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SEMINAR REPORT

TASTE OF PALLIATIVE MEDICINE

October 31 – November 6, 2021

A Global Educational Initiative by the American Austrian Foundation

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TASTE OF PALLIATIVE MEDICINE
SEMINAR IN SALZBURG

October 31 – November 6, 2021

38 fellows from 17 different countries
6 faculty members from the United States of America, Sweden and Hungary
11 lectures given by faculty
6 break out rooms for reflection projects

Group Photo of Faculty and Fellows

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Salzburg OMI Seminar in Taste of Palliative Medicine
Sunday, October 31 – Saturday, November 6, 2021

		Sunday 31.10.2021	Monday 01.11.2021	Tuesday 02.11.2021	Wednesday 03.11.2021	Thursday 04.11.2021	Friday 05.11.2021	Saturday 06.11.2021
07:00	08:00		**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**DEPARTURES**
08:00	09:00		*08:00 - 09:30* **Registration** **Pre-Seminar Surveys**	**S3, Case Discussion: Pathophysiology & Management of Bone, Abdominal & Neuropathic Pain**	**S6, Case Discussion: Nausea & Vomiting, Constipation, Bowel Obstruction**	**S8, Case Discussion: Delirium Management**	**S11, Case Discussion: Last Hours of Living**	
09:00	10:00							
10:00	10:30		*09:30 - 10:00* **COFFEE BREAK**	**COFFEE BREAK**	**COFFEE BREAK**	**COFFEE BREAK**	**COFFEE BREAK**	
10:30	11:30		*10:00 - 12:30* **S1, Introductions** **The Value of Early Palliative Care**	**S4, Case Discussion: Opioid Conversions, Dyspnea**	**S7, Communicating Prognosis with Guest Patient and Role Plays**	**S9, Difficult Decision-Making, Withholding & Withdrawing Antibiotics, Fluids & Nutrition with Guest Patient & Role Plays**	**Post-Course Surveys, Finalize Reflection Projects**	
11:30	12:30							
12:30	14:00		**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	
14:00	16:30		**S2, Choosing Analgesics, Dosing Principles with Dosing Cases**	**S5, Communicating Effectively with Guest Patients**	**Free Afternoon**	**S10, Loss, Compassion Fatigue, Burnout, Resilience**	**Presentation of Reflection Projects**	
16:30	17:00		*16:30 - 16:45* **OMI Presentation**					
17:00	18:00		*17:00 - 17:30* **Overview of Reflection Projects**	**Reflection, Work on Reflection Project**	**Reflection, Work on Reflection Project**	**Reflection, Work on Reflection Project**	**Free Time**	
18:00	19:00	**FACULTY MEETING TO REVIEW THE WEEK**					**FAREWELL RECEPTION**	
19:00	20:00	**WELCOME RECEPTION & DINNER**	**DINNER**	**DINNER**	**DINNER**	**DINNER**	**GRADUATION DINNER** Certificates Awarded	
20:00	21:00					*20:30 - 21:30* **CHAMBER MUSIC CONCERT**		

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FACULTY BOOKLET

TASTE OF PALLIATIVE MEDICINE
SEMINAR IN SALZBURG

October 31 – November 6, 2021

A Global Educational Initiative by the American Austrian Foundation

Wolfgang Aulitzky, MD

Director, Open Medical Institute
American Austrian Foundation

Associate Dean and Gerhard Andlinger Professor
for International Medicine & Distance Learning
Adjunct Professor of Clinical Urology
Adjunct Professor of Clinical Reproductive Medicine
Weill Medical College of Cornell University

Adjunct Professor of Pediatrics
Perelman School of Medicine at the Children's Hospital of Philadelphia

