



NCEHP

SPRING 2004

NEW TAG LINE OFFERS DEFINITION

... Promoting Shared Health Care Decisions

A tag line was recently added to the Nevada Center for Ethics and Health Policy's (NCEHP's) masthead. In both nautical and theatrical terms, a 'tag line' is attached to a load to assist in controlling its movement. The NCEHP's new tag line reads: "... Promoting shared health care decisions." The new phrase provides a simple way to further explain the NCEHP mission:

To provide a statewide collaboration for the promotion of ethical and appropriate health care for all Nevadans through engagement, education and empowerment.

The work of the NCEHP must move at a brisk pace to keep up with the state's rapid changes in population, in health care options, and in related medical and ethical dilemmas. The needs of a single Nevadan

can change in a heartbeat as unforeseen medical issues arise in their personal lives, within their families, or among their friends and neighbors. The NCEHP promotes a process through which patients, families and health care professionals can examine and define their values, maintain their autonomy, and improve their medical decision-making.

Whether you are an advocate, professional, caregiver, service provider, or simply a citizen interested in Nevada's health care policies, you will find something of interest as you peruse NCEHP news. Additional information and resources are available by calling the NCEHP office at (775) 327-2309, Monday-Friday, 8 a.m.-5 p.m., or visit the NCEHP convenient website at: www.NevadaDirectives.org any time to learn more about the work of the NCEHP and our state's health care policies and bioethics resources.

Se Habla Español?

One of the most valuable items in the NCEHP's consumer toolkit is a new Spanish-language version of its Advance Care Planning booklet (including an Advance Directive). All end-of-life planning documents, (Durable Power of Attorney for Health Care and related items) have been conveniently translated for use by the state's growing number of Hispanic residents. These documents in Spanish are designed to promote com-

passionate, careful, end-of-life planning by all Nevadans. Spanish was the first foreign language selected for translation of these documents due to a marked upswing in the number of Nevadans of Hispanic and Latino descent.

The Nevada State Demographer reports that more than 21% of Nevadans are of Hispanic origin. The state's most populous county, Clark, has experienced a nearly 30% jump in the number of Spanish-speaking residents over the

past decade, and Washoe County's increase during the same period was 41%. A significant number of Nevadans have completed these documents, discussed them with family and friends, and placed them in a secure and accessible spot.

Both English and Spanish versions of these important documents can be obtained by writing or calling the NCEHP, or by visiting the center's website: www.NevadaDirectives.org



Michael Garland, professor emeritus of public health and preventive medicine at the Oregon Health and Science University, instructs University of Nevada faculty and students during an NCEHP-sponsored visit to Reno in February.

CONSORTIUM COURSE OFFERINGS PROMISE NEW HEALTH CARE LEADERS FOR FUTURE GENERATIONS OF NEVADANS

The Gerontology Academic Program (GAP) at the University of Nevada, Reno has joined forces with the Nevada Center for Ethics and Health Policy (NCEHP) to establish a “consortium” through which significant, new interdisciplinary progress is underway. The joint effort is known as the “SAGE Consortium.” (The descriptive acronym stems from the phrase “Scholars in AGing and Ethics.”)

Even though both the gerontology department and the ethics center remain independent divisions within the university’s College of Human and Community Sciences, their new consortium allows each to share faculty, staff support, student ambassadors, and other resources.

During the most recent academic year, more than 150 graduate and undergraduate students were enrolled in UNR ethics and related bio-

ethics courses. This continued university-level training will produce significant new generations of Nevadans better equipped to meet the medical and ethical challenges expected to confront the state in the years ahead.

Among the current course offerings available to UNR students are a 24-credit Certificate in Gerontology; an 18-credit Gerontology Minor; and an 18-credit Health Care Ethics Minor.

PASSING REMARKS: Three young university students strolling on campus were overheard discussing funeral plans. One insisted to her friend that she wanted to be buried with a bunch of forks because of a story related by one of her instructors. Another agreed with her whole-heartedly. The other had not heard the story, so they paraphrased it for her . . . "A woman making her own her burial arrangements told her funeral director that she wished to be buried with several forks. When asked why, she explained that if you went to a dinner party and they told you to save your fork when they cleared your plate that meant that something better was coming—dessert! She wanted to be buried with a fork because she knew that there was something better coming after death."

