
IDAHO END-OF-LIFE NEWS

April, 2009

Idaho End-of-Life Coalition

Formerly A Better Way Coalition, Inc., and the Idaho State Hospice and Palliative Care Organization

Please email IdELC@clearwire.net with information about end-of-life-related news or events in Idaho

Idaho End-of-Life Events Calendar *all times MT*

Find committee meeting times and topics summarized at the end of this newsletter

- Tue, Apr 14 **Living With, Through & Beyond Cancer**, free CancerCare telephone workshop
Part 1: Managing the Stress of Survivorship, 11:30-12:30
Pt 2, May 19: Nutrition /Physical Activity; Pt 3, June 23: Fatigue of Caregiving
Registration required. Information at: www.cancercare.org/TEW
- Thu, Apr 16 **National Healthcare Decisions Day 2009**
See article, below
Info at: www.nationalhealthcaredecisionsday.org
- Wed, Apr 29 **Living With Grief Teleconference: Diversity and End-of-Life Care**, 11-2:30
16th Annual Hospice Foundation of America educational event
15 sites so far in Idaho; info at: www.hospicefoundation.org
- Wed, Apr 29 **Comprehensive Cancer Alliance for Idaho, General Membership Meeting**
Doubletree Hotel-Riverside, 2900 Chinden Blvd, Boise, 1:00-4:30: Open to all!
Meeting will include launch of a cancer end-of-life workgroup: see article, below
Contact: **Gail Baird**, CCAI Board Chair, bairdg@myexcel.com
- May 5 **QAPI Hot Topics Call**, focus: *Percentage of patients admitted with pain that is brought to comfortable level in 48 hours.* 3:00-4:00. See article, below
Contact IdELC Quality Committee Chair Sarah Bradbury, sarah@xlhospice.com
- May 6-12 **National Nurses Week**
- July 20-22 **Dying Well in Idaho Conference**, Boise Centre on the Grove / Grove Hotel
Part of the collaborative Annual Convention of Idaho's Nursing Home, Assisted Living, Hospice and Home Health organizations
Keynote speakers: **Ira Byock, MD; NHPCO CEO Don Schumacher, PhD**
Three Separate One-Day Workshop Intensives on Wed, July 22:
Hospice 101: Introduction to Hospice, with Idaho hospice professionals
Hospice in Facilities, **Judith Eighmy, CHPN**, Pacific Healthcare Consultants
NEW: Death, Loss, Spirituality, & Grief thru the Life Cycle, **Ken Doka, PhD**
Contact: **Jonathan Krutz** at IdELC@clearwire.net
- Fri, Sep 18 **Palliative Care Conference**, St. Luke's Anderson Center, Meridian
Sponsored by St. Luke's and Saint Al's
Contact: Amy Balstad, MHS, RN at balstada@slrhc.org

Find other Idaho healthcare educational events at www.idahoahcc.org/calendar

IDAHO HEALTH DECISION-MAKING BOOK NOW AVAILABLE

Orders for The Right Choice at the Right Time: Sharing Your Wishes for Care at the End of Life are now being accepted. The 128-page Idaho-specific advance care planning resource book from the Idaho End-of-Life Coalition was distributed last fall to Idaho's libraries and senior centers. The book contains detailed information about planning for care at the end of life and sharing wishes with loved ones. It contains Idaho-specific advance directives forms, includes real-life examples and situations, and answers frequently asked questions about end-of-life issues.

The book has now been reprinted for sale due to popular demand. The \$24 price per book includes taxes, shipping and handling. Discounts are available for bulk orders. Learn more and download the order form under "What's New" at www.hospiceidaho.org.

Sections of the book are now available online at www.abetterwaycoalition.org. In addition, the Idaho Library Commission has created an audio version of the book available through Idaho's libraries which will be accessible on the Better Way website shortly.

Five Quick And Easy Ideas For Thursday April 16

PLAN AN ACTIVITY FOR NATIONAL HEALTHCARE DECISIONS DAY

What are you doing for the second annual National Healthcare Decisions Day, Thursday, April 16? Idaho's state liaison for the event, the Idaho End-of-Life Coalition, recommends five quick and easy ideas to help raise awareness in Idaho of the importance of planning for the end-of-life now, before a crisis.

