

## Cordt Kassner

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PALLIATIVE CARE  
TODAY**

## July 9th, 2024

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## Hospice Provider News

### **Being present is one way to help dying friend**

*Ask the Doctors; by Elizabeth Ko, MD and Eve Glazier, MD; 7/5/24*

Dear Doctors: My friend was diagnosed with multiple myeloma 10 years ago. His chemo is no longer working, and his doctors say there's nothing else to be done. He has accepted whatever is coming. He has lost weight, and sometimes the pain is bad. How can I help him?

Dear Reader: No matter how long someone has been dealing with a serious illness, the cessation of active treatment can be devastating. This is true not only for the person approaching the end of their life, but also for family and friends. The response to this transition often includes a rotating mix of grief, sorrow, fear, anxiety, dread and anger. However, people also often feel acceptance, peace, hope and even relief. Again, these are experienced not only by the individual who is ill, but also by the people around them. When spending time with someone with a terminal illness, you are looking for balance. That is, you want to be supportive and helpful, but not overwhelm them with your attentions. Hospice care professionals say this can be achieved by asking the person what they need. ... ***Always check with the person before starting a new task or a project. This keeps them in control of the events around them, which bolsters mental and emotional well-being.*** [Italics and bold are from this newsletter's editor.]

*Editor's Note: Calling all hospice and palliative leaders, in the midst of carrying out our professional roles most of us experience the dying and deaths of family, friends, and acquaintances. This article gives meaningful, practical ways to both be present and do simple things that can empower and support the person who is dying. We invite you to pair this article with our newsletter's "Today's Encouragement: We are human beings ..."*

## **How to overcome the cumulative effects of change**

*Healthcare IT Today; by guest author Maura Koehler-Hanlon; 7/5/24*

Healthcare IT organizations are currently undertaking major initiatives to enhance patient engagement, streamline processes, ensure regulatory compliance, and more. This extensive workload can overwhelm employees, leading to burnout due to the sheer volume of changes. ... In this environment, it becomes critical for leaders to understand change saturation and build change resilience. Here's what leaders need to know and do to move forward:

- Focus on the Art and Science of Change Resilience ...
- Measure Change Capacity ...
- Anticipate Change Impacts ...
- Keep an Eye on Change Saturation ...
- Mitigate Negative Impacts ...
- Build Change Resilience ...
- Transform Holistically Instead of Iteratively ...
- Prioritize ...
- Strike a Delicate Balance Between Change and Consistency ...

*Editor's Note: Hospice and palliative leaders, though this was written to a healthcare IT audience, its change management--or "change saturation" and "change resilience"--content applies to the changes you lead throughout your organization. For your direct patient care employees, add to their "change saturation" that in each visit they help patients and families navigate many of the most challenging changes any of us face in our lifetimes. Where do you instill consistency? Trust? Authentic support for resilience, vs. empty assumptions and poorly-motivated dictates? Add these terms to your leadership meetings: change saturation and change resilience.*

## **20 solutions for navigating nonprofit board member conflicts**

*Forbes; by Forbes Nonprofit Council; 7/5/24*

A nonprofit's board members guide the organization in the right direction. But with any diverse group of people working together, disagreements and conflicts are inevitable. When these conflicts arise, it's important to have strategies in place to maintain effective board management. To help, 20 Forbes Nonprofit Council members explain how boards can navigate conflict and turn disagreements into opportunities. With these tips, your nonprofit board will be on its way to growth and stronger governance.

1. Pivot Your Language ...
2. Know Board Liability Laws ...
3. Remember Shared Values ...
4. Provide a Forum for All Points of View ...
5. Use a Parliamentary Procedure ...
6. [Click on the title's link for the full list of 20 solutions]



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### **Ruth Lindsey Golf Outing raises \$15,000 for hospice services**

*Ashland Times-Gazette; 7/5/24*

The 31st annual Hospice of North Central Ohio (HNCO) Ruth Lindsey Charity Golf Outing scramble raised over \$15,000 in support of end-of-life care on June 24 at Westbrook Country Club. ... Hospice of North Central Ohio has served thousands of families with end-of-life and Palliative care, bereavement programs and services since 1988. HNCO is headquartered at 1021 Dauch Drive, Ashland. Hospice of North Central Ohio serves more than 200 patients daily in Ashland, Crawford, Huron, Knox, Morrow and Richland counties.