Associate Professor of Urology
Medical University of Innsbruck, Austria

Wolfgang Aulitzky, MD is the Medical Director of the American Austrian Foundation. He is Associate Dean for International Medicine and Distance Learning, Adjunct Prof. of Clinical Urology and Adjunct Prof. of Clinical Reproductive Medicine at the Weill Medical College of Cornell University/New York Presbyterian Hospital. In 2016, he was appointed Adjunct Professor of Pediatrics in the Associated Faculty of the Perelman School of Medicine at the Children's Hospital of Philadelphia. He is also Associate Prof. of Urology at the Medical University of Innsbruck and Visiting Professor at the Medical University of Vienna. Amongst others he is a member of the American, German and Austrian Societies of Urology and was awarded the Zuckerkandlpreis of the Austrian Society of Urology in 1989. In 1995 he received the Silver Medal, in 2007 the Golden Medal for Merits to the Republic of Austria and in 2014 the cross of honor of the Land Salzburg. As Director of the Medical Program of the American Austrian Foundation he has initiated the Open Medical Institute, a scientific and educational collaboration of Weill Cornell and the NewYork Presbyterian Hospital, the Children Hospital of Philadelphia, Duke University, Columbia University, the Cleveland Clinic and leading hospitals in Austria. Dr. Aulitzky earned his medical degree at the University of Innsbruck in 1977, was a research associate at the University of Uppsala, Sweden and the Rockefeller University, New York. He received his training as an urologist at the University of Innsbruck and the General Hospital of Salzburg. He is the author of more than 140 publications on Urology, Andrology and Health Care issues and is co-author of books on basic and clinical urology/andrology.

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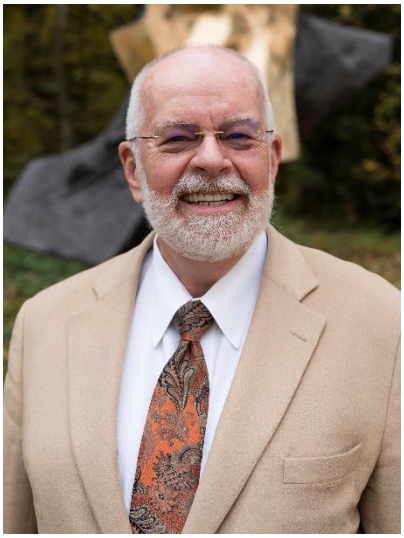

Frank D. Ferris, MD, FAAHPM, FAACE

Associate Director
Hospice & Palliative Medicine Education
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Frank D. Ferris, MD, FAAHPM, FAACE (Course Director) is known globally as a trailblazer, a visionary, and an innovator in palliative medicine, research, and education. Early during medical training, he recognized the need, joy, and profound satisfaction that came from being closer to patient treatment and outcomes than a radiology oncology career path offered. A chance encounter with a pharmacy rep just days after Frank devoured an issue of The Medical Clinics of North America in 1986 set in motion a specialty in pain management and education that has transformed countless patients' chronic illness experience and also touched, in fact, revolutionized treatment for thousands of physicians and clinicians. His mother's declaration after his father's appalling death experience, "…Don't waste your time being angry at the nursing home. Put your energy into activities that will make the world a better place for the living," became the grounding compass that continues to frame his palliative and hospice care manifesto and core values. Frank is proud to have been a change agent and part of a paradigm shift to transform deplorable conditions to those that are what patients, their families, and caregivers would hope for. He has been recognized with a Golden Jubilee Award from Queen Elizabeth II, received both Canadian and American National Leadership Awards, and has been involved in multiple projects noted below that have had significant impacts both domestically and internationally. Frank is particularly interested in educational and research strategies to grow palliative care clinicians and leaders, and advance palliative care globally. He has published and spoken widely on many palliative care subjects, including effective approaches to caring for patients and families, education, and program implementation. Frank aspires to integrate palliative care early into the treatment of all patients and families experiencing illnesses globally. He hopes you will too!

Appointments:

- Clinical Professor of Hospice and Palliative Care, Department of Specialty Medicine, Ohio University College of Osteopathic Medicine, Athens, Ohio
- Adjunct Assistant Professor of Internal Medicine, Ohio State University College of Medicine, Columbus, Ohio
- Member, Board of Trustees, OhioHealth Research and Innovation Institute, Columbus, Ohio
- Past Chair, International Education Steering Group, American Society of Clinical Oncology, Alexandria, Virginia
- Past Chair, Education Council, American Society of Clinical Oncology, Alexandria, Virginia
- Retired, Executive Director, Palliative Medicine, Research & Education, OhioHealth, Columbus, Ohio

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Key Accomplishments:

