





IV. Pre-Conference Workshop

※ Workshop 1 세션에는 동시통역이 제공됩니다.

※ English-Korean interpretation will be provided for Workshop 1.

October 4 (Wed.), 2023							
	Room A (113-114)	Room B (116-117)	Room C (104-106)	Room D (107-109)	Room E (110-111)	Room F (102-103)	Room G (118)
	Workshop 1	Workshop 6	Workshop 2A	Workshop 3	Workshop 7	Workshop 4	Workshop 5
09:00-12:00	 EPEC Pediatrics 소아청소년 완화의료 말기 돌봄 교육 (EPEC)	Leadership in Palliative Care 완화의료에서의 리더십	Innovative Psychosocial Care at the End-of-Life 말기에서의 심리사회적 돌봄에 대한 혁신적 접근	Mandarin Hospice Summit (In Mandarin) 만다린 호스피스 회담 (중국어세션)	Communication for Life Sustaining Treatment (In Korean) 연명의료계획에 대한 의사소통 (한국어세션)	Research Forum 연구 포럼	ICU Palliative Care - Integrating Palliative Care in Intensive Care Units 중환자실에서의 완화의료 적용
12:00-13:00	Lunch						
	Workshop 1	Workshop 6	Workshop 2B	Workshop 3	Workshop 8	Workshop 4	Workshop 5
13:00-18:00	 EPEC Pediatrics 소아청소년 완화의료 말기 돌봄 교육 (EPEC)	Leadership in Palliative Care (by invitation only) 완화의료에서의 리더십 (초청에 의한 사람만)	Supporting Grief, Alleviating Burnout, and Building Sustained Resilience with Mindful Compassion Art-based Therapy (MCAT): An Experiential Workshop 슬픔, 소진, 탄성회복력을 위한 MCAT(Mindful Compassion Art- based Therapy) 체험 워크숍	Mandarin Hospice Summit (In Mandarin) 만다린 호스피스 회담 (중국어세션)	Demoralization in Hospice Patients: Screening, Diagnosis and Management 호스피스 환자의 사기저하 (Demoralization) : 선별, 진단, 관리	Research Forum 연구 포럼	ICU Palliative Care - Integrating Palliative Care in Intensive Care Units 중환자실에서의 완화의료 적용

Workshop 1

October 4 (Wednesday) 09:00-18:00 / Room A (113-114)

EPEC Pediatrics / 소아청소년 완화의료 · 말기 돌봄 교육 (EPEC)
▶ Description

The international EPEC (Education in Palliative and End-of-life Care) - Pediatrics curriculum features evidence-based knowledge in pain and symptom management and theory-informed training in the skills required to address key domains in pediatric palliative care (PPC).

This programme in Incheon is specially tailored for the Asia Pacific Hospice Conference, taking into consideration varying learning needs of clinicians in the region. With an interdisciplinary and multi-cultural focus and a high faculty-to-participant ratio for maximal interaction, it is designed to strengthen knowledge, attitude and skills among different clinicians (physicians, nurses, social workers and other allied health professionals).

Whether practicing in the hospital or community, there will be something to take away from the workshop.

Symposium fees have been heavily subsidized with charitable support to allow more professionals to benefit. Clinicians who hope to improve the care of children with serious illness and their families must not miss this opportunity to learn from PPC experts assembled here.

▶ Speaker(s)

1. Marta Salek - St. Jude Children's Research Hospital, USA
2. Ross Drake - Starship Children's Health, New Zealand
3. Poh-Heng Chong - HCA Hospice Limited, Singapore
4. Gemma Aburn - Starship Children's Health, New Zealand
5. Min-Sun Kim - Seoul National University Children's Hospital, Republic of Korea
6. In Gyu Song - Yonsei University College of Medicine, Republic of Korea

