

N H P C A

CONFERENCE

OFFERED BOTH LIVE
AND VIRTUALLY

2022

MARCH 22-23
LINCOLN, NEBRASKA
EMBASSY SUITES
nehospice.org



YOU'RE INVITED

Join the Nebraska Hospice and Palliative Care Association for the largest member-gathering of hospice and palliative care professionals in Nebraska — the 2022 “Living a Good Life...at the End of Life” Annual Conference, March 22 and 23, in Lincoln!

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LIVING A GOOD LIFE... AT THE END OF LIFE

We are back!! It has been a long time since we were last together!! We are so excited to offer this robust conference, with high-caliber speakers who are coming from across the country to speak on clinical, social, spiritual and palliative topics as well as other topics to fill your cup! We are proud to announce that this conference will be available to both in person and virtual attendees. We will feature our award luncheon, trade show, raffle and silent auction. We are excited to offer a social hour this year before and following the keynote speaker, Amy Dee, on Tuesday afternoon!

My hope is for you to reconnect with old friends, meet new friends, collect ideas and resources and recharge! Your dedication to those in your care is truly commendable. Thank you for the care you provide to Nebraskans every day.

On behalf of NHPCA board of directors and myself, thank you for the opportunity to serve you. We are looking forward to seeing you in Lincoln!!



Marilee Malcom
Executive Director
Nebraska Hospice and
Palliative Care Association

Marilee Malcom

A proud member agency of



Funding charities. Changing lives.

2022 NHPCA PLANNING COMMITTEE

Nicole Beck
CHI Health at Home, Omaha

Bob Bleicher, MD
HoriSun Hospice, Lincoln

Marcia Cederdahl
Lincoln

Tina Coffey
AseraCare Hospice, Lincoln

Nicole Donnallen
Endless Journey, Omaha

Heather Elton
Hospice of Columbus Community
Hospital, Columbus

Gary George
Hospice House – The Josie
Harper Residence, Omaha

Christina Harvey
AseraCare Hospice, Grand
Island

Geralyn Hepp
AseraCare Hospice, Lincoln

Heidi Keeler, PhD, RN
Director of Continuing Nursing
Education, UNMC, Omaha

Marcia Knutson
Endless Journey, Omaha

Sue Kufeldt
Seward, NE

Beth Nelsen
Lincoln, NE

Kristina Patterson
Kindred Hospice, Omaha

Renee Paulin, MSN, RN, CWOCN
Nurse Planner, UNMC, Omaha

Diane Randolph
Omaha

Courtney Smith
Educational Projects
Coordinator, UNMC Omaha

CONFERENCE INFORMATION

Mission: A statewide partnership to improve the quality of life for all Nebraskans who have chronic conditions or are near the end of life and to support the various communities who care for them.

Vision: No Nebraskan lives in pain or dies badly. Nebraskans with chronic or end-of-life conditions, regardless of age, live their last months to their fullest, with their wishes expressed and respected, their pain and suffering alleviated, their fears and questions heard and addressed, their relational, spiritual, cultural, and financial needs met, and with their loved ones around them and supported up to and following their death.

NHPCA partners with the National Hospice and Palliative Care Organization and is a member charity of Combined Health Agencies Drive (CHAD) of Nebraska.



Conference Purpose: The goal of this conference is to improve end-of-life care and conditions across the state of Nebraska by providing education for Nebraskans working in hospice and palliative care.

Conference Audience: This is a premier regional conference for everyone caring for patients and families with chronic illness or at the end of life. Attendees include nurses, social workers, administrators, and others interested in palliative care.

Certificate of Attendance: At the beginning of each day, registrants must pick up their name badge as proof of program participation. For those who wish to receive an official certificate of completion, additional instructions for program evaluation and certificate request forms will be provided upon daily check in.

Global objectives:

- Discuss best practices in the management of palliative and hospice care to support End of Life
- Describe healthcare team's role when supporting, educating, and guiding patients/families through the dying process
- Identify resources and strategies to support the wellbeing of the caregiver when navigating through processes of hospice care

ADA Requests: If you need auxiliary aids or services identified in the Americans with Disabilities Act, please attach a description of requested accommodations to your registration form or call NHPCA at 402-477-0204.

CONTINUING EDUCATION CREDIT



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by University of Nebraska Medical Center and Nebraska Hospice and Palliative Care Association. University of Nebraska Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Nurses: The University of Nebraska Medical Center designates this activity for up to 11.0 ANCC contact hours. Nurses should only claim credit for the actual time spent participating in the activity.



Social Workers: As a Jointly Accredited Organization, University of Nebraska Medical Center is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not

individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Nebraska Medical Center maintains responsibility for this course. Social workers participating in this conference will receive up to 9.0 continuing education credits.

Dietary Staff: Please see staff on site for more information on dietary credit

Administrators: Administrators can submit program agenda and certificate of completion to the Nebraska Department of Health and Human Services to apply for administrator credit.

CONFERENCE LOGISTICS

Lodging: Attendees are responsible for their own hotel reservations. A room block has been set aside for exhibitors and attendees at Embassy Suites. Call the Embassy Suites at 800-362-2779 to make your reservation. Request the Nebraska Hospice and Palliative Care Association. The group code is HPC. For online reservations, go to <https://bit.ly/3KCK0EI>. Please make reservations before Feb. 28, 2022, to guarantee NHPCA room rates.

Directions: Take downtown exit onto I-180 south. Proceed to P Street, turn left, and go one block. Hotel is located on the corner of 10th and P streets.

Parking: City parking garages are located on the east and west sides of Embassy Suites for a daily parking charge of \$11.25. Hotel valet parking is available for \$19.50 per day. Meter parking is also available.

LOCATION

Embassy Suites by Hilton
1040 P Street
Lincoln, NE 68508
Phone 402-474-1111
embassysuiteslincoln.com



HANDOUTS — ONLINE ONLY

Registered attendees can download conference education session handouts online.

