

# CUISLE BEATHA

THE PULSE OF LIFE

GALWAY UNIVERSITY HOSPITALS

3RD INTERNATIONAL PALLIATIVE MEDICINE CONFERENCE



“Living Well  
Despite Advanced Disease”

Exploring New Frontiers In Palliative Medicine

RADISSON BLU HOTEL, GALWAY  
FRI 14TH & SAT 15TH OCTOBER, 2011



Féiliméannacht na Seirbhíse Sláinte  
Health Service Executive

# PHILOSOPHY OF CUISLE BEATHA

The Philosophy of our Palliative Medicine/Care service is; that by helping patients to live both pain and symptom free and with good subjective quality of life; we empower them to live as whole and independent a life as possible; maintaining and enhancing rich relationships and good quality of life despite adversity; by living well with maximum supportive care, our experience is that patients die with peace of mind surrounded with serenity and dignity.

## The 1st International Cuisle Beatha programme, 2007

Integration between Palliative Medicine/Care and all other specialities is the core of our working day. This integration, we believe, effects the best quality of life for patients who live with advanced disease. Interventions may need to take place in the acute hospital setting; the aim being to allow patients live well at home with maximum independence.

## The 2nd International Cuisle Beatha programme, 2009

We adhered to what we consider the seven main areas that require debate/discussion at our conference: Learning from research – without research we cannot effect the optimal symptom control for our patients. Learning from learning – we are all educators therefore can we learn from those who specialise in teaching? Learning to cope – coping is integral to enhancing patient's quality of life. Learning to change – with the evolution of palliative care change is inevitable. Learning from others – with more patients referred early in the trajectory of cancer treatment and with non malignant conditions - we have a lot to learn from other specialities. Learning to diagnose dying – in helping people to live well with advanced disease, are we diagnosing dying appropriately to enable patients also to die well? Learning to care for the carer – the delivery of good palliative care is greatly enabled by an empathetic relationship with our patients; how can we maintain this empathy without adverse affects on our own wellbeing.

## The 3rd International Cuisle Beatha 2011

This years programme is divided into three parts that we have composed to follow a progression from the first and second international programmes outlined above.

### Part I

The programme is a full day devoted to the exploration of cancer pain versus chronic non-malignant pain – the speakers we have chosen are all international speakers in their fields and we hope to explore 'pain' from the initial insult of injury to the body, up to the brain and the expression of pain as messengers of pain alter brain function, spinal function and descend in spinal pathways to produce the perception of 'pain' within the individual.

We propose to debate the differences in cancer pain and chronic non-malignant pain and raise questions that may alter both research and treatment options for both types of pain.

As palliative medicine is still a relatively new speciality, most pioneering specialists have concentrated on service delivery, maybe now we have reached a crossroads in cancer pain research, one road leading to the development of cancer pain research as a separate entity to all other types of pain. Dr. David Finn, Professor Irene Tracy, Professor Anthony Dickenson, Dr. Anthony Byrne, Dr. John Browne, Dr. Mary Devins and Dr. Dympna Waldron will together combine to explore pain pathways, brain alteration, the expression of cancer and chronic pain and look to the definitions of cancer pain and chronic pain. Is the definition of 'pain' universal or are there fundamental differences in 'cancer pain' versus 'chronic non-malignant pain' that require reconceptualization? All individuals have a human right to pain relief and the ethics of this right is addressed by Dr. Frank Brennan. There are complications to all medical interventions and the issue of addiction needs to be explored as a side effect of a medical intervention; this side effect deserves attention both on minimizing the risks of addiction up front and ongoing monitoring to intervene if dependence is noticed throughout the trajectory of pain management. Dr. Mike Scully will explore these important aspects of insuring safety while maintaining the human right to pain relief.

### Part II

This part of the conference is devoted to the development of 'sub speciality' areas in Palliative Medicine. Ms Geraldine Keane Campbell will launch a novel 'Constipation Information' leaflet. Dr. Fiona Kiely will discuss the evolving involvement of General Practitioners in Palliative Care delivery. Ms. Morna O'Hanlon will explore the view of Palliative Care that hospital consultants perceive and Ms. Deirdre Hickson and Ms. Helen Ely will explore the role of nurse prescriber in both the hospital and the community. Dr. Frank Brennan will explore his experience in Australia of setting up a new sub speciality of Palliative Medicine namely the care of patients with end stage renal disease (ESRD).