- 1) Review your own advance directive and set a time to talk with your loved ones about your healthcare wishes, using the conversation to encourage them to plan, as well.
- 2) Still don't have an advance directive? Review the advance care planning information at www.abetterwaycoalition.org and download and complete Idaho's advance directive form—which includes selecting someone you trust to make decisions for you, scheduling a time to talk with them about your wishes, and formally designating them as your Healthcare Power of Attorney.
- 3) Copy this article to those you know through emails or newsletters or post it prominently.
- 4) Order copies of Idaho's The Right Choice at the Right Time: Sharing Your Wishes for Care at the End of Life for use in your work. Download the order form under "What's New" at www.hospiceidaho.org.
- 5) Learn more about National Healthcare Decisions Day and get free information about holding activities in your area at www.nationalhealthcaredecisionsday.org.

Join the Idaho End-of-Life Coalition and Americans from across the country in making wishes for future healthcare decisions known to family, friends, and healthcare providers.

JOIN NATIONAL EFFORT TO REVERSE BUSH-ERA HOSPICE CUTS

A cut in Medicare hospice reimbursement rates implemented by the Bush administration was delayed for a year in the recent stimulus package. Now Representatives Chris Van Hollen (D-MD) and Ginny Brown-Waite (R-FL) are circulating a letter among their congressional colleagues, asking the Obama Administration to intervene on behalf of

hospices and stop the rate cuts once and for all before the moratorium ends on September 30, 2009. We need you to contact Idaho's Congressmen to ask for their support on this important letter. Visit the Legislative Action Center of the National Hospice and Palliative Care Organization at <http://capwiz.com/nhpc/home> to contact Idaho's representatives today!

CANCER END-OF-LIFE WORKGROUP FORMING

What issues do you believe need to be addressed to improve the end-of-life for Idaho cancer patients and their loved ones? The Comprehensive Cancer Alliance for Idaho will use part of its April 29 general membership meeting to identify cancer end-of-life issues, as input for a newly forming workgroup led by IdELC CEO Jonathan Krutz. All are welcome to participate. The meeting will be held from 1:00-4:30 at the Doubletree Hotel Boise-Riverside at 2900 Chinden Blvd. Download the meeting agenda under "What's New" at www.hospiceidaho.org. To join the meeting in person or by phone, please RSVP to Deanna at jarvisd@dhw.idaho.gov or 334-6585.

Can't make the meeting? Contact IdELC@clearwire.net to share the end-of-life cancer issues that you see and to join the new CCAI/IdELC Cancer End-of-Life Workgroup.

CCAI is Idaho's collaborative effort to develop and implement the state cancer control plan. It has workgroups in the areas of prevention, early detection, cure, survivorship, and, now, end-of-life. The new end-of-life workgroup "seeks to identify and address issues affecting the quality of life of the 50,000 Idahoans living under the threat of death from cancer—and especially the 2,200 Idahoans who lose their life to cancer each year—including issues surrounding advance care planning, pain and symptom management, awareness and use of hospice and other palliative care interventions, and support for loved ones before, during, and after the loss of their loved one."

IDAHO "HOT TOPICS" QAPI CALL TO FOCUS ON PAIN IN HOSPICE

The May IdELC Hospice "Hot Topics" QAPI call will focus on the percentage of patients admitted with pain that is brought to a comfortable level in 48 hours.

If you have been involved in QAPI (Quality Assurance and Performance Improvement) in your hospice, then you are probably familiar with the above "quality indicator." Wouldn't it be great to know what other hospices are doing to track data for this indicator? Wouldn't you like to know how other hospices have improved the percentage of patients admitted with pain that is brought to a comfortable level in 48 hours? The IdELC Quality and Research Committee will facilitate conference calls to collaborate and discuss various QAPI "hot topics" over the coming months. All are invited to join the call on May 5th from 3-4 p.m. MT by calling 712-432-1100 and entering 300176#.

Future calls will include other "hot topics," like the incidence and prevalence of infections or the incidence of adverse events. To request a specific QAPI "Hot Topic" to be covered on a future conference call, please notify Sarah Bradbury at sarah@xlhospice.com.

