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Welcome

As a reminder, *The Bomba Letter* is intended to be your letter --- my colleagues, peers and friends who share my passion for the prevention of elder abuse and for increased focus on palliative care. On the surface, the two areas of interest may appear incongruous. However, both focus on improving the quality of life for seniors. My goal is simply to facilitate spreading news of good actions, research, ideas and suggestions shared through collaborative initiatives locally, statewide and nationally. I aim to share what others are doing in hopes that it might serve not only as information sharing but also, as a best practice model to use as appropriate within your setting.

Your e-mails are welcomed and to the extent possible they will be redistributed to others via this newsletter. You can contact me at patricia.bomba@excellus.com. In return, please forward this newsletter to your friends and colleagues so we can build a strong base of interested professionals in support of these important issues. If you wish to have your name added to the mailing list, please let me know via email.

ELDER ABUSE

=====**What's New**=====

A ***CD-ROM focusing on assessment and management of Elder Abuse*** has been produced. If you would like a copy of the CD-ROM, please contact MedAmerica's Customer Service Department at 1-800-544-0327 or visit www.MedAmericaLTC.com.

A ***single page Principles of Assessment and Management of Elder Abuse "Tool"*** has been developed to share at the national conference. This will be posted on the website next month.

=====**On the road**=====

Efforts to promote awareness of Elder Abuse will continue this year through my presentations to physicians and health care providers on "Elder Abuse: An Alarming Public Health Issue". If your community organization or professional group is interested in learning more about hosting a program, please contact my assistant Julie VanRensselaer @ 585-238-4514.

===== In the News =====

In recent years, 30% of the nation's 17,000 nursing homes have been cited for deficiencies involving actual harm to residents or placing them at risk of death or serious injury, said Leslie G. Aronovitz, Director, Healthcare - Program Administration and Integrity Issues. Testifying before the Senate Special Committee on Aging, she concluded, "Many shortcomings exist in efforts to protect residents from abuse." To read the testimony, go to <http://www.gao.gov/new.items/d02448t.pdf>.

On the same day, the General Accounting Office (GAO) published a report entitled "Nursing Homes: More Can Be Done to Protect Residents from Abuse." GAO-02-312, March 1, 2002. Go to <http://www.gao.gov/cgi-bin/getrpt?GAO-02-312>.

From American Society for Healthcare Risk Management of American Hospital Association e-news, March 8, 2002

===== Conferences =====

REMINDER: APRIL 5-6, 2002 First Annual Conference on Elder Abuse: The Role of the Healthcare Professional

The University of California, Irvine College of Medicine, Program in Geriatrics is sponsoring the First Annual Conference on Elder Abuse: the Role of the Healthcare Professional on April 5-6, 2002 at the Newport Beach Marriott Hotel and Tennis Club. The course is designed to help physicians and other healthcare professionals specializing in the field of geriatrics expand their knowledge of the field, learn about cutting-edge research and innovative programs, and gain an understanding of how to put this information to work for you. Program topics include Financial Abuse, Sexual Abuse, Domestic Violence, Self-Neglect, Understanding the Legal System, and Physical Markers of Abuse and Neglect. Further details can be accessed in the previous newsletter through our archive at www.MedAmericaLTC.com/special_features.jsp.

REMINDER: MAY 23, 2002 Medical Implications of Elder Abuse and Neglect

MedAmerica and Rochester Individual Practice Association (RIPA) invite you to attend a conference that will focus on Elder Abuse and Neglect, which is often associated with a number of medical disorders including Geriatric Addiction and Depression. Diagnostic challenges will be discussed using a case-based format. Joining me for this program will be featured speakers including Dr. Jeffrey Lyness, Department of Psychiatry, University of Rochester; Art Mason, Director of LIFESPAN's Elder Abuse Prevention Program; and Carol D'Agostino, Director of LIFESPAN's Geriatric Addiction Program.

It will be held at the Rochester Academy of Medicine on Thursday, May 23, 2002. Registration will begin at 2:45PM. Presentations and discussions, with a late afternoon break for "cocktails and conversation", will be held from 3:00PM to 7:00PM. Following the break, I will report on the National Conference. Copies of the *Principles of Assessment and Management of Elder Abuse* "tool" will be available, along with "tools" to assess depression and geriatric addiction.

There is no charge for this CME program that is sponsored in part by an educational grant from MedAmerica, Inc., a leading long term care insurer committed to raising awareness of Elder Abuse.

For early registration, email your name, address and telephone # to Julie.VanRensselaer@excellus.com. For questions, call Julie @ 585-238-4514.

