



PALLIATIVE CARE NEWSLETTER

SPRING 2014

Mount Sinai's National Palliative Care Centers Receive Transformative \$10M Gift

Philanthropists Patty and Jay Baker recognized in naming of new umbrella organization to improve access to palliative care for all seriously ill Americans.

Philanthropists Patty and Jay Baker in March made a landmark \$10 million gift to the Icahn School of Medicine at Mount Sinai to expand its national programs in palliative care. The gift has the potential to transform the care of seriously ill patients and their families by funding a new center to support public policy, education, training, national outreach and research.

The new center, to be named "The Patty and Jay Baker National Palliative Care Center at Mount Sinai," will unite under one umbrella Mount Sinai's existing National Palliative Care Research Center (NPCRC) and the Center to Advance Palliative Care (CAPC), creating greater opportunities for innovation and

Palliative care is a new and rapidly growing field that is proven to improve quality of life and help patients and families get the information and support they need over the course of an illness. Dr. Meier believes CAPC and NPCRC have together led the growth in access to quality palliative care in the United States. The number of palliative care programs in US hospitals has more than tripled in the last 10 years.

"We will be able to bring this innovation fully to scale thanks to the Bakers' generosity and insight," said Dr. Meier. "The donation will also help to increase the public's awareness of the important role of palliative care in relieving worry and distress

for people of all ages and at any stage of illness. It is important that patients and caregivers are aware of the power and control they have to request palliative care support."

Jay Baker, former President of Kohl's Corporation, and his wife Patty, a noted Broadway theater producer, have a close personal connection to palliative care, as Mr. Baker's sister was cared for at Mount Sinai. "The care and compassion provided to my sister made all the difference in her survival and quality of life, and we are so grateful," said Mr. Baker. "We strongly believe that everyone should have easy access to palliative care services on a national level." ■



Dennis S. Charney, MD, Jay Baker, Diane E. Meier, MD, Patty Baker, David L. Reich, MD, R. Sean Morrison, MD

collaboration. The Center will be jointly led by Diane E. Meier, MD, Director of CAPC, and by R. Sean Morrison, MD, Director of the NPCRC and of Mount Sinai's Lilian and Benjamin Hertzberg Palliative Care Institute.

"The mission of the Center is to ensure that all patients living with serious illness and their families understand the role of palliative care in improving quality of life and that they are aware that they can request it; that all clinicians have the knowledge and skills to provide palliative care; and that all healthcare institutions are equipped to deliver it," said Dr. Morrison.

"Everyone should have easy access to palliative care services on a national level."



Hertzberg Faculty Enjoy Strong Presence at AAHPM Conference

Annual meeting is now largest gathering of palliative care professionals in the world.

Faculty from Mount Sinai's Hertzberg Palliative Care Institute enjoyed a strong presence at the world's largest gathering of palliative care professionals, hosted in San Diego in March by the American Academy of Hospice and Palliative Medicine.

"It is so exciting to see that in the setting of clinical research, Mount Sinai faculty had the largest impact of any institution – both in terms of the diversity and the number of presentations – and that what we have learned is being shared with the rest of the country," said R. Sean Morrison, MD, Director of the Hertzberg Palliative Care Institute and Co-Director of the Baker National Palliative Care Center at Mount Sinai.

More than a dozen members of Mount Sinai faculty presented at this year's conference. Topics ranged from how to present palliative care to patients and clinicians using carefully crafted language, to the impact of inpatient palliative care consultations on

reducing unwanted and unnecessary hospital admissions.

Jay Horton, Director of Hertzberg's Palliative Care Consult Service, delivered the meeting's highly rated "State of the Science" plenary session for the third consecutive year, summarizing the past year's research in the field of palliative care. Among the eight leading papers presented at the session was a study of the impact of hospice on Medicare costs, for which Amy Kelley, MD, Assistant Professor of Geriatrics and Palliative Medicine at Mount Sinai, was a lead researcher. Stephen Berns, MD, also an Assistant Professor of Geriatrics and Palliative Medicine at Mount Sinai, won the award for the best presentation of scientific research in poster form.

At 2500 delegates, the AAHPM meeting is now the largest gathering of palliative care professionals in the world, this year overtaking the annual congress of the European Association of Palliative Care.

