



Issue 31

# Pennsylvania Cancer Pain Initiative Newsletter Spring 2002

## *Cancer Patients Have a Right to Pain Control*

### **A MESSAGE FROM THE DIRECTOR**

Celebration of a Conference

The PA Cancer Pain Initiative (PCPI) and the American Cancer Society (ACS), Pennsylvania Division agree that this annual conference is indeed a celebration. As such, the *Celebration on the Hill Bus* will appear at the Harrisburg Marriott on Friday, April 5, 2002 for the conference, ***Cancer Pain Therapy in a Changing World of Regulations: the 11<sup>th</sup> Annual Conference of the PCPI***. Attendees will be invited to sign the bus, shrink-wrapped in the ACS logo. What an opportunity this is to publicly support the awareness that ACS is waging a fight against cancer and the collaboration of the PCPI and ACS.

This newsletter issue provides an overview of two national, end-of-life training programs. More information about the programs will be available during a conference workshop to be presented by John Combes, MD and Judith Dobson, MSN, CHPN. Dr. Combes is the Senior Medical Advisor for The Hospital and Healthsystem Association of Pennsylvania in Harrisburg. Ms. Dobson

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### **AMERICAN CANCER SOCIETY**

Celebration on the Hill

More than 3,000 cancer survivors/activists will gather in Washington, D.C. to show the nation how the American Cancer Society is waging the fight against cancer in communities across the country. These *Community Ambassadors* from each of the country's 435 congressional districts will take part on September 18-19 in the event, known as the American Cancer Society's "Relay For Life Celebration on the Hill." During this event, Ambassadors will meet with their members of Congress to let them know that cancer is a priority to their constituents. The event will celebrate cancer survivorship and empower Society volunteers to become a political force in the fight against cancer, both in Washington, D.C. and in communities across the country. To build excitement and awareness for the event, the *Celebration on the Hill Bus* will leave Washington, D.C. this March to start a nationwide tour. The bus will be designed for signing by the public at events across the country. From April 3-10, the bus will tour Pennsylvania.

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### **Education for Physicians on End-of-life Care: The EPEC Project**

The EPEC Project was designed in 1999 to educate all U.S. physicians on the essential clinical competencies required to provide quality end-of-life care. The EPEC Curriculum was developed with input from nationally respected experts in the field and feedback from participants of early training conferences under the leadership of Linda L. Emanuel, MD, PhD, Principal Investigator. The EPEC Team is comprised of Charles F. von Gunten, MD, PhD; Frank D. Ferris, MD; Joshua



Pennsylvania Cancer Pain Initiative in partnership with the American Cancer Society, Pennsylvania Division

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### Director's Message Continued

is a hospice/ palliative care consultant in Danville and a member of the PCPI Steering and Newsletter Committees. Or, you could refer to the program websites for more information. My hope is that you will join us at the Harrisburg Marriott on April 5<sup>th</sup> for conference activities and sign the *Celebration on the Hill Bus*.

Please return your conference registration, as enrollment is limited. If you need a registration form, please contact Penn State Continuing Education by email at [ContinuingEd@hmc.psu.edu](mailto:ContinuingEd@hmc.psu.edu), or by phone at 717-531-6483. Exhibit tables are still available for companies and organizations. A limited number of tables may be reserved by non-profit organizations, free of charge. If you are interested in an exhibit table, please contact me at [gbrown@psu.edu](mailto:gbrown@psu.edu).

Thank you.

Georgia Brown, RN, BSN  
Director, PCPI

### The End-of-life Nursing Education Consortium (ELNEC) Project

The ELNEC project, funded by a major grant from The Robert Wood Johnson Foundation, is a national education program designed to improve end-of-life care by nurses. The goals are to develop a core of nursing educators who are experts in the topic, and to create a national nursing education effort.

The project began in February 2000 with a partnership of the American Association of Colleges of Nursing (AACN) and the City of Hope National Medical Center (COH) in Los Angeles. Additionally, ELNEC comprises a consortium of organizations

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### The EPEC Project Continued

Hauser, MD; Thomas Foster; Jeanne Martinez; and Nicholas Molodyko.

The EPEC Curriculum comprises complementary components of four, 30-minute plenary modules and twelve, 45-minute workshop modules. It is practical, transportable, and self-contained. It combines didactic sessions, videotape presentations, interactive discussions, and practical exercises, teaching fundamental skills in quality end-of-life management. The EPEC Curriculum is available in two loose-leaf binders: the "Trainer's Guide," with accompanying computer disks of 540 slides in Power Point and videotapes, contains all the materials needed for a presenter to teach the subject; and the "Participant's Handbook" containing content only. A CD-ROM version of the "Trainer's Guide" is also available.

The EPEC Curriculum Module Topics include Advance Care Planning; Communicating Bad News; Whole Patient Assessment; Pain Management; Physician-Assisted Suicide; Anxiety, Delirium, Depression; Goals of Care; Sudden Illness; Medical Futility; Common Physical Symptoms; Withholding/ Withdrawing Treatment; and Last Hours of Living. Plenary Topics comprise Gaps in End-of-life Care; Legal Issues in End-of-life Care; Elements of End-of-life Care; and Next Steps.

