

UAB CENTER FOR PALLIATIVE CARE

Palliative News

VOLUME 2, ISSUE 3, WINTER 2007

Training Physicians in Palliative Care

Providing care to patients is only a part of the work at the UAB CPC. Educating the community and other health care professionals about palliative care is part of our core mission, and one to which we dedicate considerable amounts of time and energy.

Beginning in 2000, the UAB palliative care fellowship is one of the oldest programs in the nation and the largest in the

southeast. Eight fellows have completed training through the program, with over half remaining in Alabama to practice. All have passed the American Academy of Hospice and Palliative Medicine board exam.

Fellows participate in patient care in a multitude of settings: inpatient palliative care unit and consultation, outpatient clinics for supportive and palliative care, community

hospices and home visits, and the pain management clinic.

The curriculum includes directed readings and discussions with clinical faculty, as well as teaching sessions, research forums, clinical case presentations and seminar series covering real-world topics, such as developing communication skills, media relations and presentation skills.

continued on page 2

CPC Community Advisory Board

John Beard

Kelly A. Bownes

Deane Corliss

The Hon. Paul J. Demarco

Sarah Duggan

Melanie Dickinson

Dr. Michael E. Fleenor

Louis Josef

Rabbi Scott Hausman-Weiss

Rob Hunter

Betty Morrison

Paul Romjue

Barbara Sirmans

Jim Townsend

Jane S. Webb

Lex Williamson

In the News

Journal of Palliative Medicine Notes from the Field

In a recent article published in the *Journal of Palliative Medicine*, authors Diane E. Meier, M.D., of the Center to Advance Palliative Care, and Larry Beresford, a freelance journalist, highlighted the UAB Palliative and Comfort Care Unit as a model for palliative care units. The full article can be found in Volume 9, Number 6, of the *Journal of Palliative Medicine*, 2006.

AAHPM Bulletin

The UAB Center for Palliative Care was highlighted in the Winter 2006 edition of the *American Academy*

for Hospice and Palliative Medicine Bulletin. The article highlighted the Center's recent funding through the AAHPM Fellowship Program

Grants, which allowed the Center to support two fellows, Sandra Broeren, MD, and Jian Fong, MD. The grant also provided partial support for Ryan Nash, MD, a 2005 research fellow.

Birmingham Magazine

Did you check out the January 2007 edition of the *Birmingham Magazine*? If you did, you saw highlights from the Fifth Annual Cocktail Buffet and Auction!

Fifth Annual Cocktail Buffet and Auction

The UAB Center for Palliative Care held its fifth annual cocktail buffet and auction on October 5, 2006 at B & A Warehouse. UAB Health System CEO David Hoidal was honored for his visionary leadership, which led to significant growth and national recognition of the UAB's palliative care program this year. A Frank Fleming bronze sculpture of a penguin was purchased by friends to commemorate the honor; it will be installed in



the UAB Palliative Care inpatient unit. These donors included Jim and Darlene Rotch,

Robert and Virginia Loftin, Rodney Tucker and Billy Connelley, Lydia Cheney and Jim Sokol, Susan Matlock and Michael Calvert, Cliff and Cindy Martin, Richard Haberstroh, Eileen and DeSha Kunzman, and Terri Denard and Steve Reider.

The title sponsor for the 2006 event was Alacare Home Health and Hospice. Gold sponsors included Mr. and Mrs. Herman Bolden, Bradley Arant Rose & White LLP, MedPlan Recruiting, Inc., Protective Life Corporation, and the UAB Department of Medicine. Silver sponsors included

the Birmingham News, Brasfield and Gorrie, Thompson Foundation, UAB Administration, and the UAB Health System. Bronze sponsors included Dr. Cynthia Brumfield, Ms. Lynn Campisi, Dr. and Mrs. Richard Carter, Mr. and Mrs. Hans Donkersloot, Mr. and Mrs. Charley Duggan, Kahn South, Inc., Leitman-Perlman, Inc., Meld Financial, and Odyssey Health-care.

