



University of Colorado Health Sciences Center Colorado Palliative Medicine Fellowship Program

Thank you for your interest in the Colorado Palliative Medicine Fellowship Program at the University of Colorado at Denver and Health Sciences Center. This new, collaborative fellowship program mobilizes the expertise and resources of several regional organizations to provide fellows with diverse experiences caring for patients with advanced illnesses and their families. Funding for the fellowship is provided by participating organizations and local foundations.

Please find the attached program description for your review. If you are interested in applying to our program, please provide the following materials:

- **Fellowship Application Form**
- **Curriculum Vitae**
- **One-page statement of fellowship goals**
- **Three letters of recommendation**
- **Medical school diploma and transcripts**
- **USMLE scores**

Send materials to the following address:

Diane Nash , Program Coordinator
University of Colorado Palliative Medicine Fellowship
University of Colorado at Denver and Health Sciences Center
Department of Family Medicine
AO1, Campus Box F496
Aurora, CO 80045-0508

Phone: (303) 724-9755
Fax: (303) 724-9747
Email: Diane.Nash@ucdenver.edu

For additional information or further inquiries, please contact Dr. Nowels or Youngwerth at email address: David.Nowels@ucdenver.edu, Jean.Youngwerth@ucdenver.edu, or phone: 303-724-9755. [Thank you again for your interest in the Palliative Medicine Fellowship Program.](#)

Sincerely,

David Nowels, MD, MPH – Program Director
Jean M. Youngwerth, MD – Associate Program Director



University of Colorado Health Sciences Center

Colorado Palliative Medicine Fellowship Program

The Colorado Palliative Medicine Fellowship Program provides comprehensive palliative care education and clinical experiences for physicians seeking to specialize in hospice and palliative medicine. Primary fellowship training consists of a one-year, clinically focused experience, with an optional second year of mentored research training for those interested in an academic medical career (depending on funding availability).

The Colorado Palliative Medicine Fellowship Program provides fellows with insight and skill in the assessment and management of patients with life-limiting illnesses in varied inpatient and outpatient community settings. Upon completion of the fellowship, participants will demonstrate proficiency in all aspects of hospice and palliative medicine including:

- End-of-life communication
- Ethical and legal decision making
- Pain in cancer and non-cancer patients
- Management of non-pain symptoms
- Medical and neuro-psychiatric co-morbidities in advanced illness
- Psychosocial and spiritual support
- Death and dying across cultures
- Bereavement support for the family
- Palliative care quality improvement and research methodology
- Hospice and palliative approach to care
- Interdisciplinary team work

The Program consists of four key components: 1) Clinical Training, 2) Core Knowledge and Skills Development, 3) Clinical Teaching Skills Development, and 4) Introduction to Research and Quality Improvement.

Clinical Training

The Colorado Palliative Medicine Fellowship Program represents the collaborative efforts of prominent health care organizations: University of Colorado at Denver Health Sciences Center (UCDHSC), University of Colorado Hospital (UCH), the Veteran's Administration Eastern Colorado Health Care System (VA), Kaiser Permanente (KP)/ St. Joe's Hospital (SJH), Hospice of

Metro Denver (HMD) and the Life Quality Institute (LQI), and Evercare (EC). Palliative medicine fellows receive clinical training in diverse settings guided by faculty with varied backgrounds, and have the opportunity to provide continuity across a continuum of locales and service models as a result of the inter-relationships between these organizations.