"Become an EPEC Trainer" is a 2-1/2 day program, designed for physicians and other health care providers. Conferees learn the EPEC Curriculum and how to "roll out" EPEC programs for physicians and other members of the interdisciplinary team in their local institutions and communities. Participants receive the EPEC Curriculum ("Trainer's Guide" and "Participant's Handbook") and up to 19 CME credits.

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#### Pennsylvania Cancer Pain Initiative

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### The ELNEC Project Continued

represented on the ELNEC Advisory Board. The AACN coordinates the project while nurse researchers at COH develop, revise, and evaluate the curriculum and educational programs. This project also has representation from the national program "Educating Physicians on End-of-life Care" (EPEC) to promote collaboration with medical colleagues.

The courses intend to prepare educators to disseminate quality end-of-life subject matter into nursing schools and health care agencies. They are created to meet the needs of several groups of nursing educators:

- Baccalaureate and associate degree nursing faculty who will integrate end-of-life care in basic nursing curricula (five courses)
- Nursing continuing education providers and clinical staff development educators who will offer programs for practicing nurses in multiple settings (seven courses)
- State board of nursing representatives who can encourage end-of-life care education initiatives in their states (one course)

The curriculum reflects the principles of the AACN's publication *Peaceful Death: Recommended Competencies and Curricular Guidelines for End-of-Life Nursing Care (1998)*. The content comprises nine modules and includes: Nursing Care at the End of Life; Pain Management; Symptom Management; Ethical/Legal Issues; Cultural Consideration in End-of-life Care; Communication; Grief, Loss, and Bereavement; Achieving Quality Care at the End of Life; and Preparation and Care for the Time of Death.

The 13 grant-sponsored courses are offered in several ways:

- A three-day course for undergraduate nursing faculty and continuing education staff with limited experience in end-of-life care
- A two-day course for educators experienced in end-of-life care who become "ELNEC Trainers." The ELNEC Trainers may then present the programs in the following ways:
  - a) Nurses can be "ELNEC Trained" by attending a minimum of nine hours;
  - b) "Train the Trainer" programs can be duplicated for those experienced in end-of-life care (a two-day program complete with all materials); or

- c) Topics can be extrapolated from the curriculum and presented in multiple ways to nurses and others in a variety of settings, or to the public.

To obtain additional information or to apply for a future program, visit <http://www.aacn.nche.edu/ELNEC/course.htm>.

*Judith A. Dobson, MSN, CHPN*

*Hospice/Palliative Care Consultant, Danville*

*Member of the PCPI Steering & Newsletter Committee.*

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### The EPEC Project Continued

"Faculty Development Conference: Improve Your Teaching Skills" is a 2-day conference as a companion to the EPEC "Become an EPEC Trainer" program. Learning and skill building take place in small-group sessions so EPEC Trainers will become more effective teachers when they present the EPEC Curriculum in their local institutions. Participants will receive an extensive syllabus and up to 17 CME credits.

The "EPEC Moderated Online Conference" lets physicians and other health professionals who have been trained in EPEC or who have an interest in end-of-life care to communicate informally via e-mail. Participants use this Online Conference to network, post questions, and present clinical cases of a palliative nature to the group to read and respond to if they wish. Each participant of the Online Conference receives copies of the posted messages.

For more information, please contact:

The EPEC Project

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Email: [info@epec.net](mailto:info@epec.net) Web site: [www.epec.net](http://www.epec.net)

*Jeanne Martinez, RN, MPH, CHPN*

*Associate Director for Outreach & Technical Assistance*

*The EPEC Project, Chicago, IL*

## Calendar of Events

**April 5, 2002**

**Title:** *Cancer Pain Therapy in a Changing World of Regulations: 11th Annual Conference of the Pennsylvania Cancer Pain Initiative*

**Location:** Harrisburg, PA

**Web:** [www.papainrelief.org](http://www.papainrelief.org)

**Contact:** 717-531-6483 or  
ContinuingEd@hmc.psu.edu

**April 18-21, 2002**

**Title:** Oncology Nursing Society Annual Congress

**Location:** Washington, D.C.

**Web:** [www.ons.com](http://www.ons.com)

**April 23-30, 2002**

**Title:** Program in Palliative Care Education & Practice

**Location:** Boston, MA

**Web:** [www.hms.harvard.edu/cdi/pallcare](http://www.hms.harvard.edu/cdi/pallcare)

**Contact:** 617-724-9509

**May 4-7, 2002**

**Title:** Association of Oncology Social Work Annual Conference: "Exploring the Dream"

**Location:** Atlanta, GA

**Contact:** Ashley Varner, 404-851-2394, or  
avarner@atlantacancercare.com

**June 13-15, 2002**

**Title:** 13<sup>th</sup> Annual Meeting of the AACPI: Moving to the Future, Learning from Our Heritage

**Location:** Richmond, VA

**Web:** [www.aacpi.org](http://www.aacpi.org)

**Contact:** 608-265-4013, or [aacpi@aacpi.org](mailto:aacpi@aacpi.org)

**June 20-22, 2002**

**Title:** ELNEC: Nursing Continuing Education Providers and Clinical Staff Development Educators

**Location:** Chapel Hill, NC

**Web:** [www.aacn.nche.edu/elnec](http://www.aacn.nche.edu/elnec)