- Principal of Palliative Care Interdisciplinary Curriculum (PCIC)
- Principal of International Leadership Development Initiative & International Palliative Medicine Fellowship Program
- Member of the Board, International Association for Hospice & Palliative Care, 2008-2013
- Fellow and Past President, American Association for Cancer Education (FAACE), 2010
- Coprincipal and Author / Editor, Education on Palliative and End-of-life Care (EPEC) and EPEC-Oncology Projects
- Author / Editor, A Model to Guide Hospice Palliative Care: based on National Principles and Norms Of Practice, Canadian Hospice Palliative Care Association (CHPCA) for which he was awarded a Golden Jubilee Medal of Her Majesty Queen Elizabeth II by the Governor General of Canada, May 2003, and a National Leadership Award by CHPCA in September 2005

Education / Honors:

- AAHPM Visionary, American Academy of Hospice and Palliative Medicine, March 2018
- 2014 Master Faculty Award, Ohio University Heritage College of Osteopathic Medicine, Dublin, Ohio, July 2015
- Doctoris Honoris Causa Degree from Tbilisi State University, February 2011.
- Fellow, and Past President, American Association for Cancer Education (FAACE), 2010
- Fellow, American Academy of Hospice and Palliative Medicine (FAAHPM), 2008
- Faculty Scholar, Project on Death in America, 1998-2000
- Board Certified, Hospice & Palliative Medicine, American Board of Hospice and Palliative Medicine, 1998-2013
- Fellowship, Pain and Symptom Management, Toronto-Sunnybrook Regional Cancer Centre, 1987-1991
- Postgraduate training, Internal Medicine and Radiation Oncology, University of Toronto, 1981-1987
- Medical Degree, McMaster Medical School, Hamilton, Ontario, 1981
- Honors Bachelor of Science Degree, Cooperative Applied Chemistry, University of Waterloo, 1975

Key Publications:

- Spread the Word: There Are Two Opioid Crises! Marchetti Calônego MA, Sikandar S, Ferris FD, Moreira de Barros GA. Drugs. 2020 Jun 12. doi: 10.1007/s40265-020-01342-8. Online ahead of print. PMID: 32533500
- Looking Back, and Ahead: A Call to Action for Increasing the Hospice and Palliative Medicine Specialty Pipeline. Laura E. Dingfield, Vicki A. Jackson, Jane deLima Thomas, Kathleen P. Doyle, Frank D. Ferris, and Steven M. Radwany, J Palliat Med 2020 Online Pre-print.
- Leadership Development Initiative: Growing Global Leaders… Advancing Palliative Care. Ferris FD, Moore SY, Callaway MV, Foley KM. J Pain Symptom Manage. 2018 Feb;55(2S):S146-S156. PMID: 28803073. Full Text Open Access
- A prognostic indicator for patients hospitalized with heart failure. Snow R, Vogel K, Vanderhoff B, Kelch BP, Ferris FD. J Palliat Med. Epub 2016 Aug 19. PMID: 27541289. Full Text Open Access
- Still Enthusiastic After All These Years. von Gunten CF, Ferris FD. J Pain Symptom Manage. 2015 Jul;50(1):130-2. Epub 2015 Apr 18. PMID: 25896103. Full Text Open Access
- The Last Hours of Living: Practical Advice for Clinicians. Emanuel LL, Ferris FD, von Gunten CF, Hauser JM, Von Roenn JH. Medscape Open Access after Registering.