Clinical Training Summary (example)

<i>Training Area</i>	<i>Locations</i>	<i>Time</i>
Inpatient palliative care	UCH and VA (palliative care consultation) KP/ St. Joe's Hospital (consults/ inpatient unit) HMD inpatient facility	Two months Two months Two months
Hospice and Home care	HMD home care HMD nursing home/assisted living facility	One month full-time + ½ day/wk One month
Long-term care (LTC)	Evercare	One month
Home-based palliative care	KP Outpatient Palliative Care Services HMD Pathways Palliative Care Consultation LQI Pathways Palliative Care Management VA Home-based Primary Care	One month
Ambulatory palliative care	Community-based Total Long-term Care (PACE) OR Chronic Care Clinic OR HMD Interdisciplinary Team	6 months of fellowship, ½ day/wk
Electives	Ethics consultation, Integrative Medicine, Geriatrics, Geri-Oncology, Psychiatry, Pediatrics, Adolescent Medicine, HIV, Rad-Oncology, Pulmonary/Critical Care, Cardiology, Neurology, Research and Quality Improvement and others	Two months

Core Knowledge and Skills Development

Program faculty provides instruction on core topics in palliative medicine through weekly Palliative Care Conferences. Sessions include a combination of didactic lecture, interactive small group workshops, role play and standardized patient exercises. Palliative medicine fellows also participate in (and periodically facilitate) monthly Palliative Care Journal Club on the oncology inpatient unit at UCH. Through this experience, fellows develop skills in the critical interpretation and translation of palliative care medical literature.

Clinical Teaching Skills Development

Fellows of the Colorado Program receive training designed to improve participants teaching and feedback skills. In addition to video-taped teaching and role play sessions, fellows are provided opportunities for structured practice of teaching skills with internal medicine residents, family medicine residents, medical students, nurses and other interdisciplinary providers. Through the Life Quality Institute and the Colorado Hospital Outreach Program, fellows engage in palliative care outreach education for Colorado's rural communities.

Introduction to Research and Quality Improvement

Through didactic and interactive sessions and focused mentorship, palliative medicine fellows receive introductory instruction in research and quality improvement methods. Although not required, the Program strongly encourages all fellows to complete a scholarly research or quality improvement project during the one-year training program. Such opportunities are readily available through core faculty and ongoing projects within the Population-based Palliative Care Research Network (PoPCRN) – an award-winning, national practice-based research network of hospice and palliative care organizations. Fellows who desire an academic career in palliative medicine are encouraged to complete at least two years of training (dependent on funding availability) and are required to successfully complete and publish a mentored research project.

Eligibility Requirements

- Completion of an ACGME-approved residency program.
- Board-certified or Board-eligible in primary discipline.
- Eligible for a Colorado Medical License and DEA certification (at entry).
- UCDHSC encourages applications from women and minority candidates.

Core Program Faculty

David Nowels, MD, MPH, Fellowship Program Director

*Attending Physician, UCH Palliative Care Consult Service
Medical Director, Hospice of Metro Denver
Faculty, Life Quality Institute
UCH Ethics Committee*

Jean M. Youngwerth, MD, Fellowship Associate Program Director

*Attending Physician, UCH Palliative Care Consult Service
Attending Physician, UCH Hospitalist inpatient service
Medical Director, Hospice of St. John*

Daniel Johnson, MD

*Director Kaiser Palliative Care Program
Attending Physician, KP Palliative Care Consult Service
Director of Medical Education, Life Quality Institute
Faculty Associate, UCHSC Center for Bioethics*

Jean Kutner, MD, MSPH, Fellowship Research Director

*Director, UCH Palliative Care Consult Service;
Director, Population-based Palliative Care Research Network (PoPCRN)
Medical Director, Hospice of St. John*

Jane McCabe, RN, MSN, AOCN

*Palliative Care Clinical Nurse Specialist, VA Eastern Colorado Health Care System
Nurse Specialist, VA-ECHCS Palliative Care Consultation Team
Certified Advanced Practice Palliative Care Nurse*

Kathleen McGrady, MD

*Director, Kaiser Inpatient Palliative Care Service
Attending, St. Joseph's Hospital Pain Service
Member, St. Joseph's Hospital Ethics Committee*

Gary Graham, MD, MA

*Chief Medical Director, Hospice of Metro Denver
Ethics Committee, Hospice of Metro Denver
Clinical Faculty, Family Medicine, UCDHSC*

Harileka Brackett, RN

*Nurse Specialist, Palliative Care Service, UCH
Coordinator Palliative Care Champions, UCH*