Extra! Extra! Read all about it! Get your resource packets here . . .



Wonder what you might need to know ‘just in case’? The NCEHP has an extensive resource packet on 14 topics to help you address critical topics eventually faced by all Nevadans. Through support from the Nevada Trust for Public Health, both organizations and individual consumers can obtain and distribute vital information on:

- Advance care planning
- Caregiving

- Communication
- Community/state resources
- Complementary medicine
- Emotional and mental wellness
- Ethic issues and first steps
- Funeral arrangements
- Grief and bereavement
- Hospice and palliative care
- Last hours of life
- Pain management
- Pediatric end-of-life resources
- Spirituality

Materials in this packet are for informational and educational purposes only. The NCEHP is not engaged in providing medical advice and does not provide any information to be used for diagnosing or treating health problems. Nevadans are encouraged to discuss their health care options with individual health care providers.

Additional information: www.NevadaDirectives.org or call the NCEHP office, 327-2309, on the UNR cam-

New Projects will expand end-of-life assistance

Family Album . . . Nevadans are often predictably reluctant to talk about when or why or how their lives might take an unfortunate turn. Many often confront major illnesses or other life-threatening medical situations without any forethought or planning. The NCEHP is developing a new “Family Album” to help folks gather and keep important papers and information in one, safe place. The document under development is expected to provide a convenient method of organizing vital personal information. The Family Album may also serve, for some, as a useful stepping stone to the even more difficult task of setting down on paper one’s thoughts and wishes about end-of-life care (an Advance Directive). Advance Care Planning Forms are immediately available at www.NevadaDirectives.org.

The Family Album under development is expected to be available Summer 2004.

The Nevada Storytelling Project . . . is a developing effort to capture valuable Nevada stories and reminiscences. More than a dozen volunteers recently received training in how to conduct structured Life Story Workshops, provided by faculty of the University of Texas Medical Branch. Trained volunteers are now scheduled to participate in the first of what is expected to be a series of writing workshops. Their initial, eight-week effort, which continues through May 2004, is expected to prompt a continuing and expanding series of writing workshop opportunities initially throughout northern Nevada, and eventually extending to all parts of the state.

New End-of-Life Care Coalitions . . . Advocacy groups, business interests, and individuals frequently find mutual interest in end-of-life planning. The NCEHP encourages diverse factions to form both formal and informal coalitions to identify and work toward common goals. Southern Nevada’s newest coalition is “Hispanic Outreach on End-of-Life Care Issues—Dignificando la Partida.” This coalition includes physicians, hospices, Donor Network members, funeral industry representatives, and government and private health agency staff serving Hispanic residents. A second, emerging coalition in southern Nevada is initiating collaboration among hospitals, hospice services and nursing homes in the use of Advance Directives and Physician Orders for Scope of Treatment (POSTs).

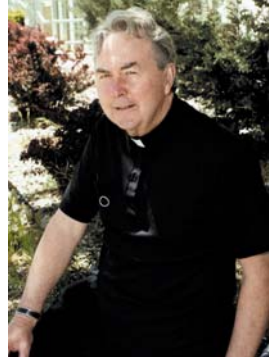


Thomas R. Cole, Ph.D., a noted scholar of aging, the humanities and medical education from the University of Texas, addresses UNR students and local residents during a recent NCEHP lecture series.

In memoriam

Father Frank Murphy, November 14, 1930-December 14, 2003

The NCEHP last December lost one of its most dedicated and devoted proponents, Fr. Frank Murphy. He was ordained as a Catholic priest in 1958, and spent the final eight years of his 45-year-long career in service to the members of the Diocese of Reno, and to his beloved, adopted state of Nevada. Among Fr. Frank’s significant contributions to Nevada’s caregiving and health care communities was his service as an instrumental member of the State Attorney General’s Task Force on Death With Dignity and Caring in Nevada. The task force’s 1997 report served as the genesis of what is now Nevada’s Center for Ethics and Health Policy. Fr. Frank’s undeniable impact on Nevada’s continuing progress in the fields of bioethics and health policy will long be remembered by his fellow Nevadans.