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- Clarifying Delirium Management. Irwin SA, Pirrello RD, Hirst JM, Buckholz GT, Ferris FD. J Palliat Med 2013;16(4):423-435. PMID: 23480299. Full Text Open Access
- Comparison of International Medical Graduates with US Medical Trainees after a 4-Week Course in Palliative Medicine: a Pilot Study. Yang, HB, Neleson RA, Ferris FD. J Palliat Med 2013;16(5):1-7. PMID: 23448688. Full Text Open Access.
- I Can't Stop Crying: Grief and Recovery, A Compassionate Guide. Martin JD, Ferris FD. Toronto, ON: Key Porter Books, 1992; Republished eBook and Paperback by McClelland & Stewart, 2013.
- Leveraging External Resources To Grow and Sustain Your Palliative Care Program: A Call to Action. Pantilat SZ, Kerr KM, Kutner JS, Ferris FD, Rathfon MA, Rabow MW. J Palliat Med. 2012 Jan;15(1):25-8. Epub 2011 Dec 14. PMID: 22165898. Full Text Open Access.
- Why oncologists should refer patients earlier for hospice care. von Gunten CF, Lutz S, Ferris FD. Oncology (Williston Park). 2011 Nov 30;25(13):1278-80, 1282-5. PMID: 22272498. Full Text Open Access
- Palliative Cancer Care a Decade Later: Accomplishments, the Need, Next Steps—From the American Society of Clinical Oncology. Ferris FD, Bruera E, Cherny N, Cummings C, Currow D, Dudgeon D, JanJan N, Strasser F, von Gunten CF, Von Roenn JH. J Clin Oncol. 2009 Jun 20;27(18):3052-8. Epub 2009 May 18. PMID: 19451437. Full Text Open Access.
- Dog with a Bone (autobiography). Periyakoil VS, Ferris FD. J Palliat Med. 2008 Jun;11(5):696-9. PMID: 18588400. Full Text Open Access.
- The Opportunity for Psychiatry in Palliative Care. Irwin SA, Ferris FD. Can J Psychiatry. 2008 Nov;53(11):713-24. PMID: 19087465. Full Text.
- The Public Health Strategy for Palliative Care. Stjernsward J, Foley KM, Ferris FD. J Pain Symptom Manage. 2007 May;33(5):486-493. PMID: 17482035. Full Text Open Access.
- Evaluating the California Hospital Initiative in Palliative Services. Pantilat SZ, Rabow MW, Citko J, von Gunten CF, Auerbach AD, Ferris FD. Arch Intern Med. 2006 Jan 23;166(2):227-30. PMID: 16432093. Full Text Open Access.
- Education in Palliative and End-of-life Care for Oncology. Emanuel LL, Ferris FD, von Gunten CF, Von Roenn J. EPEC-O: © The EPEC Project,™ Chicago, IL, 2005. ISBN: 0-9714180-9-8. At NCI; IPCRC, All Modules, Videos Downloadable.
- A Model to Guide Patient and Family Care. Based On nationally Accepted Principles and Norms of Practice. Ferris F, Balfour H, Bowen K, Farley J, Hardwick M, Lamontagne C, Lundy M, Syme A, West P. J Pain Symptom Manage. 2002;24(2):106-23. PMID: 12231127. FULL TEXT. CHPCA March 2002, Revised version available from CHPCA.
- • The Education for Physicians on End-of-Life Care (EPEC) Curriculum. Emanuel LL, von Gunten CF, Ferris FD. American Medical Association, Chicago, IL, 1999. Available at http://www.epec.net for a Fee

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Agnes Csikos, MD, PhD, Med. Habil.

Institute Director, University of Pecs Medical School
Institute of Primary Health Care, Department of Palliative Medicine
President, Pecs-Baranya Hospice Program
Leader, International Palliative Care Leadership Development Initiative
Pécs
Hungary

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Agnes Csikos, MD, PhD, Med. Habil. graduated from Pecs University Medical School and specialized in Family Medicine and Palliative Care. She trained and worked internationally in the US, England, and Spain. She is passionate about developing and improving palliative care locally and globally through clinical care, education, and research. Dr. Csikos is Director of Institute of Primary Health Care at University of Pecs Medical School. She established the first Department of Palliative Care in the country. She is an Associate Professor at the University of Pecs Medical School, where she teaches medical, nursing, and pharmacy students and residents, CME participants, and PhD. students. Dr. Csikos initiated the establishment Pecs-Baranya Hospice Program in 2004 providing home hospice care regionally. She provides direct patient care in various clinical settings and provides palliative care consults. She leads and participates in national and international research programs. She loves to teach symptom management and pain control, psychosocial and spiritual aspects of care, and emphasizes education of the "multidisciplinary team" approach. She is committed to introduce palliative care education as an obligatory part of the medical and nursing training programs.

