

# 26<sup>th</sup> Annual Barbara and Alan Echikson Memorial Palliative Care Symposium

## Holistic Horizons: Integrating Mind, Body and Spirit in Palliative Care

CE Accredited Live Virtual Event



Wednesday, April 30, 2025  
4:00 - 7:15 pm

Jointly Provided by

Cooperman Barnabas Medical Center  
Bioethics Palliative Care Education Committee  
and Rutgers Health



Generous Financial Support Provided by

Bill Echikson in honor of his parents  
Barbara and Alan Echikson  
and the Robert J. Freeman Memorial Fund

## Activity Overview

Palliative care is a dynamic field that requires healthcare providers to address the medical, ethical, cultural, and spiritual complexities of end-of-life care. However, significant professional practice gaps remain, including a limited understanding of how cultural and religious values influence decision-making. Additionally, many clinicians lack exposure to innovative approaches, which integrates creative expression into healthcare to enhance empathy and healing. Furthermore, despite the growing acceptance of Medical Aid in Dying (MAID) in certain jurisdictions, many providers are unfamiliar with its clinical, legal, and ethical nuances, leaving patients and families without fully informed support.

This activity offers a unique, interdisciplinary approach to addressing these gaps by equipping healthcare professionals with the knowledge and skills to provide holistic, patient-centered care. Through case-based learning and expert-led sessions, participants will examine the intersections of medicine, spirituality, and narrative in shaping care decisions and outcomes.

By recognizing the bio-psycho-social-spiritual dimensions of care, learners will gain a deeper understanding of the emotional, ethical, and cultural challenges faced by patients and families. In addition, participants will discover how storytelling and reflective writing can transform personal and professional experiences of loss. Lastly, participants will learn to navigate the complex terrain of MAID by understanding its practical applications and emotional impacts on all stakeholders.

## Learning Objectives

Upon completion of this activity, participants should be better able to:

- Explore the interplay between bio-psycho-social-spiritual factors and decision-making in palliative care, highlighting religious and cultural perspectives such as the "honor thy parent" commandment.
- Examine the role of Narrative Medicine in addressing grief and loss, utilizing creative practices to enhance empathy, connection, and healing for patients, caregivers, and healthcare professionals.
- Analyze the clinical, ethical, and legal dimensions of Medical Aid in Dying (MAID) and its impact on patients, loved ones, and healthcare providers.
- Identify strategies to overcome barriers and opportunities in implementing multidisciplinary, patient-centered approaches to end-of-life care.

## Faculty

**Janine Baker, MD**, Medical Director, Atlantic Home Care and Hospice, Atlantic Health System; Associate Director, Family Medicine Residency Program, Overlook Medical Center; Assistant Professor of Family and Community Medicine, Sidney Kimmel Medical College, Thomas Jefferson University

**Nellie Herman, MFA**, Novelist, Creative Writing Teacher, and Narrative Medicine Practitioner; Author, *Cure of Grief* and Co-Author, *Principles and Practice of Narrative Medicine*; Faculty Affiliate and Creative Director, Narrative Medicine Program, Columbia University School of Professional Services

**Allison Kestenbaum, MA, MPA, BCC-PCHAC, ACPE**, Supervisor, Spiritual Care & Clinical Pastoral Education, Palliative care chaplain, Doris A. Howell for the Howell Palliative Care Service, Associate Clinical Professor of Medicine, UC San Diego Health

**Diane E. Meier, MD**, Professor and Co-Director, Patty and Jay Baker National Palliative Care Center, Department of Geriatrics and Palliative Medicine; Founder, Director Emerita and Strategic Medical Advisor, Center to Advance Palliative Care; Catherine Gaisman Professor of Medical Ethics, Icahn School of Medicine at Mount Sinai

**Rabbi Edith M. Meyerson, DMin, BCC**, Associate Professor and Director, Pastoral Counseling and Bereavement Services, Lilian and Benjamin Hertzberg Palliative Care Institute, Department of Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai

**Yvette Vieira, MMH, HEC-C**, Senior Manager, Palliative Care and Bioethics, Atlantic Health System; Adjunct Professor of Medical & Health Humanities, Caspersen School of Graduate Studies, Drew University

