

SALZBURG CHOP SEMINAR PEDIATRIC PALLIATIVE CARE

August 27 – September 2, 2017

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| • 29 fellows from 21 different countries and regions |
| • 6 faculty members from the United States and Austria |
| • 20 lectures and 4 workshops given by faculty |
| • 23 interesting cases presented by fellows |
| • 14 cases selected by faculty to be published in the Online Case Library |

Although historically medical care has focused on improving health, the palliative and hospice care movements in the 20th century showed that medicine has the responsibility to do much more than just heal. While the layman might equate health with quality of life, palliative care professionals acknowledge the fact that some people are beyond a cure, and as such demand a different type of treatment. Instead of treating a cause or diagnosis, palliative care recognizes that the goals in treatment change as a condition progresses. Palliative care has only gained traction in the last few decades, with the more general hospice care doing so only slightly before. However, as numerous studies have shown, these programs undoubtedly increase patients' quality of life.

The Salzburg Open Medical Institute was fortunate enough to host members of one of the most developed pediatric palliative care programs in America—that of the Children's Hospital of Philadelphia (CHOP). The team consisted of not only current director of hospice and palliative care at CHOP, Jennifer Hwang, but also the founder of the pediatric palliative care unit herself, Gina Santucci. Fellows also welcomed members of CHOP's Pediatric Advanced Care Team (PACT), like medical director Shefali Parikh and director of psychosocial support Dana Dombrowski. Unlike other seminar topics, which draw faculty from one specific field or sub-set of medicine, palliative care brings in knowledge from many disciplines, as it deals in much more than just physiological medicine. Of particular interest were a lecture on grief given by psychologist Dana Dombrowski and a lecture on the ethics of palliative care, given by philosopher Jenifer Walter. The American team from Philadelphia was joined by Salzburg local and native Regina Jones, who provided an invaluable complementary European perspective on palliative care.

The week got off to a great start with a welcome reception and dinner on Sunday night, which the weather permitted to take place outside. Course director Jennifer Hwang introduced her impressive team in quite a humble manner, which really impressed upon all just how special this group of professionals was. Each day the fellows received four lectures before lunch. The time after lunch was dedicated to fellows' case presentations, which each of them brought from their own practices. Of the 23 cases presented, the faculty selected 14 for special recognition and placement in our online library. Far more important than the recognition given to fellows is the intangible and unmeasurable amount of knowledge exchanged, and the friendships formed during the week.

The American Austrian Foundation cherishes our long-standing relationship with the Children's Hospital of Philadelphia, and the Salzburg Open Medical Institute was pleased to host their doctors once again within our halls. Collectively, we wish these fellows the best of luck in their practices, and hope to collaborate with them in the future.

Faculty Photo (L-R):

Shefali Parikh, MD; Jennifer Hwang, MD, MHS; Gina Santucci, RN, MSN, FNP, APRN-BC
Dana Dombrowski MSW, LSW; Jennifer K. Walter, MD, PhD, MS; Regina Jones, MD



Group photo of Faculty and Fellows:



SEMINAR DIARY FROM FELLOW

Diary of Bahtiyor Jabborov, MD

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27.08-02.09.2017

Sunday, 27 August - I have just visited to the reception of Schloss Arenberg 10. After some time I met other attendances as strangers. We were full of enthusiasm about future seminars day and were glad to meet each other and our faculty. There were 29 selected applicants. We are lucky now! Hello, Salzburg, the city of my dream!

Monday, 28 August - Course Director Jennifer Hwang, M.D. showed us presentations after introducing Children's Hospital of Philadelphia where all the faculty are from. Honestly, I did not have enough knowledge about PEDIATRIC PALLIATIVE CARE.

During the second lecture I started getting knowledge day by day. We had a training to get these abilities.

In the third part we spoke about disadvantages and advantages of lecture, discussion and workshop. Organization part of the seminars also wondered me. Breakfast, Coffee break, lunch and dinner was on time with delicious and tasty food.

Tuesday, 29 August – There were also helpful presentations. I think, all participants got skillful information. One of the most interesting sides of presentations was for me that showed native English speakers. During presentations, I asked questions about pediatric palliative care system which I needed to know.

At first the participants made their 10-minute reports and then their colleagues gave them 5-minute feedback. All lecturers complied with requirements: made exciting presentations with visual rows, involved listeners, wrote goals and objectives and so on. The atmosphere in all groups was very friendly day by day. All of us found this work very useful and productive. Thanks for our supervisors and colleagues!

Wednesday, 30 August - We had 4 lectures by excellent professors. After daily seminars we visited many sightseeing places in Salzburg till supper. For example, Mozart's house, Mirabel garden, beautiful bridges, shops and museums as well.

Salzburg is wonderful!!! There are so many places to visit and to be delighted with. I regret to say we have only half-a-day for sightseeing. I said "I shall come again" in my own mind.

Thursday, 31 August – Today's lectures were more interesting. Because, our teachers showed us how to make conversation between doctor and patient's relatives or parents about bad news. I said that "teacher you are also actress". All attendants laugh you know. Thank god! My case presentation also selected for sharing to all members I showed them.

It was very useful training; for example, I understood that I should be more flexible in giving feedback to my subordinates, not to press them. I think I've remembered it for all my life. Thanks to the seminar again.