Available session handouts will be emailed to registrants 10 days prior to the conference. Be sure to provide your email address on the registration form.

Printed handouts will not be distributed on site. Prior to the conference, print handouts for the sessions you plan to attend.

Photos: NHPCA takes photographs during its events for use in Association media releases, newsletters, and other promotional materials, whether in print, electronic or other media, including the NHPCA website and online social networking sites. By participating in this conference and other NHPCA events, you grant NHPCA the right to use your name and photograph for such purposes.

Facebook
[@NeHospice](https://www.facebook.com/NeHospice)

Twitter
[@NebHospice](https://twitter.com/NebHospice)

Instagram
[@NEHospice](https://www.instagram.com/NEHospice)

register online at nehospice.org/page/2022conference

REGISTRATION INFORMATION

Full Conference Registration: Includes two days of education (March 22nd, and 23rd), breaks, Tuesday lunch, Wednesday awards luncheon, admission to the trade show, and annual membership meeting.

Daily Registration: Registration on a per-day basis for Tuesday March 22 or Wednesday, March 23, 2022. Daily registration includes all education sessions, lunch, and breaks. Tuesday registration includes the annual membership meeting and admission to the trade show. Wednesday registration includes the awards luncheon.

Awards Luncheon Tickets: The awards luncheon is included with full and Wednesday conference registrations. Non-conference attendees and Tuesday daily registrants planning to attend the awards luncheon must purchase a ticket.

2022 NHPCA members receive discounted member pricing on conference registration. For information on becoming a member, call 402-477-0204.

NHPCA substitution and cancellation policies can be found on page 16.

CONFERENCE HIGHLIGHTS

FEATURED SPEAKERS

Choose from a variety of concurrent education sessions to acquire a maximum of **12.5** continuing education credit hours. Four keynote presentations have been scheduled.



SONGS FOR THE HEART: MUSIC THERAPY FOR PATIENTS AND CAREGIVERS | WEDNESDAY, MARCH 23

Mark Stavas, MD
Cancer Partners of Nebraska

Dr. Stavas is a board-certified radiation oncologist and palliative care provider. Dr. Stavas is a member of the American Society for Radiation Oncology, Nebraska Medical Association and Lancaster County Medical Society. He is also a Principal Investigator with the Alliance for Clinical Trials in Oncology and the ECOG-ACRIN Cancer Research Group. He has published dozens of research articles, book chapters and abstracts in the field of radiation oncology, pediatric oncology and palliative care.



REGULATORY REVIEW AND UPDATES | TUESDAY, MARCH 22

Judi Lund Person, MPH, CHC,
National Hospice and Palliative Care Organization

Judi Lund Person, MCH, CHC, is the Vice President of Regulatory and Compliance at the National Hospice and Palliative Care Organization. Judi serves as a key contact with the Centers for Medicare and Medicaid Services, interfacing with hospice payment policy, Part D, survey and certification, contractor management, and program integrity functions, among others. She works daily with hospice providers and state hospice organizations on the ever-increasing array of regulatory and compliance issues and translates complex regulatory language into actionable "plain English" for hospice providers. She works with her team at NHPCO to develop regulatory and compliance tools for hospice providers each year, including hospice payment rates and wage index values and compliance guides to assist providers in achieving compliance with various federal rules and regulations.



THE SCIENCE OF SANITY: THRIVING, CHALLENGE, AND CHANGE IN TODAY'S BUSY HEALTH CARE WORLD | TUESDAY, MARCH 22

Amy Dee, RN, ASN
Amy Dee, Inc.

Amy Dee is recognized by audiences across the country as a master storyteller and brilliant comedian. She combines her background in standup comedy and theatre with her RN degree and experience as a successful business owner to deliver hilarious stories and valuable content on the brain and behavior. Her message and music rise above the boundaries of gender, age, and occupation. Amy's hilarious stories coupled with her phenomenal content propels audiences to live, act, and work better. Her authentic spirit and down to earth approach have made her one of the most sought-after speakers throughout the United States. She is truly one of the best speakers in the country at combining message and humor.



SONGS FOR THE HEART: MUSIC THERAPY FOR PATIENTS AND CAREGIVERS | WEDNESDAY, MARCH 23

Jessica Sturgeon, MT-BC, HPMT
Treasure Coast Hospice, Seasons Hospice

Jessica Sturgeon is a Board-Certified Music Therapist employed with Treasure Health in South Florida and Seasons Hospice in Connecticut. Jessica completed her undergraduate coursework with the University of Evansville, graduating in 2013 with her Bachelor's degrees in Music Education and Music Therapy. She then completed her Hospice and Palliative Care Music Therapy training and subsequent certification in 2017. Since 2015, Jessica has been the pediatric music therapist for the Little Treasures pediatric palliative and hospice care programs. In addition, Jessica acts as a bereavement and music therapy support for Seasons Hospice nationally. Through music therapy, Jessica engages patients in sensory stimulation interventions, songwriting, lyric analysis, improvisation, distraction, legacy projects, and other music therapy interventions to assist in symptom management, emotional expression and regulation, and family bonding.

TRADE SHOW | TUESDAY, MARCH 22

Registered conference attendees are invited to the trade show, open 9:00 a.m. to 6:30 p.m. on Tuesday, March 22. The trade show offers a great opportunity to visit with exhibitors and become better acquainted with their products, services, and equipment! Sign up at participating booths to win a variety of prizes donated by exhibitors.

Visit nehospice.org/event/2022tradeshow if your business is interested in reserving a booth.



AWARDS LUNCHEON | WEDNESDAY, MARCH 23

NHPCA will honor recipients of the State Impact Award, the Shining Star Award, and the Spirit of Hospice Award. Conference scholarship recipients and outstanding hospice volunteers will be recognized as well.