Appointments:

- Board member of Worldwide Hospice Palliative Care Alliance
- Invited country representative of the EAPC Primary Care Reference Group
- President of the National Hospice-Palliative Advisory Board of the Ministry of Health
- President of the Pecs-Baranya Hospice Program
- Board member of the Hungarian Hospice-Palliative Care Association
- Board member of Hungarian Pain Society
- Member of the editorial board of the Journal of Palliative Medicine

Key Accomplishments:

- Dr. Csikos was a pioneer to introduce new forms of palliative care services in Hungary
- Institute Director of Institute of Primary Health Care at University of Pecs Medical School
- Established the Department of Hospice-Palliative Care at University of Pecs Medical School
- First hospice-palliative care academic program in the country
- Palliative Care Outpatient Clinic at University of Pecs Medical School, Department of Oncology
- First university palliative care outpatient clinic in the country
- Pecs-Baranya Hospice Program Quality Certification
- Quality Assurance Certification ISO9001
- Initiated the World Hospice and Palliative Care Day and Fields of Dignity Programs at Pecs, Hungary

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- Established Pecs-Baranya Hospice Program, providing specialized home hospice care in 71 locations in the region of Baranya County

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Carl Johan Fürst, MD, PhD

Professor of Palliative Medicine
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Carl Johan Fürst, MD, PhD is a professor of palliative medicine at Lund University, Sweden. He has a background in oncology and has practiced palliative medicine for the last decades. His academic training includes a doctorate in medical epidemiology at the Karolinska Institutet in Stockholm. He had an adjunct chair in palliative medicine at the Institute until the he joined the present position as full professor at Lund University. He has published in the areas of radiation epidemiology, and more recently on topics related to palliative care such as quality indicators, quality register, and bereavement, particularly on teenagers losing a parent to cancer. Dr Fürst was one of the driving forces behind one of the country's first and best renown palliative care units at Stockholms Sjukhem which became an important platform for teaching in palliative care to medical students at the Karolinska Institutet and to postgraduate training for physicians. His present academic focus in the areas of teaching, research, and development, relates to quality aspects of palliative care, including symptoms, clinical guidelines, communication skills, leadership and bereavement. Dr Fürst was invited faculty at the Leadership Development Initiative (LDI) in San Diego, USA with a special responsibility the development of a mentor curriculum.

Appointments:
- Professor of palliative medicine, Lund University
- Consultant in palliative medicine, Palliative care, Region Skåne
- Co-chair International collaborative for best care of the dying patient
- Chief editor Swedish Journal of Palliative Care

Key Accomplishments:
- Past chair, Swedish National Palliative Care Guidelines
- Past chair, National Council for Palliative Care (NRPV)
- Past chair, Swedish Palliative Care Register
- Invited faculty Leadership Development Initiative (LDI), San Diego, USA

Education / Honors:
- Adjunct professor of palliative medicine, Karolinska Institutet
- Specialist in medical oncology
- PhD in medical epidemiology
- The Mogren stipend 2014 to promote education and research

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Key Publications:

- Jacobsen J, Schelin MEC, Fürst CJ. Too much too late? Optimizing treatment through conversations over years, months, and days. Acta Oncol. 2021 Aug;60(8):957-960.
- Andersson S, Martinsson L, Fürst CJ, Brännström M. End-of-life discussions in residential care homes improves symptom control: a national register study. BMJ Support Palliat Care. 2021 Jun 23.
- Bylund-Grenklo T, Birgisdóttir D, Beernaert K, Nyberg T, Skokic V, Kristensson J, Steineck G, Fürst CJ, Kreicbergs U. Acute and long-term grief reactions and experiences in parentally cancer-bereaved teenagers. BMC Palliat Care. 2021 May 27;20(1):75.
- Klarare A, Lind S, Hansson J, Fossum B, Fürst CJ, Lundh Hagelin C. Leadership in specialist palliative home care teams: A qualitative study. J Nurs Manag. 2020 Jan;28(1):102-111

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Charles F. von Gunten, MD, PhD

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Charles F. von Gunten, MD, PhD is widely known as a pioneer in the new specialty of hospice and palliative medicine. Charles was the Founding Chairman, Test Committee, Hospice & Palliative Medicine, American Board of Internal Medicine on behalf of 9 member boards of the American Board of Medical Specialties. He is Editor-in-Chief of the Journal of Palliative Medicine. He received a life-time achievement award from the American Academy of Hospice and Palliative Medicine in 2011 when he was only 54 years old. When he was 56, the American Cancer Society gave him its prestigious pathfinder in palliative care award, in part for his work developing a palliative care program embedded in an NCI-designated cancer center. In 2015 he was named a top cancer doctor in Newsweek Health. He has been particularly interested in the integration of hospice and palliative care into standard medical care. He has published and spoken widely about hospice, palliative medicine, pain and symptom control.