LIFESPAN is a not-for-profit organization dedicated solely to the needs of older adults and their caregivers. Lifespan has offered the Elder Abuse Prevention Program since 1986.

LIFESPAN's Geriatric Addiction Program (G.A.P.) is a new, unique community collaborative program that helps older adults reduce substance abuse and improve their health, safety and functioning. The relationship between specific life problems and substance abuse is clinically addressed utilizing a holistic approach driven by the needs of the client. All services are provided within the client's home.

PALLIATIVE CARE

Community Conversations on Compassionate Care 2002

Death is something we all face. It is not an option. Yet few are comfortable discussing death and dying. Would you want every possible life-saving measure taken even if there were no hope for recovery or would you prefer to die peacefully at home? More importantly, have you chosen the right spokesperson to speak for you if the time comes when you are no longer able to speak for yourself? Equally important, have you had a conversation with your spokesperson and your family so that your values and beliefs as well as your wishes are known? How can you best clarify your values and beliefs? Have you spelled out these values, beliefs and wishes in an Advance Health Care Directive? Have you updated your directive on a regular basis and whenever faced with a new medical problem or with progressive, advanced chronic illness? If you have not done so, chances are that your family will struggle with having to guess what you want and that perhaps your personal wishes will not be honored.

These are issues that we face as individual members of our community and as well as professionals that interact with clients and patients. There is no crystal ball to cover every possible clinical scenario and new life-sustaining medical treatments and devices that are on the horizon. Thus, a conversation that reviews one's values and beliefs is more valuable in clinical decision making than purely a list of medical procedures and treatments. The cultural and spiritual diversity of the individual must be acknowledged and respected in these discussions. It is also essential that these conversations occur over time because chronic illnesses do progress and the ability to provide curative treatments decline. Often, cognitive and functional status declines. These factors will likely affect prognosis, probability of recovery and thus, often impact an individual's goals of care. In turn, this may affect a person's wishes for particular treatments or the desired site of care. It may shift the balance toward providing more palliative care geared at improving the quality of life and reducing suffering after informed discussion and recognition of the limitations of curative treatments. In making these decisions, it must be recognized that the patient's wishes are paramount. In dealing with patients who

retain capacity, it is critical to listen to the patient's wishes and neither to confuse these with the family's wishes nor to impose your own spiritual or cultural beliefs.

Interprofessional Conversations on End-of-Life and Palliative Care

As a result of a **Community Conversations on Compassionate Care, 2002** presentation to the Bar Association on February 28, a joint CME/CLE program will be held as a next step in promoting conversations among medical and legal professionals. It is being co-sponsored by the Monroe County Bar Association, the Monroe County Medical Society and the Rochester Health Care Forum End-of-Life/Palliative Care Advisory Group, a community initiative sponsored by the Rochester Health Commission.

Paul Drager, JD, a practicing attorney for 20 years, will be the featured speaker. He is an EPEC Trainer and holds a certificate in Bioethics and the Medical Humanities from the College of Physicians and Surgeons of Columbia University. In addition to serving on many ethics committees, he is a member of the Surrogate Decision Making Panel for the NYS Commission on Quality Care for the Mentally Disabled, where he chairs quasi-judicial hearings on making health care decisions for incapacitated persons. He will focus on legal and ethical issues, case law, current NYS and Federal laws and medical futility. A panel discussion on Medical Futility will follow, featuring Paul, along with local experts Jane Greenlaw, JD, Julia Smith MD, Hospice Medical Director, Genesee Region Home Care and Daniel Mendelson MD, Assistant Professor of Medicine, Geriatrics, University of Rochester, both board certified Palliative Care Consultants.

Workshops focused on Advance Health Care Directives and Planning as well as the Physician Order Life Sustaining Treatment (POLST) will be held. Legal statutes will be discussed using a case-based format. Feel free to submit cases for discussion at the workshop to Nancy Adams at the MCMS, 585-473-7573 or by email to nadams@mcms.org.

The program will be held at the Rochester Academy of Medicine on Thursday, May 2, 2002. Registration and light breakfast will begin at 8:30 AM, followed by program introductions at 8:45 AM and workshops at 9:00AM. The program ends at 2:00PM. To register, send your name, address, phone # and fax # along with a check for \$30.00 made payable to MCMS, 1441 East Avenue, Rochester, NY 14610. For questions, contact Nancy Adams at the MCMS, 585-473-7573 or by email to nadams@mcms.org.

