



*Galway & Roscommon University Hospitals Group & NUI, Galway present the*

**4TH INTERNATIONAL  
PALLIATIVE MEDICINE CONFERENCE**

# Cuisle Beatha

The Pulse of Life

A two day multidisciplinary conference featuring  
Expert speakers from Ireland, UK, New Zealand and Australia

**Living Well Despite Advanced Disease**  
Exploring New Frontiers in Palliative Medicine

Radisson Blu Hotel, Galway  
Friday 22nd & Saturday 23rd November, 2013

Approved for 12 CPD credits.

Category 1 Approval from An Bord Altranais agus Cnáimhseachais na hÉireann.



## WELCOME TO THE 4TH CUISLE BEATHA PALLIATIVE MEDICINE CONFERENCE.

At this conference we look at what we do in our daily practice and how we integrate with other specialities and translate that into education. This conference is not only about Palliative Care – it is about all specialities – that is what makes it such a unique and important educational meeting.

The real buzz in research is the term from ‘bench to bedside’. We can bring this concept further to explore from home, from bedside, to intervention, to research.

There may be a view that we in Palliative Medicine do not need to know about the application of other interventions but we do because, *“he who knows not he knows not is the most unwise of monkeys”*. If we do not have an awareness of procedures or interventions that can help our patients’ quality of living, then we may not consider referral to that speciality because of a lack of knowledge on our side, rather than whether the intervention is appropriate or not.

As Palliative Care is appropriately integrating earlier and earlier in the disease trajectory, then we as Palliative Care Specialists are ideally placed to be the *‘gatekeeper’* to appropriately refer patients for interventions that could really improve their quality of life.

This year’s conference explores all of what we see relative to to Gastrointestinal (GI) Disease on day 1. As you will see from the programme we start the day by actually looking at prevention. We explore what we need to do at our end to appropriately deal with genetic testing in a timely fashion. Following that we need to know the practical aspects of screening for positively tested family members in the future, so we don’t offer what cannot be done.

We go on to explore the very interesting Oncological advances for treatment and pain control of patients diagnosed with GI cancers. Then we have a very comprehensive coverage of the potential surgical interventions that are nowadays possible from our Upper GI, Middle GI, Lower GI and Gynaecological Surgical experts. There is even potential for those patients not fit for surgery to be considered for stenting or venting peg insertion.

Using our knowledge of looking after patients with advanced GI cancer, we have been able to develop a very comprehensive protocol to address very significant morbidity issues for patients cured of upper GI cancers. This protocol is now expanding and found to be appropriate for patients with non malignant upper GI major reflux and aspiration pneumonia problems. The

simplicity of this protocol is that we look at the inside and assess the anatomical change in the body and apply a safe and effective regime i.e. these patients suffer because of the lack of upper GI valves or dysfunction of Upper GI motility. Four years ago we presented a retrospective audit on this piece of work, i.e. management of upper GI dysmotility using this regime and it won the prize of the best innovative idea at Cuisle Beatha. Now we explore further what we feel will have major implications if we are able to set up appropriate clinical studies over the next decade.

We explore all aspects of our integration with Dieticians, Stoma Nurse Specialists, Speech and Language Specialists, Nutritionists and Gastrointestinal Physicians. We will cover comprehensively the management of nausea and vomiting and other intractable GI symptoms i.e. hiccups. We have a talk on what are the best opioids to use for patients with GI problems.

Within all this, we hope to have covered all major learning points for our patients with GI problems.

On Saturday, we will explore the ethical debate on ‘ventilation versus non-invasive ventilation (NIV)’ for patients with advanced motor neuron disease. International speakers from Ireland and Australia will give us information that should be invaluable to our clinical practice. In 2009 we explored a debate on diagnosing dying. The delegates found it very interesting and have asked for it to be re-visited. There are three sessions: the legal aspect, the interpretation and the clinical reality, followed by a debate on this aspect of clinical practice that is , and always should remain a very profound ethical aspect of our work.

*‘Going Home’* is a documentary produced in New Zealand and shown on national television in New Zealand. We look forward to seeing this at the end of our conference, followed by an uplifting musical finale.

As with previous programmes we have short talks that we hope will give delegates pivotal points they need to go away with and hope it may stimulate all.

