1:00 p.m.-2:30 p.m.       Concurrent Session 2A

*Family Caregivers in Palliative Care: Minimizing Distress and Maximizing Adjustment*

*One and a half (1.5) hours for Social Work CEU has been approved for this session.

Myra Glajchen, DSW, Director of Medical Education, Institute for Innovation in Palliative Care, MJHS Hospice and Palliative Care and

Linda Stertz, LCSW, Social Work Manager, MJHS Hospice and Palliative Care

Presentation Description

Working with family caregivers falls to every member of the health care team. This presentation will cover best practices for supporting family caregivers in palliative care, including comprehensive assessment involving caregivers’ physical, social, psychological, spiritual and cultural strengths and needs. Strategies for including caregivers in advance care planning, treatment decision-making, home care and the dying phase will be discussed across the trajectory of illness and different care settings - the home, hospital, hospice residence and long-term care settings. Communication skills and tools for working with family caregivers will be highlighted, especially the Family Meeting, cross-cultural communication and the importance of language used in palliative and end-of-life care.

This presentation is appropriate for all clinicians working with family caregivers in health care, palliative care and hospice settings. This includes Physicians, Physician Assistants, Nurses, Social Workers, Clergy, Therapists, students and others.

Biosketch

Myra Glajchen, DSW, MSW, BSW is Director of Medical Education at the MJHS Institute for Innovation in Palliative Care where she is responsible for medical and social work education and training, direct teaching, and creation of an academic infrastructure for education throughout MJHS. She is nationally known as a clinician, educator and researcher for her work in caregiver burden, pain and palliative care. Prior to this position, Dr Glajchen served as Director of the Institute for Education and Training at Mount Sinai Beth Israel where she established training programs; created the family caregiver initiative to improve the well-being of caregivers facing advanced illness; and led the research team that validated the Brief Assessment Scale for Caregivers (BASC) in English and Chinese. Dr Glajchen is Co-Editor for the *Oxford Textbook of Palliative Care Communication*, Board Member for the National Cancer Institute, Associate Editor for PC-FACS, and Book Review Editor for the *Journal of Pain and Symptom Management*. She is Co-Investigator for a three-year study: *Improving Patient and Caregiver Well-being via Hospital-Community Linkages and an Enhanced Communications Strategy for Transitional Care Planning*; Co-Investigator for a three-year screening, early intervention, and prospective, community-based cohort trial: *An Early Intervention Palliative Care Model for Cystic Fibrosis Patients*; and Co-Principal Investigator for a cross-cultural, international study: *The Sir Halley Stewart Trust International Study on Spiritual Care in Palliative Care*. 