I just returned from a two and a half week trip, bouncing all over the continental US and beyond! I started in Oklahoma, giving a presentation on "Deprescribing in Palliative Care" at the Oklahoma University 2019 Palliative Care Summit. Then we (hubs and I) flew to Honolulu, and directly on to Kauai. What a beautiful place! It was some vacation, some work - I spent two mornings with the outstanding staff at the only hospice on the island - Kauai Hospice! I'd like to thank Tricia Yamashita and her amazing staff -
tiptoe through the tulips now! I rounded out the trip by going to Atlanta and speaking and exhibiting at the CAPC (Center to Advance Palliative Care) conference. I’ve attended this conference for several years now, and I think this year’s was the best yet! So nice seeing so many of our students and faculty! Despite these fabulous adventures, I must say I’m happy to be home!

This week brings Thanksgiving. I know we all have much to be thankful for. I am SO grateful and SUPER excited about my first grandchild coming in about a month! I’ve been knitting and crocheting and needle-pointing to the extent that I gave myself a repetitive use injury! I’m grateful for the amazing faculty, students and staff we have participating in our Masters program. I recognize the sacrifice both faculty and students make to participate in this program, and when I think of the impact you will all collectively make in your careers it gives me goosebumps. I hope you have a restful Thanksgiving, and you’re able to re-charge your batteries for the final sprint of 2019! Happy Thanksgiving!

Mary Lynn McPherson, PharmD, MA, MDE, BCPS (PACL 601, 602, 605, 607, 612, 615, 617)
Executive Director Advanced Post-Graduate Education in Palliative Care Program
Online Master of Science and Graduate Certificate in Palliative Care

National Hospice and Palliative Care Month

November is National Hospice and Palliative Care Month

Thank you to all you wonderful hospice and palliative care professionals!

To celebrate, we are giving away an autographed copy of Dr. McPherson’s book, “Demystifying Opioid Conversion Calculations, 2nd Edition”. To enter the drawing, complete the form by November 30.

What's on your reading list?

Fast Facts #388: Decision Making for Patients with Advanced Dementia and a Hip Fracture from the Palliative Care Network of Wisconsin by Elizabeth A. Bukowy and Elizabeth L. Thiel.
Fast Facts #282: Akathisia from the Palliative Care Network of Wisconsin by Elizabeth Durkin, J Andrew Probolus, and Coleen Kayden.

Read More

Best Case / Worst Case: A Communication Tool to Help Surgeons Discuss Difficult Treatment Decisions developed by researchers at the University of Wisconsin.

Watch

Check out this heartwarming story from The Hearty Soul, Retired Nurse Creates a Hospice for Dying Dogs.

Read More

Development of the PC-7, a Quantifiable Assessment of Spiritual Concerns of Patients Receiving Palliative Care Near the End of Life from the Journal of Palliative Medicine. This article is free and open access for the moment.

Read More

Predicting Mortality and Life Expectancy in Patients Under Prolonged Mechanical Ventilation and Maintenance Dialysis from the Journal of Palliative Medicine. This article is free and open access for the moment.

Read More

Upcoming Events

The AAHPM Annual Assembly (AAHPM/HPNA)

The Annual Assembly (AAHPM/HPNA) is allowing students in this program to register under the student rate, with a letter from our office. Please let us know if we can assist with this. The Annual Assembly is a wonderful meeting, so we hope you can attend!

Contact Us

International Conference on Opioids

Come see us at the International Conference on Opioids (ICOO 2020) held by the Journal of Opioid Management.
Opioids in Medicine: Improving Pain Management in the Midst of Crisis

May 31 - June 2, 2020 in Boston Massachusetts at the George Sherman Union at Boston University

The Call for Presentations, Symposia, Papers, Proposals and Posters is now open. Presentation proposals are accepted thru Dec. 1, 2019.

CHECK IT OUT!

Fun at the CAPC Annual Convention!

What a good-looking crew! Dr. Raya Kheirbek (Chief, Palliative Medicine Division, University of Maryland Medical System), Dr. Lynn McPherson, and Ms. Connie Dahlin (PALC 601).

Dr. Lynn McPherson with faculty member Donna Stevens (PALC 609)

Dr. Lynn McPherson with one of our stellar students – Dr. James (Jay) Joseph! (Class of 2020)

Kauai Hospice

Mahalo to Ms. Yamashita and her awesome crew at Kauai Hospice – the only (and best!) hospice on the island! We spent two wonderful mornings together learning about the safe and effective use of medications in serious illness. I feel like I left the island with 30 new friends to my name. Thank you SO much for your hospitality!
We always say we have the MOST amazing faculty and students in the universe.

Read on to see where they've spoken, what they've published, and what they're doing.

Deborah Araya, PA (Class of 2021)
- Araya D, Fenner K, Nickleson I, Hannah M, Levy K. Establishing an effective palliative care program in a smaller hospital: An innovative collaboration model. Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.

Kimberly A. Curseen, MD (PALC 604)
- Curseen KA, Widera E. It can be done: Essential skills for caring for people living with dementia and their caregivers. Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.