*Dr Dymphna Waldron.*

## FRIDAY 22ND NOVEMBER, 2013

### GASTROINTESTINAL (GI) PROBLEMS EXPLORED

08.00	Registration & opportunity to visit exhibition stands.
08.50	<b>Welcome Address</b> <b>Dr Dympna Waldron</b> Consultant in Palliative Medicine, Galway & Roscommon University Hospitals, Clinical Lecturer in Palliative Medicine, NUIG.

#### SESSION 1

### HAS PALLIATIVE MEDICINE A ROLE TO PLAY IN SAVING FUTURE PATIENT FAMILY MEMBERS FROM A SIMILAR FATE OF GI MALIGNANCY?

Co Chairs	<b>Professor Dominic O'Brannagain</b> Consultant in Palliative Medicine, Our Lady of Lourdes Hospital, Drogheda. <b>Mr. Ronan Waldron</b> Consultant Colorectal Surgeon, Mayo General Hospital.	
09.00	<b>Professor Andrew Green</b> Director, National Centre for Medical Genetics, Professor of Medical Genetics, UCD School of Medicine and Medical Science, Consultant in Clinical Genetics, Our Lady's Children's Hospital, Crumlin, Consultant in Clinical Genetics, The Children's' University Hospital, Temple Street, Dublin.	<b>Hereditary gastrointestinal tumours - family assessment and genetic testing.</b>
09.20	<b>Mr David Waldron</b> Consultant Colorectal Surgeon, University Hospital Limerick	<b>The feasibility of screening for familial colorectal cancer in Ireland.</b>
09.40	<b>Questions &amp; Answers</b>	

#### SESSION 2

### UPDATE ON NEW ADVANCES IN THE TREATMENT/MANAGEMENT OF PATIENTS WITH GI MALIGNANCIES

Co Chairs	<b>Dr Silvie Blazkova</b> Consultant Medical Oncologist, Department of Oncology, Galway University Hospital. <b>Dr Sarah McLean</b> Specialist Registrar in Palliative Medicine, Galway University Hospitals.	
09.50	<b>Dr Gregory Leonard</b> Consultant Medical Oncologist, Galway University Hospitals.	<b>Advances in oncological management of GI tumours.</b>
10.10	<b>Ms Deirdre Hickson</b> CNS Specialist Palliative Care, RNP Roscommon PCCC.	<b>Extrapyramidal side effects of antiemetics.</b>
10.20	<b>Dr Eimear Mc Guire</b> Registrar in Palliative Medicine, GP Trainee, Department of Palliative Medicine, Galway University Hospitals.	<b>Audit of Venting Pegs.</b>
10.30	<b>Questions &amp; Answers.</b>	
10.40	<b>Tea/Coffee.</b>	

## SESSION 3

### SURGERY IS AS INTEGRATED WITH PALLIATIVE MEDICINE AS ANY OTHER MEDICAL SPECIALITY.

Co Chairs	<b>Ms Carmel Malone</b> Consultant Breast Surgeon, Galway University Hospitals. <b>Mr Brian Waldron</b> Consultant Upper GI Surgeon, Tralee General Hospital	
11.10	<b>Dr Michael O' Leary</b> Consultant Obstetrician & Gynaecological Oncologist, Galway University Hospitals, Bon Secours Galway & Clinical Lecturer NUIG.	<b>Complicated gynaecological surgery combined with GI surgical approach with resultant quality of life outcomes.</b>
11.30	<b>Mr Myles Joyce</b> Consultant Surgeon, Galway University Hospitals.	<b>Role of surgery for patients with complex lower GI tumours in aiding Quality of Living.</b>
11.50	<b>Mr Eddie Myers</b> Colorectal and General Surgeon, Portiuncula Hospital and Galway University Hospitals.	<b>Can rectal stents help quality of life for patients with rectal tumours unfit for surgery?</b>
12.10	<b>Mr Mark Regan</b> Consultant Gastrointestinal and General Surgery, Clinical Lecturer, Galway University Hospitals.	<b>Management of intestinal obstruction the A-Z.</b>
12.30	<b>Dr David O'Gorman</b> Consultant Anaesthetist and Pain Physician, Galway University Hospital & Associate Director of the Centre for Pain Research, NUIG.	<b>Should all patients with advanced pancreatic cancer have a coeliac block and if so early rather than late?</b>
12.50	<b>Questions and Answers</b>	
13.00	<b>Lunch.</b>	

## SESSION 4

### CAN WE SAVE PATIENTS WITH UPPER GI MALIGNANCIES WHO ARE DYING FROM THE CURE? "SOMATOSTATIN ANALOGUE THE WONDER DRUG?"