## Planning Committee

Cooperman Barnabas Medical Center

**Maria Roesler, MSN, RN, CHPN**

**Natasha Lopez, MSN, APN, AGNP-BC, CCRN, CSC, CMC**

**Phyllis S. DeJesse**

**Wendy Edwards, MD**

**Kristin G. Fless, MD**

**Harriet Freeman, BA**

**Rabbanit Jennifer Geretz, BA**

**Brittany Haliani, MLS, AHIP, CHIS II**

**Brandy Johnson, MSW**

**Bilal Khan, MD, MBA**

**Jolly Kuruvilla, DNP, APN, NP-BC MSN(ED), RN, CCRN, CEN**

**Kedisha Lloyd, MSN, APN, FNP-BC**

**Angela McCabe, MSW, LCSW-R, OSW-C**

**Ripka Sethi, MD**

**Rosemarie Vasquez, DNP, APN, AGNP-C, ACHPN**

**Mary Velardi-Stoffel, MSN, RN, NPD-BC, HNB-BC**

## Accreditation



In support of improving patient care, this activity has been planned and implemented by Rutgers Biomedical and Health Sciences and Cooperman Barnabas Medical Center. Rutgers Biomedical and Health Sciences 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.

**Physicians:** Rutgers Biomedical and Health Sciences designates this live activity for a maximum of 3 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** This activity is awarded 3 ANCC contact hours. Nurses should claim only those contact hours actually spent participating in the activity.

**Social Workers:** This program is approved for social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey administrative code 13:44G-6.4 and recognized by The New Jersey Board of Social Work Examiners. This program is approved for 3 clinical social work continuing education hours.

The relevant financial relationships of all individuals who affect the content of continuing education activities and any discussion of off-label/investigational uses will be disclosed to the audience at the time of the activity.

## Method of Participation

In order to meet the learning objectives and receive continuing education credits, participants are expected to register for the activity, watch the webcast and complete an online evaluation at the conclusion of the activity. A CE certificate will be emailed to participants upon completion of the online evaluation.

## Agenda

- 4:00 pm *Welcome*  
**Maria Roesler, RN, MSN, CHPN**  
Administrative Director of Palliative Care
- Introduction*  
**Kristin G. Fless, MD**  
Chair, Department of Medicine, Director, Division of Pulmonary, Cooperman Barnabas Medical Center;  
Clinical Associate Professor of Medicine, Rutgers New Jersey Medical School
- 4:05 pm *Evaluation Instructions*  
**Natasha Lopez, MSN, APN, AGNP-BC, CCRN, CSC, CMC**
- Speaker Introductions*  
**Wendy Edwards, MD**  
Former Medical Director of Palliative Care  
Cooperman Barnabas Medical Center
- 4:10 pm **Honoring Thy Parent(s): The Spiritual Domain in Palliative Care Decision Making**  
**Allison Kestenbaum, MA, MPA, BCC-PCHAC, ACPE**  
**Diane E. Meier, MD**  
**Rabbi Edith M. Meyerson, DMin, BCC**
- 5:10 pm **Grief and Narrative Medicine: An Exploration**  
**Nellie Herman, MFA**
- 6:10 pm **Medical Aid in Dying (MAID): The Clinical and Human Experience**  
**Janine Baker, MD**  
**Yvette Vieira, MMH, HEC-C**
- 7:10 pm Closing Remarks
- 7:15 pm *Adjourn*
- Cooperman Barnabas and Rutgers reserve the right to modify program content, faculty and program activities. It also reserves the right to cancel the activity if necessary.

## Registration Fee: Complimentary

### Pre-registration is required.

Registration for the symposium can only be accepted through our secure online website until April 28, 2025.

### To Register:

<https://rutgers.cloud-cme.com/26CBMCPalliativeCare>



## Confirmation

Once registered, you will receive an email confirmation. As the activity date approaches, you will receive additional information to assist you with your plans to participate in this activity.

## Virtual Meeting

Additional information and instructions for virtual platform access will be emailed to registrants on or around April 28, 2025.

## Course Material

In an effort to provide the most complete materials to attendees and conserve resources, PDF versions of the lecture slides will be made available online to registered attendees. Additional information will be provided in future confirmation communications.

## Additional Information

For additional information, questions, concerns, or if you require special arrangements to attend this activity, please contact CCOE by email at [ccoe@rbhs.rutgers.edu](mailto:ccoe@rbhs.rutgers.edu).