SEMINAR REPORT

PALLIATIVE CARE IN NEUROLOGY AND NEURO-Oncology

April 10-16, 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 IN NEUROLOGY AND NEURO-
ONCOLOGY

April 10-16, 2022

| 32 fellows from 15 different countries |
| 4 faculty members from the United States of America |
| 24 lectures given by faculty |
| 28 interesting case presentations by fellows |
| 3 sessions for group role plays |

Group Photo of Faculty and Fellows
## Salzburg OMI Seminar in Palliative Care in Neurology and Neuro-Oncology
### Sunday, April 10 – Saturday, April 16, 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<td>07:00</td>
<td>BREAKFAST</td>
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<tr>
<td>08:00</td>
<td>S1: Palliative Care in Neurology Overview Introduction/Agenda</td>
<td>S8: Assessment of Delirium, Anxiety &amp; Depression</td>
<td>S15: Caregiver Communication &amp; Advanced Care Planning</td>
<td>S19: Brain Metastases &amp; Leptomeningeal Carcinomatosis</td>
<td>S25: Participant Presentations II</td>
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<td>09:00</td>
<td>S2: Introductions Discussion of Palliative Care in Participating Countries</td>
<td>S9: Treatment of Delirium, Anxiety, &amp; Depression</td>
<td>S16: Strategies for Communicating Serious News with Patients &amp; Families</td>
<td>S20: Headaches &amp; Seizures: Update</td>
<td>S26: End of Life Care: Defining A Basic Human Right</td>
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<td>11:30</td>
<td>S4: Neuro-Oncology Overview: Primary Brain Tumors</td>
<td>S11: Meaning-Centered Psychotherapy: Overview of Approach</td>
<td>S17B: Small Group Role Plays Topics 1, 2</td>
<td>S21B: Participant Presentations I</td>
<td>S28: Strategy Session: Palliative Care in Eastern Europe Setting Up a Palliative Care Program in Your Hospital or Community</td>
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<td>14:00</td>
<td>S5: Gliomas: Evaluation &amp; Treatment</td>
<td>S12: Evaluation &amp; Treatment of Epidural Spinal Cord Compression</td>
<td>S22: CNS Infections in Patients with Cancer</td>
<td>S29: Participant Presentations III</td>
<td>Course Review</td>
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<td>16:05</td>
<td>S7: Cancer Pain Assessment/Treatment</td>
<td>S14: Compassion Fatigue, Grief, Bereavement</td>
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<td>Alan Carver, MD</td>
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<td>16:50</td>
<td>16:50 - 17:05 OMI Presentation</td>
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<td>Free Afternoon</td>
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<td>18:00</td>
<td>FACULTY MEETING TO REVIEW THE WEEK</td>
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<td>FAREWELL RECEPTION</td>
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<td>19:00</td>
<td>WELCOME RECEPTION &amp; DINNER</td>
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<td>CHAMBER MUSIC CONCERT</td>
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FACULTY BOOKLET

PALLIATIVE CARE IN NEUROLOGY AND NEURO-Oncology Seminar in Salzburg

April 10-16, 2022

A Global Educational Initiative by the American Austrian Foundation
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 New York 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.
Alan Carver, MD (Course Director)