Community Conversations on Compassionate Care 2002

If your organization is interested in presenting a Community Conversation on Compassionate Care, please contact me at patricia.bomba@excellus.com or my co-leader, Mary Jane Milano at mjm@rhealth.org, at the Rochester Health Commission.

To view a complete copy of the community report that includes long range goals, the powerpoint presentation and membership of the Community-wide Advisory Group, go to the Rochester Health Commission website, www.rhealth.org.

===== In the News =====

END-OF-LIFE CARE: '60 MINUTES' EXAMINES WEITZEL CASE

CBS News' "60 Minutes" last night reported on the case of Dr. Robert Weitzel, who was found guilty of manslaughter and negligent homicide in 2000 for prescribing morphine -- but no other medications -- to terminally ill patients at Utah's Davis Hospital and Medical Center. CBS News reports that because all five patients had legal documents stating they wanted "no extraordinary measures" to keep them alive, Weitzel felt it was "his duty" as a physician to withdraw all their regular medications and, with their families' permission, let them "die naturally." The five patients died within two weeks of receiving the morphine prescriptions. Elizabeth Bowman, a registered nurse and lawyer for the prosecution, said that the patients could have lived "years longer." But Dr. Perry Fine, an end-of-life care specialist at the University of Utah whose deposition was initially withheld from the defense by the prosecution, said that Weitzel provided "standard" end-of-life care to patients in pain. Fine said, "After reviewing all these cases, I don't find any evidence of criminal action. ... These were terminally ill patients, and he treated them reasonably. [This was] clearly not a physician who wittingly or unwittingly killed his patients." Weitzel's conviction was overturned in 2001 because of Fine's testimony, and he will have a new trial.

GREATER IMPLICATIONS

"This case illuminates a problem that is much, much bigger than Dr. Weitzel and these five patients. We have a public health crisis that is confronting us in America today: Too many Americans die poorly and die with unnecessary suffering," Dr. Ira Byock, former president of the American Academy of Hospice and Palliative Medicine, said. When asked about the implications of Weitzel's case, Fine said, "An individual has been charged with murder who in his best estimation, was practicing a legitimate form of medicine. If that can happen to him, it can happen to any physician." Fine added that the case sends "absolutely the worst message" to physicians, who may "pull back" from providing needed end-of-life care "for fear they will be blamed in [the patient's] death. According to Weitzel, "A doctor who is just trying to take care of people is walking a real thin line between going to prison and going home tonight." Excerpts from the "60 Minutes" segment are available at pnm://64.224.17.145/64.226.148.54/weitzel.rm. Note: You must have RealPlayer Video to watch the excerpts (Bradley, "60 Minutes," CBS, 3/3).

American Health Line 03/04/02 <http://www.nationaljournal.com>

===== UPDATE ON EPEC =====

The Education for Physicians on End-of-life Care (EPEC) program presented on March 15-17, 2002 in the Utica region at SUNY Institute of Technology was a success. The March offering included a new workshop that focused on personal awareness of death and personal advance care planning. In addition, an expanded session on pain management, including a general session on pain principles followed by case-based discussion and problem solving. The enhancements on Self-Care continued along with the role-play, skits and facilitated discussions. The session on Cultural Diversity was broadened to include Spiritual Diversity. These enhancements were well received.

A special highlight was the addition of An Irish Wake, A Celebration of Life on Friday evening, which featured traditional Irish cuisine, an Irish Band, Irish Dancers, Irish Singers and Irish Toasts. Special thanks to Dr. Kevin Mathews, a member of our EPEC

faculty who arranged for the band and added to the festivities through his stories and toasts. Added thanks to band members, dancers and participants who donated their services. As a result, a collection that night yielded \$422.00 for Hospice, Inc.; an additional \$380 will be added as a result of local Excellus employees participation in an Advance Care Directive corporate survey.

Thanks to the participants and faculty, Reese Davis, Excellus Education Director, my assistant, Julie VanRensselaer, and countless Excellus volunteers who contributed to making this program a success.

The next EPEC program is scheduled for September 20th to 22nd in Corning, New York. For further information, call the toll-free # 877-718-6709. Details about the EPEC program are found in the previous newsletters, which can be accessed through our archive at www.MedAmericaLTC.com/special_features.jsp.

===== Conferences =====

Ethics and Action in End-of-Life Care Conference

This conference addresses the ethical issues professional and volunteer caregivers confront in caring for people with a life-limiting illness. Conference topics will include thinking ethically about end-of-life care, dilemmas of decision-making, ethics of hastening death, social issues in end-of-life care, duties to the dying, responsibilities of the dying, and others. The course will combine plenary sessions with more intensive learning opportunities in small groups. As a result of this course, both formal and informal caregivers will be better able to reason ethically about issues they face, gain a broader understanding about end-of-life issues and the social/cultural contexts that shape them, and obtain more in-depth knowledge of particular end-of-life issues on which they would like to focus.