Paula Nelson-Marten, PhD, RN, AOCN

*Associate Professor, School of Nursing, UCHSC
Associate Director for Nursing, Colorado AHEC System
Advisory Board Member, End-of-Life Nursing Education Consortium (ELNEC)*

Description of Organizations and Training Venues for Applicants

1. University of Colorado at Denver and Health Sciences Center: The University of Colorado at Denver and Health Sciences Center is an academic health sciences center which encompasses four professional schools, a graduate school, and three teaching hospitals. The UCDHSC is comprised of seven major organizational units: the Schools of Medicine, Nursing, Dentistry, and Pharmacy, University of Colorado Hospitals, Central Services, and Administration. The UCDHSC has full-time faculty of ~700 and a clinical faculty of ~3700. Nearly 2230 students are enrolled from the professional and graduate programs. The Department of Family Medicine has 127 full-time faculty and 537 community-based clinical faculty, and has a programmatic focus on palliative medicine – particularly a clinical focus. The Department of Medicine is the largest and one of the most prestigious departments in the University School of Medicine. It has 14 divisions including General Internal Medicine, Medical Oncology, Geriatrics, and Health Care Policy and Research. The Division of General Internal Medicine has grown to 110 full-time faculty at four major sites and 293 community-based clinical faculty. Together the palliative care programs in Family Medicine and General Internal Medicine have created a central hub for palliative care education, clinical services, and program development at UCDHSC.

Through efforts of the UCDHSC faculty (medical, nursing and others), palliative care education efforts have expanded rapidly in recent years. Initiatives include required education for students and residents in palliative care communication, pain and symptom management, and the legal and ethical aspects of end-of-life care. The General Internal Medicine Division is currently developing further geriatrics and palliative care curriculum through support from a Health Resources and Services Administration (HRSA) grant. Through collaboration with the Life Quality Institute, UCDHSC is providing new palliative care training for students (medical, nursing, pharmacy and physician assistants) and residents (family medicine and internal medicine). Medical faculty across departments, jointly with the Life Quality Institute, have developed tailored multi-day conferences and longitudinal palliative care training for hospitalist physician groups.

- 2. University of Colorado Hospital:** University of Colorado Hospital is the Rocky Mountain region's only academic medical center, and has been recognized as one of America's best hospitals (*U.S. News & World Report*). UCH is a 350-bed facility with a 200,000 square-foot critical care tower housing the medical intensive care, surgical intensive care and burn units. The UCH Palliative Care Consult Service began in July 2000 with five faculty physicians providing palliative care consultations primarily in the acute care patient setting. In July 2005 the service began receiving support from UCH for committed nursing and physician FTE to further develop an interdisciplinary team model with dedicated physician and nursing support, ancillary social work, case management, and chaplain services. The palliative care consult service patient census is undergoing rapid growth as a result of new marketing strategies. This increased financial and administrative support resulted from a Palliative Care Leadership Center visit to the University of California, San Francisco in June 2004.
- 3. Kaiser Permanente/ St. Joe's Hospital:** St. Joseph's Hospital – a 350-bed acute care facility – is the oldest, private teaching hospital in the Rocky Mountain Region. Residency training programs at SJH include internal medicine, surgery, obstetrics and gynecology and family practice. The Kaiser Permanente/ St. Joseph's Hospital Inpatient Palliative Care Consult Service has provided care to nearly 500 patients since its inception in 2002. In addition to palliative care consultation, interdisciplinary team members (MD, RN, social worker, chaplain and pain pharmacist) provide care for patients on a 5-bed inpatient hospice unit. Patient continuity after discharge is maintained through KP's Home-based Palliative Care Program – a program currently coordinated by part-time physicians and interdisciplinary team support through Hospice of Metro Denver. Additional KP palliative care services are provided through a bridging program at HMD. Through a collaborative agreement with the University, current KP/SJ palliative care training includes home-based visits for medical residents on the UCDHSC Palliative Medicine Elective and a new Palliative Care Consultation Elective for residents at the UCDHSC and SJ Internal Medicine Programs. Colorado KP is also actively involved in several research projects examining the effect of palliative care inpatient and outpatient services on outcomes that include the quality of patient care, family satisfaction and cost of services. Dr. Daniel Johnson recently left UCDHSC as full time faculty to assume leadership of palliative care services at KP – solidifying and advancing the relationship between UCDHSC and KP beyond institutional commitments to functional professional interactions based on long term working relationships with UCDHSC faculty.
- 4. Veteran's Administration System:** The Department of Veterans Administration Eastern Colorado Health Care System (ECHCS) encompasses a major referral medical center in Denver, Nursing Home Care Units in Denver and Pueblo, and seven Community Based Outpatient Clinics stretching from metropolitan Denver to the southern tier of Colorado. As a specialty referral hospital, the VA system serves over 45,000 Veterans from