Time	Programme
07:30-08:00	Registration
08:00-09:45	Session 1 - Foundations (105 mins) • Introductions • Introduction to Paediatric Palliative Care • Advance Care Planning
09:45-10:15	Tea Break (30 mins)
10:15-12:15	Session 2 - Communication (120 mins) • Communication & Team Collaboration • Communication Role Play
12:15-13:15	Lunch Break (60 mins)
13:15-14:45	Session 3 - Essentials (90 mins) • Essentials for Pain Management in PPC • Essentials of Breathlessness/Dyspnoea Management • Neonatal Palliative Care
14:45-15:15	Tea Break (30 mins)
15:15-16:15	Session 4 - End-of-Life (90 mins) • Preparation for Imminent Death • Self-Care
16:15-16:45	Debrief & Closing Remarks



Workshop 2 [2A]

October 4 (Wednesday) 09:00-12:00 / Room C (104-106)

Innovative Psychosocial Care at the End-of-Life / 말기에서의 심리사회적 돌봄에 대한 혁신적 접근

▶ Description

Speakers: Gilbert Fan and Jessica Goh

Throughout my career as an Oncology Social Worker, I have made several observations of patients facing end-of-life care. The most common issues that these patients struggled with were acceptance of their grave prognosis, their difficulties in telling their loved ones about their decisions pertaining to treatment and care, their inability to let go, their search for the meaning of their current predicament, their fear of suffering and of losing their mental and physical faculties, and their fear of the unknown after death. Their stories have helped me develop therapeutic interventions in working with them. This workshop will cover some of these therapeutic interventions that I have developed, such as the use of therapeutic stories and brief questioning techniques, the use of metaphors and imageries, and experiential exercises such as 'the virgin island', 're-decision', 'coin-therapy' and 'your life journey' board game.

I have also used recorded videos of role-plays to teach grief counselling and will be sharing the application of grief theories and techniques in counselling.

Therefore, this workshop will be divided into two parts:

Part I: Experiential work with patients with a serious medical condition

Part II: Application of selected Grief theories and techniques in counselling

All participants of this pre-conference workshop will receive a complimentary copy of 'Seasons of Life': a self-care book that incorporates art with tips on self-care and mindfulness (worth \$USD37). Book to be collected in person while stocks last.

Workshop 2 [2B]

October 4 (Wednesday) 13:00-18:00 / Room C (104-106)

Supporting Grief, Alleviating Burnout, and Building Sustained Resilience with Mindful Compassion Art-based Therapy (MCAT): An Experiential Workshop / 슬픔, 소진, 탄성회복력을 위한 MCAT(Mindful Compassion Art-based Therapy) 체험 워크숍

▶ Description

Speaker: Andy Hau Yan Ho

Palliative and bereavement care professionals face a multitude of demands in their work, convoluted by frequent experiences of patient death and ensuing grief. The resulting stress and burnout adversely affect quality of patient care and quality of caregiver health. Mindful Compassion Art-based Therapy (MCAT) is a clinically robust, integrative, multimodal group-based intervention for reducing burnout and enhancing resilience through the augmenting the reflective power of mindful self-compassion and the expressive power of creative arts. In this immersive experiential workshop, Participants will be provided with a unique opportunity to experience of MCAT that is grounded in empirical science, and to learn effective and creative ways for self-love, selfcare, and self-discovery.

Part 1: Understand the cause and effects of stress, burnout, grief, and empathy distress among palliative care professionals

Part 2: Discuss the empirical foundation of integrating mindful self-compassion with art-based therapy for self-help and clinical supervision

Part 3: Acquire the conceptual foundation and experience the empirical-based techniques of Mindful Compassion Art-based therapy (MCAT)

All participants of this pre-conference workshop will receive a complimentary copy of 'Seasons of Life': a self-care book that incorporates art with tips on self-care and mindfulness (worth \$USD37). Book to be collected in person while stocks last.