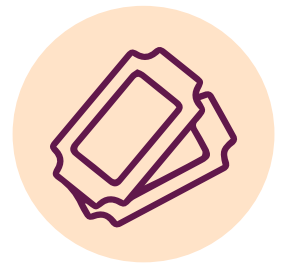
The awards luncheon is included with full and Wednesday conference registrations. Additional tickets can be purchased. More information can be found on page 16.



NHPCA ANNUAL RAFFLE AND SILENT AUCTION

During the conference, participate in the NHPCA Annual Raffle and Silent Auction. Winners can take home a variety of items and packages. Proceeds support scholarships for hospice and palliative care professionals in Nebraska.

To donate, complete the NHPCA raffle and silent auction contribution form at nehospice.org/page/2022raffle.



Cocktails with Tradeshow Vendors TUESDAY, MARCH 22

It's a party! We are back together and what better reason to celebrate!!! Thank you to our anonymous donor who is honoring each of you. Don't miss this opportunity to relax, recreate and reconnect with vendors and peers. A full bar will be available at the 4:15 break on Tuesday so you may enjoy a drink while we laugh with Amy Dee at the final session, and again from 5:30-6:30 with our trade show exhibitors! Please join us in celebrating!!

SCHEDULE AT A GLANCE

TUESDAY, MARCH 22, 2022

TIME	FUNCTION	TRACK
7:00 AM - 5:00 PM	REGISTRATION	
7:00 AM - 5:00 PM	NHPCA RAFFLE AND SILENT AUCTION	
9:00 AM - 6:30 PM	TRADESHOW	
8:00 - 9:00 AM	Ashley Pavelka-Smidt, BSN, RN – <i>Approaching the need for Palliative Care</i>	Palliative/Clinical
	Amanda Matthew, BSN, RN, CHPN – <i>ELNEC: Final Hours</i>	Clinical
	Nina Redl, MA, BCC CPLC – <i>End of Life Care for People of No Faith</i>	Social/Spiritual
	Jacob Dahlke, MSBe, HEC-C – <i>Values, Morals, and Ethics at the End of Life</i>	Social/Spiritual
9:00 - 9:15 AM	BREAK	
9:15 - 10:15 AM	Dr. Mark Stavas, MD – KEYNOTE: <i>The Intersection of Art and Medicine at End of Life</i>	KEYNOTE
10:15 - 10:45 AM	BREAK	
10:45 - 11:15 AM	NHPCA Annual Meeting	
11:15 AM - 12:30 PM	Judi Lund Person, MPH, CHC – KEYNOTE: <i>Regulatory Review and Updates</i>	KEYNOTE
12:30 - 1:45 PM	LUNCH	
1:45 - 2:45 PM	Rebecca Wester, MD, Chia Lily Chan, PharmD, BCPS, CDE and Kristie Turner, RN-BSN – <i>Beyond the Beers List: Deprescribing in Hospice and Palliative</i>	Clinical
	Stacey Sinclair, MPP, SW - <i>Growing Palliative Care in Nebraska</i>	Palliative
	Todd Sauer, MD – <i>Navigating Through End of Life Possibilities</i>	Social/Spiritual
	Pam Dinneen, MS, LMHP, FT and Carly Woythaler-Runestad, MHA – <i>The Forgotten Mourners: Supporting Children in Grief</i>	Social/Spiritual
2:45 - 3:15 PM	BREAK	
3:15 - 4:15 PM	Meghan Potthoff, PhD, APRN-NP and Maria Knutson, BSN, RN – <i>Honoring Family Wishes in Pediatric End of Life Care</i>	Palliative
	Brenda Vander Tuig, APRN and Rebecca Wester, MD – <i>Yelling and Biting and Tears, Oh My! Practical Approaches to Behaviors in Dementia</i>	Clinical
	Julie L. Masters, PhD – <i>The State of End-of-Life Planning: Suggestions for Next Steps</i>	Social/Spiritual
	Nykesha Scales, MBA and Cari Atkinson, RN, ADN, BA, MHA – <i>Maximizing Your Medicare Reimbursement</i>	Clinical
4:15 - 4:30 PM	BREAK AND OPEN BAR	
4:30 - 5:30 PM	Amy Dee, RN, ASN – KEYNOTE: <i>The Science of Sanity: Thriving, Challenge, and Change in Today's Busy Health Care World</i>	KEYNOTE
5:30 PM	ADJOURN	
5:30 PM - 6:30 PM	COCKTAILS IN TRADESHOW WITH OPEN BAR	