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Alan Carver, MD is an Attending Neurologist at Memorial Sloan Kettering Cancer Center (MSKCC) and an Associate Clinical Professor of Neurology at the Weill Cornell School of Medicine. After graduating from Harvard College and Boston University School of Medicine and following his Residency at New York Presbyterian Hospital/Cornell and Fellowship at MSKCC, Dr. Carver earned dual Board Certification in Neurology and in Hospice & Palliative Medicine. In 2001, Drs. Carver & Foley were Co-Editors of the first-ever volume of Neurologic Clinics dedicated to Palliative Care. This pioneering text defined best practice standards and evidence-based palliative care guidelines in several categories of neurologic disease. The following year Dr. Carver was recruited to develop a Division of Pain Medicine at Mt. Sinai Medical Center in New York City. Dr. Carver’s leadership skills, public speaking abilities, engaging teaching style, and sharp clinical acumen were readily apparent. In recognition of these attributes, he was invited to serve as Associate Dean of Admissions at Mount Sinai School of Medicine. Dr. Carver returned to the Dept. of Neurology at MSKCC in 2010 to help identify the palliative care needs of patients with brain tumors and their families, care for patients with neurologic complications of cancer and its treatment, and train others how to provide optimal palliative and end of life care. Dr. Carver advocates passionately for the Basic Human Right of patients to be cared for by health care providers whose excellence includes state of the science palliative medicine at all stages of illness. Dr. Carver’s set of unique clinical skills include counseling patients and families, whose lives have been forever altered by the diagnosis of cancer. Each year, with the assistance of NYC-based professional actors, he works with medical students, residents, nurses, fellows, and others eager to develop communication skills essential for talking and listening effectively and empathically to patients with advanced disease and their families. Co-Sponsored by Weill Cornell Medical College, The Salzburg Seminars, The Austrian American Foundation, and George Soros’ Open Society Institute, Drs. Carver and Foley launched “Neurology, Neuro-Oncology, & Palliative Care,” in Salzburg, Austria, in 2013 to improve the care of dying patients and those in the advanced stages of neurologic illness throughout Eastern Europe. Neurologists, Nurse Practitioners, Palliative Care specialists, Internists, Surgeons, and others have since travelled to Salzburg to broaden their knowledge and learn how to become palliative care champions in their home countries. Dr. Carver and his faculty have returned by invitation to Salzburg multiple times in recent years. In the Spring of 2015, Dr. Carver was elected to the two-year position of Chairman of the Pain and Palliative Medicine Section of the American Academy of Neurology. Dr. Carver is the two-time recipient of The Annual Weill Cornell Medical College Award for Excellence in Teaching, and is regularly listed among the “Best Doctors” in the United States. In 2018, Dr. Carver earned the highest possible promotion for a member of the MSKCC clinical staff – Attending Neurologist & Clinical Member.
**Allison J. Applebaum, PhD**

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**Allison J. Applebaum, PhD** is an Associate Attending Psychologist in the Department of Psychiatry and Behavioral Sciences, Memorial Sloan Kettering Cancer Center (MSK), and an Associate Professor of Psychology in Psychiatry at Weill Cornell Medical College. She is the Founding Director of the Caregivers Clinic at MSK, housed in the Counseling Center. The Caregivers Clinic is the first of its kind and provides comprehensive psychosocial care to family members and friends of patients who experience significant distress and burden as a result of their caregiving role. Dr. Applebaum’s program of research focuses on the development and dissemination of psychosocial interventions for cancer caregivers, as well as understanding the impact of caregiver psychosocial wellbeing, prognostic awareness and communication skills on advanced care planning. She has published over 100 articles, reviews, and book chapters on these topics, and is the editor of the textbook Cancer Caregivers (Oxford University Press, 2019). Dr. Applebaum has received competitive funding for her research, including awards from the National Cancer Institute, the National Institute of Nursing Research, the American Cancer Society, the T.J. Martell Foundation, and the van Ameringen Foundation.
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Elena Pentsova, MD is an Associate Attending member of the Department of Neurology at the Memorial Sloan Kettering Cancer Center (MSK), and Assistant Professor of Neurology at the Weil Cornell School of Medicine. Born in the Ukraine, she graduated from Kharkov Medical University where she also completed residency training in neurology, followed by a Neurology Residency at the University of Vermont and a neuro-oncology fellowship at MSK. Dr. Pentsova is board certified in Neurology by the American Board of Psychiatry and Neurology, as well as in Neuro-oncology by the United Council for Neurologic Subspecialties. Her major research interest is enhancing early diagnosis and improving treatment of patients with leptomeningeal metastases (LM) from solid cancers. Her goal is to develop a robust cerebro-spinal fluid (CSF) biomarker program for patients with cancers involving Central Nervous System (CNS) and implement it in clinical trials. Dr. Pentsova's research on "liquid biopsies" in CSF has received awards from both the Brain Tumor Center, the Neuro-Oncology Research Translation in Humans (NORTH) from MSKCC, as well as an MSK Society Grant and the American Brain Tumor Association. She has published extensively on various topics in Journal of Clinical Oncology, Neuro-Oncology, and Clinical Cancer Research.
Andrew J. Roth, MD

