

CUISLE BEATHA

THE PULSE OF LIFE

GALWAY UNIVERSITY HOSPITALS
2ND INTERNATIONAL PALLIATIVE MEDICINE CONFERENCE



“Living Well
Despite Advanced Disease”

Exploring New Frontiers In Palliative Medicine

RADISSON SAS HOTEL, GALWAY
FRI 6TH & SAT 7TH NOVEMBER 2009



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FRIDAY, 6TH NOVEMBER 2009

07.30 – 08.45

Registration

Opportunity to Visit Exhibition Stands and View Posters

08.45 – 09.00

Philosophy of Cuise Beatha - Welcome Address

Dr. Dympna Waldron, Consultant in Palliative Medicine, Galway University Hospitals (GUH) - Roscommon County Hospital (RCH) - Roscommon Home Care Team (RHCT).

EARLY MORNING SESSION

THEME OF SESSION: LEARNING FROM RESEARCH

Co-chairs

Professor John Morrison, Consultant Obstetrician & Gynaecologist, GUH.
Mr Oliver McAnena, Consultant Surgeon, GUH, Regional Director of Cancer Services, HSE West

9.00 – 10.00

“An Overview of Relevant Palliative Medicine Research Findings over the last Decade in the Cleveland Clinic, Ohio, USA”

Prof Declan Walsh, Professor and Director, The Harry R. Horvitz Center for Palliative Medicine, Section of Palliative Medicine and Supportive Oncology, Department of Solid Tumor Oncology, Cleveland Clinic Taussig Cancer Institute.

10.00 – 11.15

“An Overview of Relevant Palliative Medicine Audit/Research Findings over the last Decade in the Department of Palliative Medicine, GUH, RCH, RHCT in the West of Ireland”

‘Cancer Pain is Constant Acute Pain’: As the volume of cancer decreases/increases are we in tandem with the dose of opioids? The Dynamic Use of Opioids: The WHO analgesic step ladder goes down as well as up?

The Opioid Use Assessed:

Dr Dympna Waldron, Consultant in Palliative Medicine, GUH.

The Radiological Evidence Assessed:

Dr Derek Lohan, Dr Gerry O’Sullivan, Dr Ian Davidson – Consultants in Radiology, GUH

A retrospective review to test the hypothesis that “opioid toxicity, developing in an otherwise stable patient heralds imminent sepsis”

Dr Florrie Daniels, Palliative Care Team, GUH.

A case series of male patients requiring chronic opioid for ongoing pain control may have lower testosterone levels contributing to their symptom burden

Dr Farhad Kheradmand, Registrar to Mr Kilian Walsh, Consultant Urologist, GUH.

A Retrospective Audit of Opioid Rotation in the Acute Hospital Setting in GUH

Ms Fiona Ginty, Medical Student, University of Aberdeen.

The use of Pregabalin (alone or as an adjunct to moderate or strong opioids) for cancer bone and neuropathic pain negates the need for Non Steroidal Anti-Inflammatory Drugs (NSAIDs)

Dr Margaret Gallagher, Registrar in Palliative Medicine, GUH.

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A retrospective review of the use of Pregabalin in an acute hospital palliative medical referral liaison service

Dr Maura Grummell, Registrar in Palliative Medicine, Milford Hospice, Limerick.

Development of New Syringe Driver Prescription Sheet

Ms Mary Burke, Palliative Care CNS, GUH.

Critical Incidents Reported with Syringe Drivers and Outcomes in the Acute Hospital Setting

Ms Patricia O'Brien, Medicines Safety Co-ordinator, GUH.

A Retrospective Audit of the use of plain film of abdomen (PFA) to aid treatment plans: Constipation Moves On

Ms Geraldine Keane-Campbell, Palliative Care CNS, Roscommon.

Case Review of Patients Receiving Methylnaltrexone (Relistor)

Ms Patricia O'Brien, Palliative Care CNS, GUH & Ms Anne Igoe, CNS in Palliative Care, RCHT.

Retrospective Review of Indications and Outcomes of Venting Pegs

Dr Eleanor McGillicuddy, Registrar in Palliative Medicine, GUH.

