The 2nd Annual EVC Diversity and Inclusion Symposium:

Keeping Your Heart in Care:
Cultural Experiences in Palliative Care and Beyond

Featuring
Dr. MR Rajagopal
and his documentary
Hippocratic – 18 Experiments in Gently Shaking the World

Thursday, March 22, 2018
Ad Astra Room, HEB
8:00 a.m.-3:30 p.m.
**Schedule of Events**

8:00 a.m.  Registration and Continental Breakfast

8:30 a.m.  Welcome Remarks
**Robert M. Klein, PhD, FAA**
Chancellor’s Club Professor of Anatomy & Cell Biology
Vice Chancellor for Academic & Student Affairs
University of Kansas Medical Center

8:35 a.m.  Palliative Care 101: A Local and Global Perspective on the Basics
**Christian Sinclair, MD, FAAHPM**
Assistant Professor, Division of Palliative Medicine,
Department of Internal Medicine,
University of Kansas School of Medicine

The session will provide an overview of how palliative care is advancing
the quality of care for people with serious illness around the world.

9:25 a.m.  Managing Pain in Diverse Populations
**Melanie Simpson, PhD, RN**
Pain Management Team Coordinator,
University of Kansas Health System

This session will focus on knowledge of pain assessment and
multimodal pain management regimens to provide optimal
outcomes for our diverse pain patients.

10:15 a.m.  Break

10:30 a.m.  End-of-Life Cultural Panel
**Moderated by Larry Long, PhD**
Counseling and Educational Support Services
University of Kansas Medical Center

This session will provide a cross-cultural view of End-of-Life beliefs,
attitudes, and customs.

11:20 a.m.  Break

11:35 a.m.  Lunch and Keynote Address: Is the Future of Medicine in the Past?
**MR Rajagopal, MD, MNAMS**
Director, W.H.O Collaborating Centre for
Policy and Training on Access to Pain Relief,
Trivandrum Institute of Palliative Sciences

This session will focus on Dr. Rajagopal’s mission is to bring ethical practice
to modern medicine through whole person care and universal access to morphine.
Cure Sometimes, Treat Often, Comfort Always.

1:30 p.m.  **Hippocratic Documentary**

3:00 p.m.  Post-Documentary Q&A with Dr. Rajagopal

3:30 p.m.  Closing Remarks and Evaluations

---

**End-of-Life Panelists**

**Abiodun Akinwuntan, PhD, MPH, MBA**
Dean and Professor,
School of Health Professions,
University of Kansas Medical Center

**Myra Christopher**
Center for Practical Bioethics

**Jason Hale, MA**
Research Instructor and Assistant Director
of Community Engagement and Education
Center for American Indian Community Health
Department of Family Medicine

**Yuan Li**
Graduate Student
Department of Pharmacology, Toxicology, and Therapeutics
University of Kansas Medical Center

**Mani M. Mani, MD**
Professor Emeritus,
Department of Surgery,
University of Kansas School of Medicine

**Vusala Snyder, MBMS**
MD Candidate, Class of 2019
University of Kansas School of Medicine
**Christian Sinclair, MD, FAAPM**

esinclair@kumc.edu

Dr. Christian Sinclair is an Associate Professor in the Division of Palliative Medicine at the University of Kansas Medical Center as well as at the University of Kansas Health System, where he currently leads outpatient palliative care in the KU Cancer Center and heads the palliative care research group. His medical training began at the University of California, San Diego, which he completed in 2000.

From there he and his wife, Kelly, went to North Carolina for three years for an Internal Medicine residency at Wake Forest. In 2004, he completed a hospice and palliative medicine fellowship at the Hospice and Palliative Care Center in Winston-Salem, NC. Moving to Kansas City, he served for eight years as an Associate Hospice Medical Director overseeing a 32-bed inpatient unit, leading the hospice and palliative medicine fellowship program in conjunction with the University of Kansas, while continuing to see palliative care consults in the hospital and on home visits. He has also worked for Gentiva Health Services as a National Hospice Medical Director overseeing 40 sites and 80 Hospice Medical Directors.

Dr. Sinclair was the first chair and co-founder of the American Academy of Hospice & Palliative Medicine (AAHPM) professionals-in-training special interest group (PIT-SIG). He was elected to the AAHPM Board of Directors in 2009 and served for nine years and was the president of AAHPM in 2016.

