



Education in Palliative and End-of-Life Care®

Northwestern University

Feinberg School of Medicine

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The 23rd Annual EPEC Trainer Conferences and Professional Development Workshop

OCTOBER 20-22, 2022
HYATT LODGE AT MCDONALD'S CAMPUS | OAK BROOK, IL

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3 Days, 3 Conferences

EPEC's annual event returns to its traditional *in-person* format with 3 distinct conference opportunities. On days 1 & 2, attendees can choose to attend the "Become an EPEC Trainer" or the "Become an EPEC-Emergency Medicine Trainer" (EM) conference. The "Professional Development Workshop" (PDW) will be held on Day 3 and can be attended separately or in conjunction with either "Become a Trainer" conference.

"Become an EPEC Trainer" and "Become an EPEC-EM Trainer" conferences lead to participants becoming certified EPEC Trainers who can implement effective palliative care practices at their home institutions and teach others to do the same. The PDW provides opportunities to practice and further enhance teaching and leadership skills.

Why EPEC?

The Education in Palliative and End-of-life Care (EPEC) program, founded in 1999, uses a high-impact, high dissemination curriculum to spread primary palliative care competencies to health care providers across the US and the world. More than 3,500 EPEC Trainers in the US and 25 countries abroad teach the EPEC curriculum to thousands of their colleagues each year. The EPEC program:

- » Is built upon a comprehensive, interdisciplinary palliative care curriculum written and continually updated by experts in the field.
- » Provides a unique opportunity to learn to teach palliative care to colleagues.
- » Allows for hands-on practice to train in effective educational techniques to reach adult learners, including *case-based teaching, role play, and interactive lectures.*
- » Is led by experienced palliative care faculty and maintains a very low faculty-to-participant ratio. (*1:25 in Trainer conferences, 1:8 in the PDW*)



Conference Registration and Pricing

To register for a conference, go to www.epec.net to complete the online registration form. For more information, please email us at epec@northwestern.edu. Refunds minus a \$50 handling fee will be granted if requested prior to **October 7, 2022**. Refunds will not be given after this date. Registration fees can be applied to participation in a future equivalent conference.

	Before Oct 7	After Oct 7
EPEC* Oct 20-21	\$895	\$995
EPEC-EM* Oct 20-21	\$895	\$995
Professional Development Workshop Oct 2 2	\$495	\$595
EPEC or EPEC - EM and PDW Oct 20-21.....	\$1200	\$1300

Conference fees include: breakfast and lunch each day, electronic copies of the slides and videos as well as teacher notes and a chapter on each topic.

Hotel Information

The conference will be held at Hamburger University, located at 2715 Jorie Blvd, Oak Brook, IL 60523. Lodging is at the adjacent Hyatt Lodge. Call the Hyatt Lodge for reservations at 888-421-1442 and mention the "Annual EPEC Conference and PDW" to receive our discounted rate of \$155.

Continuing Education Credit Information

Accreditation Statement: In support of improving patient care, Rush University Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. This activity is being presented without bias and without commercial support. Rush University Medical Center designates this live activity for a maximum of 22.25 AMA PRA Category 1 Credit(s)TM. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Rush University Medical Center designates this live activity for a maximum of 22.25 nursing contact hour(s).

Rush University Medical Center designates this knowledge-based activity for a maximum of 22.25 contact hour(s) for pharmacists.

Rush University is an approved provider for physical therapy (216.000272), occupational therapy, respiratory therapy, social work (159.001203), nutrition, and speech-audiology by the Illinois Department of Professional Regulation. Rush University designates this live activity for a maximum of 22.25 continuing education credits for physical therapists, occupational therapists, respiratory therapists, social workers, nutritionists, speech pathologists, audiologists, and/or psychologists.



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The 'Become an EPEC Trainer' is the core EPEC curriculum aimed at clinicians of all disciplines who care for seriously ill patients. This conference teaches essential palliative care competencies and focuses equally on teaching people how to teach these competencies to others. Attendees receive electronic copies of the slides and videos as well as teacher notes and a chapter on each topic.

October 20

8:00 a.m. to 5:00 p.m.