Co Chairs	<b>Professor Oliver McAnena</b> Department of Surgery, NUIG, Consultant Gastrointestinal and General Surgery, Galway University Hospitals. <b>Dr Gordon Pate</b> Consultant Cardiologist, Galway Clinic. <b>Ms Olive Cummins</b> CNS in Upper GI Cancers, Galway University Hospitals.	
14.00	<b>Mr Chris Collins</b> Consultant General and Upper Gastrointestinal Surgeon, Portiuncula Hospital and Galway University Hospitals.	<b>Surgical interventions for patients with upper GI tumours.</b>
14.20	<b>Dr Robert Rutherford</b> Consultant Respiratory Physician, Galway University Hospitals.	<b>An overview of the problem of organising pneumonias in patients cured from upper GI tumours.</b>
14.40	<b>Dr Dympna Waldron</b> Consultant in Palliative Medicine, Galway & Roscommon University Hospitals, Clinical Lecturer in Palliative Medicine, NUIG.	<b>Hypothesis driven discussion on "Helping patients dying from the cure of upper GI Malignancies have a full life."</b>
15.00	Case reports/research	
	<b>Dr Isae Kilonzo</b> SpR In Palliative Medicine, Galway University Hospitals.	<b>A prospective evaluation of the use of Somatostatin Analogue for GI symptom palliation - What do patients report?</b>
	<b>Dr Kathleen Cronin</b> Consultant in Palliative Medicine, Galway Clinic.	<b>Use of pregabalin in the management of intractable hiccups.</b>

	<b>Ms Mary Burke, CNS</b> CNS Palliative Care, Galway University Hospitals.	<b>Case report on patient with organising pneumonia.</b>
	<b>Ms Alyson Banks</b> CNS, Galway Clinic.	<b>A complex case of a patient with non-malignant extreme reflux problems for 18 years.</b>
15.25	<b>Questions &amp; Answers</b>	
15.35	<b>Tea/Coffee.</b>	

## SESSION 5

### VITAL COMPONENTS OF SYMPTOM MANAGEMENT AND DECISION MAKING IN PATIENTS WITH GI MALIGNANCIES.

Co Chairs	<b>Dr Maeve O'Reilly</b> Consultant in Palliative Medicine, St Luke's Hospital, Dublin.	
	<b>Dr John Lee</b> Consultant Gastroenterologist, Galway University Hospitals.	
15.55	<b>Professor Dr Bart Morlion</b> MD, PhD, Director of the Leuven Center for Algology & Pain Management, University Hospitals Leuven, Belgium.	<b>Targin (oxycodone-naloxone) - the opioid of choice in cancer pain with particular benefit in opioid-induced constipation.</b>
16.25	<b>Dr Ramona Mc Loughlin</b> Consultant Gastroenterologist, Galway University Hospitals.	<b>Intractable symptoms in patients in remission or not from GI malignancy- are we missing medically reversible problems?</b>
16.45	<b>Dr Eileen Mannion</b> Consultant in Palliative Medicine, Galway & Roscommon University Hospitals, Clinical Lecturer in Palliative Medicine, NUIG.	<b>A comprehensive overview of control of nausea and vomiting with the role of Somatostatin Analogue in the management of GI symptoms.</b>
17.05	<b>Ms Mary Quigley</b> CNS, Stoma Care, Galway University Hospitals.	<b>Stoma care in the palliative setting - fistulae management - a case study.</b>
17.15	<b>Ms Marion O'Connor</b> Lead Specialist Dietician, Oxford University Hospitals, NHS Trust, UK	<b>Assessing and managing gastrointestinal problems - working from the inside out.</b>
17.35	<b>Ms Karen Malherbe</b> Senior Speech and Language Therapist, Galway University Hospitals.	<b>Assessment of swallow problems for patients with upper GI malignancy, with or without oropharyngeal complications.</b>
17.55	<b>Ms Arún Fenton</b> Senior Clinical Nutritionist (Oncology), MINDI	<b>TPN in advanced cancer patients.</b>
18.15	<b>Questions &amp; Answers</b>	

## SATURDAY 23RD NOVEMBER, 2013

### MOTOR NEURON DISEASE – VENTILATION VERSUS NON INVASIVE VENTILATION (NIV) AT END OF LIFE

08.00	Registration & opportunity to visit exhibition stands.
08.50	Welcome Address. <b>Dr Patrick Nash</b> Group Clinical Director, West/Northwest Hospitals Group.