► **Speaker(s)**

1. Gilbert Fan – National Cancer Centre Singapore, Singapore
2. Jessica Goh – Asia Pacific Hospice Palliative Care Network, Singapore
3. Andy Hau Yan Ho – Nanyang Technological University, Singapore

Time	Programme	Facilitators
09:00-09:15	The Typical Culture of Singapore Patients - A Brief Overview	Gilbert Fan and Jessica Goh
09:15-09:45	Experiential work with patients having a serious medical condition Applicable to patients who may find it difficult to speak up and would be stuck with their medical and life situation	
09:45-10:00	Tea Break	
10:00-10:30	Practice on experiential work with patients having a serious medical condition	
10:30-11:30	Application of selected grief theories and techniques in counselling	
11:30-12:00	Practice on grief counselling	
12:00-13:00	Lunch	
13:00-13:45	Overview of Stress, Burnout, Grief, and Empathy Distress Fatigue, as well as their impacts on physical and mental health among palliative care caregivers	Andy Ho
13:45-14:30	Introduction to Mindful Self-Compassion and Creative Arts for Resilience Building, as well as the Mindful-Compassion Art-based Therapy (MCAT) clinical framework	
14:30-14:45	Tea Break	
14:45-15:00	Experiential Meditation on Affectionate Breathing with Guided Imagery	
15:00-15:20	Experiential Artmaking with the Mandela of Self-Care	
15:20-15:40	Small Group Discussion	
15:40-16:00	Large Group Sharing and Closure	

**Workshop 3**

October 4 (Wednesday) 09:00-18:00 / Room D (107-109)

Mandarin Hospice Summit (In Mandarin) / 만다린 호스피스 회담 (중국어세션)**► Description**

Theme: From Hospital to Home Care: Providing High-Quality Palliative Care and Ensuring Affordable Medical Benefits

主题: 从医院到居家照护: 提供高品质的安宁疗护并确保合理的医疗给付

Since its inception in 2015, the Mandarin Hospice Summit has been an international platform for APHN to work together to improve the standard level, establish an evaluation system, share practical experience, and allow Chinese-speaking palliative care workers to be developed. Chinese-speaking palliative care experts from all over the world should participate in this event to discuss strategies and directions for the development of palliative care in the community.

华语安宁疗护高峰论坛自 2015 年创办以来, 便是 APHN

以共同互助协力提升规范水平、建立评估制度, 分享实践经验, 让用华语的安宁疗护工作者能够被孕育的国际平台。来自世界各地使用华语的安宁专家, 应在此结合参与盛会, 讨论安宁疗护於社区发展策略及方向。

Please note: This workshop will be conducted entirely in Mandarin.

► Speaker(s)

1. 方俊凯教授- 馬偕紀念醫院安寧療護教育示範中心主任, 台灣
2. 林偉民醫生- 香港靈實醫院內科顧問醫生, 香港
3. 余俊明医生- Vickycares 慈怀疗护高级顾问医生, 新加坡
4. 梁淑慧副教授- 新加坡国立癌症中心支援及慈怀疗护部门主任, 新加坡
5. 叶丽萍- 马来西亚的安宁关怀中心安宁疗护专业护士, 马来西亚
6. 秦苑主任- 北京市海淀区医院安宁疗护科主任, 中国
7. 程劭儀教授- 台大醫學院家庭醫學科專任教授, 台灣
8. 施至遠醫師- 台灣大學附設醫院家庭醫學部主治醫師, 台灣

Time	主题
09:00-09:10	欢迎和介绍 讲师: Dr Ednin Hamzah and 方俊凯主任
09:10-09:40	从医院到居家照护: 提供高品质的安宁疗护并确保合理的医疗给付 讲师: 方俊凯主任
09:40-10:25	家居纾缓治疗服务在香港 讲师: 林偉民顧問医生 座长: 叶丽萍
10:25-10:40	休息時間
10:40-11:10	新加坡慈怀疗护之过去, 现在, 未来 (上) <u>Part 1</u> 讲师: 余俊明医生 座长: 林偉民顧問医生

