SEMINAR REPORT

PALLIATIVE CARE (ELNEC)

September 4-10, 2022

A Global Educational Initiative by the American Austrian Foundation
TABLE OF CONTENTS

1. GROUP PHOTO
2. SCHEDULE
3. FACULTY BIOGRAPHIES
4. FELLOWS’ CONTACT INFORMATION
5. DIARY
**SALZBURG OMI SEMINAR IN PALLIATIVE CARE (ELNEC)**

September 3-10, 2022

<table>
<thead>
<tr>
<th>33 fellows from 9 different countries</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 faculty members from the United States of America and Romania</td>
</tr>
<tr>
<td>15 lectures given by faculty</td>
</tr>
<tr>
<td>9 interesting presentations by fellows</td>
</tr>
</tbody>
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Group Photo of Faculty and Fellows

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### SALZBURG OMI SEMINAR
Palliative Care (ELNEC)
Sunday, September 4 – Saturday, September 10, 2022
Schloss Arenberg, Salzburg, Austria

#### Sunday, September 4, 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>18:00 - 19:00</td>
<td>FACULTY MEETING TO REVIEW THE WEEK</td>
</tr>
<tr>
<td>19:00 - 19:30</td>
<td>WELCOME RECEPTION</td>
</tr>
<tr>
<td>19:30 - 20:30</td>
<td>WELCOME DINNER</td>
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</tbody>
</table>

#### Monday, September 5, 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>07:00 - 08:00</td>
<td>BREAKFAST</td>
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</tr>
<tr>
<td>08:00 - 09:00</td>
<td>Welcome and Review of Agenda</td>
<td>Betty Ferrell</td>
</tr>
<tr>
<td></td>
<td>Introduction of Participants and Faculty</td>
<td>Nicoleta Mitrea</td>
</tr>
<tr>
<td>09:00 - 10:00</td>
<td>Objectives of the Seminar</td>
<td>Nicoleta Mitrea (Facilitator)</td>
</tr>
<tr>
<td></td>
<td>Review of the State of Palliative Care in Eastern Europe: Challenges and Opportunities</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Exercise: Break into Country Groups and Identify 3 Challenges in Your Country/ 3 Opportunities to Enhance Palliative Care)</td>
<td></td>
</tr>
<tr>
<td>10:00 - 10:15</td>
<td>COFFEE BREAK</td>
<td></td>
</tr>
<tr>
<td>10:15 - 11:00</td>
<td>Module 1: Overview of Palliative Nursing</td>
<td>Betty Ferrell</td>
</tr>
<tr>
<td>11:00 - 12:30</td>
<td>Module 2: Pain Assessment and Management</td>
<td>Judith A. Paice</td>
</tr>
<tr>
<td>12:30 - 13:30</td>
<td>LUNCH</td>
<td></td>
</tr>
<tr>
<td>13:30 - 14:45</td>
<td>Pain Lab: Discuss Challenges, Cases, Practice Assessment/ Treatment Plans</td>
<td>All Faculty</td>
</tr>
<tr>
<td>14:45 - 15:00</td>
<td>Final Thoughts and Debrief</td>
<td>Nicoleta Mitrea</td>
</tr>
<tr>
<td>19:00 - 20:00</td>
<td>DINNER</td>
<td></td>
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</tbody>
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SCHEDULE