Appointments:

- Adjunct Professor of Medicine, The Ohio State University College of Medicine
- Adjunct Professor of Medicine, Ohio University College of Osteopathic Medicine
- Item Approval Committee, American Board of Internal Medicine, Hospice and Palliative Medicine Certification Exam

Key Accomplishments:

- Early model of hospital-based palliative care at Northwestern Memorial Hospital, Chicago
- Co-principal, EPEC Project, which launched physician specialization in palliative medicine
- Provost, Institute for Palliative Medicine at San Diego Hospice
- Develop large, integrated hospice and palliative medicine Program for OhioHealth

Education / Honors:

- BA, with honors, Brown University, 1978
- MD, with honors, University of Colorado, 1988
- PhD, with honors, University of Colorado, 1988
- Internal Medicine Residency, Northwestern University, 1988-1991
- Medical Oncology Fellowship, Northwestern University, 1991-1993
- Masters, Leadership of Healthcare Organizations, University of California, San Diego, 2010

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Shannon Y. Moore, MD, MPH, FAAHPM

Palliative Medicine Consultant/ Educator
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Shannon Y. Moore, MD, MPH, FAAHPM loves sharing her passion for holistic personalized care best exemplified in the practice of Palliative Medicine. She is well supported by training in Internal Medicine, Critical Care Medicine, Tropical Medicine, Spiritual Psychology as well as teaching domestically and globally.

Appointments:

- Clinical Lead, Palliative Medicine/Supportive Care, Long Beach Mem Med Center 2015 - 2018
- Consultant, Ebola Treatment Unit, Liberia, International Rescue Committee 2014
- Assistant Director, International Programs; Institute for Palliative Medicine 2007 - 2013
- Clinical Medical Director, Fellowship Faculty IPM, San Diego CA 2007 – 2013

Key Accomplishments:

- Co-Principal, International Palliative Care Leadership Development Initiative
- Faculty and Mentor International Palliative Medicine Fellowship Program

Education / Honors:

- Fellow, American Academy of Hospice and Palliative Medicine (FAAHPM) 2014
- Master of Arts, Spiritual Psychology University of Santa Monica 2013
- Fellowship, Hospice and Palliative Medicine, Institute for Palliative Medicine at San Diego Hospice
- Residency/Fellowship Internal Med/Critical Care, Cedar Sinai/UCLA Los Angeles 1991-1996
- Board Certified: American Board of Hospice and Palliative Medicine 2018
- American Board of Internal Medicine 2014
- Critical Care Medicine 1997
- Doctorate of Medicine Tulane University School of Medicine 1991
- Master of Public Health and Tropical Medicine, Tulane University School of Medicine 1991
- Bachelor of Science Degree, Nursing; Mt St Mary's College, Los Angeles 1979

Key Publications:

- Jacobsen J, Schelin MEC, Fürst CJ. Too much too late? Optimizing treatment through conversations over years, months, and days. Acta Oncol. 2021 Aug;60(8):957-960.

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- Andersson S, Martinsson L, Fürst CJ, Brännström M. End-of-life discussions in residential care homes improves symptom control: a national register study. BMJ Support Palliat Care. 2021 Jun 23.
- Bylund-Grenklo T, Birgisdóttir D, Beernaert K, Nyberg T, Skokic V, Kristensson J, Steineck G, Fürst CJ, Kreicbergs U. Acute and long-term grief reactions and experiences in parentally cancer-bereaved teenagers. BMC Palliat Care. 2021 May 27;20(1):75.
- Klarare A, Lind S, Hansson J, Fossum B, Fürst CJ, Lundh Hagelin C. Leadership in specialist palliative home care teams: A qualitative study. J Nurs Manag. 2020 Jan;28(1):102-111

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Alyssa E. Tilly, MD

Assistant Professor of Medicine and Pediatrics
Palliative Care Program,
Department of Medicine
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Alyssa E. Tilly, MD is primarily interested in advancing global palliative care by developing evidence-based strategies to support the expansion and development of necessary palliative care clinical and educational services. Her research work is centered on global oncology palliative care.