### **Ohio annual remembrance walk raised nearly \$20,000**

*Miami Valley Today; by Staff; 7/3/24*

Ohio's Hospice raised almost \$20,000 at its annual Remembrance Walk held on the grounds of the Inpatient Care Center in Troy, drawing approximately 150 participants to honor and remember their loved ones. The Miami County community came together in a spirit of celebration and support, sharing memories and reinforcing the organization's mission of Celebrating Life's Stories for those facing a life-limiting illness. ... Ohio's Hospice confirmed that all proceeds from the event will directly benefit patient care in the community, ensuring that funds raised locally stay within the area they serve.

## Sen. Bob Hooper House Hospice Regatta raises \$140K for Upper Chesapeake Health Foundation

*All Sides - Maryland Daily Record; 7/5/24*

The Upper Chesapeake Health Foundation's Sen. Bob Hooper House Hospice Regatta fundraiser took place June 10 at Concord Point Park in Havre de Grace and raised \$140,000. The Sen. Bob Hooper House in Forest Hill, owned and operated by the University of Maryland Upper Chesapeake Health, is a nonprofit assisted living community specializing in hospice care. It provides a coordinated program of hospice and support services, helping residents and their families through the myriad issues associated with end-of-life care. The sailboat race was hosted by the Havre de Grace Yacht... [Access to the full article is behind a paywall.]

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## Palliative Care Provider News

### **Your brain holds secrets. Scientists want to find them.**

*The New York Times; by Paula Span; 7/6/24*

About a month ago, Judith Hansen popped awake in the predawn hours, thinking about her father's brain. Her father, Morrie Markoff, was an unusual man. At 110, he was thought to be the oldest in the United States. His brain was unusual, too, even after he recovered from a stroke at 99. Now he was nearing death, enrolled in home hospice care. "In the middle of the night, I thought, 'Dad's brain is so great,'" said Ms. Hansen, 82, a retired librarian in Seattle. "I went online and looked up 'brain donation.'" Her search led to a National Institutes of Health web page explaining that its NeuroBioBank, established in 2013, collected post-mortem human brain tissue to advance neurological research. ...

## Clinical News

### **How rituals support nursing teams**

*American Nurse Journal - American Nurses Association; by Heather Fitzgerald, DBe, MS, RN; 7/2/24*

Question: I'm a clinical manager for a pediatric critical care unit. We've recently had a significant increase in end-of-life care. I'm proud of our nurses and the skillful, compassionate support they provide to patients and families during these tragic events. In an emotional support debrief, nurses expressed a desire for more opportunities to pause and reflect on meaning and purpose in their challenging work. How do I regularly schedule time to support nurses in ways they value while also adhering to our organization's budget and productivity expectations?

Answer: ... creating a supportive sense of community and connection need not violate your commitment to budget management. You can enact opportunities to orient to meaning and purpose, to shared identity and belonging, and to unit and organizational mission through small rituals that deliver benefits similar to your debriefing forum. Rituals ... have deep, prehistoric roots, which indicate that humans have long sought connection and meaning-making in moments of joy, grief, and uncertainty. Nurses participate in patient-centered rituals in various settings. For example, organ donor honor walks, the ringing of a bell to mark a cancer treatment milestone, discharge celebrations after a long hospitalization, and celebrations of life and of birth. The nursing profession also should pay more attention to the importance of nursing-centered rituals.

*Editor's Notes: Nurse burnout is a root cause for both high turnover and increased unionization/ strikes among nurses, especially nurses in their first year of practice. What nursing-centered ritual(s) might bring meaning and renewal to your nurses? Ask. Create, pilot, and evaluate. Engage them in the process.*

### **Blue Ridge Hospice receives research grant for grief game**

*The Winchester Star; by Star Staff; 7/5/24*

Blue Ridge Hospice has been awarded a two-year, \$340,000 research grant from the [New York Life Foundation](#) to study the effectiveness of its Adventures Through Grief program for grieving adolescents and young adults. The program utilizes a custom tabletop role-playing game (RPG) similar to [Dungeons and Dragons](#) to help young people work their way through bereavement. According



to a media release from Winchester-based Blue Ridge Hospice, the RPG is based on a therapeutic method developed by Game to Grow, a not-for-profit organization that uses table-top games for therapeutic, educational and community growth. Blue Ridge Hospice, using a \$30,000 grant awarded by the New York Life Foundation in 2022, customized its game to specifically address grief.



