
IDAHO END-OF-LIFE NEWS

May, 2009

Idaho End-of-Life Coalition

*Formerly A Better Way Coalition, Inc., and the Idaho State Hospice and Palliative Care Organization
www.abetterwaycoalition.org and www.hospiceidaho.org*

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

***In recognition of National Nurses Week, May 6-12,
the Idaho End-of-Life Coalition honors Idaho's nurses for their compassionate
and expert care of those near the end of life across Idaho***

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NOMINEES SOUGHT FOR 2009 IDAHO END-OF-LIFE AWARDS

New Category Will Honor End-of-Life Champions from a Range of Service Providers

Who do you most respect for their end-of-life improvement passion and expertise? The Idaho End-of-Life Coalition is accepting nominations for awards to be presented at the 2009 Coalition Awards Banquet, Monday evening, July 20, part of the 2009 Dying Well in Idaho Conference at the Boise Centre on the Grove. Information and nomination forms can be found at www.hospiceidaho.org under "What's New." The nomination deadline is Friday, May 29.

Nominations will be accepted for the **2009 Person of the Year**, the **Lifetime Impact Award**, and members of the **2009 Hospice Dream Team**. Hospices are also invited to submit their **Volunteer of the Year**; one from each hospice will be recognized at the statewide event. New this year, the Coalition also seeks nominations to recognize **Champions for a Better End-of-Life** from among

a range of service providers, including assisted living facilities, skilled nursing facilities, pharmacies, hospitals, estate planners, in-home service providers, physician groups and funeral homes. Recipients of this award will exemplify best practices in end-of-life care and services within their areas of operation. The community will recognize them as outstanding advocates for a better end-of-life.

HOW CAN WE IMPROVE IDAHO'S "POST"?

What problems do you see with Idaho's POST? How can we make it work better? Implemented in 2007, the POST is a one-page form intended to make the care wishes of incapacitated patients more easily accessible to healthcare professionals. The POST is completed by a patient with his or her physician and signed by the physician. The POST expresses patient wishes for CPR, tube feeding, and other issues in the form of a standing order from the physician. (Learn more about POST at www.abetterwaycoalition.org.)

On April 21, the Coalition Public Policy Committee met to begin a review of the effectiveness of the POST in Idaho. Notes of that meeting can be reviewed at www.hospiceidaho.org under "Getting Involved" (scroll down to "Public Policy Committee"). Some issues identified include:

- It's hard for people to focus on POST issues until a crisis occurs
- Physicians and families do not connect to hold POST conversations
- Some areas do not have physicians available to discuss/sign a POST
- There is confusion over some of the language of the POST
- Developmental disabilities laws do not allow guardians to sign a POST, but they do

The committee identified several next steps, including a broader educational effort to the public and to physicians and other healthcare professionals. Discussions will continue at the 4:00-5:30 June 16 meeting of the Committee in Coughlin Room 1 at Saint Alphonsus. Join that meeting or email IdELC@clearwire.net to add your POST concerns or ideas to the deliberations.

NEW CANCER END-OF-LIFE GROUP IDENTIFIES NEEDS; SELECTS PROJECT

Promoting a model for introducing hospice earlier in post-cancer-diagnosis physician conversations will be the first project of the new Cancer End-of-Life Workgroup, formed by the Comprehensive Cancer Alliance of Idaho and IdELC. The project emerged through a process that began with more than forty-five areas of concern being identified in a spirited discussion of cancer end-of-life issues at the semi-annual CCAI membership meeting at the Doubletree Hotel in Boise on April 23. The issues fell into the general areas of Treatment Decisions, Grieving, Where to Go for Resources, and Planning, Education and Training.

The newly formed CCAI/IdELC Cancer End-of-Life Workgroup prioritized the issues, selecting the following nine concerns as most important to address:

- Doctors talking with patients about end-of-life issues and options
- Grieving process; how to
- Helping patients and family plan and make decisions
- Patients defining quality of life; the health system respecting patient wishes
- Training for health professionals on telling bad news and being authentic
- Lack of knowledge of hospice; late referrals to hospice

- Spiritual concerns more fully addressed
- Training for families on end-of-life caregiving
- Providing support in rural areas

The work of providing and promoting a model for physicians and other health providers to talk naturally with cancer patients about hospice, early in their diagnosis, including recognition that “no treatment” is an option, will continue at the next meeting of the Cancer End-of-Life Workgroup. If you want to get involved, contact IdELC@clearwire.net to join the Workgroup, then plan to join the next meeting, from 1-2 MT on Wednesday, May 27, by calling 712-432-1100 and entering 300176#.

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.

