

Online Master of Science and Graduate Certificates in Palliative Care



Palliative Care Chat - News & Updates

Brought to you by the University of Maryland, Baltimore
Online Master of Science and Graduate Certificates in Palliative Care

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May 2020 - Nurse and Teacher Week Special Edition Featuring:

- **Message from the Director - Happy Nurses and Teachers Week! Also, how Palliative Care is teaching COVID a Thing or Two!**
- **For Your Listening Pleasure - More Podcasts!**
- **Celebrate Nurses - With a Poem by John O'Donohue!**

Message from the Director



What can I say - there is a LOT going on!
Let's jump in...

First, Happy Nurses Week/Month! When I think throughout my life the impact nurses

Happy National Teacher Appreciation Week!

We have the most spectacular faculty in the WORLD teaching in this program. The only credit I'll take here is having the pluck to call the biggest dogs in our field and humbly ask "Please, will you teach for me?" I figure, the worst that could happen is they say no, right? Guess what - it's RARE than someone says no! And let me tell you, nobody teaches for the money - it's simple, pure of heart, giving back to the profession they hold most dear - palliative care.

I sent an email to our students saying I wanted to do a social media shout out to our faculty in honor of Teacher Appreciation Week, and asked for a comment or two. My email box was deluged with stunning, humbling comments on our faculty. Here's one example:

"Depending on the moment I was asked, I would give "kudos" to each of the instructors from whom I have had the

have had - I actually get goose-bumpy.

I remember my mother recounting how my sister had pneumonia when she was 6 weeks old and in the hospital. At one point she actually stopped breathing, so instead of calling for help, she scooped her up and ran screaming down the hall. My mother described a sturdy old-fashioned RN in a starched white dress and hat who grabbed my sister, gave her a solid thump on the back, and she started breathing again!

About 25 years ago I actually had pneumonia, and was admitted to the hospital for the first time in my life (aside from being born) and I remember tearfully asking the nurse "Please keep an eye on me overnight because I'm afraid I'm going to stop breathing." I tear up today just thinking of her calm, measured reassurance and guarantee that I would see the morning. I guess she was right after all!

I love nurses because when a prescriber doesn't give them what they feel their patient needs, they smile and say "Thank you Doctor" (or whoever) and then they move onto Plan B (which is often to call me and sic me on them!). Every nurse I know considers "no" a suggestion and not a final answer (kind of like deadlines in my world!).

When my niece, now a second-year surgical resident at Penn Medical started her residency I sat her down and gave her "the talk" - "You show nurses the kindness and respect they deserve. They are actually running the show, not you. Nurses will save your bacon more times than you can even imagine." She must have taken me seriously because her colleagues wonder why she gets along so well with the nursing staff (because I would hurt her if she didn't!).

So, my nursing friends - thank you for being you, for what you do. You are a ROCK! Please see the bottom of this newsletter for a lovely tribute to nurses posted in one of our classes by Rev. Katrina Scott and Abbie Lattimer. It is titled "**Blessing for a Nurse**" from Benedictus: A Book of Blessings by John O'Donohue.

honor of learning and growing. The process thus far has been both validating and humbling, two things I think are essential to deep intellectual and emotional growth. Simply put, I feel (and hope) that I am a smarter nurse, a more effective colleague and a more compassionate human being because I have crossed paths with each instructor and each classmate. My deep gratitude to each and every one of you. Thank you."

C. Fenner

If there is any silver lining to the COVID pandemic, it's the realization that all health care providers need palliative care skills. There are several resources I want to share with you in this regard.

A lovely reflection published in the Washington Post titled, "Coronavirus has given doctors a new job: Palliative care." Read [this moving essay](#) written by Dr. Laura Kolbe, a hospitalist physician in New York City as she describes how internists and palliative care specialists at her institution has worked together to care for COVID patients.

Next, check out "[Palliative Care in the time of COVID: A visual essay](#)" by Dr. Nathan Gray. It's truly outstanding.

We are always proud of **our podcast series**, but we've really outdone ourselves now. List to an amazing trilogy of podcasts on the role of palliative care during the COVID epidemic and related topics. First, **Dr. Michael Fratkin** from ResolutionCare Network (episode 30), then **Dr. Arif Kamal** (episode 31), and finally - brace yourself - **Dr. Ira Byock** (episode 32). **Dr. Joe Rotella**, Chief Medical officer of the American Academy of Hospice and Palliative Medicine shares how the Academy has stepped up to help practitioners during COVID (episode 34). [Click here](#) to access all of our amazing podcasts!

We'd like to help you acquire the skills necessary for all practitioners to grow their palliative care skills. Take advantage of the waived application fee for applications received by May 31st.

Stay safe, please carve out a little time for self-care, and I pray we all make it through this crisis in one piece.