Time	主题
11:10-11:40	新加坡慈怀疗护之过去, 现在, 未来 (下) Part 2 讲师: 梁淑慧副教授 座长: 施至远医师
11:40-12:25	目前的做法和未来方向 讲师: 叶丽萍 座长: 秦苑主任
12:25-14:00	午餐時間
14:00-14:45	北京市安宁疗护发展的政策规划和现实挑战 讲师: 秦苑主任 座长: 程劭儀教授
14:45-15:15	亞洲人追尋善終之路 讲师: 程劭儀教授 座长: 余俊明医生
15:15-15:45	高價值的安寧居家療護: 台灣經驗 讲师: 施至远医师 座长: 梁淑慧副教授
15:45-16:00	休息時間
16:00-17:00	圆桌会议: 什么是可行的?
17:00-17:15	结束与告别

**Workshop 4**

October 4 (Wednesday) 09:00-18:00 / Room F (102-103)

Research Forum / 연구 포럼**▶ Description**

One of the goals of the APHN is to develop collaborative research across countries in the Asia Pacific, oversee research activities and to encourage and facilitate research of the highest quality. After a decade since the 1st research forum was held in Gifu, Japan, the Japanese Grant-in-Aid research group (PI: Yoshiyuki Kizawa) and the APHN research committee have collaborated to organise this research forum.

Intended audience: Health care professionals who are interested in clinical research in palliative care.

Goals and Expected outcomes: 1) To get clinicians interested in research, 2) To help clinicians who are starting to do research to take the first steps, 3) To know how to design and implement research through showcasing research that has been carried out, 4) To facilitate networking of researchers.

▶ Speaker(s)

1. Arif Kamal - Division of Medical Oncology and Section of Palliative Care at Duke University, USA
2. David Hui - University of Texas MD Anderson Cancer Center, USA
3. David Kissane - University of Notre Dame and Monash University, Australia
4. Elizabeth Taylor - Loma Linda University, USA
5. Cheng-Pei Lin - National Yang Ming Chiao Tung University, Taiwan
6. Megumi Kishino - King's College London, UK
7. Masanori Mori - Seirei Mikatahara General Hospital, Japan
8. Sang-Yeon Suh - Department of Family Medicine, Dongguk University Ilsan Hospital, Republic of Korea
9. Helen Chan - The Chinese University of Hong Kong, Hong Kong

Time	Programme
9:00-9:15	Opening
9:15-10:15	Workshop 1: How to transform (formulate) a clinical question into a research question? Speaker: Cheng-Pei Lin Chair: Yoshiyuki Kizawa
10:15-10:45	Special Lecture: Clinical Research on Communication in Oncology & Palliative Care Speaker: David Kissane Chair: Amy Chow
10:45-11:00	Break
11:00-11:30	Lecture 1: How to conduct a systematic review? Speaker: Megumi Kishino Chair: Masanori Mori
11:30-12:00	Lecture 2: Cross-sectional studies Speaker: Sang-Yeon Suh Chair: Anjum Joad
12:00-12:30	Lecture 3: Qualitative Research Methods: An Overview Speaker: Elizabeth Taylor Chair: Cheng-Pei Lin

Time	Programme
12:30-13:30	Lunch
13:30-14:00	Lecture 4: Prospective Observational Studies Speaker: Arif Kamal Chair: Masanori Mori
14:00-14:30	Lecture 5: Designing Randomized Clinical Trials in Palliative Care Speaker: David Hui Chair: Shao-Yi Cheng
14:30-15:00	Lecture 6: International Research Collaboration Speaker: Masanori Mori Chair: Sun Hyun Kim
15:00-15:30	Lecture 7: How to prepare for poster presentation Speaker: Helen Chan Chair: Amy Chow
15:30-15:45	Break
15:45-17:00	Workshop 2: Meet the experts



Workshop 5

October 4 (Wednesday) 09:00-18:00 / Room G (118)

ICU Palliative Care - Integrating Palliative Care in Intensive Care Units / 중환자실에서의 완화의료 적용

▶ Description

Themes/topics covered:

- Enhancing Integration through Effecting Changes in Palliative Care Using Theory of Change Approach
- Palliative Care Needs in an ICU Evidence: Examining Real World Evidence
- Triggers for Palliative Care Referral in a Critical Care Setting
- Facilitators and Barriers for ICU Palliative Care Referral
- Engaging Palliative Care in a Critical Care Setting Using Theory of Change Approach
- Developing Complex Palliative Care Interventions for Patients and their Families accessing ICU Care
- Advanced Communication in a Critical Care Setting

Expected Outcomes:

- Enhancing ICU Palliative Care Integration in Asia Pacific Region
- Strengthening the ICU-Palliative Care SIG of APHN
- Create international education and research opportunities in ICU Palliative Care

▶ Speaker(s)

1. Naveen Salins - KMC Manipal, India
2. Nancy Preston - Lancaster University, United Kingdom
3. Catherine Walshe - Lancaster University, United Kingdom
4. Seema Rao - Bangalore Hospice Trust, India

Time	Programme
8:30-9:15	Registration
9:15-9:30	Introduction/Opening of the Pre-Conference
9:30-11:00	Session 1 1.1. Palliative Care in ICUs: Evidence, Gaps and Future Professor Catherine Walshe - 25 mins 1.2. Strategies for Integration of Palliative Care in ICU: Theory of Change Experience Professor Nancy Preston - 25 mins 1.3. Setting up Palliative Care in ICU: An Experiential Account Professor Naveen Salins - 25 mins 1.4. Questions & Answers – 15 mins
11:00-11:30	Tea/Coffee Break
11:30-13:00	Session 2 2.1. Developing complex palliative care interventions for patients with a critical illness Professor Catherine Walshe - 25 mins 2.2. Respecting Choices and future care in ICUs Professor Nancy Preston - 25 mins 2.3. Critical Care Providers' Perspective of End-of-Life Care in ICU Professor Naveen Salins - 25 mins 2.4. Questions & Answers – 15 mins

Time	Programme
13:00-14:00	Lunch
14:00-16:00	<p data-bbox="411 360 518 389"><u>Session 3</u></p> <p data-bbox="411 394 1173 456">3.1. Complex Communication Situations 1: Goals of Care Planning Dr Seema Rao and Professor Nancy Preston - 30 mins</p> <p data-bbox="411 461 1289 524">3.2. Complex Communication Situations 2: Anger and Conflict Management Dr Seema Rao and Professor Catherine Walshe - 30 mins</p> <p data-bbox="411 528 1246 629">3.3. Complex Communication Situations 3: Withholding/Withdrawing of Life-Sustaining Treatment Dr Seema Rao and Professor Naveen Salins - 30 mins</p> <p data-bbox="411 633 919 654">3.4. Closing remarks and wrap-up – 30 mins</p>



Workshop 6

October 4 (Wednesday) 09:00-18:00 / Room B (116-117)

Leadership in Palliative Care / 완화의료에서의 리더십

▶ Description

A sharing on the project by the Asia Pacific Hospice Palliative Care Network and the Lien Foundation to enhance palliative care leadership and capacity in developing countries.

▶ Speaker(s)

1. Rosalie Shaw - Former Executive Director, APHN, Australia
2. Julie Ling - European Association for Palliative Care, Belgium
3. Ednin Hamzah - CEO, Hospis Malaysia

PART 1: 09:00-11:45

The agenda as below:

Time	Agenda	Presenter
09:00-09:30	Registration	-
09:30-10:15	Leadership in Palliative Care	Dr Rosalie Shaw Dr Julie Ling Dr Ednin Hamzah
10:15-11:45	Panel Discussion	Moderator: Dr Ghauri Aggarwal Mr Robert Chew

PART 2: 12:00-14:00

Lunch will not be provided.

PART 3: 14:00-17:00

Meeting with Cynthia Goh Fellows (by invite only).