Faculty members provide a wide range of experience in issues surrounding end-of-life care. Primary presenters (faculty), including several nationally-known speakers, are: Laurie Zoloth, PhD, Professor of Ethics and Jewish Philosophy, San Francisco State University; Ira Byock, MD, Director, Promoting Excellence in End-of- Life Care National Program Office, The Robert Wood Johnson Foundation; Deni Elliott, EdD, Director, The Practical Ethics Center, The University of Montana; Mark Hanson, PhD, Executive Director, Missoula Demonstration Project: The Quality of Life's End; Andrew Lustig, PhD, Director, Rice-Baylor Program on Biotechnology, Religion, and Ethics, Rice University; and Herbert Swick, MD, Executive Director, Institute of Medicine and Humanities, Saint Patrick Hospital and Health Science Center and The University of Montana. [Learn more by visiting http://www.umt.edu/ethics/EOLCare](http://www.umt.edu/ethics/EOLCare)

Pain Management

Genesee Region Home Care and **Monroe Community Hospital** invites you to attend a lecture on Pain Management presented by Dr. Tom Snader, Pharm D. The one-hour lecture will be held at Monroe Community Hospital in the Brass Chandelier Room on **April 30, 2002 at 9:00AM**. For questions, call Erma Perkins at 585-214-1179. An educational grant provided by Purdue Pharma sponsors this lecture.

2nd Annual Northeast Regional Pain Management Symposium on “Are you Managing ... Pain or Addiction?” sponsored by URM School of Nursing and Medicine. It will be held on Friday, April 12 from 8 am – 4:30 pm at the Holiday Inn Rochester Airport. A major focus of this symposium is on a dilemma that is receiving nationwide attention; that of differentiating pain from addiction and the impact of that issue on care and treatment. This topic is important to assist and enhance practitioners’ knowledge base to adequately treat those afflicted with pain. Nationally renowned experts in the field of pain management will discuss the latest treatments, trends and issue. For registration and information, contact the URM Community Nursing Center at 275-0446 or register online at www.urmc.rochester.edu/son/cnc

“Living with Grief: Loss in Later Life” National Videoconference and Local Panel Discussion

Moderator: Cokie Roberts, ABC & NPR Correspondent and features a panel of noted experts in the field of aging and loss. Wednesday, April 24, 1 pm – 5 pm. For healthcare and other professionals who wish to better understand and respond to the needs and barriers faced by our aging population and explore ways that professionals can more effectively assist those coping with the range of losses faced by older persons confronting end-of-life decisions and loss-related issues.

In Rochester, it will be held at the Cornell Cooperative Extension, 249 Highland Avenue and is sponsored by Genesee Region Home Care, Lifespan, Independent Living for Seniors, Monroe County Office of Aging, Hospice Foundation of America and Last Acts. Admission is free, but a \$5 donation to Hospice is requested at the door. CEU credits are available. Advance reservations requested by Friday, April 19 by calling 214-1573. For more information, call Theo Munson at 214-1414.

In Syracuse, it will be locally sponsored by the Hospice of Central New York’s **Center for Living With Loss** using the downlink facilities of the Westvale Seventh Day Adventist Church at 2511 West Genesee Street. For more information or registration arrangements contact Meghan Young, Education Coordinator at **The Center for Living With Loss** (315/634-1100, x154).

Further information about other sites can be found at
<http://www.hospicefoundation.org/teleconference/index.htm>

11th Annual Lyon Daughters’ Lecture

“Take Two Echinacea and Call Me in the Morning: Should Your Physicians Prescribe Complementary and Alternative Therapies?” presented by Karen E. Adams, MD, national chair of the Ethics committee of the American Medical Women’s Association on Friday, April 19, 8 pm at the Rochester Academy of Medicine. The lecture is free and open to the public. Dr. Adams will address the ethics of using therapies such as massage, music, herbal medicine, hypnosis and others in conventional practice. Dr. Adams is a Clinical Consultant to the Oregon Health & Science University (OHSU) Center for Ethics in Health Care, and she is a writer and lecturer in medical and reproductive ethics. She is an Assistant Professor of OB-GYN at

OHSU, is in active clinical practice, and has recently presented a paper entitled Ethical considerations of Complementary and Alternative Medicine to the 13th World Congress of Health, Law and Ethics, which was published in the *Annals of Internal Medicine*.

