

►REGISTRATION
Tuesday, April 4, 2017

8:00 am-1:00 pm
NewYork-Presbyterian Queens
Lang Center Auditorium
56-45 Main Street, Flushing, NY

7th Annual
**Palliative Care &
Geriatrics Symposium**
Reconnecting to Your Purpose:
Rekindling Compassion and
Gratitude in Clinical Practice

THREE EASY WAYS TO REGISTER:

- 1 **Online:** Go to website: www.nypqcme.org and pay via credit card
- 2 **Fax:** This form with credit card information to: **718-661-7925**
- 3 **Mail:** This form with a check made payable to:
NYP Queens-Continuing Medical Education
Mail to: Pamela Williams, Dir., Continuing Medical Education
NewYork-Presbyterian Queens
56-45 Main Street, Flushing, NY 11355

Questions?
718-670-1419

REGISTRATION FEE-Please check one.

Fee includes continental breakfast, lunch and course materials.

- \$50/Physician**
- \$25/General Registrant**
- No Fee/Physicians-in-training, NYP Queens Physicians & Staff**
(copy of NYP Queens ID required, pre-registration requested)

Last Name _____

First Name _____

MD _____ General Registrant _____

Mailing Address _____

City/State/Zip _____

Phone _____ Fax _____

E-mail _____

Affiliation _____

Yes. I wish to pay by credit card. Card holder name ▼

Charge \$ _____ to my VISA MasterCard

American Express Discover Security Code _____

Card Number _____

Expiration Date ____ / ____ / ____

Authorizing Signature _____

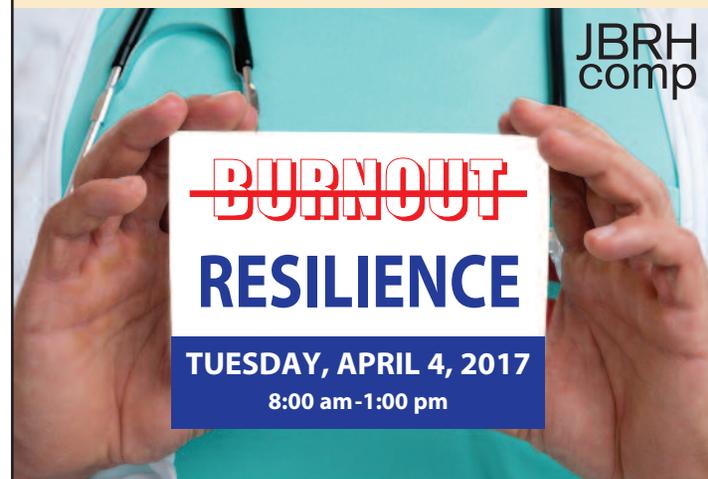


**NewYork-Presbyterian
Queens**
NewYork-Presbyterian Queens
Continuing Medical Education
56-45 Main Street
Flushing, NY 11355

7th Annual

Palliative Care & Geriatrics Symposium

Reconnecting to Your Purpose:
Rekindling Compassion and
Gratitude in Clinical Practice



Presented by the Division of Geriatrics & Palliative
Care Medicine and Patient Care Services

BREAKOUT SESSIONS

Skill Building Stations:

- Tai Chi/**Instructors**

provided by the YMCA:

- Master Joan Zhou;
- Mrs. Nelsia Long
- Meditation
- Self-Care Plan
- Reflective Writing
- Johari Window
Team Model

To Register

718-670-1419
www.nypqcme.org

Co-Chairs

Cynthia X. Pan, MD, FACP, AGSF
Jane Morris, MS, RN, ACHPN

Keynote Speaker

Sandra Sanchez-Reilly, MD,
AGSF, FAAHPM

Credit

Maximum of 3.75 AMA PRA
Category 1 Credit(s)[™]

Location

NewYork-Presbyterian Queens
Theresa and Eugene M. Lang Center
for Research and Education
56-45 Main Street, Flushing, NY



7th Annual

Palliative Care & Geriatrics Symposium

Reconnecting to Your Purpose: Rekindling Compassion and Gratitude in Clinical Practice

TUESDAY, APRIL 4, 2017 • 8:00 am-1:00 pm

Presented by the Division of Geriatrics & Palliative Care Medicine and Patient Care Services

LOCATION

NewYork-Presbyterian Queens

Theresa and Eugene M. Lang Center for Research and Education
56-45 Main Street, Flushing, NY

STATEMENT OF NEED

Palliative care is person-centered care for individuals living with a serious or life-threatening illness, and their families. It adds an extra layer of support and interdisciplinary expertise to their care. Clinicians who care for seriously ill patients face a high risk for diminished personal well-being, including burnout, moral distress, and compassion fatigue. As we care for an increasing number of chronically ill patients with multimorbidities, clinicians need to learn about and practice self-care, burnout prevention, and resiliency. Resilience is the quality that allows people to recover readily from stress or adversity ensuring a thriving path. This educational activity will describe levels of self-care in depth, discussing self-awareness techniques and resilience stories. Breakout sessions provide a unique opportunity for attendees to build and practice skills to prevent burnout, fatigue and distress in the interest of enhancing personal well-being and maintaining the highest standards of compassionate, quality patient care and professionalism.

TARGET AUDIENCE

Physicians, Physician Assistants, Residents, Medical Students, Nurse Practitioners, Registered Nurses, Social Workers, Chaplains and other Health Care Professionals.