Retrospective Audit on the use of Octreotide for bowel obstruction

Dr Eileen Mannion, Clinical Lecturer in Palliative Medicine, GUH.

Novel uses of Octreotide – an explanation of treating the anatomical source of the patient's presenting problem

Dr Kevin O'Brien, Registrar in Palliative Medicine, GUH.

The use of VATS procedure in palliative medicine – never too late to help

Dr Camilla Murtagh, SpR in Palliative Medicine, GUH.

An Evaluation of The Effects of Touch Therapy on Patient's Perceptions of their Quality Of Life in a Palliative Care Setting.

Ms Niamh Gantley, Palliative Care CNS, GUH.

Development of a booklet on Breaking Bad News

Ms Patricia O'Brien, Palliative Care CNS & Care of the Dying Sub Committee on Communication, GUH.

11.15 – 11.30

Discussion - Summary of Session

11:30 – 11.45

Tea/Coffee - Opportunity to Visit Exhibition Stands and View Posters

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LATE MORNING SESSION

THEME OF SESSION: LEARNING FROM LEARNING

Co-chairs:

Mr Ronan Waldron, Consultant General Surgeon, Mayo General Hospital.
Dr Dominic O'Brannagain, Consultant in Palliative Medicine, Our Lady of Lourdes Hospital, Drogheda.

11.45 – 12.00

Forging an Innovative Undergraduate Medical Curriculum – an Update on the Galway Experience

Dr Gerard Flaherty, Lecturer in Medical Education & Clinical Skills, NUIG.

12.00 – 12.20

Surgical Undergraduate Education – An Exploration of Interactive Teaching Principles

Dr Maria Whelan, Surgical Lecturer, Department of Surgery, GUH - NUIG.
Ms Carmel Malone, Consultant Surgeon, GUH.

12.20 – 12.30

An exploration of the introduction of novice first year medical students to the person, not the illness

Dr Camilla Murtagh, SpR in Palliative Medicine, GUH.

12.30 – 12.50

Development of a New Clinical Research Facility in NUIG

Prof. Larry Egan, Professor of Pharmacology & Therapeutics, GUH & NUIG.

12.50 – 13.20

How to Write a Scientific Paper for Peer Review

Prof Ronan M Conroy, Senior Lecturer in Biostatistics, Royal College of Surgeons, Ireland.

13.20 - 13.30

Discussion - Summary of Session

13.30 - 14.30

Lunch - Opportunity to Visit Exhibition Stands and View Posters

AFTERNOON SESSION

THEME OF SESSION: LEARNING TO COPE

Co-chairs:

Ms Mary McHugh, Director of Nursing, GUH.
Ms Carole Fabby CNMII IPU, Galway Hospice, Co-ordinator of Post Graduate Diploma in Nursing (Palliative Care) NUIG.

14.30 – 14.40

Coping with Imminent Loss and the Aftermath of Losing a Lifelong Friend, Partner and Father

VIDEO

Ms Harriet Cotter

14.40 – 14.50

Presenting a patient case using Art Therapy as a coping mechanism on facing imminent death

Ms Eileen Scott, Social Worker, Roscommon General Hospital

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- 14.50 – 15.10 **“What lies beneath” - An introduction to the Unconscious at work in the Palliative Care setting.**
Dr Evelyn McCabe, Consultant Psychiatrist with a special interest in Psychoanalytic Psychotherapy.
- 15.10 – 15.30 **Complicated Grief – Recent Developments in our understanding of Grief**
Dr Helen Greally, Director of Psychology and Support Services, Cancer Care West.
- 15.30 – 15.45 **Discussion - Summary of Session**
- 15.45 - 16.00 **Tea/Coffee - Opportunity to Visit Exhibition Stands and View Posters**

LATE AFTERNOON SESSION

THEME OF SESSION: **LEARNING TO CHANGE**

Co-chairs:

Dr David O’Gorman, Consultant Pain Specialist, GUH.

Dr Aisling O’Gorman, Director of Home Care, St Francis Hospice, Raheny, Dublin.

