April 2020

Message from the Director

What has COVID taught the world about palliative care? Plenty - most particularly how absolutely essential palliative care is! As the clip art above shows, the need for palliative care continues to GROW GROW GROW!

The Center to Advance Palliative Care (CAPC) points out that "the skills that palliative care clinicians use at the bedside - communication, listening to what people are feeling, clear recommendations for treatment support for priority-setting, and a calm presence - are the same skills that all clinicians need to navigate this crisis." CAPC has generously shared a wealth of resources for practitioners to enhance their ability to provide palliative care during this incredible time of need (click here). AAHPM also has a COVID resource center (click here). The National Coalition for Hospice and Palliative Care (NCPHC) has a COVID-19 resource center (click here).
Care also has a COVID resource center (click here). Last, the National Hospice and Palliative Care Organization has also shared COVID resources (click here).

We are always proud of our podcast series, but we've really outdone ourselves now. List to an amazing trilogy of podcasts on the role of palliative care during the COVID epidemic and related topics. First, Dr. Michael Fratkin from ResolutionCare Network (episode 30), then Dr. Arif Kamal (episode 31), and finally - brace yourself - Dr. Ira Byock (episode 32). Click here to access all of our amazing podcasts!

We'd like to help you acquire the skills necessary for all practitioners to grow their palliative care skills. Take advantage of the waived application fee for applications received by May 31st.

Stay safe, please carve out a little time for self-care, and I pray we all make it through this crisis in one piece.

Mary Lynn McPherson, PharmD, MA, MDE, BCPS (PALC 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

If you want to get in on the action this SUMMER, apply for our Graduate Certificate "Principles and Practice in Hospice and Palliative Care." You have up to three years to complete it, and you are welcome to transfer right into the Master of Science program if you choose at a later day.

Application deadline is May 18, 2020! And application fee waived! Apply now!

For Your Listening Pleasure

We recently recorded three AMAZING podcasts!

Find our entire library of Podcasts on our website:

Palliative Care Chat Podcast

Episode 30 - "Providing Palliative Care Down Country Roads - Now Throw in a Pandemic!" with Dr. Michael Fratkin, CEO and Founder of Resolution Care Network.

Resolution Care Network provide palliative care services to patients living in extremely remote areas in Northern California. Some of these patients have no other access to hospice or palliative care. The practitioners have risen to the challenge of COVID-19. And Dr. Fratkin is just darned interesting to talk to!
Episode 31 - "It Depends...Palliative Care Responds to a Pandemic" with Dr. Arif Kamal, Palliative Care physician at Duke University.

I would sign up to hear either of these gentlemen read the phone book, and Dr. Kamal is an especially smooth-talker! Not only does Dr. Kamal provide invaluable guidance on the role of palliative care during an epidemic, he has a little surprise for listeners at the end of the podcast. I'm not giving it away, but trust me - you'll be GRATEFUL!

Episode 32 - "Crushing a Crash Course in Being Mortal" with Dr. Ira Byock, international thought leader!

Dr. Ira Byock, physician, author, patient advocate and Founder of the Institute for Human Caring at Providence St. Joseph Health, recounts why "This Pandemic is Personal" and discusses a "Crash Course in Being Mortal". This is a MUST listen!

Who Wants to Save $75?

Application Fee Waiver

As you are all aware the need for Palliative Services is constantly growing. And our Online Master of Science and Graduate Certificate Program continues to grow as well! We are delighted with the number of students we have enrolled, the diversity in learners, the faculty who are outstanding in this field, and the wonderful, glowing comments we receive!

Here's some good news - we are happy to WAIVE the application fee for the Fall 2020 semester, if you apply by May 31, 2020! Please begin your online application AND send an email to gradapply@umaryland.edu, with "Promo Code" in the subject line, telling them you are applying for this program. The graduate school will respond with further instructions to use the waiver code. What a deal!
"Health Literacy in Palliative Medicine"
Gary M Reisfield MD & George R Wilson MD

This is an excellent read!

Open access for the next month!

Student Testimonial - Neive Georgre (Psychosocial MS 2019)

Sitting here at my window, putting pen to paper, I can vividly recall the events of early 2019, when still battling with burnout, the course PALC 606 Self-care, headed by Dr Delia Chiaramonte and Dr Michelle Pearce, came to my rescue. Carefully crafted, that course then, served so richly as a golden compass, steering me through one of the most difficult periods in my life.