SCHEDULE AT A GLANCE

WEDNESDAY, MARCH 23, 2022

TIME	FUNCTION	TRACK
7:00 AM - 5:00 PM	REGISTRATION	
7:00 AM - 2:15 PM	NHPCA RAFFLE AND SILENT AUCTION	
8:00 - 9:00 AM	Amanda Kirkpatrick, PhD, RN – <i>Interprofessional Team Development Through Virtual Palliative Care Simulations</i>	Palliative
	Joan Junkin, MSN, RN – <i>Identifying Pressure Injuries</i>	Clinical
	Michelle Huber, RPH, PharmD, BCGP – <i>Palliative Sedation: Relieve Suffering and Do No Harm</i>	Clinical
	Amy McCae – <i>Mindfulness for Compassion Fatigue</i>	Other
9:00 - 9:15 AM	BREAK	
9:15 - 10:15 AM	Bob Bleicher, MD – <i>End Stage Lung Diseases and Their Hospice Management</i>	Clinical
	Jessica Sturgeon, MT-BC, HPMT – <i>Bringing Music Therapy to the IDG Table: Development, Implementation and Use</i>	Other
	Nykesha Scales, MBA and Cari Atkinson, RN, ADN, BA, MHA – <i>Maximizing Your Medicare Reimbursement</i>	Clinical
	Dave Collins – <i>The Story of Suzie Collins House</i>	Other
10:15 - 10:30 AM	BREAK	
10:30 - 11:45 AM	Barbara Karnes, RN – <i>Care for the Caregiver</i>	Other
11:45 AM - 1:00 PM	AWARDS LUNCHEON	
1:15 - 2:15 PM	Pam Dinneen, MS, LMHP, FT and Carly Woythaler-Runestad, MHA – <i>The Forgotten Mourners: Supporting Children in Grief</i>	Social/Spiritual/ Clinical
	Abbie Widger, JD – <i>Surrogate Decision Making and Beyond</i>	Social/Spiritual/ Clinical
	Joan Junkin, MSN, RN – <i>Lower Extremity Wound Challenges and Solutions</i>	Clinical
	Stacie Sinclair, MPP, CSW – <i>Growing Palliative Care in Nebraska</i>	Palliative
2:15 - 2:30 PM	BREAK	
2:30 - 3:30 PM	Dan Morrow, PharmD – <i>Delirium, Depression, and Anxiety at the End of Life</i>	Clinical
	Jacob Dahlke, MSBe, HEC-C – <i>POLST Program in Nebraska</i>	Other
	Daniel Wik, MD, DC – <i>Prescription Cannabinoids</i>	Clinical
	Geralyn Hepp, MA, CSW and Shari Lagemann, BSW, BA – <i>Providing Psychosocial & Spiritual Support at the End of Life</i>	Social/Spiritual
3:30 - 3:45 PM	BREAK; NHPCA RAFFLE AND SILENT AUCTION WINNERS ANNOUNCED	
3:45 - 4:45 PM	Jessica Sturgeon, MT-BC – <i>KEYNOTE: Songs for the Heart: Music Therapy for Patients and Caregivers</i>	KEYNOTE
4:45 PM	ADJOURN	

TUESDAY | MARCH 22 | SCHEDULE DETAILS

7:00 AM - 6:30 PM

TRADE SHOW

7:15 AM - 5:00 PM

REGISTRATION

7:15 AM - 5:00 PM

NHPCA RAFFLE AND SILENT AUCTION

8:00 AM - 9:00 AM

CONCURRENT SESSIONS

P

Approaching the Need for Palliative Care

Ashley Pavelka-Smidt, BSN, RN

The goal of palliative care is to relieve suffering and provide the best possible quality of life for patients and families at any stage of a serious illness. We will explore the role of healthcare providers in assessing the need for palliative care in patients and describe how to implement a palliative care referral based on best practices within the criteria guidelines. We will explore ways to overcome barriers and challenges surrounding palliative care options in the primary care setting as derived from case scenarios.

C S/S

ELNEC: Final Hours

Amanda Matthew, BSN, RN, CHPN

This session is part of the ELNEC (End of Life Nurse Education Consortium) course of study. This module focuses on care at the actual time of death, emphasizing the preparation necessary to ensure the best care at this critical event in the trajectory of illness.

S/S

End of Life Care for People of No Faith (Virtual Presentation)

Nina Redl, MA, BCC CPLC

This presentation will look at how to approach people with no faith background during their end of life experience. People of no religion have different but not completely dissimilar needs at the end of life in comparison to people of faith. We will explore spirituality as a process and concept that is not identical to religion (but has religion as one element) and thus applies to all human beings on a transpersonal, transcendent, and interpersonal level (even without the concept of a deity). We will approach end-of-life interactions that contain elements such as meaning making, legacy making, forgiveness, reconciliation, and life review as they pertain to people of no faith.

S/S

Values, Morals, and Ethics at the End of Life

Jacob Dahlke, MSBe, HEC-C

This session is a discussion-based presentation on the distinction and intersection of values, morals, and ethics as they exist within health care settings, and specifically at the end of life.

9:00 AM - 9:15 AM

BREAK

9:15 AM - 10:15 AM

O

KEYNOTE

The Intersection of Art and Medicine at End of Life Dr. Mark Stavas, MD

The emotions that follow a serious illness can be difficult to express. It is an experience that will force a person to reckon with their ultimate goals in life. Each new moment shifts the balance between grace and uncertainty, between faith and doubt. But along with the crisis, comes the opportunity to find new meaning. Old wounds become new openings and we begin to see the world through the eyes of the heart. Dr. Stavas will lead us on a journey that will inspire a conversation, evoke an emotion and remind us that joy can be found in unexpected ways...The Intersection of Art and Medicine at End of Life.

10:15 AM - 10:45 AM

BREAK

SHARE YOUR STORY

NHPCA is seeking individuals interested in sharing their hospice or palliative care experience as part of Combined Health Agencies Drive (CHAD) workplace giving campaigns in your community's businesses. These stories inspire Nebraskans in the workplace to give to CHAD, thereby benefiting NHPCA and Nebraska's hospice and palliative care profession.

Contact info@nehospice.org for more information.

EDUCATION TRACKS:

C Clinical

S/S Social/Spiritual

O Other

P Palliative

10:45 AM - 11:15 AM

NHPCA Annual Meeting

We will reveal the 2021 impact report and association goals for 2022. Please join us and we will flow into the Regulatory session by Judi Lund Person...

C

Maximizing You Medicare Reimbursement

Nykesha Scales, MBA
Cari Atkinson, RN, ADN, BA, MHA

Hospice agencies must be diligent in maintaining the profit margin in these difficult times. In this session, CMS leaders will discuss the essential Medicare billing processes based on the new regulations and policies to improve claims management and reimbursement in your practice. We will explore how to overcome challenges related to Medicare reimbursement to enhance revenue stream in your agency and how to avoid claim denials and submission errors. These CGS leaders will demonstrate how to navigate the self-service tools and resources to assist with Medicare claim submission, resolution, and reimbursement.