Tuesday, September 6, 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Speaker(s)</th>
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</thead>
<tbody>
<tr>
<td>07:00 - 08:00</td>
<td>BREAKFAST</td>
<td></td>
</tr>
<tr>
<td>08:00 - 10:00</td>
<td>Module 3: Symptom Management Video: Taking a Symptom History: Nausea and Vomiting</td>
<td>Patrick J. Coyne Carrie Cormack</td>
</tr>
<tr>
<td>10:00 - 10:15</td>
<td>COFFEE BREAK</td>
<td></td>
</tr>
<tr>
<td>10:15 - 11:15</td>
<td>Symptom Management Lab: Discuss Challenges, Cases, Practice Assessment/ Treatment Plans</td>
<td>Patrick J. Coyne Carrie Cormack</td>
</tr>
<tr>
<td>11:15 - 12:30</td>
<td>Module 4: Ethics</td>
<td>Betty Ferrell</td>
</tr>
<tr>
<td>12:30 - 13:30</td>
<td>LUNCH</td>
<td></td>
</tr>
<tr>
<td>13:30 - 14:00</td>
<td>Module 5: Cultural Considerations Video: ELNEC Cultural Assessment If the World Was Only 100 People</td>
<td>Nicoleta Mitrea</td>
</tr>
<tr>
<td>14:00 - 14:45</td>
<td>Participants Meet to Talk about Their Presentation on Friday (Plans for Implementing and Disseminating ELNEC, Addressing Current Barriers to Care, Development of Action Plan) - Expectations and Examples</td>
<td>All Faculty (available)</td>
</tr>
<tr>
<td>14:45 - 15:00</td>
<td>Final Thoughts and Debrief</td>
<td>Patrick J. Coyne</td>
</tr>
<tr>
<td>19:00 - 20:00</td>
<td>DINNER</td>
<td></td>
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Wednesday, September 7, 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>07:00 - 08:00</td>
<td>BREAKFAST</td>
<td></td>
</tr>
<tr>
<td>08:00 - 09:00</td>
<td>Module 6: Communication Videos: The Power of Words, It’s Not About the Nail</td>
<td>Judith A. Paice</td>
</tr>
<tr>
<td>09:00 - 10:00</td>
<td>Communication Lab – Discuss Participants’ Challenges, Listening Exercise, Role Play, SBAR, NURSE, “I wish“</td>
<td>All Faculty</td>
</tr>
<tr>
<td>10:00 - 10:15</td>
<td>COFFEE BREAK</td>
<td></td>
</tr>
<tr>
<td>10:15 - 11:30</td>
<td>Module 7: Loss, Grief, Bereavement Loss Exercise Video: 99 Balloons, Stephanie Rainey – Please Don’t Go</td>
<td>Carrie Cormack Nicoleta Mitrea</td>
</tr>
<tr>
<td>11:30 - 12:30</td>
<td>Participants Meet to Discuss Regarding Friday’s Presentation (Plans for Implementing and Disseminating ELNEC, Addressing Current Barriers to Care, Development of Action Plan)</td>
<td>All Faculty Assigned to Meet with Country Groups</td>
</tr>
<tr>
<td>12:30 - 13:30</td>
<td>LUNCH</td>
<td></td>
</tr>
<tr>
<td>13:30 - 14:45</td>
<td>Free Afternoon</td>
<td></td>
</tr>
<tr>
<td>19:00 - 20:00</td>
<td>DINNER</td>
<td></td>
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</tbody>
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### Thursday, September 8, 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:00 - 08:00</td>
<td><strong>BREAKFAST</strong></td>
<td></td>
</tr>
<tr>
<td>08:00 - 09:00</td>
<td>Leadership Workshop</td>
<td>Patrick J. Coyne, Nicoleta Mitrea</td>
</tr>
<tr>
<td>09:00 - 10:00</td>
<td>Leadership Workshop</td>
<td>Patrick J. Coyne, Nicoleta Mitrea</td>
</tr>
<tr>
<td>10:00 - 10:15</td>
<td><strong>COFFEE BREAK</strong></td>
<td></td>
</tr>
<tr>
<td>10:15 - 11:30</td>
<td>Leadership Workshop</td>
<td>Patrick J. Coyne, Nicoleta Mitrea</td>
</tr>
<tr>
<td>11:30 - 12:30</td>
<td>Leadership Workshop</td>
<td>Patrick J. Coyne, Nicoleta Mitrea</td>
</tr>
<tr>
<td>12:30 - 13:30</td>
<td><strong>LUNCH</strong></td>
<td></td>
</tr>
<tr>
<td>13:30 - 14:00</td>
<td>Leadership Workshop (Continued)</td>
<td>Patrick J. Coyne, Nicoleta Mitrea</td>
</tr>
<tr>
<td>14:00 - 14:45</td>
<td>Participants Meet to Discuss Friday’s Presentations (Plans for Implementing and Disseminating ELNEC, Addressing Current Barriers to Care, Development of Action Plan)</td>
<td>All Faculty</td>
</tr>
<tr>
<td>14:45 - 15:00</td>
<td>Final Thoughts and Debrief</td>
<td>Patrick J. Coyne, Nicoleta Mitrea</td>
</tr>
<tr>
<td>19:00 - 20:00</td>
<td><strong>DINNER</strong></td>
<td></td>
</tr>
<tr>
<td>20:30 - 21:30</td>
<td><strong>CHAMBER MUSIC CONCERT</strong></td>
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### Friday, September 9, 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Presenter(s)</th>
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</thead>
