

Palliative Care: *Improving the Quality of Life of Kansans with Serious Illness*

AGENDA

February 26, 2024

- 1:30 p.m.** **Welcome & Introduction**
Kari M. Bruffett, President and CEO, Kansas Health Institute
- 1:40 p.m.** **Presentation: Kansas' 5-Year Palliative Care Plan 2022-2027**
Karin Porter-Williamson, M.D., Chair, Palliative Care and Quality of Life Interdisciplinary Advisory Council; Associate Professor and Division Director, Palliative Medicine, University of Kansas Medical Center, University of Kansas Health System
- 2:15 p.m.** **Panel Discussion**
Moderator: *Linda Sheppard, J.D.*, Senior Analyst & Strategy Team Leader, Kansas Health Institute
Greg Nelson, M.D., Hospice and Palliative Care Physician, Midland Care Connection, Inc.
Julie Pinkerton, B.S., R.N., C.H.P.N., Executive Director, Hospice of the Prairie & Prairie Home Health
Kate Shoemaker, L.M.S.W., AHPSW-C, Palliative Care Social Worker, University of Kansas Health System
Donna Yadrich, M.P.A., Vice Chair, Palliative Care and Quality of Life Interdisciplinary Advisory Council; Research and Operations Coordinator, KU Center for Telemedicine and Telehealth, University of Kansas Medical Center
- 2:45 p.m.** **Q & A**
- 2:55 p.m.** **Closing Remarks**
- 3:00 p.m.** **Adjourn**



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ABOUT THE SPEAKERS

PRESENTATION: KANSAS' 5-YEAR PALLIATIVE CARE PLAN 2022-2027



Karin Porter-Williamson, M.D., is an Associate Professor and Division Director of Palliative Medicine in the Department of Internal Medicine at the University of Kansas Medical Center. She is also the Medical Director for Palliative Care Services at the University of Kansas Health System. Dr. Porter-Williamson grew up in Topeka, KS, attended KU for her undergraduate degree in Biology, French and Psychology. She completed Medical School and Internal Medicine residency training at the University of Kansas Medical Center in 2002, and then completed fellowship training in Hospice and Palliative Medicine in 2003 at San Diego Hospice. After training, she returned to the University of Kansas, where she has been on faculty for the past 20 years.

Dr. Porter-Williamson's academic interests include building systems for patient-centered, goal concordant plans of care, improving the value of medical care for patients and families facing serious illness, and integrating the principles of Palliative Medicine as the standard of care for all seriously ill patients and families. Dr. Porter-Williamson's educational focus is on the training of medical professionals and inter-professional teams across the continuum of care to understand these principles and integrate them into their practice, with specific attention to communication skills necessary for goals of care discussions and serious illness care planning.

PANEL DISCUSSION

Listed in alphabetical order by last name



Greg Nelson, M.D., is a board certified palliative care physician and internist, who in 2007 joined Midland Care in Topeka as its medical director. Prior to that, he was a practicing internist in Dodge City, Kansas. He grew up in Topeka and Manhattan, KS and attended Kansas State University, receiving a B.S. ('79) and M.S. ('82). He received his MD degree from the University of Kansas ('86) prior to a residency in internal medicine from the same institution. While a practicing internist at the Dodge City Medical Center (1989 – 2007), he also served as medical director for the Kansas Soldiers' Home, as well as for Hospice of the Prairie, in Dodge City. His current responsibilities at Midland include care oversight for the hospice and palliative care services, and direct patient care in those programs.



Julie Pinkerton, B.S., R.N., C.H.P.N., is a Registered Nurse and the Executive Director of Hospice of the Prairie & Prairie Home Health, a nonprofit organization providing hospice and home health in rural Southwest Kansas. Julie has been involved in homecare for over 30 years, beginning as a hospice staff nurse and most recently as the Executive Director of Hospice of the Prairie & Prairie Home Health. Julie is also a Certified Hospice and Palliative Care Nurse. Prior to her career in home care, Julie worked for several years in a Level 1 Trauma Unit/Surgical Intensive Care Unit in Wichita Kansas. Julie earned her nursing degree at Newman University and her Bachelor of Science in Organizational Management from Sterling College.



Kate Shoemaker, L.M.S.W., AHPSW-C, is a licensed social worker in the state of Kansas and certified as an Advanced Hospice and Palliative Care Social Worker. Kate is a member of the Palliative Care Team at The University of Kansas Health System. Kate holds a Bachelor's of Social Work (2005) and a Master's of Social Work from The University of Kansas (2009). Kate joined the KUHS inpatient Palliative Care team in 2010 and in 2023 developed and outpatient palliative care Social Work role to meet with needs of patients in the ambulatory seeing needing palliative care services. Kate is passionate about honoring patients' requests to be in their desired setting for End-of-Life care and using Advanced Care Planning skills to meet these requests. Kate currently a member at large on the State of Kansas Palliative Care Quality Council. Kate was awarded "Emerging Leader in Professional Practice for 2015" by the Social Work in Hospice and Palliative Care Network. Kate has spoken in a variety of settings to a variety of professionals on topics ranging from discharge planning to maladaptive coping. Kate is also passionate about working with emerging Social Worker and provides mentorship and is a practicum liaison for The University of Kansas School of Social Work.



Donna Yadrich, M.P.A., is the Vice-chair, Palliative Care and Quality of Life Interdisciplinary Advisory Council. Donna brings lived experience to the Council. Her daughter, Audrey, was diagnosed with rare conditions as early as 23 months old, and continued to have rare chronic and life-threatening diseases emerge until she died at the age of 15. Her older brother's needs migrated to the background as illnesses progressed. While working full time, Donna spent over 10,000 at Audrey's hospital bedside with stays ranging from 23-hours to 5 months. Donna also has cared for a spouse with cancer and aging parents with medical complexities.

Donna envisions a world where families experiencing serious illness are embraced by interdisciplinary support to live their best lives regardless of diagnosis, access to a particular insurance or qualification for a program. Not one family member experiences unnecessary suffering. Each person feels secure and supported to live according to their preferences and goals, and there are no longer invisible siblings.

Every family caregiver, and those they care for, will be informed of, and assessed for, common physical and behavioral effects of chronic stress and have at least 2 mental health appointments scheduled each year. Mental health attention is as normalized as dental health. Families have established, trusted mental health clinicians who help them anticipate and process feelings and their effects, anxiety, depression, and grief (loss of ability, goal attainment, financial insecurity, etc.), and gain skills throughout traumatic events, rather than after a traumatic circumstance.

At clinical appointments for children and adults, the public health priority of caregiver health is recognized as a standard social history item. At every visit, details of caregiving roles/responsibilities are recorded. Changes/exacerbations are discussed and coordinated with their mental health clinician or other service provider, for that particular family member, and followed up on at the next visit.

Donna also serves as Research & Operations Coordinator for the KU Center for Telemedicine & Telehealth at the University of Kansas Medical Center in Fairway, KS.



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