11:15 AM - 12:30 PM

KEYNOTE

Regulatory Review and Updates

Judi Lund Person, MPH, CHC

This session will review the past year's and most recent regulatory updates, including CMS rationale. We will discuss requirements and the impact on hospice.

S/S

Navigating Through End of Life Possibilities

Todd Sauer, MD

After attending this session, participants will understand the challenges of effective communication, especially difficult news. We will introduce and review an effective, structured model for breaking bad news. This session is geared to all members of the care team. This presentation will improve communication in all areas of your work and life.

12:30PM - 1:45 PM

LUNCH

S/S

The Forgotten Mourners: Supporting Children in Grief

Pam Dinneen, MS, LMHP, FT
Carly Woythaler-Runestad, MHA

Families amilies frequently attempt to protect children from the harsh realities of death. Caregivers, oftentimes overwhelmed with their own role and personal grief, may not have the energy to involve their children in this process. No matter the circumstances, children often become the "forgotten mourners," excluded from what can be a truly healing experience. This workshop will offer tips and suggestions on how to create a safe, nurturing environment where children can be included in the dying process, assist them in understanding death at their own developmental level, and discover ways to help children make memories with their loved one.

1:45 PM - 2:45 PM

CONCURRENT SESSIONS

C

Beyond the Beers List: Deprescribing in Hospice and Palliative Care

Rebecca Wester, MD
Kristie Turner, RN, BSN
Chia Lily Chang, PharmD, BCPS, CDE

Polypharmacy is common in the geriatric population and the Beers List is used as an effective tool to identify red flags that might require monitoring or intervention relating to prescription medications. This presentation will equip front-line hospice team members with the knowledge and confidence to discuss with clients and family discontinuation of medications used for the management of chronic diseases. The discussion will address safe deprescribing practices, including alternative medication options as appropriate for hospice and palliative care clients.

2:45 PM - 3:15 PM

BREAK

(schedule details continued on next page)

3:15 PM - 4:15 PM

CONCURRENT SESSIONS

P

Honoring Family Wishes in Pediatric End of Life Care

Meghan Potthoff, PhD, APRN-NP
Maria Knutson, BSN, RN

Children's palliative care is about promoting the best possible quality of life and care for every child with a life limiting or life-threatening condition and their family. It is a total approach to care from the point of diagnosis, throughout the child's life, death and beyond. It embraces physical, emotional, social and spiritual elements and focuses on the enhancement of quality of life for the child and the entire family. This session will identify barriers to facilitating conversations with families who have a child in need of palliative or hospice care and demonstrate tools available to facilitate these conversations. At the conclusion of this session, participants will have a better understanding of the benefits of facilitating difficult conversations and honoring wishes for families who have a child in palliative or hospice care.

C

Yelling and Biting and Tears, Oh My! Practical Approaches to Behaviors in Dementia

Brenda Vander Tuig, APRN
Rebecca Wester, MD

Ninety percent of individuals with dementia have behaviors that impact the ability to provide cares and meet their needs. Comfort medications are effective during the dying process but what can be done when behaviors limit the ability to provide necessary personal care or treatments? This presentation will differentiate normal behaviors of dementia from behaviors caused by other conditions. Symptom-based interventions will be discussed. Haldol is rarely the answer and the regulatory considerations of comfort medications and antipsychotic use in Skilled Nursing Facilities will be discussed.

S/S

The State of End-of-Life Planning: Suggestions for Next Steps

Julie L. Masters, PhD

The purpose of this session is to provide an update on end-of-life planning research and how a new direction may be in order to encourage people to engage in this important decision making process. Data from the Nebraska Hospice and Palliative Care Association surveys will be included. Suggestions for next steps will be offered as part of this presentation.

C

Maximizing Your Medicare Reimbursement

Nykesha Scales, MBA
Cari Atkinson, RN, ADN, BA, MHA

Hospice agencies must be diligent in maintaining the profit margin in these difficult times. In this session, CMS leaders will discuss the essential Medicare billing processes based on the new regulations and policies to improve claims management and reimbursement in your practice. We will explore how to overcome challenges related to Medicare reimbursement to enhance revenue stream in your agency and how to avoid claim denials and submission errors. These CGS leaders will demonstrate how to navigate the self-service tools and resources to assist with Medicare claim submission, resolution, and reimbursement.

4:15 PM - 4:30 PM

BREAK AND OPEN BAR

4:30 PM - 5:30 PM

KEYNOTE

The Science of Sanity: Thriving, Challenge, and Change in Today's Busy Health Care World

Amy Dee, RN, ASN

Motivational speaker, Amy Dee, turns advanced behavioral science into practical "retrain your brain" techniques for keeping negative thoughts from creating crazy-toxic emotions and situations at home and at work. From interacting with difficult patients and coworkers to coping with the epidemic overload of paperwork, processes and long for using humor to reveal our profound power to stay sane by making small, personal choices each day that wind up changing... everything! She will also discuss the compassion fatigue many health care workers experience and how to take responsibility for us to see our actions clearly so we can change the progress toward our goals.

5:30 PM

ADJOURN

5:30 PM - 6:30 PM

COCKTAIL RECEPTION WITH EXHIBITORS

It's a party! We are back together and what better reason to celebrate!!! During the past two years of the pandemic, you just kept going. Remember when the Titanic was sinking, and the band continued to play? Thank you for being the band!! We thank you, we honor you and we celebrate you!! Thank you to our anonymous donor who is honoring each of you. Don't miss this opportunity to relax, recreate and reconnect with vendors and peers. A full bar will be available at the 4:15 break on Tuesday so you may enjoy a drink while we laugh with Amy Dee at the final session, and again from 5:30-6:30 with our trade show exhibitors! Please join us in celebrating!!