### Part III

This day of the conference comprises an 'Open Day' for the General Public. By exploring the historic development of palliative care service; where our services have reached to this day; where we aspire to develop into the future; we hope to allay the myths of Palliative Care. A session will also be devoted to an expert committee exploring questions posed by the general public. We sincerely hope by holding this 'Open Day' we can dissipate the 'fears' of Palliative Care that remain to this day around the 'belief' that Palliative Care is consumed with the 'Dying Phase'; yet our belief and our experience is that our role remains, and we are committed to it, to help our patients to live well despite advanced disease and focus on improving a person's physical reality and address relevant quality of life issues.

*Mise le Meas,*

*Dr. Dympna Waldron.*

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**FRIDAY, 14TH OCTOBER 2011**

## **PAIN PATHWAYS IN CANCER PAIN & CHRONIC PAIN SIMILAR PATHWAYS – SEPARATE PATHOLOGIES?**

- 08.00 - 09.00**      **Registration, Radisson Blu Hotel, Galway.**  
**Opportunity to Visit Exhibition Stands and View Posters**
- 09.00- 09.10**      **Welcome Address**  
**Dr Dympna Waldron**  
Consultant in Palliative Medicine, Galway University Hospitals (GUH) - Roscommon County Hospital (RCH) - Roscommon Home Care Team (RHCT).

## **EARLY MORNING SESSION**

- Co-Chairs:**      **Professor Frank Sullivan**  
Consultant Radiation Oncologist, and Director of the Radiation Unit at UCHG.
- Dr Roisin Mac Sullivan**  
Consultant in Anaesthesia & Pain Medicine Mater Private Hospital, Bon Secours Glasnevin, Santry Sports Surgery Clinic.
- 09.10 - 09.50**      **Cognitive, Affective And Pharmacological Modulation Of Persistent Pain: The Role Of The Endocannabinoid System**  
Dr David Finn, Lecturer in Pharmacology and Therapeutics, Co-Director of the Centre for Pain Research, National University of Ireland, Galway.
- 09.50 - 10.30**      **How Pain Emerges From The Brain: A Neuroimaging Window**  
Professor Irene Tracey, Director of Oxford Centre for Functional Magnetic Resonance Imaging of the Brain (fMRI) Centre, Nuffield Professor of Anaesthetic Science.
- 10.30 - 11.10**      **Don't Shoot The Second Messenger - Clinicians As Mediators Of Bench To Bedside Medicine**  
Dr Anthony Byrne, Consultant in Palliative Medicine at Cardiff and Vale University Health Board and Director of the Marie Curie Research Centre, Cardiff University.
- 11:10 - 11.30**      **Tea/Coffee - Opportunity To Visit Exhibition Stands and View Posters**

## **LATE MORNING SESSION**

- Co-Chairs:**      **Dr Dominic O'Brannagain**  
Consultant in Palliative Medicine, Our Lady of Lourdes Hospital, Drogheda.
- Dr Gerry O' Sullivan**  
Consultant Radiologist University College Hospital Galway.
- 11.30 - 12.10**      **Nociceptive Cancer Pain; Spinal Mechanisms And Higher Centre Modulation**  
Professor Anthony Dickenson, Neuroscience, Physiology and Pharmacology, University College London.

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## **FRIDAY, 14TH OCTOBER 2011**

### **LATE MORNING SESSION CONT'D**

- 12.10 - 12.50**      **A Novel Reconceptualisation of the Definition of Cancer Pain**  
Dr Dympna Waldron, Consultant in Palliative Medicine, Galway University Hospitals (GUH) - Roscommon County Hospital (RCH) - Roscommon Home Care Team (RHCT).
- 12.50 - 13.10**      **Questions and Answers**
- 13.10 - 14.10**      **Lunch - Opportunity To Visit Exhibition Stands and View Posters**