The fundraiser raised more money than ever, netting over \$55,000 to help support palliative care programs at the UAB Center for Palliative Care. The proceeds from this event will go toward expanding and strengthening palliative care services available to our community, including supportive care activities, art and complementary therapy, community and professional education.

The co-chairs of the event were Carol Hunter and Louis Josof. The planning committee included Lynn Rathmell, Elizabeth Lichenstein, Wadia Josof, Beth Greene, Kathy and



UAB Health System CEO David Hoidal, 2006 Honoree

Mike Harrington, Melanie Barnes, Daniel Burks, Sue Cacioppo, Donna and Mark Cline, Lydia Cheney, Annetta Dolowitz and Jim Townsend.

We are truly grateful for all of the support that we received from the community for this event and look forward to a great 2007 event.

Training

continued from page 1

"We take our role as educators very seriously," says Rodney Tucker, director of the program. "We want our fellows to have experience caring for patients in a number of settings so that they are truly ready to care for patients in the community."

Currently, there is no Medicare funding stream to help support the fellowship program. All of the support for the trainees is raised in the community. Alacare Home Health and Hospice and New Beacon Hospice are the major supporters of our current fellows.

Palliative care physicians per million of population

Hawaii	21
Oregon	8.4
California	6.1
Florida	8.0
Texas	6.1
Arizona	7.1
Maine	13.1
Ohio	8.1
Maryland	7.1
Alabama	3.95

Donor Spotlight: The Louis Josof Family

Birmingham natives, Louis and Wadia Josof are the epitome of volunteers. As a cancer survivor, Louis is not only a personal testament to supportive and palliative care, he has also helped many others through cancer survivorship. Both Louis and Wadia have played a compelling role in the Center, giving significant time and resources to our efforts. Louis continues to serve as co-chair of the fundraiser committee, as he has for a number of years, and currently serves on the Community Advisory Board. Wadia has also played a significant role on the fundraiser committee, ensuring its success year after year. As we opened the UAB Palliative and Comfort Care Unit in March 2006, the Josofs dedicated The Josof Family Bereavement Room, a place for family members to gather for moments of peace and solitude. The Josofs live and breathe the mission and vision of the UAB Center for Palliative Care, and for that we are truly grateful.



What is Palliative Care?

Palliative care is a comprehensive approach to caring for people with advanced or life-limiting illness. This specialty is directed at supporting patients and their loved ones, with a focus on the relief of physical, social, emotional or spiritual suffering. The root word of palliative means "to shield", "to cloak", "to conceal", and "to protect." Palliative care, then, is properly understood as the means of shielding and protecting patients from the burden of disease and its treatment.

The goals of palliative care include: symptom control, preservation of dignity, maintenance of interper-

sonal relationships, a respect for patients' wishes and values, and attention to important life goals and spiritual concerns. Palliative care can also include supportive care, which is the care of patients who are still receiving curative or disease-altering therapies.

Both palliative and supportive care are available through the UAB Center for Palliative Care. For outpatient services, UAB maintains two outpa-

**Palliative care, then
is...shielding and protect-
ing patients from the
burden of disease.**

tient clinics for patients in need of clinical services for symptom management, goal setting, and other issues. For inpatient services, the UAB Palliative Care and Comfort Unit and the Birmingham VA Medical Center Safe Harbor Unit provide comprehensive comfort and end of life care for patients, as well as support for the tran-



UAB Palliative and Comfort Care Unit sitional care needs of patients with advanced conditions or heavy symptom burden.

The Center also provides palliative care consultative services both at University Hospital and at the Birmingham VA Medical Center. These services include assistance with complex decision making; symptom management; provision of psychosocial and spiritual support; and discussion of treatment options and appropriate settings of care, including hospice.

For more information please contact the clinic at 975-8190, visit www.palliative.uab.edu, or call 558-5480 for information about the VA Safe Harbor Program.



Birmingham VA Safe Harbor Unit

Giving a Gift

The UAB Center for Palliative Care graciously accepts contributions from the community to support the work of our Center. We are especially honored to receive gifts in memory of patients who have received care through our clinical services. There are a number of ways to make a gift to the Center, including cash gifts, gifts in-kind, gifts of stock, gifts via will or estate plan, life insurance and pension or IRA rollovers.