Cutting edge, yet hands on, PALC 606 spoke to the heart of my personal needs as a professional caregiver. After eight weeks, I was left a changed individual; the overall course work, was more than an academic experience, it was life altering. At a time, when I truly needed it the most!

Indeed, this could surely be said of all the courses in this Masters in Palliative Care program, offered at the University of Maryland Baltimore. As weekly, each course inspired me to be better. To be more mindful, and to think outside the box as a quality of life (QOL) interdisciplinary team member.

Each week, I learnt approaches, skills, and tools for assessments one day, and was able to put them into practice the very next day.

As a result, even while pursuing this Masters’, with its strong emphasis in ensuring quality of life care for both patients and their families. I was also inspired to launch a number of support groups at my hospital, including Grief and Loss, an Alzheimer’s and Dementia support group for relatives and caregivers.
I was also able to recently add valuable support in launching a Health and Aging Support group for persons over sixty-five, with plans to do the same for persons living with cancer and renal failure.

Akin to this, I have also been invited by the School of Nursing, Faculty of Medicine at the University of the West Indies to lecturer part-time in the area of Palliative Care, even while continuing to volunteer at Caura Palliative Care unit at the Caura Hospital.

Certainly, I have absolutely no regrets pursuing this Masters in Palliative Care program, as I have seen not only growth as a person, but also as a professional. But despite these, nowhere has this growth been richer and more meaningful in my own life, than having acquired that ability and greater aptitude towards providing hands on quality of life care to seriously ill patients and their families; and for this I am truly grateful!

My next step is to pursue the PhD in Palliative Care, I wish Dr McPherson could have started a program at Maryland, I would certainly join in a heartbeat!

Neive George
Head, Chaplain Services Department, The Community Hospital, Cocorite, Port of Spain, Trinidad and Tobago
Graduate, Online Master of Science and Graduate Certificates in Palliative Care, University of Maryland Baltimore

Ed. note: Developing an online PhD in Palliative Care is on Dr. McPherson's bucket list! Give me a couple of years!

Brag Book

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.

Brooke Thomas (Clinical MS Track)

"Right around the start of my masters journey, I also started visiting Mill Swamp Indian Horses (MSIH), as my youngest daughter, Galen, wanted to ride. While going to MSIH I learned about conservation of the Corolla Beach horses, natural horsemanship, and the healing ability gained from the human-equine relationship. I'm an active volunteer with the riding program now and also work the Veterans PTSD natural horsemanship program. With this, I am hoping to design a program for healthcare workers focusing on wellness and natural horsemanship."

millswampindianhorses.com

Dr. Arif Kamal (PALC 617)
Played an integral role the development of a super cool app to track your gratitude. Research has shown that practicing gratitude can actually improve happiness. And who couldn't use a little happiness today!

the3goodthings.com

Congratulations

Congratulations on your Pharmacy Residency Match:

Joshua Borris (Principles Cert 2021) - Matched at Johns Hopkins Bayview Maryland

Alexandra Simms (Clinical MS 2021) - Matched at Huntington Hospital New York

Elodie Tendoh (Clinical MS 2021) - Match at University of Maryland Baltimore Washington Medical Center

Congratulations on your DAISY Award For Extraordinary Nurses.

Krissy Rooks (Clinical MS)

https://www.daisyfoundation.org/daisy-award

Happy Birthday!

Maggie (Australian Shepard - 13) - Lynn’s grand-dog. Also pictured, Sully the grandson, 4 months.

Nakita (Siberin Husky - 7) - Lynn’s grand-niece-dog.

Quality Palliative Care is needed now more than ever
Advance your skills with a Master of Science Degree or Graduate Certificate in Palliative Care?

100% Online
Absolutely No Travel
Flexible Course Schedule

Graduate in 1 year or up to 5 years
Apply by May 31 and application fee is waived
Deadline July 15 for Fall 2020 semester

Meet our nationally recognized, interprofessional faculty

For more information:
Send us an e-mail or call us at 410.706.7255
View a previous information session

APPLY TODAY!

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 with your name and once they submit their application, we’ll send you the goods! What could be easier than that?

What to join the fun?
Get started on your application today!

University of Maryland, Baltimore | MS in Palliative Care | 410.706.7255
palliative@umaryland.edu | graduate.umaryland.edu/palliative/

Stay Connected