



PALLIATIVE CARE NEWSLETTER

FALL 2015

ENDOWED CHAIR HONORS CHIEF OF MOUNT SINAI BETH ISRAEL DIVISION OF PALLIATIVE CARE

Nathan E. Goldstein, MD, was named the Gerald J. and Dorothy R. Friedman Chair in Palliative Care at the Icahn School of Medicine Convocation on October 1. This year, a cadre of outstanding faculty were installed into endowed chairs, honoring both their achievements and the generosity and vision of our donors.

Dr. Goldstein is the Chief of the Division of Palliative Care at Mount Sinai Beth Israel and the Director of Research and Quality within the Hertzberg Palliative Care Institute. Dr. Albert Siu, Chairman of the Brookdale Department of Geriatrics and Palliative Medicine, said at his induction “[Dr. Goldstein] is a master clinician, outstanding educator, and ground-breaking clinical investigator whose research has led to improved patient-physician communication for patients with advanced heart disease.”

Dr. Goldstein is a true son of Mount Sinai: he completed medical school, internal medicine residency and palliative medicine training all at the institution. “Nate represents the very best of Mount Sinai,” noted

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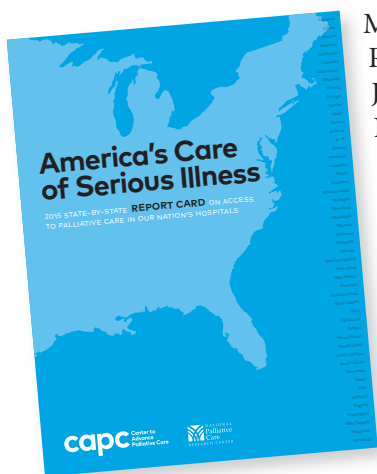


Nathan E. Goldstein, MD, and Albert L. Siu, MD

Dr. R. Sean Morrison, Director of the Hertzberg Palliative Care Institute. “He is a caring, compassionate and brilliant clinician, a wonderful teacher, and an incredibly accomplished researcher who is tackling some of the most difficult and important research questions. We are privileged to have him as a colleague at Hertzberg.” In his acceptance, Dr. Goldstein graciously thanked the Friedman family for their longstanding and ongoing commitment to Mount Sinai. He also acknowledged his interdisciplinary team who “continue to inspire me. It is a privilege and a joy to come to work every day to be with them and care for our patients and their families.” ■



2015 STATE-BY-STATE REPORT CARD ON ACCESS TO PALLIATIVE CARE IS RELEASED



Mount Sinai's Patty and Jay Baker National Palliative Care Center released its 2015 State-by-State Report Card on Access to Palliative Care in our nation's

hospitals on Capitol Hill and in the *Journal of Palliative Medicine*. The report demonstrates that access to palliative care remains highly variable and depends more upon accidents of geography and hospital ownership than it does upon the needs of patients with serious illness and their families.

The report was conducted by the Baker Center's Center to Advance Palliative Care (CAPC) and National Palliative Care Research Center (NPCRC).

Key findings on the growth in access to hospital palliative care teams across the fifty states include:

- Overall, the southern U.S. states received a grade of C (60% or fewer hospitals have palliative care teams) as compared to As and Bs (60% or more hospitals) for all other regions.
- States receiving a D grade (40% or less of hospitals having palliative care) were Alabama, Alaska, Arkansas, Mississippi, New Mexico, Oklahoma and Wyoming.
- Only 23% of for-profit hospitals have palliative care. Not-for-profit hospitals are 7 times more likely to

have a palliative care team than for-profits.

- In a sign of progress since 2008, 17 states received a grade of A (up from 3 in the 2008 report and 7 in the 2011 report).
- 90% hospitals with 300 beds or more have palliative care teams.
- 96% of teaching hospitals now have palliative care teams, increasing the likelihood that the next generation of clinicians will receive appropriate training.