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## Public Policy News

### **Arkansas group proposing more access to medical marijuana qualifies for ballot in Nov. election**

*ABC KTBC-3, Texarkana, AR; by Tracy Gladney; 7/6/24*

The ballot committee in Arkansas that proposed more access to medical marijuana received enough signatures from around the state to qualify for a ballot in the November election. 90,704 signatures were required for a ballot, and boxes were turned in to the state capitol with 111,402 signatures, well exceeding the number needed. ... The amendment would allow patients to grow their own marijuana at home, end annual renewal requirements for medical certification and expand which medical professionals could approve medical marijuana cards to include pharmacists, physicians' assistants and nurse practitioners. The state legalized medical cannabis in 2016, and this is the first proposed amendment to this law in eight years.

## Research News

### **Veteran Honored: 101-year-old recognized for bravery on the battlefield**

*The Glendale Star, Tempe AZ; by Lin Sue Flood; 7/5/24*

At the tender age of 18, Ned Kent joined the Army. That was January 1940 ... and he served faithfully through July 1945 ... [Kent] fought on the front lines of the Battle of the Bulge in Belgium. He and his troop won a Bronze Heart for their heroic actions in storming Normandy while under German bombardment on D-

Day, now over 80 years ago. His daughter Debi is enormously proud of his courage. "My dad is a hero, but my dad is also a humble man," she said . Proving her point, the 101-year-old was quick to add, "I'm no hero. I just served in the Army." But those five years of service were difficult to talk about. It took Kent decades to open up about what he experienced, including the horrors witnessed while liberating a concentration camp. One of the people he shared openly with was Hospice of the Valley social worker Roberta Fellows. Once she learned about his time in the service, she was determined to give him some much-needed recognition for all he endured. *[Click on the title's link to continue reading.]*

## Mergers & Acquisition News

### Why one hospital merger stands out among the rest

*Becker's Hospital Review; by Andrew Cass; 7/3/24*

Two rival hospitals in Terre Haute, Ind., seeking to merge are the first to test the state's certificate of public advantage (COPA) law, *The Washington Post* reported July 3. Five things to know:


1. In September, Union Health announced plans to acquire Terre Haute Regional Hospital, which is part of Nashville, TN-based HCA Healthcare.
2. The Indiana Department of Health will decide whether to permit the deal under the state's [COPA law](#), which passed in 2021. ...
3. More than a dozen states have enacted COPA laws, which allow state regulators to approve deals that the Federal Trade Commission would otherwise consider illegal because they reduce competition ...
4. Stipulations for Indiana's COPA law include that the hospitals must be located in a predominantly rural county that has a population of less than 140,000 and is not contiguous to a county with a population of more than 250,000.
5. The largest COPA-created health system in the country is Johnson City, Tenn.-based Ballard Health, which resulted from the merger of Mountain States Health Alliance and Wellmont Health System, according to the report. ...





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## Post-Acute Care News

### **Former Kentucky hospital nurse charged with patient credit card fraud**

*Becker's Hospital Review; by Alan Condon; 7/2/24*

A nurse previously employed by Baptist Hospital East in Louisville, Ky., was arrested July 1 for allegedly using patients' stolen credit cards, according to ABC affiliate *WHAS*. Kentucky State Police charged Lauren Miller with stealing two or more patients' credit cards and fraudulently using those cards, according to the report. Ms. Miller allegedly used the credit cards for purchases totaling more than \$1,000 between Nov. 27 and Dec. 7. ... "She is not employed by Baptist Health. In accordance with federal privacy laws, we are unable to share any additional information," a spokesperson for the hospital told *Becker's*.

## General News

### **Navigating Aging: Lack of affordability tops older americans' list of health care worries**

*KFF Health News - Northern Kentucky Tribune; by Judith Graham, KFF News; 7/5/24*

What weighs most heavily on older adults' minds when it comes to health care? The cost of services and therapies, and their ability to pay. ... A new wave of research highlights the reach of these anxieties. When the University of

Michigan's National Poll on Healthy Aging asked people 50 and older about 26 health-related issues, their top three areas of concern had to do with costs: of medical care in general, of long-term care, and of prescription drugs. More than half of 3,300 people surveyed in February and March reported being "very concerned" about these issues.

## Today's Encouragement

**We are human beings, not human doings. ~ Michelle Webb, Nursing Practice Coach for Teleios Collaborative Network and an Assistant Professor at Duke University School of Nursing**

*Editor's Note: Pair this with the article at the top of our newsletter today, "Being present is one way to help dying friend."*



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