<tbody>
<tr>
<td>07:00 - 08:00</td>
<td><strong>BREAKFAST</strong></td>
<td></td>
</tr>
<tr>
<td>08:00 - 09:00</td>
<td>Final Hours &lt;br&gt;Video (Peds):&lt;br&gt;- Choosing Thomas &lt;br&gt;Video (both Peds and Adult):&lt;br&gt;- Who Will Speak for You?&lt;br&gt;- Family Conferences for Serious Illness – Vital Talk&lt;br&gt;- The Pause</td>
<td>Judith A. Paice, Carrie Cormack</td>
</tr>
<tr>
<td>09:00 - 10:00</td>
<td>Self-Care</td>
<td>Carrie Cormack</td>
</tr>
<tr>
<td>10:00 - 10:15</td>
<td><strong>COFFEE BREAK</strong></td>
<td></td>
</tr>
<tr>
<td>10:15 - 12:30</td>
<td>Country Presentations&lt;br&gt;15-Minute Presentation per Country</td>
<td>All Faculty</td>
</tr>
<tr>
<td>12:30 - 13:30</td>
<td><strong>LUNCH</strong></td>
<td></td>
</tr>
<tr>
<td>13:30 - 14:45</td>
<td>Country Presentations&lt;br&gt;15-Minute Presentation per Country</td>
<td>All Faculty</td>
</tr>
<tr>
<td>14:45 - 15:15</td>
<td>Final Words &amp; Blessing of the Hands</td>
<td>Betty Ferrell</td>
</tr>
<tr>
<td>18:00 - 20:00</td>
<td><strong>GRADUATION DINNER</strong>&lt;br&gt;Presentation of Eastern European Palliative Care Leaders&lt;br&gt;(Presented with ELNEC Pins and Certificates)</td>
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### Saturday, September 10, 2022: Departures
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 a 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.
Betty Ferrell, RN, PhD, MA, CHPN, FAAN, FPCN has been in nursing for 44 years and has focused her clinical expertise and research in pain management, quality of life, and palliative care. Dr. Ferrell is the Director of Nursing Research & Education and a Professor at the City of Hope Medical Center in Duarte, California. She is a Fellow of the American Academy of Nursing, and she has over 480 publications in peer-reviewed journals and texts. She is Principal Investigator of the “End-of-Life Nursing Education Consortium (ELNEC)” project. She directs several other funded projects related to palliative care in cancer centers and QOL issues. Dr. Ferrell was Co-Chairperson of the National Consensus Project for Quality Palliative Care. Dr. Ferrell completed a master’s degree in Theology, Ethics and Culture from Claremont Graduate University in 2007. She has authored eleven books including the Oxford Textbook of Palliative Nursing (5th Edition, 2019) published by Oxford University Press. She is co-author of the text, The Nature of Suffering and the Goals of Nursing published in 2008 by Oxford University Press and Making Health Care Whole: Integrating Spirituality into Patient Care (Templeton Press, 2010). In 2013, Dr. Ferrell was named one of the 30 visionaries in the field by the American Academy of Hospice and Palliative Medicine. In 2019, she was elected a member of the National Academy of Medicine. In 2021, Dr. Ferrell received the Oncology Nursing Society Lifetime Achievement Award and she was inducted as a “Living Legend” by the American Academy of Nursing.
Carrie L. Cormack, DNP, APRN, CPNP is an Assistant Professor at The Medical University of South Carolina and a Pediatric Nurse Practitioner with Pediatric Palliative Care team. She is the lead Palliative Care faculty in the Doctor of Nursing Practice program. She continues to specialize in palliative care and, in addition to her faculty work, she is a pediatric nurse practitioner with the pediatric palliative care team at the Medical University of South Carolina. Dr. Cormack is certified by the Pediatric Nursing Certification Board and the Hospice and Palliative Nurses Association. She is dedicated to increasing palliative care education in nursing programs and has been instrumental in the integration of Palliative Care into the programs at the College of Nursing and lead the development and implementation of the new Post-MSN to DNP in Lifespan Palliative Care track. She is an active reviewer for pediatric palliative care education and has co-authored two book chapters and several articles on various aspects of palliative care. She earned her bachelor's degree from Saint Anselm College and her master's and doctoral degree from the Medical University of South Carolina.
Patrick J. Coyne, MSN, ACNS-BC, ACHPN, FPCN, FAAN

