

10:15 a.m. to 11:45 a.m.

Concurrent Session 1B

**Best Practices for Symptom Management at End of Life: For the Inpatient Provider**

**In- Person**

**Learning Objectives:**

- Identify what an “actively dying patient” looks like (identify the stages)
- Discuss signs and symptoms typically associated with the actively dying patient
- Be able to understand and manage the most common symptoms at end of life (from the inpatient perspective)Secretions, Dyspnea, Pain, Agitation, Anxiety, Nausea (Vomiting)
- Discuss opiate titration and management; safe opiate use
- Recognize and discuss common family concerns associated with imminent death

Katlynn Van Ogtrop, MD, HEC-C, is a board-certified internist, hospice and palliative medicine physician, as well as a certified Healthcare Ethics Consultant. She completed her residency training at Norwalk Hospital in Connecticut in Internal Medicine prior to fellowship training in Hospice and Palliative Medicine at Drexel University School of Medicine. Katlynn joined Northwell health in their Division of Geriatrics and Palliative Medicine in 2018 and was promoted to Associate Program Director of the Hospice and Palliative Medicine Fellowship in 2020. She received her certificate in Clinical Bioethics from Hofstra University in 2022. In 2024, she was promoted to Director of Geriatrics and Palliative Medicine at Plainview and Syosset Hospitals. Her areas of interest include resident and fellowship education in palliative medicine, as well as the incorporation of palliative care consultation in intensive care units to promote advance care planning and improve communication with patients and families regarding advanced and critical illness.