SECOND COALITION LISTENING SESSION SET FOR TWIN FALLS

As input for on-going planning, IdELC CEO Jonathan Krutz will lead the second of several envisioned End-of-Life Listening Sessions from 2:00-3:30 Wednesday, April 15, in the Great Room at Bridgeview Estates, 1828 Bridgeview Blvd, Twin Falls. Krutz will speak on the state of dying in Idaho today, review the recent unification of A Better Way Coalition, Inc., and the Idaho State Hospice and Palliative Care Organization, and lead a discussion of Twin Falls-area end-of-life issues with participants. IdELC's first listening session was held in Coeur d'Alene in February; two sessions are being planned this summer in the Treasure Valley. To host an End-of-Life Listening Session in your area, please contact IdELC@clearwire.net.

IDAHO END-OF-LIFE COALITION COMMITTEE ACTIVITIES

The work of the Idaho End-of-Life Coalition takes place primarily through our five priority-area committees. Select your committee of interest on the IdELC Membership Form at www.hospiceidaho.org under "Getting Involved." To join Coalition committee meetings by phone, call 712-432-1100 and enter 300176#.

Professional Education – 2nd Tues, Ap 14, May 12, 1-3 MT, by phone

Agenda: Dying Well in Idaho Conference (breakout speakers, intensives, banquet, reception, bookstore, awards), professional use of end-of-life DVD, possible on-line CHPN review course for nurse aids, review of 2009 education calendar plans

Recent Actions: Discussion of conference breakout proposals, addition of Ken Doka, PhD to lead a one-day grief and bereavement intensive

Chair: **Teresa Dixon**, CHPN, Hospice Alliance, Pocatello trsdixon@yahoo.com

Community Engagement – 3rd Wed, Ap 15, May 20, 1-2:30 MT, by phone

Agenda: RCRT Advance Care Planning Book Promotion, EOL DVD, National Healthcare Decisions Day, No One Dies Alone program, Idaho Hospice-Veteran Partnership, NHPCO Workplace Outreach Initiative

Recent Actions: Planning for reprint of The Right Choice at the Right Time and promotion in coordination with National Healthcare Decisions Day, discussion of production of a hospice/EOL dvd, addition of a Hospice-Veteran Partnership lunch at the conference

Chair: **Heidi Walker**, Hospice Visions, Twin Falls heidi@thevisionsgroup.org

Public Policy (former Advance Care Planning) – 3rd Tues, Ap 21, May 19, 4-5:30 MT, Saint Alphonsus, Boise, or by phone

Agenda: Revise S1114 proposal to address end-of-life decision-making for Idahoans with developmental disabilities; review/discuss POST (Physician Orders for Scope of Treatment) implementation issues, discuss coordinated statewide approach to end-of-life dementia issues

Recent Actions: Facilitate discussions between health providers, developmental disabilities advocates, and Right to Life representatives to improve Idaho advance care planning regulations

Chair: **Jill Anderson**, CNS, Saint Alphonsus, Boise jillande@sarmc.org

Hospice & Palliative Care Policy – 3rd Thur, Ap 16, May 21, 9:30-11:30, St. Luke's Hospice, Boise, or by phone

Agenda: Develop hospice residential facilities proposal, draft Idaho Palliative Care Principles

Recent Actions: Review draft language for hospice residential facility regulations, establish task force for palliative care principles development

Chair: **Mary Lou Long**, MSN, St. Luke's, Boise longm@slrhc.org

Quality/Research – 1st Tues, Ap 7, May 5, 3-4 MT, by phone

Agenda: April: Research on palliative care in facilities. May: QAPI (Quality Assurance and Performance Improvement for hospice) Hot Topics call on *Percentage of patients admitted with pain that is brought to comfortable level in 48 hours*

Recent Actions: recommend that IdELC Board issue the revised Palliative Care Best Practice in Long Term Care document as a white paper of the Idaho End-of-Life Coalition; support efforts of BSU Professor Kim Martz to study palliative care implementation in nursing facilities

Chair: **Sarah Bradbury**, MBA, XL Hospice, Payette Sarah@xlhospice.com