Email: user479069@aol.com

Patrick J. Coyne, MSN, ACNS-BC, ACHPN, FPCN, FAAN is Clinical Nurse Specialist, Assistant Professor and Director for Palliative Care at the Medical University of South Carolina in Charleston, SC. He developed and oversees an interdisciplinary team of health care professionals in providing exceptional palliative care. Mr. Coyne serves as a member of institution’s Medical and Nursing faculty. Mr. Coyne served on the National Board for Certification of Hospice and Palliative Nurses and the Hospice and Palliative Nurses Association. He is Co-PI for several grants to educate rural and community APRNs and health providers on primary palliative care. Mr. Coyne serves as a national and international faculty of the End-of-Life Nursing Education Curriculum (ELNEC). He has published over a hundred articles related to pain management, symptom control, and issues in end-stage disease as well as conducting research studies. Mr. Coyne has received the Peaceful Death in American and Mayday Pain and Society Scholarships and has been awarded the Oncology Nursing Society’s Excellence in Pain Management and a Schering Lectureship Recipient. He was named one of the 30 Visionaries in the field by the American Academy of Hospice and Palliative Medicine in 2013. A member of numerous organizations, Mr. Coyne has worked diligently to improve pain management and palliative care nationally and internationally.
Nicoleta Mitrea, APRN, MSc, PhD is actively involved in organising, supervising and teaching the subjects in Palliative Care (PC) at all three levels of education for nurses: undergraduate, advanced and specialized. She started her nursing career at a very young age in the pediatric hospital. December 1998 marked her beginning of an unexpected career in Palliative Nursing, when she joined the Hospice “Casa Sperantei” (HCS) as a home care nurse. Her knowledge, abilities and revolutionary style has been increasingly polished and appreciated. Currently Nicoleta leads the education and clinical practice of PC nurses in HCS, other PC services around the country and in several Eastern European countries and is coordinating the national specialization program in PC for nurses. Nicoleta had graduated the Master Program in PC in 2012 and the Medical Doctoral Studies in November 2017. Since 2020 she is a senior lecturer at the University of Transylvania from Brasov, Faculty of Medicine – Nursing division. She never stopped caring for patients and is currently performing her clinical duties in the HCS lymphedema ambulatory service. Since 2016, she is running in marathons to fund raise for free of charge care delivered by HCS to patients (children and adults) and their families.
Judith Paice, RN, PhD, FAAN is the Director of the Cancer Pain Program in the Division of Hematology-Onology and a Research Professor of Medicine, Northwestern University; Feinberg School of Medicine. She is also a member of the Robert H. Lurie Comprehensive Cancer Center. Dr. Paice is presently a member of the NIH HEAL Initiative Multidisciplinary Working Group and has served as President of the American Pain Society and Secretary of the International Association for the Study of Pain. Currently a panel member of the NCCN Adult Cancer Pain Clinical Practice Guideline, much of Dr Paice’s clinical work has been in the relief of pain associated with cancer. She has traveled widely within six continents to educate health care professionals regarding cancer pain relief and palliative care. Dr. Paice serves on the editorial board of the Journal of Pain, Journal of Pain and Symptom Management and Journal of Clinical Oncology and is the author of more than 170 scientific manuscripts. Dr. Paice is also a co-editor for the 2019 Oxford Textbook of Palliative Nursing. She was one of the original consultants in the End-of-Life Nursing Education Consortium (ELNEC) and has continued serving as a faculty member in this program. In 2018, Dr. Paice was named one of the 30 Visionaries in the field by the Academy of Hospice and Palliative Care.
Fellow Booklet
Palliative Care (ELNEC)

