

## Integrative Hospice and Palliative Medicine: Completing the Circle of Care

March 12-14, 2021

Location: Lowood Educational Center

Date and Time	Topic	Description
<b>Friday, March 12</b> 8:00-8:30	Breakfast	
8:30-9:00	Opening and Welcome	
9:00-10:00	Wholistic Hospice Philosophy	In our first lecture 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.
10:00-11:00	Euthanasia Discussion and After-Care	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.
11:00-11:30	Break	
11:30-1:00	Risks and Benefits of Treatments, Quality of Life Assessments	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.
1:00-2:30	Lunch	
2:30-3:30	Introduction to Western Herbal Medicine	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.
3:30-5:00	Medicine-Making Lab	This is a hands-on lab to demonstrate and allow student participation in the creation of herbal teas, tinctures and salves that are particularly useful for hospice patients.

<b>Saturday, March 13</b> 8:00-8:30	Breakfast	
8:30-10:30	Palliative Medicine System by System: Gastrointestinal, Urinary and Dermatological Systems	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
10:30-11:00	Break	
11:00-1:00	Integrative Treatments and Palliation for Cancer	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, physical modalities, and diet.
1:00-2:30	Lunch	
2:30-4:30	Case Discussion and Tactics for Common Hospice Issues and Emergencies - Part 2	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.
<b>Sunday, March 14</b> 8:00-8:30	Breakfast	
8:30-10:30	The Companionship Philosophy and Communication Workshop - Part 2	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.

10:30-11:00	Break	
11:00-1:00	Caring for the Caregiver Part 2	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.
1:00-1:30	Closing- Heart Meditation and Honoring Ceremony	This outdoor meditation will be a continuation of the self-care theme of the afternoon and will also give attendees the opportunity to honor and give thanks to all of our animal teachers throughout our lives and careers.

\* There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.