Dr. Sinclair is passionate about health care professionals engaging the public through social media. Many in the field know him through his work as Editor of the website Pallimed in addition to his advocacy for the field on Facebook and Twitter. In 2018, he was named the first Associate Editor of Social Media for the Journal of Pain and Symptom Management. He is active both locally and nationally in several professional organizations including; American Pain Society, American Society for Perianesthesia Nursing and she is the Immediate Past-President of the American Society for Pain Management Nursing. Dr. Simpson is the recipient of the Kansas University Medical Center Honorary Nursing Alumna Award for 2016 and the American Nurses Credentialing Center’s 2017 Certified Nurse Award for Pain Management.

Melanie Simpson, PhD, RN, OCN, CHPN, CPE

msimpson@kumc.edu

Melanie Simpson is the Pain Management Team Coordinator at the University of Kansas Health System. She has worked in pain management full-time for over twenty-three years. Dr. Simpson has bachelor’s degrees in both Nursing and Human Relations, a Master’s degree in Health Services and a Doctoral Degree in Health Administration. She is nationally certified in Pain Management, Oncology, Hospice and Palliative Nursing and is a Certified Pain Educator. She is active both locally and nationally in several professional organizations including; American Pain Society, American Society for Perianesthesia Nursing and she is the Immediate Past-President of the American Society for Pain Management Nursing.

**Larry Long, PhD**

LLONG@kumc.edu

Since 2001, Dr. Larry Long has served as a licensed psychologist and Director of Counseling & Educational Support Services. Since July 2017, he also serves as Assistant Vice Chancellor for Academic and Student Affairs. Before coming to The University of Kansas Medical Center, he worked at Tarleton State University in Stephenville, Texas for 5 years as the Executive Director of Counseling, Health, and Career Services. His doctorate is in counseling psychology from the University of Missouri at Kansas City. In his free time, he enjoys spending time with his wife (Dr. Amy Bucher), three adult kids, and two furry kids. Dr. Long has a demonstrated commitment to social justice, diversity, and inclusion with health science students and residents. He routinely develops and implements multicultural programming, leads diversity committees, and provides trainings to health care providers on cross-cultural competency.

**Abiodun Akinwuntan, PhD, MPH, MBS**

aakinwuntan@kumc.edu

Abiodun Akinwuntan became the KUMC School of Health Professions’ sixth dean in January 2016. He previously served as associate dean for research at the College of Allied Health Sciences at Augusta University in Augusta, Ga., where he was professor of physical therapy, ophthalmology and neurology.

Dean Akinwuntan received doctoral and master’s degrees in neuromotor rehabilitation from Katholieke Universiteit Leuven (Catholic University of Leuven) in Belgium. He also holds master’s degrees in public health and business administration from Augusta University, and a bachelor’s degree in physical therapy from the University of Lagos in Nigeria.

Scholarship and advancing knowledge to improve lives are major driving forces for Dean Akinwuntan. His research interests include developing simulation and virtual technologies to improve daily living activities in patients following a neurological impairment. In particular, he built an innovative driving simulation laboratory at Augusta University to provide support to patients and research participants with neurological conditions.

Dean Akinwuntan is a member of the Simulation Measurement of Vehicle Operator Performance Committee of the Transportation Research Board. He was appointed a member of the Medical Expert Panel on Stroke and Commercial Truck Driving of the Federal Motor Carrier Safety Administration of the U. S. Department of Transportation in 2007.

In 2014, Dean Akinwuntan completed a Fulbright Foreign Scholar Fellowship to improve physiotherapy education and research and the rehabilitation of neurologically impaired patients in Nigeria. He was named to the Fulbright Specialist Roster in February 2015 and selected in July 2015 to serve as a member of the four-person peer review committee for all Fulbright grant applications to West and Central Africa. In March 2016, Dean Akinwuntan was awarded a 2016 Fulbright Specialist Award to the University of Akureyri in Iceland.
Since the late 1990s, Ms. Christopher has expanded the scope of her work to include the under-treatment of chronic pain. She speaks and writes about both pain and palliative care. Ms. Christopher also continually strives to advance PAINS' mission of improving care for the more than 100 million Americans who live with chronic pain.

From 2010-2011, she served as a member of the Pain Study Committee at the Institutes of Medicine (IOM) which focused on the under treatment of pain. The IOM report, Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research, was submitted to Congress in June, 2011. In 2012, Christopher was appointed by the Department of Health and Human Services (HHS) Secretary, Kathleen Sebelius, to the Interagency Pain Research Coordinating Committee (IPRCC) at the National Institutes of Health (NIH).

