



**Institute for Palliative Care**

**AT CALIFORNIA STATE UNIVERSITY SAN MARCOS**

# Institute for Palliative Care at CSUSM: An Update

Sharon B. Hamill, PhD

April 7, 2015

# Why should I care about Palliative Care?

- “Palliative care is an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.”
  - World Health Organization

# Faculty Learning Community


- Members:
  - Veronica Anover (Modern World Languages)
  - Rocio Guillen-Castrio (Computer Science)
  - Catherine Matsumoto (Communication)
  - Colleen Moss (Psychology)
  - Caroline Boaz (Nursing)
  - Eileen Piersa (IPC)
  - Sharon Hamill (IPC at CSUSM/Psychology)
  - Isaura Alvarez (Student Assistant – Psychology)

# What Gives Your Life Meaning?




# WGYLM?

# And Who Needs to Know?




**What Gives Your Life Meaning?**  
WGYLEM? **And... Who Needs to Know?**  
**EXPLORING PALLIATIVE CARE**  
A Series of CSUSM Campus-Wide Events: April 14-28




**SPEAKER**

**April 14, 12-12:50 University Hour, ACD 102** (Students, staff & faculty)  
**Pillow Talk, Pain Relief, and Better End-of-Life Care**  
Dr. Katherine Pettus is the Advocacy Officer for the International Association for Hospice and Palliative Care. She works in Geneva at the Human Rights Council, and in Vienna at the Commission on Narcotic Drugs. She will be presenting a talk on how honest, courageous conversations between palliative-care teams and patients can alleviate pain on the physical, social, and spiritual levels that many people suffer throughout their disease process and as they come to the end of life.



**ARTWORK**


**April 23, 11:30-1:00 WGYLEM Resource Fair & Public Art Project, USUB Arcade** (Students, staff & faculty)  
The Public Art Project will include chalk drawings depicting responses to "What Gives Your Life Meaning?" Participants will also be encouraged to create an individual reflection on WGYLEM and it will be incorporated into a permanent display for the campus. The Resource Fair will have 22 agencies presenting information on Palliative Care and healthcare choices. Topics include: palliative care services, hospice, bone marrow, organ donations, and more. Students can make potential connections for volunteer opportunities.



**FREE MOVIE**

**April 23, 5:30 "Finding Joe" FREE MOVIE NIGHT, McMahan House**  
The focus of this FREE movie is "We must be willing to get rid of the life we've planned so as to have the life that is waiting for us." The movie cleverly echoes the theme of the WGYLEM campaign. The film's creator, Patrick Solomon, has waived theater fees so that we can offer a free showing. We will start off the evening with free ice cream at 5:30 and movie at 6:00! (Students, staff & faculty)

**April 28, 12-12:50 My Voice, My Choice, ACD 102**  
Students! Who will speak for you if you are unable? Don't think you need to worry about this at your age? Think again. Caroline Boaz, RN and nursing school faculty will demonstrate the importance of identifying what is important to students and providing this information in an Advance Directive. Empower yourself and take charge of your life!



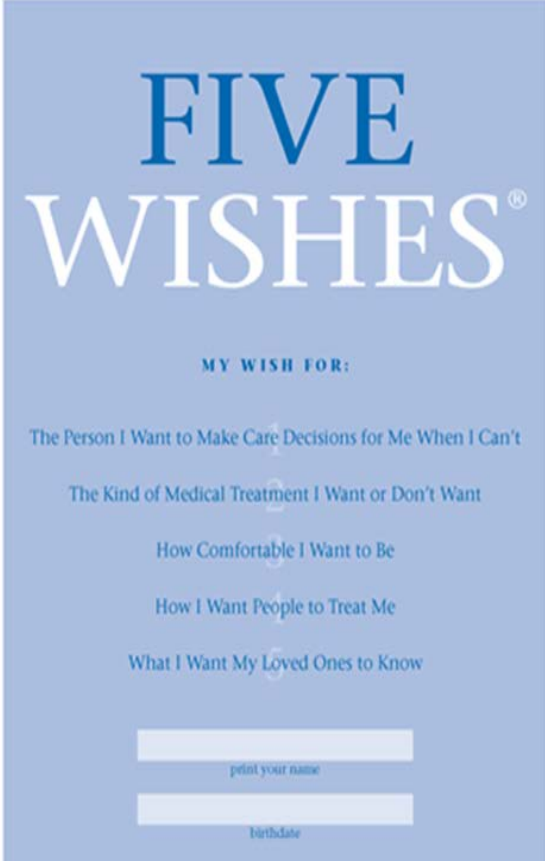
**CSU** The California State University  
**Institute for Palliative Care**  
AT CALIFORNIA STATE UNIVERSITY SAN MARCOS

Learn More at: [WhatGivesYourLifeMeaning.com](http://WhatGivesYourLifeMeaning.com)

- Exploring Palliative Care Series, **April 14<sup>th</sup>**:
  - Dr. Katherine Pettus
  - Small luncheon with faculty who teach and/or conduct work related to PC and pain relief
  - Goal: networking to expand on teaching and research opportunities

# Five Wishes...

- Advance Care Planning:
  - Do you have yours?
  - April 16<sup>th</sup>, 11am to 1pm
- My Voice, My Choice
  - Focus on students
  - April 28<sup>th</sup>, 12-12:50



The image shows the front cover of the 'Five Wishes' form. The title 'FIVE WISHES' is prominently displayed at the top in blue and white. Below the title, the text 'MY WISH FOR:' is followed by five bullet points, each with a small circular icon to its left. At the bottom of the form, there are two white input fields with labels 'print your name' and 'birthdate'.

**FIVE WISHES**<sup>®</sup>

MY WISH FOR:

- The Person I Want to Make Care Decisions for Me When I Can't
- The Kind of Medical Treatment I Want or Don't Want
- How Comfortable I Want to Be
- How I Want People to Treat Me
- What I Want My Loved Ones to Know

print your name

birthdate

# WGYLM Resource Fair and Public Art

Project: **April 23rd**

- Raising awareness about how our values regarding what is important to us should guide our health-care and quality of life choices.
  - agencies that focus on health and wellness
  - Volunteer opportunities
  - Public Art Project – sidewalk art
  - Video – students respond to “WGYLM?”



# Healing Through Arts

- Supported by a grant from the Westreich Foundation
  - Pilot 1: Facilitators and CSUSM students
  - Pilot 2: Marines from Camp Pendleton – suffering from TBI





# Turnkey IPE

- Interprofessional Education
  - Nursing
  - Kinesiology
  - Social Work
  - Communication Disorders



- Faculty team developed case studies on Chronic Obstructive Pulmonary Disease and Traumatic Brain Injury
- Pilot test with students from the various disciplines working collaboratively on cases

# Connections

- Development of faculty database – those teaching and conducting research in topics related to PC
- Planning and Implementation Team -- CSUSM



- Building connections in the community:
  - POLST – Coalition of Compassionate Care of California, San Diego
  - NORCAN – North County Action Network
  - Because I Care Community Resource Fair
  - Alzheimer’s Project of SD – Care group



# Future Projects

- Art and Symptom Control: How does art contribute to symptom control for Cancer patients?
  - Art
  - Nursing
  - LTWR
  - UCSD Moore's Cancer Center collaborative effort
- Additional Course Development (community and professional)