Gifts to the Center allow us to enhance the pool of services available to our patients and their loved ones. Given the holistic nature of palliative care, there are many services provided by the Center that are not traditionally covered by Medicare or other forms of reimbursement. These include: art and music therapy, nutrition services, bereavement support, and pastoral care. It is only through external support that our patients can receive these valuable services.

We would love to talk to you about giving opportunities at the Center for Palliative Care. For more information, please contact Kristen Farmer Hall, Associate Director of Development, at (205) 975-0848 or Virginia Gilbert Loftin, Director of Development for the Department of Medicine at (205) 975-5602. To offer direct support to the VA Safe Harbor Program, please contact Debra Mitchell at (205) 933-8101, ext. 6858.

New Beginnings

Palliative care includes supporting patients through treatment for life-threatening diseases. This effort is evident through New Beginnings, a breast cancer support group available to breast cancer patients and their loved ones. The group, which meets monthly on Tuesdays, is a place to inform, engage and support newly diagnosed cancer patients. Such a diagnosis can leave many patients and their families with unanswered questions, and New Beginnings is a place to help ease these fears.

Dr. Diane Tucker, a Professor in the UAB Department of Psychology and a member of the supportive care team, helps facilitate the group. "The name New Beginnings represents the opportunity for women with breast

cancer to courageously move forward drawing strength from each other," says Tucker. "Our hope is that the women who participate in the group will be more informed, becoming active partners in their treatment. We want them to move into their survivorship role feeling that they have truly made a new beginning."

Topics are chosen by group participants and include: distress management, advocacy, community with your treatment team, palliative care in breast cancer treatment, nutritional support for pre- and post-treatment, genetics, family impact of breast cancer and handling the holidays.

"This program is part of our effort to provide comprehensive care for cancer survivors. The journey does

not stop at remission," says Dr. Elizabeth Kvale, a Palliative Care faculty member who focuses her research on supportive care for cancer survivors.

New Beginnings is fully supported through philanthropic efforts, including support through For The Cause, an organization founded to promote challenging wellness activities for breast cancer survivors.

The group is also facilitated by Jessica Pullins, MA, from the UAB Department of Psychology, a recipient of the CPC Graduate Assistantship in Palliative/Geriatric Care. For more information about New Beginnings, please contact Madeline Harris, Coordinator of Nursing Resources at the Comprehensive Cancer Center at 205-934-5289.

CENTER FOR PALLIATIVE CARE CONTRIBUTIONS
OCTOBER - DECEMBER 2006

5

Mr. and Mrs. Thomas H. Acree
Alacare Home Health and Hospice
Bama Budweiser of Montgomery
Mr. and Mrs. Nick Barchie, Jr.
Mr. and Mrs. Steve Barnette
Mr. and Mrs. John G. Beard
Mr. Bret Bradford
Mr. and Mrs. Freddie K. Brannon
Mr. and Mrs. Dell Brooke, Jr.
Dr. and Mrs. Jerry Bush
Caffee Junction Church of God
Community Foundation of Greater
 Birmingham
Concharty Council of Girl Scouts, Tr. 53
Dr. and Mrs. David Corliss
Mr. and Mrs. William Curry
First Christian Church, Bessemer, AL

The W.B. Garner Family
Mr. and Mrs. Glenn Griffin
Hardaway High School Science Dept.
Ms. Karen Harris
Ms. Joanne W. Herring
Mr. and Mrs. Ladon Holsonback
Mr. Joseph Gordon
Mr. and Mrs. Louis Josof
Mr. and Mrs. Kenny Kirkpatrick
Mr. and Mrs. Tom Lakes
LandAmerica
Mr. and Mrs. Steven Lanphere
Mr. and Mrs. Frank R. Lewis
Ms. Renee Lovett
Max, Your Community Credit Union!
Mr. and Mrs. Cameron Morin
Mr. Steve Morton

New Beacon Health Care
Dr. Robin Pennock
Mr. and Mrs. John R. Powell
Remax Partners, Tuscaloosa, AL
Mr. and Mrs. Branton D. Riley
Rotary Club of Birmingham
Mr. and Mrs. James Ryder
Ms. Joan Ryder
Mr. Rhett Ryder
Mr. P.C. Spruce
ST Bunn Construction Company
Mr. and Mrs. William L. Stohr
Ms. Amanda Strickland
Mr. and Mrs. Paul Tompkins
Ms. Patricia M. Williams
Mr. and Mrs. H.W. Winters

GIFTS IN-KIND

We also want to thank the Birmingham community for your generous in-kind donations. You helped
make our Fifth Annual Cocktail Buffet and Auction a success!