Ms. Christopher also consults with the Centers for Disease Control (CDC) to promote pain and palliative care as a public health issue and to provide education for directors of public health and aging services at the state level.

The many awards she has received for the work she has done to improve the care for those living with advanced illness and chronic pain include American Academy of Pain Medicine's Patient Advocacy Award, American Academy of Pain Management's Head Heart Award, American Academy of Critical Care Nursing Pioneering Spirit Award, Marian Gray Secundy SANKOFA Award, National Association of Attorney's General's President's Award, and Honorary Alumnus of the Year, University of Kansas School of Nursing.

**Speaker Biographies**

Myra Christopher
MChristopher@practicalbioethics.org

Jason Hale, MA
jhale@kumc.edu

Jason Hale is a member of the Prairie Band Potawatomi Nation. Since joining the Center for American Indian Community Health (CAICH) research team in 2012, he has contributed on multiple levels to American Indian focused tobacco cessation and prevention, weight loss, breast cancer, environmental, and education research projects that have led to the development of culturally-tailored health interventions and programming. He coordinates outreach events that connect American Indian communities with research and researchers. His work includes improving outreach and community based-participatory research methods with Native people. He also manages an internship program that provides American Indian students with community based-participatory health research experiences. Hale’s goals include health equity for marginalized peoples through research and education.

Yuan Li
yl2@kumc.edu

Yuan Li is a graduate student in Department of Pharmacology, Toxicology and Therapeutics in University of Kansas Medical Center. Born and raised in Wulan, China, she has developed a passion for biology and medicine. She went to medical school in China and came to the U.S. in 2012 for Ph.D. training in Toxicology, focusing on autophagy and liver diseases.

Mani M. Mani, MD
manireb@gmail.com

Dr. Mani received his medical degree from Christian Medical College in southern India and started his career as an Assistant Professor and later Associate Professor at his alma mater. He migrated to the Kansas City area in 1974. He started his medical service in the US as plastic surgeon at KUMC in February 1974. He held various positions from Medical Director to Head of the Burn unit at KUMC during his tenure from 1974 to 1995.

Dr. Mani had the great opportunity to be part of the establishment of the Burnett Burn Center at KUMC. Dr. Mani and his team organized the triage and transport of burn patients not only in the Kansas City Metropolitan area but also to the entire state of Kansas and Western Missouri. He helped to write the protocol for burn care and worked with the State Emergency Medical System. This protocol was taken to every community in Kansas that had a hospital, ambulance or Fire Service. This was a unique approach to bring the entire state under one effective protocol. Dr. Mani’s efforts were recognized by the Hospital Administration and government leaders.

While serving as a Professor of Surgery at KUMC, he initiated an effort to assist establishing burn units in other countries where he found the need for significant improvement and where governments are supportive. The team established eight burn units in Malaysia, two in Kyrgyzstan, and developed training modules for Australia and New Zealand.

Vusala Snyder
vsnyder2@kumc.edu

Vusala Snyder is a third year medical student at the University of Kansas, School of Medicine. She graduated summa cum laude from Park University with a Bachelor of Science degree in biology and from Kansas City University of Medicine and Biosciences with a Master’s degree in biomedical sciences. Among her current academic pursuits is research in the field of Otolaryngology, with specific interest in Head and Neck Cancer biology/pharmacology.

An avid believer of lifelong learning, Vusala has dedicated her adult life to serving communities in various capacities in order to promote literacy and access to education. As one of the founding board members of New Frontiers Educational Foundation, Vusala aims to promote excellence by providing educational programs and services as well as resources for new projects and creative approaches in order to prepare students at Frontier Charter Schools to successfully meet the challenges of the future.

It is her firm conviction that knowing one’s self, respecting every individual and serving humanity should be the ultimate goal and outcome of every academic/professional and personal pursuit.
“Alternately wearing the hats of clinician, health program administrator, academic, spokesperson and activist, Dr Rajagopal has been a major global force behind efforts to implement and promote the right of patients with severe pain to live and die with dignity.” – Human Rights Watch, Alison Des Forges Award for Extraordinary Activism

Dr MR Rajagopal, or Dr Raj as he’s known, is a physician whose primary specialist training was in anaesthesiology. He has made it his life’s work to treat persons experiencing high levels of pain and suffering from disease and trauma in Kerala, India, and far beyond. In addition to carrying an enormous clinical load in the palliative care services he has developed, he has focused on overcoming the regulatory and system-related barriers to the delivery of effective pain relief and humane end-of-life care. The impact of his work upon the reduction of human suffering has been compared to that achieved by the elimination of large military conflicts.