### **EARLY AFTERNOON SESSION**

- Co-Chairs:**      **Dr David O'Gorman**  
Consultant Anaesthetist and Pain Physician, University College Hospital, Galway, and Associate Director of the Centre for Pain Research, NUIG.
- Dr Feargal Twomey**  
Consultant in Palliative Medicine, Milford Care Centre, Castletroy, Limerick.
- 14.10 - 14.40**      **Intrathecal Opioids in Cancer Pain**  
Dr John Browne, Consultant in Pain Management, Cork University Hospital.
- 14.40 - 15.20**      **Pain in Children with Life Limiting Conditions**  
Dr Mary Devins, Consultant in Children's Palliative Care, Our Lady's Children's Hospital, Crumlin and The Coombe Women and Infants University Hospital, Dublin.
- 15.20 - 15.50**      **Tea/Coffee - Opportunity to Visit Exhibition Stands and View Posters**

### **LATE AFTERNOON SESSION**

- Co-Chairs:**      **Professor Colm Mc Donald**  
Professor of Psychiatry, Department of Psychiatry, Clinical Science Institute, National University of Ireland Galway.
- Dr Maeve O'Reilly**  
Consultant in Palliative Medicine, St.Lukes Hospital, Dublin and Our Lady's Hospital for Sick Children, Crumlin, Dublin.
- Ms Caroline Mitchell**  
Clinical Nurse Specialist, Acute Pain Service, UHG
- 15.50 - 16.20**      **Addiction In Chronic And Cancer Pain – A Reality To Be Faced**  
Dr Mike Scully, Consultant Psychiatrist, HSE Addiction Services, Dublin Mid Leinster (South West Area) and Drug Treatment Centre Board.

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## FRIDAY, 14TH OCTOBER 2011

16.20 - 17.00

### Justice And Pain Control

Dr Frank Brennan, Consultant in Palliative Medicine, Calvary Hospital, Sydney.

17.00 - 17.30

### Discussion - Summary of Session

## EVENING SEMINAR

### PALLIATIVE CARE BETWEEN THE ACUTE HOSPITAL AND THE COMMUNITY - THE ACTUAL ENACTMENT OF EXPLORING NEW FRONTIERS IN PALLIATIVE MEDICINE *DYNAMIC INTEGRATION IN REALITY*

Co-Chairs:

#### Dr David Lappin

Consultant Nephrologist , GUH.

#### Dr Mary Waldron

Consultant Paediatric Nephrologist, Our Ladys Hospital Childrens Hospital, Crumlin, Dublin.

#### Launch of Patient Information Leaflet on Constipation

Ms Geraldine Keane Campbell, CNS Palliative Care, Roscommon County Hospital.

18.30 - 18.50

#### End-Of-Life Care - What Information Do We Need - A Survey Of Irish Primary Care Doctors

Dr Fiona Kiely, SpR in Palliative Medicine, Waterford Regional Hospital.

18.50 - 19.10

#### Perception Of Palliative Care Among Consultants In An Acute Hospital Setting. Does This Also Apply For General Practitioners?

Ms Morna O'Hanlon, CNS in Palliative Care, St James Hospital, Dublin.

19.10 - 19.30

#### The Role Of The Nurse Prescriber In Palliative Care Nursing In The Acute Hospital And The Community In Specialist Palliative Care

Ms Deirdre Hickson, CNS Specialist Palliative Care, Roscommon PCCC

Ms Helen Ely, CNS Palliative Care, Roscommon County Hospital

19.30 - 20.10

#### The Interface Of Nephrology, Palliative Care And Community Services in The Care Of Patients With End Stage Renal Disease (ESRD)

Dr Frank Brennan, Consultant in Palliative Medicine, Calvary Hospital, Sydney.

20.10 - 21.30

#### Buffet Dinner

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## **SATURDAY 15TH OCTOBER, 2011**

### **INFORMATION HALF DAY FOR HEALTH CARE PROFESSIONALS & THE GENERAL PUBLIC THE WHO, WHAT, WHERE, HOW & WHY OF PALLIATIVE CARE SERVICE DELIVERY IN GALWAY, MAYO AND ROSCOMMON**

**08.30-09.00**                      **Registration**  
Opportunity to visit information stands from Charities and Palliative Care Service Providers.

**09.00 - 09.15**                      **Official Opening and Welcome**  
Dr Muiris Houston, Medical Journalist and Health Analyst.