- 16.00 – 16.30 **Rolling Out the New Cancer Strategy for Ireland**
Dr Maccon Keane, Consultant Oncologist, GUH.
- 16.30 – 17.15 **Patient Selection for Brain Stimulation**
Mr Gavin Quigley, Consultant Neurosurgeon, Royal Victoria Hospital, Belfast.
- 17.15 – 17.30 **Discussion - Summary of Session**

SATURDAY, 7TH NOVEMBER 2009

- 8.00 – 08.50 **Registration – Day 2 Delegates**

Opportunity to Visit Exhibition Stands and View Posters
- 08.50 - 09.00 **Welcome Address**
Dr. Dympna Waldron

EARLY MORNING SESSION

THEME OF SESSION: **LEARNING FROM OTHERS**

Co-chairs:

Dr Michael Coughlan, General Practitioner, Galway & Ex President of Irish College of General Practitioners.

Dr Alexandra Robinson, General Practitioner and Medical Officer in Charge, Sacred Heart Hospital, Roscommon.

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09.00 - 09.20:	Fibromyalgia and Chronic Disease: Real or Imagined? Dr John Carey, Consultant Rheumatologist and General Physician, GUH.
9.20 – 09.40 VIDEO	Enjoying a Very Effective Treatment: A Snapshot View of a Hydrotherapy Session Ms Annie Hynes Ms Anne-Marie O'Rourke, Hydrotherapist
09.40 - 10.00	Myeloma – From Terminal to Chronic Illness Dr Patrick Hayden, Consultant Haematologist, GUH.
10.00 – 10.20	Plastic Surgery and Palliation – an oxymoron? Mr Alan Hussey Consultant Plastic Surgeon, GUH.
10.20 – 10.40	What is Video Assisted Thoracoscopic Surgery (VATS)? Mr Dave Veerasingam, Consultant Cardiothoracic Surgeon, GUH.
10.40 – 11.00	Exploration of the Role of Radiotherapy in Gynaecological Malignancy Dr Maeve Pomeroy, Consultant Radiation Oncologist, GUH.
Discussion	Summary of Session
11.00 – 11:30	Tea/Coffee - Opportunity to Visit Exhibition Stands and View Posters

LATE MORNING SESSION

THEME OF SESSION: LEARNING TO DIAGNOSE DYING

Co-chairs:	Dr Cormac Small, Consultant Radiotherapist, GUH. Dr Ita Hartnett, Consultant in Palliative Medicine, Galway Hospice/Mayo General Hospital/Mayo Palliative Home Care Team Dr Brian Hallahan, Consultant Psychiatrist, RCH.
11.30 – 11.45 VIDEO	A patient living with Motor Neuron Disease, her perspective on quality of life - From the Heart revisited with the challenge of an extremely difficult end of life informed decision – Ventilation or Not Elaine O'Leary, Nora & Bryan O'Leary (Parents of Elaine O Leary), Dr Alice O'Leary-Beirne, General Practitioner, Castlebar. Dr Orla Hardiman, Consultant Neurologist, Beaumont Hospital. Ms Bernie Corr, MND CNS, Beaumont Hospital. Dr Michael Hennessy, Consultant Neurologist, GUH.
11.45 – 13.00	"Exploration of the recent findings on what patients actually say for themselves about their true quality of life – a plea to shelf our own tunnel vision on the quality of life of others" View from the literature on Quality of Life Dr Eileen Mannion, Clinical Lecturer in Palliative Medicine, GUH.

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**Medicine is anchored by a diagnosis – “without a diagnosis a physician is rudderless”:
But can we diagnose “dying”?**

View of Consultant Geriatrician

Dr Gerard O'Mara, Consultant Geriatrician, Roscommon County Hospital

View of General Practitioner

Dr Dan Murphy, General Practitioner, Galway

View of Consultant Oncologist

Dr Paul Donnellan, Consultant Oncologist, GUH.

View of Consultant Intensivist

Dr Kevin Clarkson, Consultant Intensivist, ICU, GUH.

View of Consultant Neurologist

Dr Tim Counihan, Consultant Neurologist, GUH.

A View of the Reality of What is Actually Happening in Clinical Practice

Dr Dympna Waldron, Consultant Palliative Medicine, GUH.