7:00 AM - 5:00 PM

REGISTRATION

7:00 AM - 3:15 PM

NHPCA RAFFLE AND SILENT AUCTION

8:00 AM - 9:00 AM

CONCURRENT SESSIONS

P

Interprofessional Team Development Through Virtual Palliative Care Simulations

Amanda Kirkpatrick, PhD, RN

A large majority of patients and close family members are interested in discussing end of life issues with their physician or health care provider. Most expect their health care provider to initiate this conversation, however, we find this is a sensitive and difficult topic for many. Physicians and other professionals are less likely to initiate this conversation when they believe they lack the interpersonal skill to do so. Mandy Kirkpatrick will walk you through preparing interprofessional team development through virtual palliative care simulations. This session focuses on the importance of baseline competence for all generalist health professionals in primary palliative care and how the interprofessional simulations have impacted the self-efficacy and performance of the interprofessional palliative care team. The implications of pilot study results on future interprofessional research, theory and practice will be discussed.

C

Identifying Pressure Injuries

Joan Junkin, MSN, RN

We know pressure wounds, while not an expectation for hospice patients, it can be an unavoidable consequence of a disease process. In this session, Joan Junkin, MSN, RN, The Healing Touch, will teach attendees how to implement assessment skills related to each pressure injury stage as defined in the latest staging system, teach us how to differentiate between a stage 2 pressure injury (PI) on the sacrum and other superficial skin injuries commonly mistaken for a Stage 2 PI, such as incontinence associated dermatitis. At the end of the session, attendees will demonstrate how to accurately measure wounds.

C

Palliative Sedation: Relieve Suffering and Do No Harm

Michelle Huber, RPH, PharmD, BCGP

Health care providers have a responsibility to do no harm and to relieve suffering. This is true with any aspect of medical treatment and holds true in palliative and hospice care. What are the options to manage those patients who are refractory to all other treatments? This session will discuss the facts and myths associated with palliative sedation and available treatment options in the most difficult of cases

O

Mindfulness for Compassion Fatigue

Amy McCae, Certified Life Coach, Mindfulness Meditation Teacher, CEO

Recharge and refocus through mindfulness-based practices. Participants will gain an understanding of what mindfulness is, the neuroscience and physiology, experience and learn practices that can easily be used anytime and anywhere to support well-being.

9:00 AM - 9:15 AM

BREAK

9:15 AM - 10:15 AM

CONCURRENT SESSIONS

C

End Stage Lung Diseases and Their Hospice Management

Bob Bleicher, MD

This session will give an overview of the many types of lung disease symptoms of the pulmonary patient treatment modalities available to the hospice team. Social and economic costs of chronic lung disease will also be covered.

O

Bringing Music Therapy to the IDG Table: Development, Implementation, and Use

Jessica Sturgeon, MT-BC, HPMT

The use of music therapy in hospice and palliative care continues to grow nationally; however, many organizations continue to have questions on the use of music therapy as part of the interdisciplinary group. As an evidence-based field, music therapy has the ability to address physical, emotional, cognitive, social, and spiritual goals while also providing financial and marketing benefits to existing hospice and palliative care programs. This presentation will provide education about music therapy and music therapy interventions, description on potential benefits of the inclusion of music therapy, and in-depth case examples on the use of music therapy with adults and pediatrics at end of life from referral to discharge.

(schedule details continued on next page)

CONCURRENT SESSIONS, CONTINUED

P

Growing Palliative Care in Nebraska

Stacie Sinclair, MPP, CSW

Thanks to modern medicine, people are living longer with serious and complex illnesses. Today's fragmented health care system makes it difficult to effectively treat people living with serious illness—just when these numbers are growing exponentially. A new and better paradigm is clearly called for, a design for care that addresses population needs. Palliative care is that new paradigm, and hospices are well positioned to provide this interdisciplinary, team-driven care focused on patient centered outcomes, such as quality of life, symptom burden, emotional well-being, and caregiver need. The emphasis of palliative care is on communication and continuity of care which fits the episodic and long-term nature of serious, multifaceted illness. We will explore the current palliative landscape in Nebraska and the policy environment driving upstream care. Participants will explore how hospices are well-positioned to meet the need for upstream palliative care and discuss where to locate resources that can support palliative care delivery.

O

The Story of Suzie Collins Hospice House

Dave Collins

Dave Collins has traveled a difficult journey, losing his wife, Susie with her final days spent at The Monarch. With no facility specializing in hospice west of Lincoln, Dave has joined with a team of people with a passion for providing a facility that specializes in end-of-life care in Dawson county Nebraska. Dave will share his story, his passion, his dream and his story of Susie Collins and the Susie Collins House.

10:15 AM - 10:30 AM

BREAK

10:30 AM - 11:45 AM

O

KEYNOTE

Care for the Caregiver

Barbara Karnes, RN

Professionals who support, educate, and guide patients and families through the dying process often carry unrealized grief which can lead to burn out. Agencies use this award-winning DVD kit to promote healthy self-care practices for their staff and team members, helping them create a more fulfilling work environment. Care For The Caregiver is intended for anyone who is immersed in the responsibilities of supporting, educating, and guiding a person and their family through the dying experience.

11:45 AM - 1:00 PM

AWARDS LUNCHEON

NHPCA will honor the Shining Star Award recipient, the Spirit of Hospice Award recipient, and outstanding hospice volunteers at the 2022 awards luncheon.

Nominations for the Shining Star Award and the Spirit of Hospice Award close **Feb. 18, 2022**.

Volunteer Coordinators can go to our website to make submissions for recognizing exemplary hospice volunteers.

Details can be found at nehospice.org/page/2022awards. Contact info@nehospice.org for more information.

1:15 PM - 2:15 PM

s/s C

Surrogate Decision Making and Beyond

Abbie Widger, JD

NHPCA devotes a great deal of time educating Nebraskans on the importance of completing advance directives, yet at our last survey, only 37% of Nebraskans have an advance directive. Abbie Widger, JD, will discuss surrogate decision-making using a power-of-attorney and/or guardianship/conservatorship form. At the conclusion of the session, attendees will be able to describe the strengths and weaknesses of various surrogate decision-making documents.