COALITION BOARD SETS PRIORITIES, APPROVES BUDGET

The 18-member Idaho End-of-Life Coalition Board of Directors affirmed the following priority areas at their April 17-18 retreat and quarterly meeting in Ketchum:

- Membership growth and relationship building to bring all interested parties around Idaho’s comprehensive end-of-life improvement table
- POST improvements and promotion of Idaho’s advance care planning tools
- Collaboration with Idaho palliative care programs
- Coordination of the annual Dying Well in Idaho Conference

The Board welcomed new members Donna Denney with the Idaho Commission on Aging, Ashley Holaday with Heart ‘n Home Hospice, Jamie Kelley with the BSU School of Social Work at the College of Southern Idaho, and Cheryl Tussey with AARP Idaho. The Board also reviewed and commented on a draft “Introduction to Hospice” DVD being considered for promotion across the state, watched and discussed the Oscar-winning euthanasia movie “The Sea Inside,” reviewed Coalition activities of the past quarter, and approved a 2009 budget of \$120,000, with revenues from member dues, educational programs, and product sales.

COALITION NOMINATING COMMITTEE SEEKS CANDIDATES

The Idaho End-of-Life Coalition Board will elect new members this summer. The following positions will be up for election, with each of the current office-holders eligible to serve again: Secretary (Peggy Williams), AARP Representative (Cheryl Tussey), Southwest Idaho Representative (Ashley Holaday), Southeast Idaho Representative (Ray Puccinelli), At-Large Representative (Carol Taylor), Long Term Care Representative (Linda Simon), and Psych/Soc/Spiritual Representative (Bruce Stevens).

Information about Board expectations can be found under “Getting Involved” at www.hospiceidaho.org, scroll to the bottom of the page and select “BoardFAQs.” Those interested in joining the Board or recommending others should contact a Nominating Committee

member before the end of May: Bruce Stevens, chair, (bstevens@ooa.csi.edu), Carolyn Nystrom (hospice@hwrsvsvcoxml.com), or Carol Taylor (cthrive@aol.com). In particular, the Nominating Committee would like to consider a committed voice from the media or in a corporate media-relations/public-relations position. All recommendations will be welcomed.

QUALITY COMMITTEE SEEKS INPUT ON QAPI PROJECTS

Hospices, contact Coalition Quality Committee Chair Sarah Bradbury at Sarah@xlhospice.com to share the focus of your QAPI (Quality Assessment and Performance Improvement) efforts. A dozen hospices joined the May 5 Committee call to discuss issues of measuring and improving pain management, one popular QAPI focus area. Calls on other QAPI topics will be scheduled based on input from hospices. A future call may also be scheduled as a forum for hospices to discuss the pros and cons of the various data management software programs with which they work.

HVP TO FOCUS ON END-OF-LIFE ISSUES OF IDAHO VETERANS

More than one quarter of all deaths in America today are veterans of America's military services. To address the issues of Idaho veterans at the end-of-life, the Veterans Administration in Idaho and the Idaho End-of-Life Coalition are taking steps to form an Idaho Hospice-Veteran Partnership. A planning lunch will be held on Monday, July 20, as part of the 2009 Dying Well in Idaho Conference. Details will be forthcoming.

The VA and the National Hospice and Palliative Care Organization have encouraged formation of HVPs in states across the country. Learn more and find tools you can use today at www.nhpco.org/veterans. To join Idaho's HVP planning team, contact Sharon Stephen at sharon.stephen@va.gov or Coalition CEO Jonathan Krutz, a member of the national Hospice-Veteran Advisory Council, at IdELC@clearwire.net.

LIFE-PLANNING PUBLIC FORUM ADDED TO JULY CONFERENCE

A free public forum, "*Life Care Planning and the Elder Care Continuum*" has been added to the 2009 Dying Well in Idaho Conference schedule. It will be held on Tuesday evening, July 21, from 6:30 to 8:00 at the Boise Centre on the Grove. Conference participants will be welcome. The forum will focus on planning to help seniors and their families find, get, and pay for good long-term care.

"Sometime in the future someone will need to make choices about your long-term and end-of-life care," says AARP volunteer and IdELC Board Member Cheryl Tussey. *"Make sure the choices are yours!"*

Participants will first engage in a lively discussion session aimed at identifying issues of greatest concern to the audience when they contemplate aging, chronic health care and end-of-life concerns. This discussion will be followed by a presentation of how to find, get and pay for good long-term care and access the resources necessary during that journey, including a review of the key legal planning documents necessary and the asset protection planning and public

benefits programs available to pay for care. The issues of greatest concern identified by the participants will be addressed in this presentation. The session will be led by Peter C. Sisson, Board Certified Elder Law Attorney, with Sisson and Sisson, The Elder Law Firm, PLLC, and sponsored by AARP Idaho, IHCA-ICAL, and IdELC.