13.00 – 13.30

Debate open to the floor

13.30 – 14.30

Lunch - Opportunity to Visit Exhibition Stands and View Posters

AFTERNOON SESSION

THEME OF SESSION: LEARNING TO CARE FOR THE CARERS

Co-Chairs:

Dr Emmett Walls, Consultant in Palliative Medicine, Waterford Regional Hospital.

Ms Patricia O'Brien, Palliative Care CNS, GUH.

Fr David Cribbin, Chaplin, GUH.

14.30 – 15.00

Care of the Team, While Helping Patients to Live Well Despite Advanced Disease

Ms Ursula Bates, Principal Clinical Psychologist, Blackrock Hospice, Dublin.

15.00 – 16.00

Self-Care of Physicians or Caregivers Working at the End-of-Life

Dr Michael Kearney, Medical Director of the Palliative Care Service at Santa Barbara Cottage Hospital, Associate Medical Director at Visiting Nurse and Hospice Care, Santa Barbara, USA.

Discussion

Summary of Session



PHILOSOPHY OF CUISLE BEATHA

The Philosophy of our Palliative Medicine/Care service in Galway University Hospitals, Roscommon County Hospital and Community is; that by helping patients to live both pain and symptom free and with good subjective quality of life; we empower them to live as whole and independent a life as possible; maintaining and enhancing rich relationships and good quality of life despite adversity. By living well with maximum supportive care, our experience is that Patients die with peace of mind surrounded with serenity and dignity.

To explore this philosophy, we aim to address what we consider the seven main areas that require debate/discussion at our conference: Learning from research – without research we cannot effect the optimal symptom control for our patients. Learning from learning – we all are educators therefore can we learn from those who specialise in teaching? Learning to cope – coping is integral to enhancing patient's quality of life. Learning to change – with the evolution of palliative care change is inevitable. Learning from others – with more patients referred early in the trajectory of cancer treatment and with non malignant conditions – we have a lot to learn from other specialities. Learning to diagnose dying – In helping people to live well with advanced disease, are we diagnosing dying appropriately to enable patients also to die well? Learning to care for the carer – the delivery of good palliative care is greatly enabled by an empathetic relationship with our patients; how can we maintain this empathy without adverse affects on our own wellbeing?

This conference has a very full programme. We hope with many short and to the point presentations that delegates will be stimulated. With the excellence of our three International, World Renowned Experts Professor Declan Walsh, Dr Michael Kearney, Mr Gavin Quigley and our GUH World Expert Colleagues, inclusive of three interactive patient videos; we believe we will empower delegates to engage in lively debate and leave with novel ideas and the vision to explore new concepts which are challenging, to maximise our patient's quality of life.

Tá súil agam go mbainfaidh gach duine taithneamh agus sult as an comhgháil.

“Ní neart gan cur le chéile”
(Our strength is working together as a team.)

Mise le Meas,
Dr. Dympna Waldron.

ACKNOWLEDGEMENTS

All our Patients in particular those interviewed.

All our Speakers and Chairpersons.

Peter & Anne Canavan

Our Gaelic Translators & Experts.

Ms Bridget Howley

General Manager, GUH.

Mr Pat Cummins

Acting General Manager, GUH.

Mr John Shaughnessy

A/Assistant Human Resources Manager, GUH.

Ms Mary McHugh

Director of Nursing Services, GUH.

Ms Dolores O'Neill

Director of Public Health Nursing, Roscommon Community.

Ms Priya Prendergast

Local Health Manager, HSE West.

Palliative Care Team

GUH, RCH and RHCT.

Our colleagues in GUH, RCH and RHCT.

Tom Kenny

Kenny's Art Gallery.

Padraic Reaney

Artist of Image.

Go West

Conference & Event Management.

Paul Cotter, Bad Dog Design

Brochure Design

Castle Print, Galway

Brochure Printing

Radisson SAS Hotel, Galway.

ACCREDITATION

Cuisle Beatha has received Category One approval from An Bord Altranais and CME credits from the Royal College of Physicians in Ireland and the Irish College of General Practitioners.

HOW TO REGISTER

We would encourage you to register online at www.cuislebeatha.ie. Alternatively you can complete a registration form which can be downloaded from the conference website and return it by fax or post with payment to Go West Conference & Event Managers, Furbo, Galway. Fax (091 591666)

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