### **EARLY MORNING SESSION**

**Chair:**                              **Dr Muiris Houston, Medical Journalist and Health Analyst**

**09.15 - 09.45**                      **Introduction To The History And Philosophy Of Palliative Care.**  
Dr Tony O'Brien, Consultant in Palliative Medicine, Cork University Hospital and Marymount Hospice, Cork.

**09.45 - 10.15**                      **Integration Of Cancer Care & Palliative Care**  
Mr Myles Joyce, Consultant Colo-Rectal Surgeon, University Hospital, Galway.

**10.15 - 10.30**                      **Patient Narratives**  
Dr Frank Brennan, Consultant in Palliative Medicine, Calvary Hospital, Sydney.

**10.30 - 10.50**                      **Overview Of Palliative Care Services In The West – What Is Available On The Ground In The West Of Ireland.**  
Dr Ita Harnett, Consultant in Palliative Medicine, Galway Hospice Foundation (GHF), Mayo General Hospital, (MGH) & Mayo Homecare Team (MHCT)

**10.50 - 11.20**                      **Tea/Coffee**  
**Opportunity to visit information stands from Charities and Palliative Care Service Providers.**

Alzheimer Society of Ireland, Galway	Galway University Hospitals
Anam Cara Parental and Sibling Bereavement Support	Chronic Pain Ireland
Brain Tumour Support Group in Western Region	Hand In Hand
Cancer Care West	Irish Association for Palliative Care
Carers Association, Mayo	Irish Cancer Society
Carers Association, Roscommon	Irish Hospice Foundation
Galway Clinic	Jack & Jill Foundation
Galway Hospice	Tuam Cancer Care Centre

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## SATURDAY 15TH OCTOBER, 2011

### MID MORNING SESSION

#### Co - Chairs:

**Dr Aisling O'Gorman**

Palliative Medicine Consultant, Louth & Meath Specialist Palliative Care Services.

**Ms Mary Mc Hugh,**

Director of Nursing GUH

11.20 - 11.40

#### Feedback From The End Of Life Forum

Mervyn Taylor, Manager of the Hospice Friendly Hospitals Programme and the Project Manager of the Forum on End of Life, Irish Hospice Foundation.

11.40 - 11.55

#### Living With Chronic Pain

Gina Plunkett, Chairperson, Chronic Pain Ireland.

11.55 - 12.25

#### Dispelling The Myths About Palliative Care

Dr Dympna Waldron, Consultant in Palliative Medicine, Galway University Hospitals (GUH) - Roscommon County Hospital (RCH) - Roscommon Home Care Team (RHCT).

12.25 -12.45

#### Tea/Coffee

Opportunity to visit information stands from Charities and Palliative Care Service Providers.

### LATE MORNING SESSION

#### Forum Chairs:

**Professor Philip J Larkin**

Associate Professor of Clinical Nursing [Palliative Care], Director of Clinical Academic Partnership, School of Nursing, Midwifery and Health Systems & Our Lady's Hospice and Care Services, Health Sciences Centre, University College Dublin.

**Dr Dympna Waldron**

Consultant in Palliative Medicine, Galway University Hospitals (GUH) - Roscommon County Hospital (RCH) - Roscommon Home Care Team (RHCT).

12.45 - 14.15

#### Public Forum - A Panel of Experts will answer questions from the General Public

##### Panel of Experts

- *Dr Eileen Mannion, Clinical Lecturer in Palliative Medicine GUH, NUIG.*
- *Ms Mary Mc Dermott, Manager, Homecare Team, Roscommon.*
- *Ms Mary Burke, CNS in Palliative Care, GUH.*
- *Ms Claire Hahesy, Practice Development Co-Ordinator, Galway Hospice.*
- *Ms Eileen Scott, Senior Medical Social Worker, Palliative Care Roscommon.*
- *Sister Goretti Bohan, Head of Pastoral Care, Galway Clinic.*
- *Ms Ann Boland, Director of P H N Mayo P C C C.*
- *David Shannon, Counselling Psychologist, Cancer Care West.*
- *Ms Anne Sheehan, Senior Staff Nurse, Critical Care Unit, GUH.*
- *Dr Michael Waldron, General Practitioner, Castlebar, Mayo.*

14.15

#### End of Conference



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## ACCREDITATION

Cuisle Beatha has received CME credits from the Royal College of Physicians in Ireland, Irish College of General Practitioners and Category One approval from An Bord Altranais.