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Sunday, September 4, 2022

In my long-term nursing career as a cancer nurse and later as a faculty member I made many educational trips. But this is a different one. I felt privileged to be selected for a fellowship to participate in a face-to-face seminar on Palliative Care at Schloss Arenberg in Salzburg, Austria. Since 2007 OMI has supported the ELNEC Project to train clinicians in Eastern European countries with several courses held in Salzburg. I was excited to be one of five representatives from a country that was invited in this learning opportunity for the first time. Early on Sunday morning the Greek team took the flight from Athens to Vienna. We arrived on a lovely sunny afternoon at the beautiful venue. We were warmly welcomed by friendly faculty members, who are well-known for their remarkable work in Palliative care and then joined a pleasant reception and dinner.

Monday, September 5, 2022

It was a fantastic beginning to hear Betty Ferrell, who briefed us on what to expect for the coming week, speak. Faculty members introduced themselves and our beloved colleague and friend Nicoleta Mitrea facilitated the briefly introductions of the 33 participants and ‘what they do for fun’. It was obvious that one thing everyone had in common was the desire and will to improve Palliative Care in our countries. Afterwards we were divided into country groups to identify and then present to the whole team 3 Challenges and 3 Opportunities to enhance Palliative Care in our own country. Education, policy, pain, mentality and attitudes were the main topics reported alphabetically by the nine participating countries.
Despite our efforts in Greece, Palliative Care remains an unmet need for many patients. After coffee break, Module 1 was skipped to give more time to Judith A. Paice to present Module 2 Pain Assessment and Management. She stated “we have the wonderful gift to provide relief”. She herself has a 200 patients’ caseload yearly. I was impressed by her introduction to pain assessment. “What would you do, if we did the best we could for your pain? Nowadays we don’t treat a number (0-10 pain intensity), we try to improve patient function, to cover patient goal. In her inspiring talk she said “He is suffering, but he calls it pain. Morphine does not relieve suffering. Pain is not just physical, it is emotional, social, spiritual. Thus, it is a matter of a team.” “Search for the expert to treat it. Specialized palliative care colleagues are not enough. Every nurse should have the appropriate knowledge”. In the afternoon the Pain lab of the Greek and Hungarian groups, led by Patrick J. Coyne discussed challenges, cases, practice assessment and treatment plans. With his long experience of 800 patient’s caseload yearly, he could easily answer various questions on selecting titrating and dosing of medications and give us access to many tools e.g. for those patients that cannot talk (ASPMN.org).

Tuesday, September 6, 2022

The second day Patrick J. Coyne held a very demanding presentation on Module 3 Symptom Management, given that he had to choose to analyze and summarize 60 symptoms that may occur. We were introduced to websites and references to find information on various symptoms. He reported “Symptoms change all the time. They need continuous assessment and evaluation.” His suggestions included using ESAS and memorial assessment tools. We were encouraged to always try to identify what is causing the symptom, but labs are permitted only for those patients that have a good life expectancy. Messages that I kept are: The useful question to be asked to the patient is: “What is bothering you the most? Then invite the appropriate professional. To give any treatment you need evidence. Any opioid treats dyspnea. Not sanctioning for death rattle. It hurts. Give the patient something to treat the family”. During the Symptom lab his tremendous experience gave us a better insight into current practices on symptom management. Betty Ferrell finalized our morning sessions with her engaging presentation on Module 4: Ethics. After lunch Nicoleta Mitrea presented Model 5: Cultural Considerations. I was impressed to hear her motivating speech, her personal experience and watching the video “If the world was only 100 people”. Afterwards Patrick J. Coyne was the guide person, when we met to talk about the Friday country presentations we had to prepare. He explained the expectations, gave examples on how to develop an action plan for implementing and disseminating ELNEC, addressing current barriers to care in Greece.