C

Lower Extremity Wound Challenges and Solutions

Joan Junkin, MSN, RN

Impaired circulation and bone deformities make lower extremity wounds difficult to heal. Add the fact that recommended interventions are often rejected and you have a challenge. We will cover evaluation and treatment of arterial, pressure related, edema related, and neuropathic wounds of the lower leg, ankle, and foot including products old and new that help us with healing.

C

Growing Palliative Care in Nebraska

Stacie Sinclair, MPP, CSW

Thanks to modern medicine, people are living longer with serious and complex illnesses. Today's fragmented health care system makes it difficult to effectively treat people living with serious illness—just when these numbers are growing exponentially. A new and better paradigm is clearly called for, a design for care that addresses population needs. Palliative care is that new paradigm, and hospices are well positioned to provide this interdisciplinary, team-driven care focused on patient centered outcomes, such as quality of life, symptom burden, emotional well-being, and caregiver need. The emphasis of palliative care is on communication and continuity of care which fits the episodic and long-term nature of serious, multifaceted illness. We will explore the current palliative landscape in Nebraska and the policy environment driving upstream care. Participants will explore how hospices are well-positioned to meet the need for upstream palliative care and discuss where to locate resources that can support palliative care delivery.

2:15 PM - 2:30 PM

BREAK

2:30 PM - 3:30 PM

CONCURRENT SESSIONS



Delirium, Depression, and Anxiety at End of Life

Dan Morrow, PharmD

Delirium, depression, and anxiety are three of the most common clinical conditions in palliative care settings for which psychiatrists have unique expertise. Despite early recognition that psychological issues affect the well-being of palliative care patients, early models of hospice care did not include psychiatrists. Palliative care psychiatry is an emerging field from which other clinicians could learn and emulate. This presentation will provide the tools for comparing and contrasting delirium, depression, and anxiety presentations as well as the approach to palliative care for each of these conditions as recommended by palliative care psychiatry experts.



POLST Program in Nebraska

Jacob Dahlke, MSBe, HEC-C

Advanced directives are a very important part of planning that is often overlooked by Nebraskans due to a multitude of barriers-discomfort with the topic, lack of knowledge, desire for physician to approach the subject- and many more. In this session, Jacob Dahlke will describe similarities and differences of out-of-hospital medical orders and advanced care plans. We will discuss the current practice, including gaps in Nebraska as they relate to advance care plans. This session will update attendees on the newly formed NE-POLST program can present possible solutions to these current gaps.



Prescription Cannabinoids

Daniel Wik, MD, DC

This session will cover the hottest molecule in pain management. The three legal forms of prescription cannabinoids in Nebraska will be covered.



Providing Psychosocial and Spiritual Support at the End of Life

Geri Hepp, MA, CSW
Shari Lagemann, BSW, BA

This session will explain the challenges that many hospice patients, their families, and caregivers face as they prepare for the end of life. Geri Hepp and Shari Lagemann will highlight the psychosocial and spiritual needs of special populations (veterans, adults with intellectual disabilities, previously incarcerated individuals, and individuals with little or no support systems). Participants will understand how psychosocial and spiritual support benefit hospice patients, their families, and caregivers and assists them in preparing for the end of life.

3:30 PM - 3:45 PM

BREAK; NHPCA RAFFLE AND SILENT AUCTION WINNERS ANNOUNCED

3:45 PM - 4:45 PM

KEYNOTE

Songs for the Heart: Music Therapy for Patients and Caregivers

Jessica Sturgeon, MT-BC, HPMT

Compassion fatigue and burn-out are two phrases utilized frequently as warnings for caregivers and interdisciplinary group members in hospice and palliative care. How do you prevent these and yet maintain the often high expectations and caseload required in this field? How can we be better at practicing what we preach? Music therapy, an evidence-base field, is a growing modality in our field that has the potential to reflect and re-energize patients and caregivers (including you!). This keynote will explore how music therapy techniques can support both physical, emotional, and spiritual health during periods of high stress, anxiety, and burn-out.

4:45 PM

ADJOURN

(schedule details continued on next page)

SCHOLARSHIPS & SPONSORSHIPS

SCHOLARSHIPS AVAILABLE

APPLICATIONS DUE FEB. 18

The Nebraska Hospice and Palliative Care Association is accepting applications for scholarships to attend the NHPCA "Living a Good Life...at the End of Life" Annual Conference, March. 22-23, 2022, in Lincoln.

NHPCA will award seven one-day scholarships for qualified individuals in the following disciplines:

- **Nursing** (two scholarships)
- **Chaplain** (one scholarship)
- **Social Work** (one scholarship)
- **Volunteer Coordinator** (one scholarship)
- **Bereavement Coordinator** (one scholarship)
- **Hospice Aide** (one scholarship)

Completed applications and recommendation forms must be submitted to NHPCA by **Feb. 18, 2022**.

Scholarship recipients will be notified via email and will be recognized at the NHPCA Awards Luncheon on Wednesday, March 23, 2022.

NHPCA conference scholarships are funded by the Galen Miller Memorial Education Fund, which was established by NHPCA in memory of Galen Miller, late executive vice president of the National Hospice and Palliative Care Organization. The scholarship fund honors Dr. Miller's passion for hospice and end-of-life care by providing scholarships to hospice and palliative care professionals in Nebraska.

Details can be found at nehospice.org/page/2022awards.

Contact info@nehospice.org for more information.

register online at nehospice.org/page/2022conference

SPONSORSHIPS AVAILABLE!

Multiple sponsorship opportunities allow your business to support the 2022 NHPCA Annual Conference and put your products and services directly before hospice and palliative care members from across the state.

Contact info@nehospice.org for more information.