## HOW TO REGISTER

We would encourage you to register online at [www.cuislebeatha.ie](http://www.cuislebeatha.ie). Alternatively you can complete a registration form, which can be downloaded from our site, and return it by fax or post with payment to Go West Conference & Event Management.

## CONTACT

Visit [www.cuislebeatha.ie](http://www.cuislebeatha.ie) for further details and online registration or contact

Go West Conference & Event Management  
(T) 091 591222 (F) 091 591666  
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(W) [www.gowest.ie](http://www.gowest.ie)

[WWW.CUISLEBEATHA.IE](http://WWW.CUISLEBEATHA.IE)

## ACKNOWLEDGEMENTS

All our Patients  
All our Speakers and Chairpersons  
Dr David O'Keeffe - Clinical Director Acute Services and Continuing Care for Galway & Roscommon  
Mr John Shaughnessy - Assistant Human Resources Manager, GUH  
Ms Mary McHugh - Director of Nursing Services, GUH  
Ms Priya Prendergast - Local Health Manager, HSE West  
Palliative Care Team - GUH, RCH, RHCT, GHF, MGH & MHCT  
Ms Mary Ainscough - Chief Executive, Irish Association for Palliative Care  
Our colleagues in GUH, RCH, RHCT, GHF, MGH & MHCT  
Mr Tom Kenny - Kenny's Art Gallery  
Mr Padraic Reaney - Artist of Image  
Mr Peter & Anne Canavan - Our Gaelic Translators & Experts  
Go West - Conference & Event Management  
Mr Paul Cotter, Medialab - Brochure Design  
Castle Print, Galway - Brochure Printing  
Radisson Blu Hotel, Galway. - Conference Venue

## ORGANISING COMMITTEE FRIDAY 14TH

Dr Dympna Waldron, Consultant Palliative Medicine, GUH, RCH, RHCT  
Dr Eileen Mannion, Clinical Lecturer in Palliative Medicine GUH, NUIG  
Ms Patricia O'Brien, Clinical Nurse Specialist in Palliative Medicine, GUH  
Ms Mary Burke, Clinical Nurse Specialist in Palliative Medicine, GUH  
Prof Philip Larkin, Associate Professor of Clinical Nursing [Palliative Care]  
Ms Marie Cox, Assistant Director of Nursing, GUH

## ORGANISING COMMITTEE SATURDAY 15TH

Dr Dympna Waldron, Consultant Palliative Medicine, GUH, RCH, RHCT  
Dr Eileen Mannion, Consultant Palliative Medicine, Clinical Lecturer in Palliative Medicine GUH, NUIG  
Ms Patricia O'Brien, Clinical Nurse Specialist in Palliative Medicine, GUH  
Ms Mary Burke, Clinical Nurse Specialist in Palliative Medicine, GUH  
Prof Philip Larkin, Associate Professor of Clinical Nursing [Palliative Care], UCD  
Dr Muirís Houston, Medical Journalist and Health Analyst  
Ms Mari Gallagher, Director of Nursing, Galway Hospice  
Dr Ita Harnett, Consultant in Palliative Medicine, GHF, MGH, MHCT  
Ms Kathy Kearney, Tuam Cancer Care  
Ms Marie Cox, Assistant Director of Nursing, GUH  
Ms Jennifer Carpenter, Hand in Hand  
Ms Helen Ely, CNS Palliative Care, Roscommon Hospital  
Ms Geraldine Keane, CNS Palliative Care, Roscommon Hospital  
Ms Dolores O' Neill, Director of Public Health Nursing, Community Services, Roscommon (ROS)  
Ms Alyson Banks, Palliative Care Service, Galway Clinic  
Ms Marie Lynch, Programme Development Manager, Irish Hospice Foundation  
Ms Mary Mc Dermott, Acting Clinical Nurse Manager 3, RCHT  
Ms Mary Marsden, Clinical Nurse Manager 3, MHCT