IdELC CHANGES NEWS, INCLUDES NEW “ASK JUDITH” COLUMN

Future newsletters of the Idaho End-of-Life Coalition will be sent to our entire interest list every month rather than every week. If you received this newsletter by email, you are subscribed. If not, you can subscribe by request to IdELC@clearwire.net.

“Hospice News Idaho,” the Coalition’s weekly review of national media coverage of end-of-life issues and research, will now be forwarded only to members. The newsletter is also posted in the members-only section of the HospiceIdaho.org website. A new feature, “Ask Judith,” will be included in each issue from now on. Pacific Healthcare Consultants Principal Judith Eighmy, RN, BSN, CHPN, of Meridian will answer hospice regulatory questions received by the Idaho End-of-Life Coalition. This week’s column is on the nurse supervision of hospice aides.

YOU CAN HELP STOP THE HOSPICE CUTS; IMPROVE PAIN CARE

Unless Congress or the White House intervenes, Medicare will cut hospice reimbursement rates by 3.1 percent on October 1. This week, a new effort in the U.S. Senate to stop the hospice rate cuts was launched as Senators Arlen Specter (PA), Tom Harkin (IA), Ron Wyden (OR) and Pat Roberts (KS) began circulating a letter among their colleagues asking the Obama Administration to rescind the cuts. A similar letter continues to gain signatures of support in the House. No Idaho Congressman has yet signed on to these letters.

In the current economy, two Idaho hospices have already shut their doors. If you value the services of hospice in Idaho, and especially in Idaho’s rural communities, please encourage Idaho’s senators and representatives to sign-on to the letters. Thanks to the National Hospice and Palliative Care Organization, you can find talking points and be directly connected, toll-free, with Idaho’s Congressmen here: <http://tools.advomatic.com/22/protecthospice>. If you prefer to email, visit <http://www.capwiz.com/nhpc/issues/alert/?alertid=13245111&type=TA>. Your voice today will make a difference.

The National Pain Care Policy Act has passed the House of Representatives and is under review by the Senate. The bill was introduced by Senators Orrin Hatch and Christopher Dodd. Review the bill summary at <http://www.painfoundation.org/Action/NPCPA2009Summary.pdf>. Find additional information from the American Pain Foundation at http://www.painfoundation.org/Action/NPCPAFactSheet_2009.pdf. The National Power Over Pain Action Network encourages you to tell Idaho Senators Mike Crapo and Jim Risch about pain problems you are aware of and encourage their support of the National Pain Care Policy Act.

TWIN FALLS END-OF-LIFE COALITION HIRES COORDINATOR

Sheryl Ford has been hired part-time by the Magic Valley End-of-Life Coalition to coordinate their meeting and event planning. The Coalition met on April 15 and again on May 7 to set several priorities. These include updating the contact list of Magic Valley professionals who have an interest in end-of-life issues, re-establishing monthly leadership meetings, and planning for an educational event featuring a panel of local physicians to discuss end-of-life issues from their perspective. The Coalition also changed its name from the “Magic Valley Palliative Care Coalition,” in order to more closely align with the statewide Idaho End-of-Life Coalition. To get involved with Coalition activities in the Magic Valley, contact Sheryl at sford@thevisionsgroup.org or 735-0121.

BSU PROFESSOR KIM MARTZ TO STUDY HOSPICE-SNF RELATIONS

The Boise State College of Health Sciences has awarded funding to BSU Nursing Professor Kim Martz, MSN, RN, to conduct research to better understand the relationship between hospices and skilled nursing facilities. The information gained from the study will be presented to the Idaho End-of-Life Coalition and others and assist in the Coalition’s understanding of the next steps to help Idaho’s residents in dying well. In addition the study will be submitted for publication in hopes of adding to the body of knowledge on end-of-life care. Those who complete the survey instrument will be eligible for a \$75 prize drawing. Surveys will be available at the Dying Well in Idaho Conference, July 20-22, and distributed to hospices and facilities. A completed survey and raffle ticket will enter you into the prize drawing. Participation in this survey is completely voluntary; no information related to a specific individual or facility/agency will be released.