across Colorado and major parts of Wyoming and Montana. Denver facilities include a 128-bed acute care hospital with an additional 30-bed Nursing Home Care Unit. The Denver VA Medical Center is affiliated with the medical, pharmacy, and nursing schools of the University of Colorado Health Sciences Center. Residency programs are maintained in Internal Medicine and Surgery and their subspecialties, as well as Psychiatry, Neurology, Physical Medicine and Rehabilitation, Anesthesia, Pathology, Radiology and Dentistry. Palliative care consultation is coordinated through a palliative care clinical nurse specialist (1.0 FTE) and interdisciplinary team consisting of physician (0.25 FTE), chaplain and social worker support. Currently the service provides inpatient consultative care for approximately 10 patients per month. Other palliative care venues include inpatient hospice services in the Nursing Home Care Unit, Home-based Primary Care, and the Visiting Nurse Association Home Hospice Contract.

- 5. Hospice of Metro Denver:** HMD is the largest hospice organization in the Rocky Mountain Region with an average daily census of 400 patients, less than half of whom have end-stage cancer diagnoses. Established over 25 years ago, HMD provides interdisciplinary care for patients and families in a variety of settings including home, nursing home and assisted living, long-term care, and a 21 bed inpatient care center. Special programs include HMD's "Footprints" Program (daily census 25 patients) – a program that provides care for children with advanced illness and their families – and the award-winning "STAR" Team, an interdisciplinary team that specializes in the care of Latino patients and their families. HMD provides outpatient palliative care consultation utilizing nurse practitioners. Recently HMD embarked on a collaborative program with KP to provide interdisciplinary home palliative care services. HMD's ongoing commitment to the education of health professionals is demonstrated through multiple recent initiatives: the formation of LQI; teaching partnership with UCDHSC; employment of UCDHSC faculty; and the continued provision of multiple educational experiences for regional nursing, medical, pharmacy, and physical therapy students. Additionally, HMD participates in research studies conducted through the University of Colorado's "PoPCRN" research network.
- 6. Life Quality Institute:** The Life Quality Institute is a federally funded organization created in 2003 to meet the growing palliative care education and service needs of the Colorado and Rocky Mountain Region. Affiliated with the Hospice of Metro Denver, the mission of LQI is three-fold: 1) to provide palliative and end-of-life education for health care professionals; 2) to develop and test innovative models for palliative care services delivery; and 3) to provide community education to improve awareness of palliative and end-of-life care. Since inception, LQI has collaborated with UCDHSC, UCH, Kaiser and HMD to develop and implement objective-based palliative care curricula for multiple programs including: a required, interdisciplinary hospice rotation for medical students; a required palliative and hospice care experience (32-hours) for UCDHSC family medicine residents; a palliative care consultation elective (internal medicine) through UCDHSC and Kaiser/

St. Joseph's Hospital; and a longitudinal palliative care training program for UCH Hospitalist faculty. Under the guidance of Dr. Johnson, the Director of Medical Education, LQI is developing additional objective-based educational interventions for multiple disciplines (physician assistants, nursing, pharmacy and theology students). Further, LQI has recently teamed with the UCH Outreach Program to expand current efforts to provide palliative care education to rural health care providers in 2005.