Dr Rajagopal was first confronted with the suffering caused by untreated pain when, as a medical student, a first cousin was dying, in terrible pain, and his relatives were at a loss as what to do. Later, as a young doctor, he was so disturbed by the notion that patients in pain could not access inexpensive and highly effective medications that he left the prestigious field of anaesthesiology to become a palliative care physician in the mid-1980s, amongst the first in India. After securing solid training, he travelled all over rural Kerala (population 37 million) to offer pain relief in the homes of patients who were too sick to come to his clinic. Knowing too well the limits of what one person alone can achieve, Dr Rajagopal began setting up palliative care providers throughout northern Kerala. This network of palliative care providers is now widely recognised as the most successful community-based palliative care program in the world.

With others, Dr Rajagopal founded the Pain and Palliative Care Society (PPCS) in the Medical College, Calicut, in 1993. Two years later, PPCS was recognised as a model demonstration project by the World Health Organization, on account of its suitability for the socio-cultural needs of the country, novel training programs, and strong roots in the community. Over ten years, it developed into the biggest Palliative Care Centre in India. In 2003, Dr Rajagopal founded Pallium India, a charitable trust which aims to improve the coverage and accessibility of quality palliative care in India, and the Trivandrum Institute of Palliative Sciences in 2006. All of this attests to his commitment to building enduring capacity to sustain and extend a remarkable legacy of care for suffering people.

The Central Government has announced the Padma awards for 2018 and Pallium India’s Chairman Dr M. R. Rajagopal is one of the awardees. This is one of the highest awards or recognition by the Indian government.

Dr Rajagopal’s visit to North America coincides with World Health Day 2018 which takes place on Saturday 7 April 2018. This years theme is ‘Health For All’ - a dream close to Dr Raj’s heart.
The Diversity and Inclusion Symposium:  
*Keeping Your Heart in Care: Cultural Experiences in Palliative Care and Beyond*  
Assessment

Thank you for attending our event! We would greatly appreciate you taking a few minutes to take our assessment.

<table>
<thead>
<tr>
<th>Questions 10 – 15</th>
<th>Excellent</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
<th>N/A</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did the event...</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meet your...</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>See relevant to...</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Engage you?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase knowledge</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Questions 10 – 15</th>
<th>Excellent</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
<th>N/A</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did the Sessions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Palliative Care 101</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Christian Sinclair</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Managing Pain</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. Melanie Simpson</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cultural Panel</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moderated by Dr. Larry Long</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Keynote Address</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dr. MR Rajagopal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Documentary Showing and Q&amp;A</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overall</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

16. Which types of resources related to cultural awareness, diversity, and inclusion would you find helpful in your role as a KUMC faculty, student, resident, fellow, or staff member? (please circle all that apply)
- Faculty/staff development for teaching cultural awareness
- Patient-case related resources
- Electronic/Online learning modules
- Links to resources from other educational institutions or national organizations
- On campus workshops
- I don’t believe I need additional resources
- If not listed, please specify:

17. What did you like most about the event?

18. In what ways can you use the topic in your everyday work or life?

19. Please comment on the overall quality of the event:

20. What is your age?
- 18-24 years old
- 25-34 years old
- 35-44 years old
- 45-54 years old
- 55 years or older
- Prefer not to answer

21. What is your racial or ethnic identification? (please select all that apply)
- American Indian/Native Alaskan
- Asian
- Black/African American
- Hispanic/Latino
- Native Hawaiian/Other Pacific Islander
- White/Caucasian
- If not listed, please specify:

22. What is your gender identity?
- Cisgender man (Non-transgender)
- Cisgender woman (Non-transgender)
- Genderqueer
- Nongender
- Questioning or unsure
- Transgender man
- Transgender woman
- Two-spirit
- If not listed, please specify:
- Prefer not to answer
23. Which of the following best describes your sexual orientation?