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Andrew J. Roth, MD is an Attending Psychiatrist at Memorial Sloan Kettering Cancer Center. He has been the Psychiatry liaison to the Genitourinary Medical Oncology Program at MSKCC for the last 28 years and was the Training Director of the MSKCC/New York Presbyterian Weill Cornell ACGME accredited Fellowship in Psychosomatic Medicine/Psycho-Oncology for 12 years. Dr. Roth is honored to participate in his third term as faculty for the Neurology, Neuro-Oncology, & Palliative Medicine Course for the Open Medical Institute in Salzburg. Dr. Roth’s research includes the development of instruments to assess distress and anxiety in cancer patients and conducted an NIH funded study to assess the psychostimulant methylphenidate for fatigue in men with prostate cancer. His most recent research includes designing a geriatric specific psychotherapy for older cancer patients. He has published extensively on various topics in Psycho-Oncology and is the author of Managing Prostate Cancer: A Guide for Living Better by Oxford University Press and the recently published book Psychopharmacology in Cancer Care: A Guide for Non-Prescribers and Prescribers, also published by Oxford University Press.
Fellow Booklet
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Saturday, April 9, 2022

I arrived to Vienna by plane with one of my colleagues from Mexico. Once there, we went to the Belvedere Museum to see some of Klimt’s paintings, one of my favorite painters in the world, and it was a beautiful experience. After this, we had a nice meal in one of the downtown restaurants and then took a train to Salzburg, a beautiful city with a great atmosphere, full of friendly people. Then, we took a taxi to Schloss Arenberg. Here we were received by a very nice man who gave us clear instructions about our room and available services at Schloss Arenberg. The single-bed rooms were very comfortable and private, and after leaving my luggage in my room I went to the city center for dinner.

Sunday, April 10, 2022

In the morning, my friend from Mexico and I took a bus to the Gaisberg mountain where it was snowing, and it was a wonderful view for us since we are not very used to seeing snow in our hometown. We had a traditional Austrian meal in one of the hotels there and then came back to Schloss Arenberg to attend the welcome reception where Dr. Alan Carver (director of the seminar) and Dr. Wolfgang K. Aulitzky (CEO of the OMI) introduced themselves and gave us an introduction to the week ahead of us. We also got to meet the rest of the faculty (Dr. Pentsova, Dr. Applebaum, and Dr. Roth) and then had a very tasty dinner at Schloss Arenberg,
where we had the opportunity to meet our Eastern European colleagues who were also attending the seminar.

**Monday, April 11, 2022**

At 8:00 AM, we were welcomed again by Dr. Carver. He gave us a very interesting introduction to palliative care and then we took the pre-seminar test. We were told that we would take this test again at the end of the seminar after attending all the lectures. The first lecture was given by Dr. Roth and was about psycho-oncology, a very interesting subject for me as I didn't receive training on this specific topic as part of my neurology residency. I learned things that I know are hard to find in books, and I will never forget them. After that, Dr. Pentsova gave us two excellent talks about brain tumors and the evaluation and treatment of gliomas. He is an excellent teacher and has a lot of experience in the field. The next talk was given by Dr. Roth about psychiatric issues in older cancer patients. It was impressive to me how anxiety and depression symptoms can differ in this specific population. The final lecture about cancer pain assessment and management, given by Dr. Carver, was a super important topic since we as physicians must deal with patients everyday with these health problems in our countries. Something I really loved was the fact that you could ask as many questions as you want, and they would give you very professional answers in a very kind way. Next, we had lunch and dinner, which were very tasty. I was able to talk with colleagues from all over the world and it was so great to know different cultures and ways to practice medicine. After dinner, I went to enjoy the city for a while and then went back to read about what I learned that day.