IDAHO GRIEF TOOLS USED ACROSS THE COUNTRY

Resources For Grief™, developed by Boise Grief Counselor Rebecca Hauder, RN, MEd, LCPC, LMFT, has found a home in hospices, funeral homes, and other organizations from Hawaii to Massachusetts. The program’s Grief Support Mailings, designed for sending monthly to bereaved persons during the year after a loss, includes a compassionate letter and a one-page educational enclosure addressing a different aspect of grief and loss. The first month’s mailing includes a “Survival Guide For Early Grief,” while other mailings address topics such as “Common Responses to Loss,” “A Wholistic Approach to Grief,” and “Handling Special Occasions.” The program has an optional secure web-based Bereavement Database that tracks, personalizes and prints the Grief Support Mailings. Also available is a comprehensive user-friendly 8-week Grief Support Group Curriculum with handouts. To learn more, visit www.resourcesforgrief.com or contact Rebecca at 336-0200 or rebecca@resourcesforgrief.com.

IDAHO END-OF-LIFE EVENTS CALENDAR *all times MT*

Committee meeting times, activities, and topics are summarized at the end of this newsletter

- Wed, May 6 **Pocatello Hospices Meeting**, Access Hospice
Contact: Brett Cooper, brett@accesshomecareandhospice.com
- Thu, May 7 **Magic Valley End-of-Life Coalition Meeting**, Visions Hospice, Twin Falls
Contact: Gloria Misbach, gloria@idahohomehealth.com
- Thu, May 14 **NGS Hospice Billing Transactions Webinar**, noon-2:00
Register at <http://www.ngsmedicare.com>
- Tue, May 19 **Living With, Through & Beyond Cancer**, CancerCare tele-conf, 11:30-12:30

- Part 2, Nutrition /Physical Activity (Part 3, June 23: Fatigue of Caregiving)
Free, but registration required. Information at: www.cancercare.org/TEW
- Tue, May 19 **Treasure Valley Hospices Meeting**, 3:30-5:00, Four Rivers Hospice, Boise
Contact: Ashley Holaday, ashleyh@heartnhomehospice.com
- Wed, May 27 **Cancer End-of-Life Workgroup**, CCAI/IdELC, 1-2 MT
Contact: Jonathan Krutz, IdELC CEO, IdELC@clearwire.net
- 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 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
Death, Loss, Spirituality, & Grief thru the Life Cycle, **Rev Ken Doka, PhD**
Contact: Jonathan Krutz at IdELC@clearwire.net
- Fri, Sep 18 **Palliative Care Conference**, St. Luke's Anderson Center, Meridian
Contact: Amy Balstad, balstada@slrhc.org Sponsored by St. Luke's, Saint Al's
- Thu, Apr 16 **National Healthcare Decisions Day 2010**
Info at: www.nationalhealthcaredecisionsday.org
- Find other Idaho healthcare educational events at www.idahoahec.org/calendar

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, May 12, June 9, 1-3 MT, by phone

Agenda: Dying Well in Idaho Conference (breakout speakers, intensives, pre-con networking session, banquet, reception, bookstore, awards), professional use of end-of-life DVD, review of other 2009 education calendar plans

Recent Actions: Finalize conference speakers and schedule

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

Community Engagement – 3rd Wed, May 20, June 17, 1-2:30 MT, by phone

Agenda: Plan promotions for The Right Choice at the Right Time advance care planning book, edit draft hospice DVD, review National Healthcare Decisions Day events, discuss conference plans for sessions on the No One Dies Alone program and the launch of the Idaho Hospice-Veteran Partnership, await grant news on the NHPCO Workplace Outreach Initiative

Recent Actions: Reprint and promote The Right Choice at the Right Time book, identify draft hospice DVD, add Hospice-Veteran Partnership lunch to the conference agenda

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

Public Policy (former Advance Care Planning) – 3rd Tues, May 19, June 16, 4-5:30 MT, Coughlin Room 1 at Saint Alphonsus in Boise, or by phone

Agenda: May: revisit S1114 proposal to address end-of-life decision-making for Idahoans with developmental disabilities, with disabilities advocates, right-to-life representatives, health

attorneys, and healthcare professionals. June: continue discussion of POST (Physician Orders for Scope of Treatment) implementation issues. Later, discuss coordinated statewide approach to end-of-life dementia issues.

Recent Actions: Brainstorm POST implementation issues.

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

Hospice & Palliative Care Policy – 3rd Thur, May 21, June 18, 9:30-11:30, St. Luke's Hospice, Boise, or by phone

Agenda: Continue to develop hospice residential facilities proposal, draft Idaho Palliative Care Principles, review Health & Welfare finding that oxygen is not part of Room and Board

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, May 5, June 2, 3-4 MT, by phone

Agenda: May: QAPI (Quality Assurance and Performance Improvement for hospice) Hot Topics call on the *percentage of patients admitted with pain that is brought to comfortable level in 48 hours*; Future: Discuss available software to support QAPI efforts

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