Appointments:

- Associate Program Director, UNC Hospice and Palliative Medicine Fellowship Program
- Director of Palliative Care, UNC Project-Malawi Cancer Program

Key Accomplishments:

- Development of Global Health Scholarly Concentration for UNC Medical Students
- Development of Global Health Pathway for Internal Medicine, Pediatrics, Internal-Medicine Pediatrics Residency Programs
- Establishment of Pediatrics Track within UNC's Hospice and Palliative Medicine Fellowship
- Diversity, Equity, and Inclusion Initiatives within UNC Palliative Care Program

Education / Honors:

- Board Certified, Hospice and Palliative Medicine, American Board of Internal Medicine, 2020-present
- Fellowship in Hospice and Palliative Medicine, UNC, 2018-2019
- Board Certified, Pediatrics, American Board of Pediatrics, 2017-present
- Board Certified, Internal Medicine, American Board of Internal Medicine, 2017-present
- Internal Medicine-Pediatrics Faculty Member of the Year, UNC 2017-2018
- Chairman's Award, Department of Medicine, UNC, 2017-2018
- Chief Resident, Internal Medicine and Pediatrics Residency, UNC, 2017-2018
- Internal Medicine and Pediatrics Residency, UNC, 2013-2017
- Alpha Omega Alpha Honor Medical Society, UNC 2016
- Doctor of Medicine, University of Alabama School of Medicine, 2013
- Bachelor of Arts in Anthropology, Highest Distinction, Highest Honors, UNC, 2009

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Fellow Booklet

Taste of Palliative Medicine

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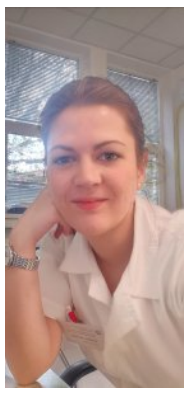

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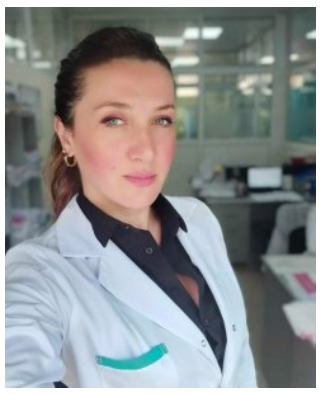

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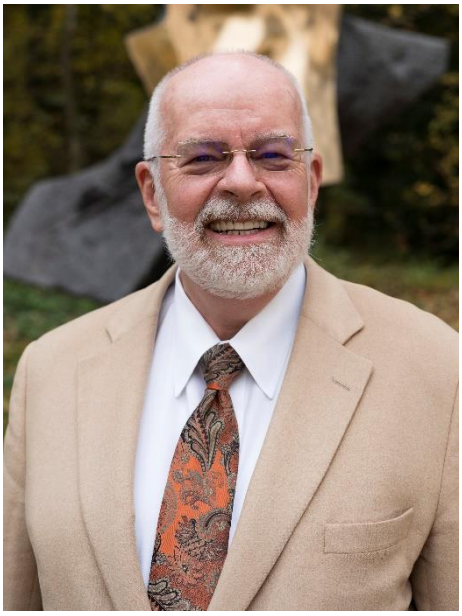
OPEN MEDICAL INSTITUTE

COURSE DIRECTOR STATEMENT
Taste of Palliative Care

COURSE DIRECTOR



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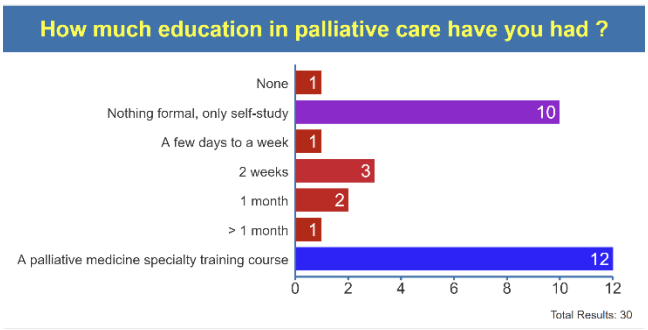
“It’s All About Life:” Open Medical Institute Advances Palliative Medicine Globally