Communicating health needs . . . Word for the Day

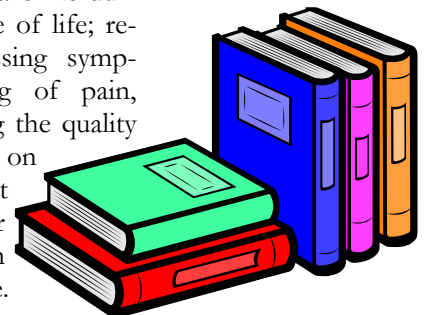
Strange words and phrases are often sprinkled throughout health care brochures, booklets, and pamphlets. If you see or hear a confusing word used by medical professionals, caregivers, or service providers of any discipline, don’t be afraid to ask for clarification. The word “doctor” developed from the Latin word, “docere,” which means “to teach.” Interdisci-

plinary professionals, including doctors, are by definition, often teachers. Life, health (and even end-of-life-issues) can and should be clearly and compassionately addressed in simple language.

Here is a term increasingly common to both health care professionals and consumers:

Palliative care: from the Latin “pallia,” to cover or cloak.

Treatment enhancing comfort and improving the quality of an individual’s life during the last phase of life; relief from distressing symptoms, the easing of pain, and/or enhancing the quality of life; care based on an ability to meet stated goals rather than affecting an underlying disease.





Nevada Center for Ethics & Health Policy

... Promoting shared health care decisions

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Know someone interested in promoting shared health care decisions or improved policies? Could a friend or family member benefit from quarterly updates on the bioethical issues confronting Nevadans? The NCEHP newsletter is available quarterly. Call (775) 327-2309.



Upcoming events . . .

April 22 Las Vegas

Southern Nevada Health Care Planning Day, Thursday, April 22, 9:30 a.m.-3:00 p.m., East Las Vegas Community/Senior Center, 250 N. Eastern Ave. Presented by Nevada Center for Ethics & Health Policy, City of Las Vegas Senior Citizens Law Project, Las Vegas City Council, AARP, and other organizations. Attorneys will provide free assistance with documents, EMTs will provide free blood pressure checks and medical screenings. Enjoy free refreshments, entertainment, prizes and a visit from Las Vegas Mayor Oscar Goodman. Additional details are available at: (702) 229-2510.

April 28 Reno Workshop

“Living With Grief” Alzheimer’s Teleconference and Workshop, Wed., April 28, 8 a.m.-4:30 p.m., Washoe Medical Center Mack Auditorium, 77 Pringle Way. Combines local experts with 10:30 a.m.-1 p.m. nationwide broadcast of Hospice Foundation of America’s 11th Annual National Bereavement Teleconference, hosted by Cokie Roberts. Call (775) 327-2309, e-mail: mcgrawm@unr.edu.

Workshop Las Vegas

Similar workshop 7: 30 a.m.-3:30 p.m., Sierra Health Services, Chairman’s Auditorium, 2700 N. Tenaya Way.

May 7 Reno

This year’s annual Graduation Ceremony, a “Celebration of Aging” for students graduating with a minor or a formal certificate in gerontology. The graduation ceremony will be conducted by the Interdisciplinary Gerontology Curriculum committee. It will be held from 4:00-6:30 p.m. in the Alumni Room of the Jot Travis Student Union on the University of Nevada, Reno, campus. The ceremony will feature informative presentations on the accomplishments of each graduating student.

June 29 Reno

Special guest speakers Matthew Wynia, M.P.H., Ph.D., will be in Reno Tuesday, June 29, to provide an expert perspective on end-of-life and biomedical issues confronting the nation. Dr. Wynia, director of the Ethics Institute of the American Medical Association, will provide two presentations, from 12 noon -1 p.m. at Washoe Medical Center’s Mack Auditorium, 77 Pringle Way, and from 5:30-7:00 p.m. at St. Mary’s Hospital, Auditoriums A & B, 235 W. Sixth St. Additional details are available at (775) 327-2309.