

Integrative Hospice and Palliative Medicine: Completing the Circle of Care

March 12-14, 2021; Location: Zoom ALL TIMES EST

Date and Time	Topic	Description
Friday, March 12		
9:00-10:00	Opening, Welcome and Introductions	
10:00-11:00	Wholistic Hospice Philosophy Dr. Kris August	In our first hour, we will review the Wholistic approach to Hospice and Palliative Medicine, including touching on some of the aspects of the initial intake exam and questions covered in the first module.
11:00-11:30	Break	
11:30-1:00	Euthanasia Discussion and AfterCare Dr. Krisi Erwin	This lecture will tackle some of the difficult situations surrounding euthanasia and how to help provide our patients the most peaceful transition possible. We will also discuss how to support our families in the time after their pet's passing.
1:00-2:00	Lunch	
2:00-3:00	Risks and Benefits of treatments, Quality of Life assessments Dr. Kris August	Weighing the potential efficacy and burdens inherent in the medical care that we provide is an important component to supporting good quality of life for our patients. Treatment decision-making and Quality of Life assessments will be discussed.
3:00-3:30	Break	
3:30-4:30	Introduction to Western Herbal Medicine Dr. Kris August	The overall approach to Western Herbal medicine will be reviewed and expanded upon to include herbal energetics, formulation and dosing with hospice patients in mind.
Saturday, March 13		

9:00-11:00	Palliative Medicine System by System: Gastrointestinal, Urinary and Dermatological Systems Drs. Kris August and Krisi Erwin	Clinical signs that affect Quality of Life become the most important priorities in end-of-life care. This lecture will continue with treatment possibilities (including conventional drugs, Western and Traditional Chinese herbs, physical modalities such as laser and acupuncture, etc.) with case examples for clinical signs of importance for each system including gastrointestinal, urinary, and dermatologic.
11:00-11:30	Break	
11:30-1:30	Palliative Medicine System by System: Gastrointestinal, Urinary and Dermatological Systems (continued) Drs. Kris August and Krisi Erwin	
1:30-2:30	Lunch	
2:30-4:30	Integrative Treatments and Palliation for Cancer Drs. Kris August and Krisi Erwin	The herbal approach to cancer therapy focuses on helping the body to heal itself through immune and antioxidant support in addition to using the anti-neoplastic properties of many plants. Traditional Chinese and Western herbal tactics will be covered as well as additional supplements (i.e. medicinal mushrooms, Vitamins A and D), physical modalities (laser therapy, massage, and acupuncture), and diet.
Sunday, March 14		
9:00-10:30	Case Discussion and Tactics for Common Hospice Issues and Emergencies Part 2 Drs. Kris August and Krisi Erwin	Some of the challenges with hospice and palliative care patients are the potential emergencies that we may experience with difficult cases. Balancing co-morbidities can also be a challenge. We will discuss in a case based format various tactics to help keep patients safe and comfortable in the face of an emergency and

		also balancing integrative therapies to help optimize care. Topics covered include hemoabdomen, inappetance, vomiting, pressure sores, bone cancer pain, and resistant and recurrent UTIs.
10:30-11:00	Break	
11:00-1:00	The Companionship Philosophy and Communication Workshop Part 2 Dr. Krisi Erwin	A common stumbling block for new (and seasoned hospice practitioners!) is client communication. This workshop will provide an introduction to Dr. Alan Wolfelt's Companionship Philosophy and take home tips on how to assist families with children cope with pet loss, ideas for memorialization, understanding the steps of grieving and recognizing complicated grief.
1:00-2:00	Lunch	
2:00-3:30	Caring for the Caregiver Part 2 Dr. Kris August	The creation of a supportive work environment that protects personal space and allows for rest and recovery is as important as any physical self-care we pursue. We will discuss sustainable and even regenerative community-building tools that can help to establish personal boundaries and improve conflict resolution with staff and clients.
3:30-4:30	Final Q&A, Closing, Qigong Meditation and Honoring Ceremony	Students will have an opportunity to ask any remaining questions before the closing. This meditation will give attendees opportunity to honor and give thanks to all of our animal teachers throughout our lives and careers.