*Mary Lynn McPherson, PharmD, MA,
MDE, BCPS (PALC 601, 602, 605, 607,*

612, 615, 617)

Executive Director Advanced Post-Graduate Education in Palliative Care Program

Online Master of Science and Graduate Certificate in Palliative Care



If you want to get in on the action this **SUMMER**, apply for our Graduate Certificate "Principles and Practice in Hospice and Palliative Care." You have up to three years to complete it, and you are welcome to transfer right into the Master of Science program if you choose at a later day.

Application deadline is **May 18, 2020!** And application fee waived! [Apply now!](#)

For Your Listening Pleasure



Find our entire library of Podcasts on our website:

[Palliative Care Chat Podcast](#)

Episode 30 - "Providing Palliative Care Down Country Roads - Now Throw in a Pandemic!" with Dr. Michael Fratkin, CEO and Founder of Resolution Care Network.

Resolution Care Network provide palliative care services to patients living in extremely remote areas in Northern California. Some of these patients have no other access to hospice or palliative care. The practitioners have risen to the challenge of COVID-19. And Dr. Fratkin is just darned interesting to talk to!



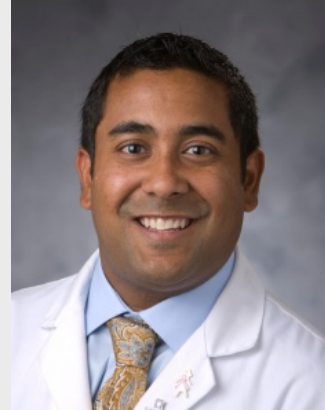
[Click here to listen!](#)

Episode 31 - "It Depends...Palliative Care Responds to a Pandemic" with Dr. Arif Kamal, Palliative Care physician at Duke University.

I would sign up to hear either of these gentlemen read the phone book, and Dr. Kamal is an especially smooth-talker! Not only does Dr. Kamal provide invaluable guidance on the roll of palliative care

during an epidemic, he has a little surprise for listeners at the end of the podcast. I'm not giving it away, but trust me - you'll be GRATEFUL!

[Click here to listen!](#)



Episode 32 - "Crushing a Crash Course in Being Mortal" with Dr. Ira Byock, international thought leader!

Dr. Ira Byock, physician, author, patient advocate and Founder of the Institute for Human Caring at Providence St. Joseph Health, recounts why "[This Pandemic is Personal!](#)" and discusses a "Crash Course in Being Mortal". This is a MUST listen!

[Click here to listen!](#)



Episode 34 - "AAHPM Responds to COVID: Serving patients, providers and communities" with Dr. Joe Rotella, Chief Medical Officer of AAHPM.

Dr. Joe Rotella, Chief Medical Officer of the American Academy of Hospice and Palliative Medicine shares how the Academy has stepped up to the plate during this pandemic, providing valuable resources to the community.

[Click here to listen!](#)



The following podcast tested Negative for Covid19

Episode 33 - "Horses are made to be horses: How palliative care lays the foundation for person-centered care."

Want to get away from the Covid19 scene? In episode 33 of our podcast series, Shirley Otis-Green, social worker extraordinaire, discusses person-centered care. Watch where you step! Horses afoot!

[Click here to listen!](#)



Blessing for a Nurse

From *Benedictus: A Book of Blessing*
by John O'Donohue



Your mind knows the world of illness
The fright that invades a person
Arriving in out of the world,
Claimed and grieved by illness.
How it can strip a life of its joy,
Dim the light in the heart
Put shock in the eyes.

You see worlds breaking at the onset of
illness:

Families at bedsides distraught
That their mother's name has come up
In the secret lottery of misfortune
That had always chosen someone else.
You watch their helpless love
That would exchange places with her.

The veil of skin opened,
The search through the body's night
To remove tissue, war-torn with cancer.

Young lives that should be out in the sun
Enjoying life with wild hearts,
Come in here lamed by accident
And the lucky ones who leave,
Already old and in capture posture.

The elderly, who should be prepared,
But are frightened and unsure,
You understand no one
Can learn beforehand
An elegant or easy way to die.

In this fragile frontier-place, your kindness
Becomes the light that consoles the
broken-hearted,
Awakens within desperate storms
That oasis of serenity that calls
The spirit to rise from beneath the weight of
pain,
To create a new space in the person's
mind
Where they gain distance from their
suffering
And begin to see the invitation
To integrate and transform it.

May you embrace the beauty in what you
do
And how you stand like a secret angel
Between the bleak despair of illness
And the unquenchable light of spirit
That can turn the darkest destiny towards
dawn.

May you never doubt the gifts that you
bring;
Rather, learn from these frontiers
Wisdom in your own heart.
May you come to inherit
The blessings of your kindness
And never be without care and love
When winter enters your own life.

Amen





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