Friday, 1 September – Today was also interesting. Participants talk to each other like siblings. We found out a lot about Open Medical Institute from the great presentation. At the end of our work day we had a discussion about barriers to great education in different countries and we came to the conclusion that this seminar was very valuable and helpful on our way to the improvement of medical education in our countries. Mostly all participants wanted this course to be continued. I just open the group of Pediatric Palliative Care on Facebook. We arranged already about keep in touch and exchange our experience.

That day was for me historical and top of the seminars you know. Firstly, certificates were given by our teachers to us during delicious gala dinner. Secondly, 1st of September is the Independence Day of Uzbekistan.

Hundreds of pictures were taken. Thanks to OMI-team, that had prepared a booklet with telephone numbers and e-mails of all the participants of the seminar including the faculty, we don't need to run round and take the data. That day was our last day, tomorrow we will separate as a family member. Unfortunately, WE MET LIKE STRANGER BUT SEPARATE AS A FAMILY MEMBERS. That day was full of sad emotions, because in several hours we had to leave the Schloss Arenberg.

I hope that it is not the end, it is just the beginning... the beginning of friendship and partnership. Thank you a lot, sponsors, faculty, reception stuffs, colleagues and all OMI-team!!! I never forget the time which I spent in Salzburg!!!

Sincerely yours,
Bahtiyor Jabborov

Diary of Melesse Tigist MD
Hawassa University College of Medicine and Health Sciences
Department of Pediatrics and Child Health, Hawassa, Ethiopia
August 27-September 2, 2017

It was in the afternoon of July 4, when I received the exciting news. 'Dear Tigist Melesse; it is our pleasure to inform you that you have been selected to attend the AAF/OMI pediatric palliative care seminar.' Wow, since then I waited with huge excitement for almost two months and this is how it went.

Sunday, 27 August - Salzburg, Austria- We arrived almost at noon. The weather was bright and welcoming. I took a bus to Schloss Arenberg and was amazed to see the beautiful city on my way there. To say the truth I was a little bit frightened. Reaching there it was a warm reception desk and later on a very warm reception and dinner. The welcoming speech by Wolfgang Aulitzky MD gave us an idea what we are about to do. Everyone especially the faculties were so friendly. I felt lucky to be one of the 29 fellows of the 132 applicants.

Monday, 28 August - After a good night's sleep, we started our seminar 'pediatric palliative care (PPC)'. It was started by a warm introduction of PPC by the course director Jennifer Hwang, MD after of course the pretest, which was followed by pediatric symptom assessment by Gina, psychosocial and spiritual assessment by Dana. The entire faculties were excellent and they know what they are doing. In the afternoon we introduced each other which was supposed to be in the morning but reshuffled to the afternoon due to time. It was entertaining and the bond that was created the previous night further strengthened. We also had a lecture on pain management by non-opiates then we learnt about how to present a case with examples. I was attending each with eyes and ears wide open because compared to the setup where I was from, it was incredible. I was thinking what we were doing back home because I have learned so many new things and approaches even on day 1.

Tuesday, 29 August - A delicious breakfast.... Lectures by Shefali Parikh, MD on pain management by opiates. We learned about the different options to be used. Then after was an excellent role play by the two Jennifers about communicating bad news to a parent and decision making. Lectures were also given on support of parents and talking to children about death and dying, which usually is a difficult part but Dana made it easy looking sharing her experiences. The afternoon was fellow's case presentations. There were many excellent cases shared from different setups.

Wednesday, 30 August - Morning started by ethics and palliative care, followed by research in palliative care by Jen. Walter which was motivating to do more researches. Then again the fantastic role play on a case of child with neurologic disease continued. Free afternoon- the long waited afternoon, because it was not enough to explore the beautiful city of Salzburg only after the daily seminars. There were multiple teams. I went to Euro Park with one of them.

Thursday, 31 August - Today was more of practical sessions, with care of children with complex heart disease and advanced cancer. There was a role play; I rather call it a well done movie, by the entire faculty on how to communicate families about palliative care, involving them in their child's decision and follow up. Everything was organized. It was far beyond what we do in my setup and I promised myself I would change many things based on what I gained from the seminar. Afternoon was continuation of fellow's case presentations and it was interesting. What made Thursday night special was the chamber music concert. I have never seen such an event up close and I was amazed and entertained much. Thank you performers and organizers.

Friday, 1 September - There is always a last day or time for something started. So, today is that last day for us. The course director decided to give us a free afternoon. We learned about palliative care in Austria, which is one of the 20 countries who have successfully incorporated and implemented palliative care into their health care system. Lectures were also given on PPC program development, bereavement, sustainability and resilience. Finally, we took post- seminar test. Going through the test I was feeling how much I have gained and the changes I made after the seminar. I will directly implement the things I learned into care.

The free afternoon gave us the chance to see again the castle, the Mozart's museum and also the park.

I would run out of words if I start speaking about the farewell reception and dinner. Everything was so beautiful. The dinner, the speeches, presents, our certificates, fellows' contact books and everything.

Though it is sad leaving, we had an incredible week. Adding knowledge, making friends and refreshing. I hope we will make you proud by practicing what you thought us.

Thank you Schloss Arenberg teams, faculty and whoever participated to make this seminar a reality. I hope we meet again.

Kind regards

Tigist Melesse

Ethiopia