STAY CONNECTED WITH NHPCA

Follow NHPCA on Facebook, Twitter, and Instagram for updates on the 2022 Annual Conference, as well as the latest news on hospice and palliative care in Nebraska and throughout the United States.

Facebook
[@NeHospice](https://www.facebook.com/NeHospice)

Twitter
[@NebHospice](https://twitter.com/NebHospice)

Instagram
[@NEHospice](https://www.instagram.com/NEHospice)

LIVING A GOOD LIFE...AT THE END OF LIFE | NHPCA ANNUAL CONFERENCE | MARCH 22-23, 2022

Name _____
 Title _____ Credentials _____
 Organization _____
 Address _____
 City, State, Zip _____
 Phone _____ Fax _____
 Email _____ All Nurses: Nursing License # _____

By participating in this activity, you grant NHPCA the right to release your contact information to the sponsors/commercial interest organizations. If you do not wish to have your name, mailing address, and email address released, please check the box below.

I do not wish to have my name, mailing address, and/or email address released.

If you require special accommodations, please attach a written description of your needs.
 If you have special dietary restrictions or requests, notify us at least five days prior to the event.

1. Select which continuing education you require:

Nursing Nursing Home Administrator Social Work

2. Circle the appropriate registration fee:

	Member on/before March 10	Member after March 10	*Non-Member on/before March 10	*Non-Member after March 10
Full Conference Registration Both Days: March 22-23	\$290	\$340	\$580	\$630
Daily Registration: Tuesday, March 22	\$175	\$200	\$350	\$375
Daily Registration: Wednesday, March 23	\$175	\$200	\$350	\$375
Awards Luncheon ONLY: Wednesday, March 23	\$50	\$50	\$50	\$50

3. Will you be attending virtually or in person?

Virtual In Person

NHPCA PAYMENT INFORMATION:

Membership Status: Member (NNFA, NALA, or NHPCA) Non-Member

Billing Information:  Credit Card Check Enclosed Cash

Cardholder's Name (PRINT) _____
 Credit Card # _____ Exp. Date _____ CVC# _____
 Cardholder's Billing Address, City, State, Zip _____
 Signature _____

Your signature on the line above will authorize this transaction. ↑

TOTAL REGISTRATION FEES:

Registration Fee..... \$ _____

Awards Banquet Tickets:

_____ x \$50 = .. \$ _____

Total Payment..... \$ _____

Send completed form
 and payment to:
 NHPCA, 1519 M Street,
 Cozad, NE 69130

**or register online at
 nehospice.org**

Full Conference Registration: Includes both days of education (March 22 and 23, 2022), breaks, Tuesday lunch, Wednesday awards luncheon, admission to the trade show, and annual membership meeting.

Daily Registration: Registration on a per-day basis for Tuesday, March 22, or Wednesday, March 23, 2022. Daily registration includes all education sessions, lunch, and breaks. Tuesday registration includes the annual membership meeting and admission to the trade show. Wednesday registration includes the awards luncheon.

Awards Luncheon Tickets: The awards luncheon is included with full and Wednesday conference registrations. Non-conference attendees and Tuesday daily registrants planning to attend the awards luncheon must purchase a ticket.

All registrations will include online recordings of sessions for 30 days.

Additional registration information and the cancellation policy are provided on the back side of this form.

REGISTRATION INFORMATION

SUBSTITUTIONS: Individuals registered for one day may send a substitute for the day for which they are registered. A one-day registration cannot be split among multiple individuals. Substitutions are not accepted once the user has checked in. Multi-day registrations are for a single person and cannot be shared or split. Substitutions are not accepted on multi-day registrations once the user has checked in.

CANCELLATION POLICY: Cancellations received by the NHPCA office on or before March 10 are eligible for a registration fee credit or refund minus a \$15 per registrant per day service charge. Cancellations must have been phoned, faxed, or postmarked on or before March 10. There will be no refunds after March 10, except for the following reasons:

1. A full refund will be granted for a registrant in the case of a death in the registrant's immediate family. Immediate family is defined and limited to mother, father, spouse, brother, sister, or child. A written request for a refund explaining the reason is required before a refund is granted.
2. If attendance at an education event is interrupted by a survey or inspection, a registration refund can be issued for the unused portion of the event. If you are unable to attend an event because of a survey or inspection, a full refund can be issued. Written requests for refunds due to survey/inspection and written proof of the survey/inspection are required within 30 days of the event's start date.

2022 NHPCA AWARDS | NOMINATIONS DUE FEB. 18

The Nebraska Hospice and Palliative Care Association is accepting nominations for the 2022 NHPCA Awards.

Shining Star Award

The Shining Star Award recognizes an individual, group, or organization that has illustrated outstanding leadership in the promotion of end-of-life services, raised awareness on end-of-life issues, developed a new program, or developed or completed outstanding work in an end-of-life coalition.

Spirit of Hospice Award

The Spirit of Hospice Award recognizes true commitment and outstanding dedication to the hospice philosophy of care. Nominees should have promoted quality hospice care over the last year. They should display openness to the needs of all they have cared for, reverencing the dignity of diversity.

Outstanding Hospice Volunteer Recognition

The volunteer recognition program honors exemplary volunteers from Nebraska's hospice programs.

Nominations for the Shining Star Award and the Spirit of Hospice Award close **Feb. 18, 2022**.

Award recipients will be notified via email and will be recognized at the NHPCA Awards Luncheon on Wednesday, March 23, 2022.

Details can be found at nehospice.org/page/2022awards.

Contact info@nehospice.org for more information.





REGISTRATION IS OPEN!

nehospice.org



Nebraska Hospice and Palliative Care Association
1519 M Street, Cozad, Nebraska 69130
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CONFERENCE 2022

MARCH 22-23 | LINCOLN

REGISTER AT [NEHOSPICE.ORG](https://nehospice.org)