===== Certification Examination =====

New arrangements have been made for the certification examination for physicians in Hospice and Palliative Medicine, offered by the American Board of Hospice and Palliative Medicine. The exam is offered through collaboration with the National Board of Medical Examiners (NBME). Through this exciting partnership, ABHPM will have access to NBME's expertise in measurement and testing in order to assist ABHPM in developing and administering the certification examination. Through NBME's national network of testing facilities, the ABHPM exam will be available via computer at any one of over 300 certified Prometric Testing Centers in the United States, Canada, and Puerto Rico. Most applicants will be able to sit for an exam at a testing center within driving distance.

The next examination is November 2 – November 9, 2002 (inclusive). Application fees are \$900.00 (early registration, by April 1, 2002) or \$1000.00 (regular registration by May 1, 2002).

To receive application materials or for further information, email mail@abhpm.org or visit www.abhpm.org.

The Soap Box

In this section I hope to highlight letters, discussions and questions from the readers. I welcome your thoughts and look forward to sharing information through your responses.

Genesee Region Home Care Nurses Present Local Data at HPCANYS

Leath DeRitter and Erma Perkins, nurses with Genesee Region Home Care's SNF Hospice program are presenting on "Ten Years of Hospice in Long Term Care" at the HPCANYS Annual Meeting on April 18.

We found that "only 1% of the nursing-home population is enrolled in hospice, and 70% of nursing homes have no patients enrolled in hospice." Of 35 skilled nursing facilities in Monroe County, at least 30 have contracts for hospice care.

The percentage of residents on GRHC's hospice program in SNF's is 3.5-5% with one facility consistently identifying 6-8 % of their residents as appropriate for hospice.

Rochester Community Principles of Pain Management

In the last newsletter, a description of the Rochester Community Principles of Pain Management was included in the section on Palliative Care. A draft copy was attached to the email. Among comments received, one reader notes, **"This looks great! I love having all this info on two sides of one sheet of paper. There are several places in the ICU where this could be readily accessed. Bravo!"**

If you missed the attachment and wish to review it, please contact me at patricia.bomba@excellus.com. The committee appreciates your comments on this draft.

In addition, a “toolkit” has been developed to support these pain principles. It is meant as a starting point for the community and input will be gathered from the community as it begins to be used. If anyone is interested in viewing and commenting on the “toolkit” or serving as a beta site to study and improve the tools, please contact chris.grizzanti@excellus.com.

Syracuse Area and Rochester Area Physicians Join in Submitting Amicus Brief

The brief was submitted January 22. No new information is available at this time.

New Articles

Lo B, Rustin D, Kates LW, Arnold RM, Cohen CB, Faber-Langendoen K, Pantilat CM, **Quill TE**, et al. Discussing Religious and Spiritual Issues at the End of Life: A Practical Guide for Physicians. JAMA 2002; 287:749-754.

Interesting Websites

“Innovations in End-of-Life Care” an international journal and online forum of leaders in end-of-life care (No fee and easy online registration) <http://www2.edc.org/lastacts>

CALENDAR OF EVENTS

Please add your programs to the following calendar of events.

2002

April 4 th -6 th	National Conference on Elder Abuse	Newport Beach, CA
April 12 th	2 nd Annual Northeast Regional Pain Management Symposium on “Are you Managing ... Pain or Addiction?”	Rochester, NY
April 17 th	CCCC 2002, Practicing Organizations for Nursing Home Culture Change	Fairport Baptist Home
April 18 th -19 th	Hospice & Palliative Care Association Of NYS Seminar and Meeting	Albany, NY
April 19	11 th Annual Lyon Daughters' Lecture	Rochester, NY
April 24 th	"LIVING WITH GRIEF: Loss in Later Life" National Teleconference	
April 30 th	Pain Management Lecture	Rochester, NY
May 2 nd	Interprofessional Conversations on End-of-Life & Palliative Care	Rochester, NY
May 23 rd	Medical Implications of Elder Abuse & Neglect Geriatric Addiction & Depression	Rochester, NY

June 5-8

Ethics and Action in End-of-Life Care

Missoula,
Montana

September 20th–22nd EPEC Seminar

Corning, NY

If you know of other events related to Elder Abuse or Care at the End-of-Life, please forward them to me the e-mail address above and I will add them to our calendar of events for the next edition of this newsletter. Thank you.

Please access our archive to view the prior publications of “The Bomba Letter”.

www.MedAmericaLTC.com/special_features.jsp.

For information on Long Term Care visit MedAmerica’s website at

www.MedAmericaLTC.com.

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