**Tuesday, April 12, 2022**

In the morning, we kept learning about delirium, anxiety and depression, and its treatment. It was very interesting to learn how this is managed in other countries and it gave me ideas to implement in my country when I get back. Then we had coffee break and lunch, which provides a great opportunity to talk in a more informal but nice way with the faculty and ask as many questions as you want. After this, we had an amazing class about a very special kind of psychotherapy with Dr. Applebaum, called “meaning centered psychotherapy”. I was very impressed with this technique, which I found to be a magnificent tool to use with all kinds of patients to give them hope when they are facing death and other difficult health problems. I definitely want to keep learning about this technique. In the afternoon, we learned about compassion fatigue and burnout, a very complicated but important topic even among health providers. After lectures ended, we had a good meal and went to Mirabellplatz, a wonderful place with beautiful gardens, sculptures, and fountains.

**Wednesday, April 13, 2022**

In the morning we started a new topic. Drs. Applebaum and Carver taught us about caregiver communication and advanced care planning. I understood the importance of giving bad news to the patients and their families in a kind and empathic way. Then we did role play exercises where we practiced all we had learned that day about communication with the patient. We played doctor as well as patient, and I found this experience very enriching since it is not the same to hear about techniques as it is to practice them. After a tasty lunch, we had a free afternoon. I went with my new friends from very different parts of the world to the Salzburg fortress, a very interesting place from the historical point of view and with a wonderful view of the beautiful city. We took a lot of pictures and then went back to Schloss Arenberg to rest.
Thursday, April 14, 2022

We started the morning with a nice lecture about brain metastases and leptomeningeal carcinomatosis. I learned a lot about different treatment modalities in these diseases. Afterwards, we had a class about headache and seizures. Dr. Carver gave us a lot of useful pearls on how to diagnose and treat these important disease manifestations in cancer patients. Then the fellow’s cases presentations started. It was a good experience, as the cases presented by my colleagues were super interesting. It is very nice to see other kinds of diseases and the way they are approached and treated in other parts of the world. Next, we had a delicious lunch and learned more about CNS infections in patients with cancer, caregiver concerns in neuro oncology, and ethical issues in palliative care. At night we watched an amazing chamber music concert where very talented musicians performed. It was delightful!

Friday, April 15, 2022

Today was the last day of the seminar and I presented my clinical case. I was very nervous, but the faculty and the rest to the fellows were nice and gave really interesting opinions. For the last lecture topics, we learned a lot about end of life care and moral distress in palliative care. Then we took the post-seminar test, and I could see that I had learned a lot that week, which I was very happy about. In the evening, we had the gala dinner in which we received our certificates said goodbye to new friends and the faculty. Looking back at the week, I noticed how the time flew by since we had a very nice time in this place. I learned so much. I think this was a great opportunity and I feel very lucky that I was selected to attend this seminar. It was a great experience that I wish all doctors in all countries could have. I want to thank all the OMI staff and people from AMSA in Mexico for this great opportunity. I will never forget this experience and all the new knowledge that will be brought to my medical practice. I will share this knowledge with doctors in my country for sure. Thanks for everything.
Sunday, April 10, 2022

This is my second visit to Salzburg. Last time I was here was in November 2021 when I participated in the “Taste of Palliative Care” course that was held here in Schloss Arenberg. I came to Salzburg by train from Vienna, and the trip was nice and comfortable. I really enjoyed the view of the beautiful nature in this part of Austria. After arriving to Schloss Arenberg and checking in, I was provided with a beautiful and cozy room. At 7:00 PM, all participants and faculty members got together in the main hall. The course director, Dr. Carver, presented the other faculty members and wished us all a warm welcome to the course. After the formal greetings, dinner was served, and I had the opportunity to meet other fellow participants. I enjoyed this informal part of the seminar because all fellows were very friendly and we got to know each other better.