Constance Dahlin, MSN, ANP-BC, ACHPN, FPCN, FAAN (PALC 601)
- Dahlin C, Kvale E. Addressing the non-clinical needs of patients in the community. Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.
- Dahlin C, Rosielle D. Wearing two hats: Balancing leadership with clinical responsibility. Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.

Stephanie Lynn, RN, MS, CHPN (Class of 2019)

Mary Lynn McPherson, PharmD, MA, MDE, BCPS (PALC 601, 602, 605, 607, 612, 615, 617)
- Esch A, McPherson ML, Morris, J. Pain management in an opioid epidemic: What changes for Palliative Care? Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.

Tammie E. Quest, MD, FAAHPM (PALC 607)
- Quest TE. The nuts and bolts of ED-Palliative care partnerships. Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.

Donna W. Stevens, MHA (PALC 609)
- Ceronsky L, Stevens DW. Building your pitch for resources. Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.
- Ferrell B, Fratkin M, Kang T, Rabow M, Stevens D. Keynote five: The palliative care crystal ball: A panel discussion. Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.

Turner West, MPH MTS (PALC 610)
- Fowler L, West T. Match made in heaven: Recruiting and onboarding the strongest hires. Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.
- Frieman A, West T. Optimizing care through clinical partnerships. Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.
- Chambers B, DeMarco K, Morris J, West T. The hardest problems are people problems: Survival skills for management. Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.
Eric Widera, MD, FAAHPM (PALC 612)
- Gonzales M, Widera E. Keynote four: What's in the syringe: Interpreting the evidence base. Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.
- Curseen KA, Widera E. It can be done: Essential skills for caring for people living with dementia and their caregivers. Center to Advance Palliative Care (CAPC) National Seminar; Nov. 2019; Atlanta, GA.

## Congratulations

Delia Chiaramonte, MD (Class of 2019) was listed as a "Top Doctor" in Baltimore Magazine for both Palliative Medicine and Alternative/Complementary Medicine for 2019.

Dr. Chiaramonte COMPLETED our Master of Science program, AND teaches the Self-Care course with Dr. Pearce. She is one of the kindest, smartest people in the world, and a joy to her patients. This award is incredibly well-deserved! Congratulations Dr. Chiaramonte!

Eric Widera, MD (PALC 612) and Alex Smith were awarded a grant from Archstone Foundation funding their GeriPal podcasts (www.geripal.org) where they interview leaders in their field (including our very own Dr. Lynn McPherson). Way to go gentlemen! It's likely the music component is a huge part of your success (note: You'll just have to listen to their podcast to see what we're talking about!)

## Student Testimonial

How the Master of Science program helped me become a more rounded and skilled Palliative Medicine provider.

Andy Arwari, MD (Class of 2020)

Fifteen years of Palliative Medicine practice would certainly be enough time to develop solid skill sets and knowledge. I would challenge anyone to reconsider that belief as I certainly have. Daily practice may blunt our ability to look at what else is possible or to look at things from a different perspective. The Master of Science program has challenged me to look beyond the obvious by stimulating my thought process, analyzing evidence, and challenging me to look at other ways of providing high-quality Hospice and Palliative Care. It has also provided the opportunity to interact with other providers from different disciplines in the field and gain insight to their vantage point of patient care. The interaction with my classmates and instructors has expanded my ability to bring new treatment considerations for my patients and their families. The program has allowed me great introspection of my beliefs about the fields of Hospice and Palliative Medicine and how important they are to the ideal of holistic patient centered care. I have grown professionally and personally as a Palliative provider because of this program. The Master of Science in Palliative Care to me is not about a degree but about the core concept that dedicated, educated, and skillful providers graduating from this program will make a difference to healthcare by improving the care and support to our most vulnerable patients.
What's your New Year's Resolution?

Are you interested in earning your **Master of Science Degree or Graduate Certificate in Palliative Care**?

If the answer is **YES!**, then what are you waiting for?

Our program is **100%** online! All disciplines welcome!

Applications for Spring 2020 are due no later than **Dec. 15**.

Interested in learning more? Check out one of our [Virtual Information Sessions](#).

- Tuesday, Dec. 10: 12 p.m. and 9 p.m. (EST)

Or, view a recording from a [previous information session](#).

Have a question? Send us an [e-mail](mailto:palliative@umaryland.edu) or call us at **410.706.7255**

Apply Today!

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**Referral Program**

Anyone, current student or alumni, who sends a referral, and they enroll in either a certificate or the MS, will receive a package of goodies. All your referral has to do is e-mail [palliative@umaryland.edu](mailto:palliative@umaryland.edu) with your name and once they submit their application, we'll send you the goods! What could be easier than that?

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**What to join the fun?**

**Get started on your application today!**

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University of Maryland, Baltimore | MS in Palliative Care | 410.706.7255

[palliative@umaryland.edu](mailto:palliative@umaryland.edu) | [graduate.umaryland.edu/palliative/](https://graduate.umaryland.edu/palliative/)