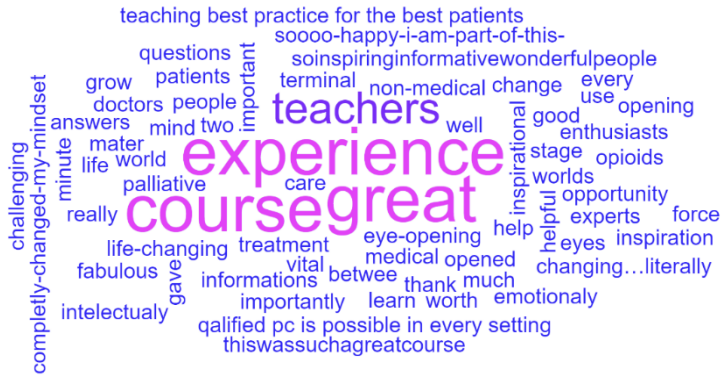
Frank D Ferris, MD, FAAHPM, Course Director
OhioHealth, Columbus, Ohio, USA

Imagine a world where patients living with serious advancing illness have the care they hope for, and their suffering is addressed quickly so they can continue to live fully. Because of the success of modern medicine, there is a pressing need to assure physicians know how to help their patients function, eat, and sleep well, and minimize their symptoms and stress. The medical research is clear: when patients get this early and consistently, they live better and longer. The pressing need is to get this into medical practice. Palliative Medicine is the formal name for this new specialty. It is practiced in partnership with a patient’s primary medical team or at the specialist level. While Palliative Medicine is now a formally recognized medical specialty or subspecialty in North America and Western Europe, that is not the case in many Eastern European and Central Asian countries. The Open Medical Institute is working to address this gap.

38 physicians from 17 countries participated in the “Taste of Palliative Medicine” seminar at Schloss Arenberg, led by faculty from North America and Western Europe (October 31 to November 5, 2021). Most of the fellows had little or no previous training. The weeklong course applied the latest science and research. The new Palliative Care Interdisciplinary Curriculum (PCIC) requires physicians to watch online videos that include real patients and the doctors treating them, as well as to read core material. This permits prestigious and highly skilled palliative medicine specialist faculty to focus on the application of the facts and to practice the skills in the care of patients and families. Whether in the lecture hall or in small group sessions, the emphasis was on individual participation. On the last day, physicians presented a personal reflection project highlighting, “What Palliative Medicine Means to Me”. Finally, to facilitate the dissemination of this new development in medicine to their home countries, participants were given access to all the online PCIC videos and content, as well as the faculty presentations so they can adapt and translate for their own use.



The seminar fellows were asked to anonymously share a word or phrase that communicates their response to the course.



Physicians were asked to write a brief statement about the course to help others know about their experiences. *“A taste of palliative medicine and you never want to do anything else,”* Ladislav Kabelka, Czech Republic. “*This seminar does not teach us just how to treat our patients, it teaches us about life. It is a life-changing opportunity,”* Marina Calamac, Serbia. “*Working in small groups was great and very useful! It really matters!”* Julia Bora, Romania. *“This seminar is a life-changing seminar. I am now a doctor with new perspectives,”* Elena Neko, Albania, *“Participation in the course led me to reschedule the curriculum and content of the palliative care lectures at Tajik State Medical University,”* Anonymous. “*This course is a very important*

*experience in my practice. It has very useful material that I will use in my daily practice,*Nino Khupenia, Georgia. "*Emotionally and intellectually challenging, but worth every minute,"* Anonymous. "*This course was magnificent. In my opinion, this course is brilliant. It gives a great opportunity to doctors and gave a lot to me. The course covered everything that had never been explained to me before. Now I know how to combine analgesics in pain syndrome, how to talk with patients and their relatives, and many other things,"* Gulnoz Khakimova, Uzbekistan. Participating physicians were surprised by how much they learned using the small-group techniques. They were also surprised about how much they learned about themselves, and the perspectives of patients and their families.

The Open Medical Institute held its first palliative medicine course in 2003, in which I was part of the faculty. Receiving more than 150 applications for this week's course demonstrates two things. First, the OMI has been a leader in disseminating Palliative Medicine knowledge and skills globally for nearly 20 years. Secondly, there is still unmet need.