## SESSION 1

### DEBATE ON VENTILATION VERSUS NIV IN PATIENTS WITH ADVANCED MOTOR NEURON DISEASE - AN INTERNATIONAL PERSPECTIVE

Co Chairs	<b>Dr Thomas Monaghan</b> Consultant Neurologist, Galway University Hospitals. <b>Dr John Barton</b> Consultant Physician, Portiuncula Hospital. <b>Dr John Rice</b> General Practitioner, Athlone. <b>Ms Teresa Leahy</b> CNS, Neurology, Galway University Hospitals.
09.00	<b>Ms Ann Igoe</b> CNS in Palliative Care, Roscommon Home Care Team. <b>Case review: A patient's experience of negotiating a decision - Ventilation versus NIV</b>
09.15	<b>Ms Bernie Corr</b> Motor Neuron Disease/ Amyotrophic Lateral Sclerosis, Clinical Nurse Specialist, Beaumont Hospital. <b>Ventilation versus NIV -The Irish Experience.</b>
09.45	<b>Dr Frank Brennan</b> Palliative Medicine Consultant, St George and Calvary Hospitals, Sydney, Australia. <b>Ventilation versus Nippi - The Australian Experience.</b>
10.15	<b>Questions &amp; Answers</b>
10.40	<b>Tea/Coffee.</b>

## REVISITING DIAGNOSING DYING

### SESSION 2

#### *Part 1: The legal aspects*

Co Chairs	<b>Mr Ian Carter</b> Director Acute Hospitals & Palliative Care, HSE. <b>Dr Michael Hennessy</b> Consultant Neurologist, Galway University Hospital, Galway. <b>Dr Donal Reddan</b> Consultant Nephrologist, Galway University Hospitals & Clinical Director, West Northwest Hospitals Group.
11.00	<b>Dr Tony O'Brien MB FRCPI</b> Consultant Physician in Palliative Medicine, Marymount University Hospice, Cork & Cork University Hospital. <b>Do the dying need assistance?</b>
11.20	<b>Ms Deirdre Browne</b> Barrister, Galway. <b>What legal protocol should we follow when a patient near end of life wants to change a will?</b>
11.40	<b>Dr Shaun O'Keeffe</b> Consultant in Geriatrics, Galway University Hospitals, Clinical Lecturer NUIG. <b>Advance directives - the solution?</b>
12.10	<b>Questions &amp; Answers.</b>
12.30	<b>Lunch.</b>

#### *Part 2: The interpretation*

Co Chairs	<b>Dr Anthony O'Regan</b> Consultant Respiratory Medicine, Galway University Hospitals. <b>Dr Camilla Murtagh</b> Palliative Care Consultant, Galway University Hospitals, Portiuncula Hospital, Galway Hospice Foundation.
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13.30	<b>Ms. Veronica McInerney</b> Clinical Research Manager, HRB Clinical Research Facility, NUIG.	<b>Interim results on using quality of life information as a clinical tool.</b>
13.50	<b>Dr Sara Mc Lean</b> Specialist Registrar in Palliative Medicine, Galway University Hospitals.	<b>Doses of opioids and sedation used in the last week of life in patients in Galway University Hospitals.</b>
14.00	<b>Ms Geraldine Campbell-Keane</b> CNS Palliative Care, Roscommon Hospital & Community.	<b>Doses of opioids and sedation used in the last week of life in patients in Roscommon.</b>
14.10	<b>Ms Patricia O' Brien</b> CNS Palliative Medicine, Galway University Hospitals.	<b>Review of referrals to Palliative Care from ICU &amp; HDU</b>
14.20	<b>Ms Helen Ely</b> CNS Palliative Care, Roscommon Hospital.	<b>Addressing Respiratory Secretions at the end of life.</b>
14.30	<b>Question &amp; Answers.</b>	

### Part 3: The clinical reality

Co Chairs	<b>Ms Colette Cowan</b> Group Director of Nursing and Midwifery, West Northwest Hospitals Group. <b>Dr Frank Brennan</b> Palliative Medicine Consultant, St George and Calvary Hospitals, Sydney, Australia.	
14.40	<b>Dr. Michael Scully</b> ICU Consultant, Galway University Hospitals.	<b>How "extraordinary" medical management is becoming "ordinary".</b>
15.00	<b>Ms Ann Sheehan</b> Senior Nurse, ICU, Galway University Hospitals.	<b>Nursing aspects of DNR</b>
15.20	<b>Dr Miriam O' Connor</b> Consultant Medical Oncologist, Waterford Regional Hospital.	<b>Oncological advances mean more disease reversibility with potentially more hospitalization but a better quality of life.</b>

