patient's dose/compliance with previous methadone program
 - iii. Drug agreement/contract
 - iv. Limited day supply of opioids and/or lock-box in home
 - v. Involvement of full IDT for support
3. Case 2- Ms. RM (20 minutes)
 - a. Case background

- i. 66 yo with serous carcinoma of peritoneum, now malignant ascites
 - ii. Multiple symptoms: complex pain, recurrent pressure with urge to defecate (tenesmus), xerostomia, dysgeusia, anorexia, nocturnal myoclonus and bladder spasms
 - b. Pain assessment/management process
 - i. Initial opioid pain regimen alone not successful
 - ii. Opioids rotated, adjuvant added
 - c. Hospice potential actions in this case
 - i. Provide expert pain management
 - ii. Emotional/social support in addition to symptom management
 - iii. Involvement of full IDT
- 4. Case 3- Ms. ST (20 minutes)
 - a. Case background
 - i. 65 yo with stage 4 CHF and chronic back/arthritis pain
 - ii. On high opioid doses for chronic pain for 2 years
 - iii. Referred to home hospice from cardiology clinic as no VAD or transplant options
 - b. Case policy implications
 - i. Concerns about potential abuse in patients with chronic pain/needing high opioid doses
 - ii. Substance abuse screening tools
 - iii. State pharmacy/drug registries
 - iv. Hospice EMR and internal education/policies
 - c. Hospice potential actions in this case
 - i. Screen for opioid/substance abuse using validated tool
 - ii. Consult state drug registry to confirm prescribing/dispensing history
 - iii. Monitor hospice opioid use and implement drug agreement/urine testing if warranted
 - iv. Involvement of full IDT for support
- 5. Conclusion (10 minutes)
 - a. Pain management challenging in some hospice cases
 - b. Requires pain management and support expertise, full IDT involvement
 - c. Policy and regulatory implications going forward
- 6. Question and Answer Session (5-10 minutes)

CONTINUING EDUCATION

This program is available for 1.5 credits of continuing education. CE credits are available to the registered participant online (after completing the course). One CE certificate is included in the cost of registration. Additional certificates (if selecting more than one board) are \$10 each. A complete list of board approvals for this course is posted to HFA's website (at www.hospicefoundation.org).

COURSE COMPLETION REQUIREMENTS

Participants must view the entire 90-minute program (online-streaming video). Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline (1 year after purchase of course). In order to go online, two codes will be issued to you and verified online; a Site # (same as your Order/Invoice #) and the Course Code (provided in your CE instruction sheet). The online CE process includes a required evaluation form and exam. The exam must be completed at 80% or above (the exam may be re-taken, if necessary). Attendees will be able to choose the board they wish to receive credit from (from Hospice Foundation of America's list of board approvals*). Participants will then be able to print their CE certificate immediately after completing all CE requirements online (on HFA's CE site at <https://educate.hospicefoundation.org>).

*A complete list of board approvals is posted on HFA's website at www.hospicefoundation.org.

EXPERT SPEAKERS

Marian Grant, DNP, ACNP-BC, ACHPN, FPCN, is Director of Policy and Professional Engagement at The Coalition to Transform Advanced Care (C-TAC). Dr. Grant is a nurse practitioner, dually certified in Acute Care and Palliative Care/Hospice and an associate professor at the University of Maryland School of Nursing. In addition, she continues her clinical work on the University of Maryland Medical Center's Palliative Care Service. In 2015, Dr. Grant was a Robert Wood Johnson Foundation Health Policy Fellow and worked as a health policy staffer in Rep. Nancy Pelosi's (D-CA) office and at the Center for Medicare and Medicaid Innovation (CMMI) on their Medicare Care Choices Model.

Hank Willner, MD, AAFP, AAHPM, Medical Adviser to Hospice Foundation of America, is Chief Medical Director at Holy Cross Home Care and Hospice, and Palliative Care Consultant at Holy Cross Hospital in Silver Spring, Maryland. He is certified both in Hospice and Palliative Medicine, and in Family Practice. Dr. Willner is a Clinical Assistant Professor of Family Practice at Georgetown University Medical School, and is a member of the Maryland State Advisory Council on Quality Care at the End of Life. He attended Yale University College and Medical School and completed his residency in Family Practice at the University of Virginia where he was the Chief Resident. From 1978-80, he served in the National Health Service Corps as a family practitioner in a large, rural, health clinic in Buckingham County, Virginia. In 1980, he founded a private, family practice in Northern Virginia where he worked until 2001, when he decided to change focus to Hospice and Palliative Medicine. Dr. Willner's special interests include the doctor-patient relationship, informed consent and bioethics.

MODERATED BY

JoAnne Reifsnyder, PhD, MBA, MSN, FAAN

BIBLIOGRAPHY/REFERENCES

Other organization's website:

Coalition to Transform Advanced Care, www.thectac.org

Peer-reviewed Journal/resource:

American Society for Pain Management Nursing and Hospice and Palliative Nurses Association
Position Statement: Pain Management at the End of Life (Dec. 16, 2017)

DOI: <http://dx.doi.org/10.1016/j.pmn.2017.10.019>

"Comfort Care for Patients Dying in the Hospital", C.D. Blinderman and J.A. Billings, the New England Journal of Medicine, 2015, 373: 2549-2561

<http://www.nejm.org/doi/full/10.1056/NEJMr1411746#t=article>

Expert resources:

Our program Speakers are expert resources

Textbook references:

Sackheim, K. A. (Ed.), *Pain Management and Palliative Care: A Comprehensive Guide (2015)*. New York, NY: Springer.

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SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA)

Reasonable accommodation may be made available, on an individual basis. To request accommodation, please contact HFA via email at educate@hospicefoundation.org or call 800-854-3402, or write to HFA, 1707 L Street NW, Suite 220, Washington, DC 20036.

CONFLICT OF INTEREST

Planners (Panelists and Reviewers) disclose no conflict of interest relative to this educational activity.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES PLEASE CONTACT

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