- » Elements and Gaps of Care
- » Whole Patient Assessment and Goals of Care
- » Communicating Bad News
- » Pain Management
- » Psychosocial Issues
- » Depression, Anxiety & Delirium
- » Physical Symptoms
- » Legal Issues

October 21

8:00 a.m. to 5:00 p.m.

- » Medical Futility
- » Physician-Assisted Suicide
- » Withholding/Withdrawing Therapy
- » Last Hours of Living
- » Professional Self-Care
- » Planning an Educational Event
- » Next Steps

EPEC OBJECTIVES

At the conclusion of this conference, participants will be able to:

- » Describe the gaps in and elements and models of end-of-life care and related legal issues.
- » Explain the principles of pain management and recognize other common symptoms, including dyspnea, nausea/vomiting, constipation, depression, anxiety, and delirium.
- » State strategies to address requests for physician-assisted suicide, sudden illness, medical futility, and withholding/withdrawing therapy.
- » Identify approaches to effective communication, decision making about goals of care, advance care planning, and whole patient assessment.
- » Improve palliative care teaching skills.

'Become an EPEC-Emergency Medicine Trainer' Conference

The 'Become an EPEC - EM Trainer' Conference is an adaptation of the core EPEC curriculum focused on Palliative Care in the Emergency Department. This conference teaches essential palliative care competencies and focuses equally on teaching people how to teach these competencies to others, including also providing electronic copies of the slides and videos as well as teacher notes and a chapter on each topic.

October 20

8:00 a.m. to 5:00 p.m.

- » Ethical and Legal Issues
- » Trajectories and Prognoses
- » Rapid Palliative Care Assessment
- » Goals of Care
- » Advance Care Planning
- » Caring for Hospice Patients
- » Psychosocial Aspects of Care
- » Withholding/Withdrawing Therapy
- » Family-witnessed Resuscitation
- » Breaking Bad News

October 21

8:00 a.m. to 5:00 p.m.

- » Common Symptoms
- » Chronic Pain
- » Malignant Pain
- » Complications of Cancer
- » Last Hours of Living
- » Teaching Palliative Care in the ED
 - Interactive Teaching
 - Role Playing
 - Case-based Teaching

EPEC-EM OBJECTIVES

At the conclusion of this conference, participants will be able to:

- » Describe elements, models of, and legal issues pertinent to end-of-life care in the emergency setting.
- » Explain the principles used in the rapid assessment of patients near the end-of-life.
- » Describe rapid communication strategies, how to successfully implement family-witnessed resuscitation, how to communicate effectively, and how to guide decision making.
- » Improve palliative care teaching skills.

Professional Development Workshop

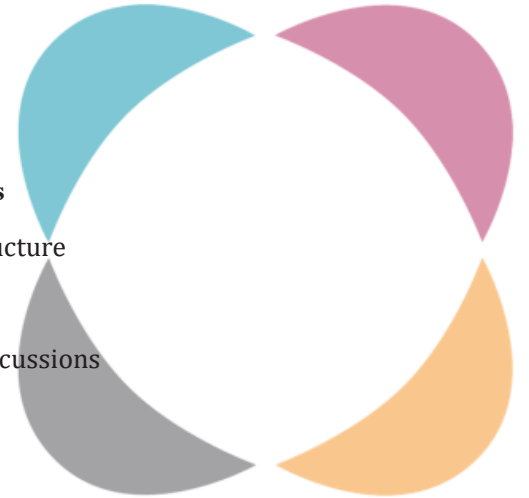
The target audience for this workshop is those who want to further enhance their teaching and leadership skills. The Professional Development Workshop (PDW) features in-depth teaching and feedback opportunities for participants and is a required course for participants interested in becoming EPEC Master Facilitators.

October 22

8:00 a.m. to 5:00 p.m.

Improving Teaching Skills

- » Know Your Curriculum: Structure and Background of EPEC
- » Giving Interactive Lectures
- » Facilitating Small Group Discussions
- » Teaching with Role Play



PDW OBJECTIVES

At the conclusion of this conference, participants will be able to:

- » Describe adult learning theory and recognize how clinicians learn.
- » Practice giving interactive lectures.
- » Practice facilitating small group teaching.
- » Practice running a role play.