Wednesday, September 7, 2022

I was deeply moved by the lecture of Judith A. Paice on Module 6: Communication, and the videos we watched “The power of the Words” and “It’s Not About the Nail”. Starting her meaningful presentation, she gave us useful websites and stated “Nurses have the extraordinary opportunity to listen and communicate. Changing the words. Changing the world. The words really matter”. Her expertise and passion were expressed in many useful tips, helpful phrases, communication techniques, ways to employ verbal and nonverbal good communication. Some examples are “I want to know about you, not your disease”. “Tell me more”. “What is under the emotion?” “What worries you most?” “I wish, I worry, I wonder.” “Care is fragmented. Who is giving the holistic care?” “Silence is always important” and the best for me “Use the elevator speech. It is short, sweet, meaningful. Be able to say it simple.” In one hour dedicated to the communication lab Patrick J. Coyne explained some communication tools, gave us evidence based, useful information and discussed two cases.
using CASH and REMAP tools. After coffee break, Model 7: Loss, Grief Bereavement shared by Nicoleta Mitrea and Carrie Cormack for adults and children was very enlightening. As Nicoleta said "we may have heard in the past about these, but it is never enough to know how to deal and do it better. Stories that sound familiar, definitions, influencing factors, grief process, different types, how to assess and intervene. The main messages emphasized were “Don't just do something” Be present” “Use your skills” Normalize” Recognize accumulative loss, occupational stress, emotional la bour and answering the burning question “Are we caring about ourselves today? Undoubtedly the extraordinary video “99 Balloons” and how many things we can do will never be forgotten. The day wrapped up with a meeting of our country team to work more on the development of the Greek project. The free afternoon was a great opportunity for a wonderful walk and a visit to the beautiful city.

Thursday, September 8, 2022

What a start to the day! A thought-provoking presentation by Judith A. Paice discussing why final hours are so important and that they should be a time of peace, comfort and caring for the patient/family. We are called to be the translators to help the family understand and to show simple caring ways and be able to witness the mystery. She discussed hydration that causes more symptoms, resuscitation that is not useful and painful and how to deal with hasten death request. I was touched by two videos on how to hold a family meeting and the extraordinary “The Pause” video developed by a nurse to honor the people we cared for and our own efforts despite death. Afterwards Nicoleta Mitrea provided us in three sessions with a leadership workshop, where we listened to instrumental, informative presentations, exercises and videos. After dinner in the evening, I deeply enjoyed the concert in the grand hall, followed by a reception.

Friday, September 9, 2022

In the morning of the last day, I reflected on this amazing week. Hospitality, politeness, supportiveness, calmness, a beautiful environment. The initial program sent to us seemed like a one-week intensive course on basic principles for palliative care, but it proved to be an extraordinary learning experience. All faculty presentations based on NCP Guidelines were specific, simple, practical, and with many personal examples and expressive videos, interactive presentations. In the free time I really enjoyed social networking with other participants and faculty members. Great benefits of the seminar were sharing clinical experience and discussions. Friday started with a whole interactive session on Self-care by Carrie L. Cormack. I promised myself that I'll not answer emails on Sundays’. Afterwards the day was dedicated to the fellows. There were 15 minutes presentations from each country, and I was fascinated by the creative proposals. This enlightening seminar was closed by the motivating words of Betty Ferrell. The last day of this memorable week finished with an exciting celebration, and a wonderful dinner, where we were presented with ELNEC Pins and Certificates. I’m deeply grateful for this marvelous learning experience, enabling me to get the courage, energy, and hope to continue my efforts to transform nursing care for patients with palliative care needs. On behalf of the Greek team, I thank the admirable faculty for their dedication and commitment in improving Palliative Care worldwide. Alexia, Andreas, Maria, Spyridoula and myself can’t believe it’s over. Looking forward to future collaborations and international partnerships. Here is to a new beginning!
You might remember a famous quote by Maya Angelou: “They will forget what you said, they will forget what you did, but they will never forget how you made them feel”. Looking back at the past week and the filigree work of our faculty during the OMI Palliative Care Seminar, I realize that it would be hard for all of us to forget what they said, because we are taking back the ready-to-use presentations, teaching tips and handy tools on symptom management, nursing care and communications. We won’t forget what they did, because most of us are going to use their teaching strategies, smart techniques, and interesting examples from their rich professional life. And, most importantly, we won’t forget how they made us feel: curious, captivated, compassionate, inspired, empowered, united.