"It is our hope that this report card focuses attention on lingering gaps in access to palliative care in our nation's hospitals," said Diane E. Meier, MD, Director of the Center to Advance Palliative Care. "Palliative care, like any core medical service such as ICU's or emergency departments, should be available in all U.S. hospitals."

Drs. Morrison and Meier went to Washington, DC, to brief Congress on the nation's report card on the day of its release, October 1. They were joined by Dr. Cristina Savasta – internist, cancer survivor and advocate for palliative care. Dr. Morrison and Dr. Meier agree that solutions to the poor performance of hospitals in the country lie in providing a sufficient workforce, improving skills and training to primary providers, gaining better funding, and the discontinuation of burdensome high cost treatments in chronically ill populations – with an increased emphasis on comfort and relief. Dr. Morrison in his remarks to Congress noted that "palliative care is one of the few areas of medicine that has been shown to achieve the triple aim of health care: better care, better health and at a lower cost." ■

"Palliative care, like any core medical service . . . should be available in all U.S. hospitals."

2015 Douglas West Memorial Lecture with Dr. Atul Gawande



R. Sean Morrison, MD, Atul Gawande, MD, Susan West and Diane E. Meier, MD

The spectacular and unprecedented turnout had audience members lining the walls and seated on the floor in front of the stage. Dr. Gawande's well-received lecture called for a change

Dr. Atul Gawande, surgeon, public health journalist and bestselling author, delivered the 19th Annual Douglas West Endowed Memorial Lecture on April 15 to a full house in Stern Auditorium – Mount Sinai's largest lecture hall.

Dr. Gawande shared his professional and personal reflections on aging, serious illness and the importance of listening carefully to those nearing the end of life. His audience included physicians of all specialties, hospital leadership, medical students and members of the community.

in the philosophy of healthcare so that patients living with serious illness can achieve the best quality of life possible.

The West Lecture was established by Susie West in memory of her husband and in honor of Dr. Diane Meier, Director of the Center to Advance Palliative Care and founding Director of the Hertzberg Palliative Care Institute, both at Mount Sinai. The lecture has had great success as a forum for discussing palliative care, aging research and healthcare policy.

To view Dr. Gawande's lecture, please visit:
mountsinai.org/palliative



American Cancer Society Pathfinder in Palliative Care Award Goes to Hertzberg Director

The American Cancer Society unanimously named R. Sean Morrison, MD, Director of the Hertzberg Palliative Care Institute and Co-Director of the Patty and Jay Baker National Palliative Care Center, as the 2015 recipient of the Society's Pathfinder in Palliative Care Award. The national award, presented on October 20 at the Kathleen M. Foley Palliative Care Retreat and Research Symposium in Jackson Hole, Wyoming, recognizes professionals who have made outstanding and pioneering achievements, demonstrated remarkable innovation and ingenuity, and contributed to the advancement of the field palliative care nationally and/or globally.

Dr. Morrison received this award for his numerous and consistent accomplishments in the field, for his commitment to building the much-needed evidence base, and for his mentorship of junior faculty, which ACS referred to as "phenomenal." Recognizing the importance of palliative care research to improving patient-centered care and the severe shortage of federal funding, ACS partnered with Dr. Morrison and his National Palliative Care Research Center in 2007 to support clinician investigators conducting studies aimed at enhancing quality of life for seriously ill patients and their family caregivers. ACS dubbed this partnership "a striking success."



"I am incredibly honored by the American Cancer Society's recognition of the National Palliative Care Research Center. ACS has been a leader in promoting palliative care not only for persons with cancer, but for all persons living with serious illness and their families. NPCRC has been committed since its inception to enhancing the knowledge base of palliative care to ensure that patients and their families get the high quality care that they need and deserve," said Dr. Morrison.

ACS has a history of innovation, achievement and leadership in health care. Many basic science researchers, clinical investigators and Nobel scholars credit ACS for their early start. This American Cancer Society Pathfinder in Palliative Care Award is consistent with that tradition. ■

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*“To cure sometimes,
to relieve often, to
comfort always”*

Fourth Century French Proverb