A-1 Printing
Mr. and Mrs. Chandler Adams
Alabama Ballet
Alabama Foundation for Oncology
Alys R. Stephens Performing Arts Center
B&A Warehouse
Ms. Karen Balliet, Artist
Ms. Melanie Barnes, Artist
Barton Clay Jewelers
Bella Donna Skin Therapy
Bill's Frame Shop
Birmingham Budweiser
Birmingham Coca Cola Bottling, Co.
Birmingham Zoo
Blackjack Gardens Outdoor Furniture
Becky Bonham, Artist
Bottega Restaurant
Mr. Dan Bynum, Artist
C'est la Vie
Christine's of Mountain Brook
Dr. David Corliss
Creative Concepts, Inc.
Crestline Pharmacy
Curves of Birmingham
Curves of Mountain Brook
Dale's
Ms. Ali DeCamillis, Artist
Mr. and Mrs. George Dreher

Mr. Preston Edwards, Artist
Mr. Jim Elrod
Barbara Evans, Artist
Ms. Amanda Fanelli, Master Gardener
FIRE
Flora
Irene Thames Gardner Photography
Grass Roots, LLC
Mr. and Mrs. Mike Harrington
Holiday Treasures
Host Recreation
International Wines
In the Making
Jim & Nick's BBQ
John's City Diner
Mr. Ken Jackson, Auctioneer
La Dee Da
La Paz
Mr. Cam Langley, Artist
Leonardo's Italian Restaurant
Levite Jewish Community Center
Little Savannah Restaurant
Mayer Lighting Showroom
McWane Science Center
Monograms Plus
Mr. Steve Murray
Occasional Cookies
Parkside Home and Garden

Piggly Wiggly of Homewood
Rebecca Del Vacchio, Massage Therapist
Red Dot Gallery
Rojo
Roz Bloomston Catering
Dr. Loring W. Rue
Saw & Splinters
Sol Y Luna
Spark Design
Sports Blast
Starbucks Coffee
Surin of Thailand
Sweet Caroline Originals
Tanner Companies, Lancaster & Elana
The Grape
The Ruby Begonia
The Wine Source
The Wynfrey Hotel
Theatre LJCC
Mr. and Mrs. Jim Thomas
Town and Country Clothiers
Trocadero
Dr. Rodney Tucker and Mr. Billy Connelley
UAB Athletics
V. Richard's Market
Vazda Studios
Mrs. Jane Webb
World Class Taekwondo

UAB Center for Palliative Care



UAB Academic Offices

Mailing Address:

CH19-219
1530 3rd Avenue South
Birmingham, Alabama 35294-2041
(205) 975-8197

Physical Address:

CH19-219
933 19th Street South
Birmingham, Alabama 35205

UAB Palliative and Comfort Care Unit

Center for Psychiatric Medicine, 3rd Floor
1713 6th Avenue South
Birmingham, Alabama 35233
(205) 996-6870

Visit us on the web!

www.palliative.uab.edu

UAB Supportive and Palliative Care Clinic

The McDonald Clinic
1521 11th Ave. South
Birmingham, AL 35205
(205) 975-8190

Birmingham VA Safe Harbor

700 19th Street South
6th Floor
Birmingham, Alabama 35233
(205) 933-8101, ext. 5355

To Make a Gift

CH19-219
1530 3rd Avenue South
Birmingham, Alabama 35294-2041
(205) 975-0848
Checks payable to The UAB Center for Palliative Care

RETURN SERVICE REQUESTED

*Healing is more than cure -
It includes wholeness, comfort and peace.*