



**Palliative Care TeleECHO Curriculum Calendar 2018-2019**  
**Wednesday 11:30am-1pm**

ANTHC Healthy Communities Building Conf Rm 438; ANMC Conference Room 3; SCF PCC Kingfisher A

**The Interdisciplinary Palliative Care ECHO Team**

Christopher Piromalli, DO, MPH; **Palliative Care Medical Director**  
Aimee Young, PharmD; **Palliative Care Pharmacist/ Acute Pain Pharmacist**  
Gracie Champion RD; **Palliative Care & Oncology Dietician/ Inpatient Dietician**  
Karen Hollar, LCSW; **Palliative Care License Clinical Social Worker**  
Rona Johnson, A-GNP; **Palliative Care Nurse Practitioner**  
Sonja Lynn, DO; **Consult-Liaison Psychiatrist**

<b>Meeting Date</b>	<b>Palliative Care Topic</b>
September 12	Introduction to Palliative Care
September 26	Pain Management –Opioid Overview
October 10	Pain Management –Non-Opioid Approaches
October 24	Addressing Culture and Serious Illness/Injury
November 7	Gastrointestinal Symptoms - Constipation/Diarrhea
November 21	Communication Skills
December 5	Shortness of Breath/Dyspnea
December 19	Complex Care Coordination in Alaska
January 2	<b>Holiday – No ECHO</b>
January 16	Nausea and Vomiting
January 30	Providing Hospice and End of Life Care Services in Alaska
February 13	Dietary Perspectives - Anorexia and Cachexia
February 27	Care during the Last Hours of Life
March 13	Behavioral Health – Anxiety and Delirium
March 27	Addressing Spiritual and Existential Issues
April 10	Behavioral Health – Depression and Suicide Risk
April 24	Addressing Care Giver Distress
May 8	Illness Trajectories and Palliative Care
May 22	Fatigue and Insomnia
June 5	Establishing Medical Capacity
June 19	Goal Setting and Advance Care Planning
July 3	Grief and Bereavement
July 17	Traditional Healing and other Complimentary Medicine Approaches
July 31	Pediatric Considerations in Serious Illness and Injury
August 14	Teamwork
August 28	Self-Care for Healthcare Staff



**Target Audience:** Physicians, Nurse Practitioners, Physician Assistants, Pharmacists, RNs, Medical Assistants, Community Health Workers, Social Workers, other Healthcare Professionals

**Clinical Objectives:** To train participants on how to alleviate the suffering (physical, psychosocial, spiritual) of patients and families experiencing serious and/or life threatening illness. To increase access to evidence-based palliative care. To improve palliative care for Alaska Native patients and their families.

**Connection Information** (Three ways to connect virtually choose one):

- If you have Vido, click on ECHO-Palliative Care in the address book, then select “connect to ECHO-Palliative Care”
- From your desktop, click on the following link to join as a guest:  
<https://anthc.connectvtc.com/flex.html?roomdirect.html&key=FEDFAdNW4a>
- From a Polycom, Tandberg, Lifesize, etc. device, dial 209.165.163.5, then press 1 to join conference, then enter 101112#.
- For technical questions or to test *in advance*, call 907-729-2260; For technical issues *at the time of the session only*, call 907-317-5209

**Submit a Case:** This ECHO program can be a great way for you to present a difficult or complicated patient who may be struggling with a serious illness or injury. Please visit our ANTHC ECHO webpage where you can download our case presentation form and submit it to the Palliative Care team for consideration. <https://anthc.org/what-we-do/telehealth/medical-professional-overview/getting-started-with-anmc-project-echo/>

If you are having trouble accessing the form or have any questions, please email: [PallCareECHO@anthc.org](mailto:PallCareECHO@anthc.org) or call the Palliative Care Clinic at (907) 729-1112