Workshop 7

October 4 (Wednesday) 09:00-12:00 / Room E (110-111)

**Communication for Life Sustaining Treatment (In Korean) /
연명의료계획에 대한 의사소통 (한국어세션)**

▶ Description

연명의료중단등결정을 위한 효과적인 의사소통방법을 체험할 수 있는 워크숍

Experience effective communication methods for making decisions such as withdrawal of life-sustaining treatment

Time	Programme
08:30-09:00	등록 Registration
09:00-09:05	소개 및 개회사 Introduction/Opening of the Pre-Conference
09:05-09:50	연명의료결정제도 이해(의사결정절차 중심으로) Comprehension of Life-Sustaining Treatment decision system (focusing on decision making procedures)
09:50-10:40	연명의료결정을 위한 환자와의 의사소통 Communication with patients for Life-Sustaining Treatment decision
	연명의료계획서 상담 영상 Consultation video on Life-Sustaining Treatment Plan(similar to POLST)
10:40-10:55	휴식 Tea Break
10:55-11:55	연명의료결정 상담 소그룹 역할극 Small group discussion and role play
11:55-12:00	마무리 Closing remarks

* 프로그램은 일부 변경/조정될 수 있습니다. Program may be subject to change.

**Workshop 8**

October 4 (Wednesday) 13:00-18:00 / Room E (110-111)

Demoralization in Hospice Patients: Screening, Diagnosis and Management /**호스피스 환자의 사기저하(Demoralization) : 선별, 진단, 관리****▶ Description**

Demoralization is a state of poor coping characterized by symptoms of low morale, hopelessness, sense of entrapment, and loss of meaning and purpose in life. Its importance lies in the specificity of its symptoms in capturing maladaptive coping, the therapeutic target these symptoms become in treatment approaches, its strong association with suicidal thinking and its prominent prevalence including in palliative care.

This workshop is designed for palliative care clinicians, including physicians, nurse practitioners and clinical nurse specialists, social workers, psychologists and psychiatrists, pastoral care and other allied health specialists.

In completing this workshop, our learning objectives for participants include their ability to:

Describe the prevalence, measurement approaches and diagnostic criteria for demoralization in hospice and palliative care;

Identify the risk and protective factors for the development of demoralization;

Examine clinical examples and assessment approaches to better recognize and respond to demoralization;

Explore strategies and techniques used to treat demoralization and ameliorate suffering; and Describe ethical, cultural and professional issues that arise in the clinical care of patients with demoralization.

Our management algorithms will cover responses to patients with mild, moderate and severe symptom levels.

We will use demonstration videos to illustrate psycho-existential symptom screening.

We expect our participants will gain a comprehensive understanding of the clinical presentations, importance and assessment of demoralization as well as gain new perspectives about how to respond to psycho-existential distress in patients in hospice and palliative care settings.

Time	Programme
13:00-13:15	Opening: Workshop Chair - Professor Kissane
13:15-14:00	Professor Kissane: The construct of demoralization. Specific symptom studies (discouragement, entrapment, pointlessness and hopelessness) using network analyses.
14:00-14:30	A/Prof Seon-Young Lim: Korean studies of demoralization, validation of its measurement and prevalence.
14:30-15:00	Professor Kissane – video demonstration of the use of the Psycho-existential Symptom Assessment Scale (PeSAS) in Palliative Care
15:00-15:30	Break
15:30-16:30	A/Prof Natasha Michael: Use of the PeSAS in Clinics: monitoring, treatment and symptom outcomes over time
16:30-17:15	Professor Kissane: Management of demoralization and Psycho-existential distress
17:15-18:00	Panel discussion about the diagnosis and management of Psycho-existential Symptoms in Palliative Care – Prof Kissane; A/Prof Michael, A/Prof Lim

*Note: Rather than be run as a series of lectures, this programme will be run as an interactive workshop drawing contributions from each of the faculty members and the audience. Participants are encouraged to join for the whole workshop to gain a comprehensive understanding of demoralization, its clinical presentations, and its management strategies. However, because APHC is used to naming designated speakers for component parts of a workshop, the following flexible guide is offered.