EDUCATIONAL OBJECTIVES

It is intended that this NYP Queens CME activity will lead to improved patient care. At the conclusion of this symposium, the participant will be able to:

- ▶ Discuss importance of self-care and building resiliency.
- ▶ Reflect on types of self-care and work on a concrete self-awareness plan.
- ▶ Discuss alternatives to thrive by incorporating self-care as a career priority such as peer-support groups and educational initiatives.
- ▶ Use validated methods to enhance clinicians' resiliency such as mindfulness meditation, the Johari Window Team Model and reflective writing.

TO REGISTER

Ms. Pamela Williams, Director, Continuing Medical Education
tel: 718-670-1419 • fax: 718-661-7925
email: pgw9001@nyp.org

REGISTER ONLINE: www.nypqcme.org

AGENDA

8:00-8:30 am Registration | Continental Breakfast

8:30-8:45 am **Welcoming Remarks**

Amir K. Jaffer, MD, MBA, SFHM

Chief Medical Officer and Chief Quality Officer
NewYork-Presbyterian Queens

Introduction to the Symposium

Cynthia X. Pan, MD, FACP, AGSF

Chief, Division of Geriatrics and Palliative Care Medicine
NewYork-Presbyterian Queens
Associate Professor of Clinical Medicine
Weill Cornell Medicine

Symposium Moderators

Jane Morris, MS, RN, ACHPN

Clinical Coordinator, Palliative Care
NewYork-Presbyterian Queens

Cynthia X. Pan, MD, FACP, AGSF

8:45-10:00 am **Reconnecting to Your Purpose:**

Rekindling Compassion and Gratitude in Clinical Practice

Sandra Sanchez-Reilly, MD, AGSF, FAAHPM

Associate Chief of Staff, Geriatrics and Extended Care
South Texas Veterans Health Care System
Professor of Medicine, Palliative Medicine Section Chief
Hospice and Palliative Medicine Fellowship Program Director
Division of Geriatrics, Gerontology and Palliative Medicine
The University of Texas Health Science Center at San Antonio

10:00-10:15 am **Instructions for Breakout Sessions**

10:15-10:30 am Break

10:30-12:00 pm **BREAKOUT SESSIONS**

Skill Building Stations:

• **Tai Chi/Instructors provided by the YMCA:**

• **Master Joan Zhou; Mrs. Nelsia Long**

• **Meditation**

• **Self-Care Plan**

• **Reflective Writing**

• **Johari Window Team Model**

Sandra Sanchez-Reilly, MD, AGSF, FAAHPM

Jane Morris, MS, RN, ACHPN

Cynthia X. Pan, MD, FACP, AGSF

Fernando Kawai, MD, FACP

Program Director, Hospice and Palliative Medicine Fellowship
Attending Physician, Geriatrics & Palliative Care
NewYork-Presbyterian Queens
Assistant Professor of Clinical Medicine
Weill Cornell Medicine

12:00-12:45 pm **Large Group Discussion & Debriefing**

12:45-1:00 pm **Evaluations and Wrap Up**

1:00 pm **Lunch & Networking (Lang Center Lobby)**

Lunch generously supported by an anonymous donor

ACCREDITATION

NewYork-Presbyterian Queens is accredited by the Medical Society of the State of New York to provide continuing medical education for physicians.

NewYork-Presbyterian Queens designates this live activity for a maximum of **3.75AMA PRA Category 1 Credit(s)**™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DISCLOSURE STATEMENT

NewYork-Presbyterian Queens relies upon planners and faculty participants in its CME activities to provide educational information that is objective and free of bias. In this spirit, and in accordance with the guidelines of MSSNY and ACCME, all speakers and planners for CME activities must disclose any relevant financial relationships with commercial interests whose products, devices or services may be discussed in the content of a CME activity that might be perceived as a real or apparent conflict of interest. Any discussion of investigational or unlabeled uses of a product will be identified.

REGISTRATION FEES

\$50	Physicians
\$25	General Registrants
No Fee	Physicians-in-training, NYP Queens Physicians & Staff (copy of NYP Queens ID required with registration)
Fee includes continental breakfast, lunch and course materials.	

CANCELLATION

Refunds will only be made upon receipt of written notification a minimum of five work days prior to the session.

DIRECTIONS

NewYork-Presbyterian Queens is located on the corner of Booth Memorial Avenue and Main Street in Flushing. *From the Long Island Expressway:* take the Main Street Exit (#23), travel north on Main Street to Booth Memorial Avenue. *From the Whitestone Bridge:* take the Van Wyck Expressway to the College Point Blvd. Exit; turn left on College Point Blvd. and right on Booth Memorial Avenue. Follow Booth Memorial Avenue to Main Street. *From the IRT Flushing Line #7:* train to Main Street (last stop), then Q44 bus southbound on Main Street; stops opposite the Hospital. NewYork-Presbyterian Queens is located in a residential area with metered parking. Free lock-and-park spaces are available under the Van Wyck Expressway at College Point Blvd. and 58th Road. Shuttle buses to the Hospital run approximately every 10-15 minutes. Limited paid parking is available in our Visitor Parking Lot located on Booth Memorial Avenue opposite the NewYork-Presbyterian Queens Emergency Room.

SPECIAL NEEDS

NewYork-Presbyterian Queens is accessible for individuals with disabilities or special needs. Participants with special needs are requested to contact the Office of Continuing Medical Education at 718-670-1419.