Monday, April 11, 2022

At 8:00 AM, Dr. Carver welcomed us to the seminar once again and we took the pre-seminar test. Some of the questions were challenging for my colleagues and I. Nevertheless, we were reassured by faculty that by the end of the seminar we will be able to answer to all these questions. We were then introduced to basic principles of psycho-oncology by Dr. Roth, as well as psychiatric issues in older cancer patients. Since I am a medical oncology resident, this topic will be very useful in my everyday clinical practice. The other lectures covered primary brain tumors, in which Dr. Pentsova gave us a lot of information that will help us expand our knowledge on this topic. We ended the lectures with the topic of principles of pain assessment and treatment. Dr. Carver had an inspiring discussion with fellows, so we managed to exchange our opinions and spread our knowledge through this. Ms. Stephanie Faschang gave
us a lot of information about the OMI, its aims, and all the possibilities that this program can give to young doctors who would like to advance their knowledge. The day was over before we knew it. In a friendly atmosphere, we were able to compare our experiences among fellows from all over the world (from Mexico to Estonia, across Europe). After dinner, a group of fellows went for a walk together. The town was so beautiful at this time of year. The air is fresh and the nature was wonderful.

**Tuesday, April 12, 2022**

Our second official day started with two great lectures by Dr. Roth about assessment and treatment of delirium, anxiety, and depression. I had the opportunity to clarify some of the questions that I had had regarding assessment and treatment of hypoactive delirium. These lectures were very useful and helpful because in my country it is difficult to approach the patients regarding anxiety and depression, and therefore these symptoms often go unrecognized. After the coffee break, we had an amazing lecture with Dr. Applebaum, a psychologist. It was interactive and kept my attention for almost two hours. I heard about meaning-centered psychotherapy for the first time, and it completely changed my mind on psychotherapy approaches in oncology. I learned that we could help patients and their caregivers find a purpose in their lives, despite the suffering that is present. During lunch, we had a broad discussion with Dr. Carver about different topics, from the organization of palliative care in our countries, to the best place to buy Mozart cookies. After lunch, Dr. Pentsova spoke about the evaluation and treatment of epidural spinal cord compression and common complications in patients with brain tumors. At the end of the day, Dr. Roth spoke to us about very important topics such as compassion fatigue and burn out. It is very common among oncology physicians, and we received some useful advice on how to help to ourselves to be better for our family and patients. We ended our day in a small pub close to the city center and enjoyed the nice weather alongside the river.

**Wednesday, April 13, 2022**

We started the day with two very inspiring lectures about setting the stage for communicating bad news with patients and families. This skill is very important, but it is something that we do not have the opportunity to learn in medical school because it is not in the curriculum. So, it was very helpful for me to be able to hear about the facts and to try to apply that knowledge when we were role playing. Role play is a very interesting concept and I think the best way to practice communication skills that are needed in our profession. The rest of the day was free, so we decided to explore this beautiful town a little bit more.

**Thursday, April 14, 2022**

Our fourth day here covered very big and important topics. Beginning with brain metastases and leptomeningeal carcinomatosis and followed by headaches and seizures. Dr. Pentsova gave us important information that will help us in our everyday clinical practice, including how to recognize these conditions and how to treat them. We had one more session with role-play, and then had the opportunity to present our case presentations. This was a very interesting part of the day because we could discuss different situations that we see in our everyday work with our patients, and we managed to exchange our professional opinions and our knowledge. In the afternoon, we continued with lessons concerning psychical and ethical issues of
palliative care. After a typical Austrian dinner of dumplings, we were invited to a chamber music concert.

**Friday, April 15, 2022**

On the last day, we finished our case presentations, completed our post-seminar test, and spent wonderful time with the faculty members. We had the opportunity to ask all the questions that we could not ask during the seminar. I would like to say that I am very grateful for the opportunity to attend this course and I hope that it will not be the last time. I now have new knowledge, new experiences, and new contacts that will help me to improve my everyday work. So once again, many thanks to the faculty members, the participants, technical support, and people from Schloss Arenberg for the pleasant, eventful, and helpful experience.