15.40 **Tea/Coffee.**

16.00

## DEBATE ON DIAGNOSING DYING

Co Chairs	<b>Professor Martin O' Donnell</b> Consultant Geriatric Medicine, Galway University Hospitals. <b>Dr Dympna Waldron</b> Consultant in Palliative Medicine, Galway & Roscommon University Hospitals, Clinical Lecturer in Palliative Medicine, NUIG.	
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## THE FINAL JOURNEY

Chair	<b>Dr Marian Conroy</b> Consultant in Palliative Medicine, Milford Care Centre.	
16.30	<b>Dr. Sinéad Donnelly, Adjunct Professor</b> Consultant Palliative Medicine, CCDHB, Wellington, Adjunct Professor School Biological Sciences, Victoria University & Senior Clinical Lecturer, Otago School of Medicine, Wellington.	<b>'Home from Aotearoa', Introducing the documentary 'Going Home' first screened on New Zeland TV .</b>
16.45	Special screening	<i>"Going Home"</i>
17.10	Solo performance by <b>Ms Aimee Banks</b> Soprano, Gealscoil Mhic Amhlaigh.  Performance by	
	<b>SOMETHING TO SING ABOUT</b>	
17.30	<b>Close of conference.</b>	

## ACKNOWLEDGEMENTS

All our Patients

All our Speakers and Chairpersons

Mr Ian Carter, Director Acute Hospitals & Palliative Care, HSE.

Mr Bill Maher, Chief Executive Officer, West Northwest Hospitals Group

Mr Tony Canavan, Chief Operating Officer, West Northwest Hospitals Group

Dr Patrick Nash, Group Clinical Director, West Northwest Hospitals Group

Dr Donal Reddan, Clinical Director, West Northwest Hospitals Group

Ms Colette Cowan, Group Director of Nursing and Midwifery, West Northwest Hospitals Group

Ms Jean Kelly, Director of Nursing and Midwifery, Galway University Hospital

Ms Ann Cosgrove, General Manager, Galway University Hospitals

Mr James Keane, Group Medical Manpower Manager, West Northwest Hospitals Group

Palliative Care Teams, Galway and Roscommon University Hospitals

Ms Mary Ainscough, Chief Executive, Irish Association for Palliative Care (IAPC)

Peter & Anne Canavan, Our Gaelic Translators & Experts.

Mr Tom Kenny, Kenny's Art Gallery.

Mr Padraic Reaney, Artist of Image.

Go West, Conference & Event Management.

Mr Paul Cotter, Bad Dog, Brochure Design

Castle Print, Galway Brochure Printing

Radisson Blu Hotel, Galway, Conference Venue

## WHO SHOULD ATTEND CUISLE BEATHA PALLIATIVE MEDICINE CONFERENCE 2013

This conference is of interest to everyone working in the healthcare environment.

This includes Consultants, Doctors, Pharmacists, Nurses, Pain Specialists, Intensivists, Neurologists, Psychologists, Psychotherapists, Dieticians, Care Staff, Social Workers, Allied Health Professionals, Academics & Researchers.

## ACCREDITATION

Cuisle Beatha is approved for 12 CPD credits from the Royal College of Physicians in Ireland.

Category 1 Approval from An Bord Altranais agus Cnáimhseachais na hÉireann.

## HOW TO REGISTER

We would encourage you to register online at [www.cuislebeatha.ie](http://www.cuislebeatha.ie). Alternatively you can complete a registration form, which can be downloaded from the conference site and return it by fax or post with payment to:

Go West Conference & Event Management.

## CONTACT

Visit [www.cuislebeatha.ie](http://www.cuislebeatha.ie) for further details and online registration or contact

**Go West Conference & Event Management**

(T) 091 591222 (F) 091 591666 (E) [enquiries@gowest.ie](mailto:enquiries@gowest.ie) (W) [www.gowest.ie](http://www.gowest.ie)

## SPONSORS

*This conference is kindly supported by*

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Home Instead Senior Care  
Irish Hospice Foundation  
Department of Medicine, NUIG.

*The following Pharmaceutical companies will have an exhibition stand at the meeting:*

Takeda Products Ireland Ltd,  
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Fresenius Kabi  
and Lundbeck (Ire).

*full programme available at  
[www.cuislebeatha.ie](http://www.cuislebeatha.ie)*