18th Annual Douglas West Endowed Memorial Visiting Lecture

*Katy Butler presents
"Knocking on Heaven's Door"
Monday, May 19th at 5:30 PM*

Goldwurm Auditorium, Icahn Medical Institute
1425 Madison Avenue, New York, NY 10029

*I still like to water my roses,
I appreciate high levels of
delicacy,
it takes a lot of hard work,
strenuous details, the center
balance
of delicacy. A lot of love
a lot of close supervision
to keep that balance
just like waxing a car
after the detail, it shines up
like no other
a lot of laboring, the scratch
removal,
the touch-up painting,
intensified cleansing,
you're making him feel like
he's peeling out
of a dead skin, all these
maneuvers
requires delicacy and subtlety
in movements,
eye movements, hand
movement, emotions,
the motions, commotion,
with extra lotion,
that's the magic potion
to stop from being corrosion,
finally the explosion
of exposure of the fine work
in the end, I still like to water
my roses.*

*by Alex Li
February 25, 2014*

Hertzberg Hosts 9th Annual Massage Therapy Training Conference

WORKSHOP TEACHES NEW SKILLS FOR THERAPISTS TO APPLY TO SERIOUSLY ILL PATIENTS

The Massage Therapy Program at the Hertzberg Palliative Care Institute held its annual training conference in April, fostering new skills for licensed massage therapists to work safely and effectively with seriously ill patients in a variety of settings.

The two-day conference, now in its ninth year, is led by an interdisciplinary team of licensed massage therapists, advanced practice nurses, and physicians from Mount Sinai's nationally recognized palliative care program. The goal of the program is to disseminate massage techniques for seriously ill patients to nursing homes, hospitals and other settings of care around the country. Instruction takes place in small groups.

Attendees left the conference with new skills for assessing patients, modified massage techniques for treating patients with chronic progressive diseases, and an understanding of the hospital environment as a setting of care.

JD Elder, Co-Director of the conference and Hertzberg's Coordinator of Complementary Therapies, explains that creating an understanding of the patient's environment is an important focus.

"Imagine having layers of discomfort all around – not only the illness, but the treatment and the side effects of the treatment, then on top of that, you're also cold, your pillow



JD Elder, MA, LMT, provides massages for patients

doesn't feel right and the light is too bright. We regularly provide earplugs, adjustments to the pillows, eye covers, and music for relaxation. I will walk and scout around all over the hospital to get as many pillows as we need."

Patients who are in bed are not asked to reposition themselves. "We have developed techniques that allow us to work with minimal areas of muscle and allow the patient to relax under the area of the massage. The patient really guides the session. Even if that means we massage just one hand, the effects can be meaningful," said Mr. Elder.

Attendees at the conference also learned how to formulate effective care plans, identify strategies to help patients care for themselves, and consider other complementary ways to reduce stress and promote comfort and relaxation.

The conference is funded through a grant from the Balm Foundation, which has provided more than 14 years of support for the Hertzberg Palliative Care Institute's massage program. In that time span, the therapists in the program have provided seriously ill patients and their family members with more than 14,000 massages. ■



JD Elder, MA, LMT, provides massages for staff



The Healing Power

For Sarah Yazdian, the Hertzberg Palliative Care Institute's Art Therapist, every picture tells the artist's story. Ms. Yazdian has helped patients convey their pain, fear, acceptance and recovery through art forms that include paint, plaster and poetry.

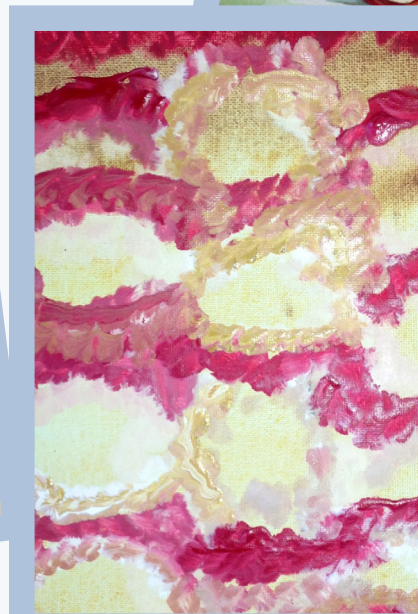
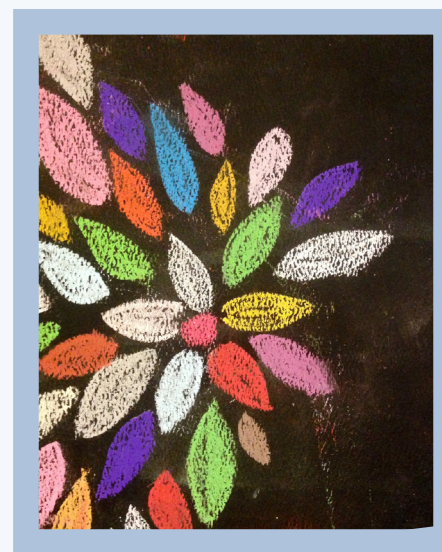
"People are very surprised by the power of the art," says Ms. Yazdian, who herself has always enjoyed painting as a soothing and mindful experience. "We can use it to enhance quality of life for patients, and as a way to help patients and families communicate when they may not have the words to express how they feel."