<table>
<thead>
<tr>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asexual</td>
</tr>
<tr>
<td>Bisexual</td>
</tr>
<tr>
<td>Gay</td>
</tr>
<tr>
<td>Heterosexual</td>
</tr>
<tr>
<td>Lesbian</td>
</tr>
<tr>
<td>Pansexual</td>
</tr>
<tr>
<td>Queer</td>
</tr>
<tr>
<td>Questioning or unsure</td>
</tr>
<tr>
<td>Same-gender-loving</td>
</tr>
<tr>
<td>Prefer not to answer</td>
</tr>
</tbody>
</table>

If not listed, please specify:

24. Have you ever served in any branch of the United States military?

<table>
<thead>
<tr>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes (please specify):</td>
</tr>
<tr>
<td>No</td>
</tr>
<tr>
<td>Prefer not to answer</td>
</tr>
</tbody>
</table>

25. Do you currently have a diagnosed disability?

<table>
<thead>
<tr>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes (please specify):</td>
</tr>
<tr>
<td>No</td>
</tr>
<tr>
<td>Prefer not to answer</td>
</tr>
</tbody>
</table>

26. What is your profession?

27. Which of the following best describes your PRIMARY affiliation?

<table>
<thead>
<tr>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faculty</td>
</tr>
<tr>
<td>KU Health System Staff</td>
</tr>
<tr>
<td>University Staff</td>
</tr>
<tr>
<td>Healthcare Worker</td>
</tr>
<tr>
<td>Student</td>
</tr>
<tr>
<td>Resident/Fellow</td>
</tr>
<tr>
<td>Community Member</td>
</tr>
<tr>
<td>Prefer not to answer</td>
</tr>
</tbody>
</table>

What is your Department?

28. If you are a student, what is your academic program?

<table>
<thead>
<tr>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>School of Nursing</td>
</tr>
<tr>
<td>School of Medicine</td>
</tr>
<tr>
<td>School of Health Professions</td>
</tr>
<tr>
<td>Graduate Studies</td>
</tr>
<tr>
<td>Not applicable</td>
</tr>
</tbody>
</table>

29. If you are a student, are you an international (not from the US) student?

<table>
<thead>
<tr>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes (please specify):</td>
</tr>
<tr>
<td>No</td>
</tr>
<tr>
<td>Not applicable</td>
</tr>
</tbody>
</table>

30. What was your knowledge of the topic prior to the event?

<table>
<thead>
<tr>
<th>Option</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
</tr>
<tr>
<td>Beginner</td>
</tr>
<tr>
<td>Intermediate</td>
</tr>
<tr>
<td>Advanced</td>
</tr>
<tr>
<td>Expert</td>
</tr>
</tbody>
</table>

If you would like a certificate of completion for participating in the Diversity and Inclusion Symposium, please email Ms. Alexa Smith at asmith5@kumc.edu with your name and campus mailing address.
Suggested Palliative Care Online Resources

Compiled by Dr. Christian Sinclair

For Healthcare Professionals:

• American Academy of Hospice and Palliative Medicine - aahpm.org
  The professional organization for American physicians practicing in hospice and palliative medicine
• Center to Advance Palliative Care - capc.org
  Training for health systems and clinicians (KUMC staff have free access to CAPC Central for CEUs) in addition to national palliative care data
• GeriPal - geripal.org
  Website and podcast by geriatricians and palliative care clinicians
• Hospice and Palliative Nurses Association - hpna.org
  The professional organization for American nurses practicing in hospice & palliative care
• Pallimed – pallimed.org
  Covering research and news in palliative care on the web, Facebook and Twitter
• VITALtalk – vitaltalk.org
  Specialized communication training for clinicians

For the General Public:

• Get Palliative Care - getpalliativecare.org
  Find palliative care near you & understand what it can do for people with serious illness
• My Grief - mygrief.ca
  Multiple resources for dealing with grief after a death developed by Virtual Hospice
• Palliative Doctors - palliativedoctors.org
  Understand what palliative medicine is
• Virtual Hospice - www.virtualhospice.ca
  Comprehensive site with good resources in English and French (Canadian)

For Both:

• eHospice – ehospice.org
  Multiple editions focused on end-of-life issues in different geographic areas of the world
• International Association for Hospice and Palliative Care – hospicecare.com
  Focused on international palliative care efforts
• International Children's Palliative Care Network – icpcn.org
  Focused on international pediatric palliative care efforts
• Living My Culture - http://livingmyculture.ca/culture/
  Developed by Virtual Hospice, video interviews with people from different cultures about serious illness and end of life issues
• Pallium India - palliumindia.org
  Focused on palliative care in India; Dr. Rajagopal is Founder and Chairman

  Many of these are also on Facebook and Twitter and would be good to follow there as well.
Sponsors

Thank you for helping to make the Diversity and Inclusion Symposium possible.

Special Thanks

[Logos of the sponsors]

[Logos of the sponsors]