The arts therapy program at the Hertzberg Palliative Care Institute has grown in the last year, expanding to include music and creative writing, with the work of music therapist Todd O'Connor and creative writing specialist Thomas Dooley. The program – which is 100% donor funded – has been helping

patients since September 2011.

Art therapy is the therapeutic use of conceiving and producing art by people who experience illness, trauma or challenges in living. Through creating art and reflecting on the process and finished product, the artist can develop awareness of self and of others, improve communication and expression of feelings, and cope with symptoms such as pain, stress and traumatic experiences.

In the course of working with a 40-year-old breast cancer patient recovering from a double mastectomy, Ms. Yazdian focused on art making that could help the patient accept her disease process. "Making collages helped her to address how she saw her womanhood after the surgery," says Ms. Yazdian. "Cutting, pasting, integrating and rearranging provided a non-verbal way for her to let out her very complex experience of pain."



One patient painted her pain and then used her artwork to communicate the location of her pain to her massage therapist.

Hertzberg's art therapy program expands to include music and creative writing.

of the Arts

Music can be used as a way to manage pain, explains Mr. O'Connor, by using guided imagery to produce a music-assisted relaxation. Some patients prefer a more active role in music-making, enjoying the spontaneity of improvisation or the self-expression in song writing. Family members can also benefit from making music, providing them with a way to communicate with their loved ones when they may be too weak to speak.

Hertzberg's complementary and alternative therapies were recently commended as "cutting edge

and setting an example for the field" by the Joint Commission, America's oldest and largest standards and accreditation organization in healthcare.



Art-making is a very effective way to help young children prepare emotionally for the loss of a seriously ill parent or grandparent, while also providing a means to connect with their loved one through making art together. Ms. Yazdian has undertaken a variety of "legacy projects" with young children, such as memory boxes and handprints in plaster.



MOUNT SINAI SECURES TOP CERTIFICATION FOR PALLIATIVE CARE

Leading US healthcare standards body notes the Hertzberg Palliative Care Institute's outstanding commitment to patient and family care.

Mount Sinai Hospital and the Hertzberg Palliative Care Institute in December were re-awarded the Advanced Certification for Palliative Care from the Joint Commission, the country's oldest and largest standards and accreditation organization in healthcare.

"As was the case two years ago during our initial certification, our surveyor was incredibly impressed with the scope and depth of our program, our commitment to patient and family care, and most importantly, the quality of clinical care that we provide," said R. Sean Morrison, MD, Director of the Hertzberg Palliative Care Institute and Co-Director of the Baker National Palliative

Care Center at Mount Sinai. "Our surveyor also commented that our complementary and alternative therapies are cutting edge and setting an example for the field."

The Joint Commission's voluntary certification program, launched in 2011, was developed under the guidance of a national task force of experts on palliative care. Mount Sinai Medical Center was among the first five hospitals to be awarded the new certification that year. Hospitals wishing to retain the certification must be reassessed every two years, submitting to a rigorous evaluation of every element of the interdisciplinary program, together with a full-day site visit.

Palliative care is a relatively new medical specialty designed to relieve the pain, symptoms and stress of serious illness. It provides a multi-disciplinary treatment model for patients of all ages and at all stages of a serious illness, whatever the prognosis. The Hertzberg Palliative Care Institute, together with

other leading programs in the country, has demonstrated that this kind of care improves quality of life and patient satisfaction, while also reducing costs.

As a result, the field of palliative care has gained considerable traction in recent years. Growing numbers of US hospitals are adding palliative care expertise, many with the support of Mount

Sinai's Center to Advance Palliative Care. To date, 55 organizations across the country have secured the Joint Commission's Advanced Certification for their palliative care programs.

"Certification is so important because it confirms for patients and their families that they are being cared for in a high quality program, and it allows people to make informed choices," said Emily Chai, MD, Associate Director of the Hertzberg Palliative Care Institute. "The growth of the certification program is a real marker that palliative care has come of age." ■



Hertzberg Palliative Care Interdisciplinary Team