

ACR-GNY Roundtable Breakfast | February 4, 2021

ZOOM MEETING CHAT TRANSCRIPT

- 01:13:25 New York & Arkansas: 20 years!!!!
- 01:18:49 Alnoor Maherali | NYC: Good morning. I volunteered at a hospice for 10 years and served on its board of directors for four years. The board grappled with some difficult questions about medical assistance in dying (MAID). Excited to learn from Dr. Rehman.
- 01:25:42 Harvey Newman West Palm Beach, FL: How much does HIPAA Laws help and interfere in an EOL process?
- 01:28:02 Ellyn Rabinowitz, Richard Sussman: As a psychotherapist and bereavement counselor as well as a mediator, feel strongly about these end of life issues. Agree with Dr. Rehman - dealt with so many patients who only felt hopeless and "gave up" and often deteriorated more, after being told that "nothing else can be done," including my sister, who died of cancer. in her 30s.
- 01:31:31 Harvey Newman West Palm Beach, FL: Self-fulfilling prophesy plays a huge part in what a Doctor tells their patients.
- 01:31:53 Niki Borofsky | NYC & NH: Welcome to everyone just joining! Dr. Rehman will be taking questions at the end of his presentation. Feel free to type your comments/questions into the chat or jot them down and you will be able to unmute yourself and ask them live during the Q&A time.
- 01:33:40 Niki Borofsky | NYC & NH: This meeting is being recorded, and the video and public chat transcript will be available by next week on the ACR-GNY website at: <https://acrghny.org/RTB-Videos>
- 01:38:02 tasneem Virani uk: it seems that the conversation that one has puts the mediator in a neutral position showing empathy and compassion and understanding each person.s point of view
- 01:39:14 T.J. Ford New York: It seems that if hospitals had dedicated End-of-life consultants to work with patients to avoid these conflicts - talking to them about ADs, getting proxies, etc. Des anyone know of hospitals with such programs in the New York area?
- 01:39:19 Elaine Nissen - NJ: My advance directives have a statement essentially that "I want my legacy to be one of love and not conflict and should there be disagreements among my family members as to my care I direct them to mediation."
- 01:40:01 Richard Brigham Wisconsin: Thanks Elaine for this. I am going to borrow it.
- 01:40:18 Laura McGrew DC: Yes Elaine, excellent suggestion
- 01:40:26 Harvey Newman West Palm Beach, FL: Elaine, that is brilliant.
- 01:41:12 Don Greenstein (he/him), Brandeis Univ Ombud, MA: My end of Life mediations over the past 2 decades have usually involved the family members of the dying individual, sons & daughters, or siblings. The dying individual had usually not shared their wishes in necessary end of life documents.

This left loved family members in major conflicts over what they each desired rather than the wishes of the one who is dying... I believe we each can be excellent examples by doing our own end of life paperwork sooner rather than later. consider putting together a video for your loved ones to share what you want verbally as well as in writing. Thank you Dr. Rehman. Excellent presentation.

01:41:28 Anne Dalton SW FL: Elaine - if there is no time for mediation, would you have another clause in your directives? not sure what it would say though

01:42:41 Laura Dadagian-O'Rourke, MA: Don, putting together a video is an excellent suggestion!

01:43:44 Kim Ellison - Brooklyn, NY: Yes. The video is an awesome idea.

01:44:13 Noa Zanolli, Switzerland: When the epidemic Covid-19 became a societal issue in Switzerland as well last s

01:44:15 T.J. Ford New York: Don the video is a great idea along with everything in writing. Thank you!

01:44:45 Harvey Newman West Palm Beach, FL: If there is not enough time before I die, please respect my wishes and resolve any conflicts after I have transitioned.

01:47:22 NNeka NYC: My mom had various family meetings with her children about her wishes and shared her legal documents with us when she was at full capacity. This experience is the spring board for my practice. As my mom's primary caregiver. I am an advocate for advance planning and family meetings prior to an illness. My mother's approach addressed all potential conflicts. I am so grateful for her proactive planning.

01:48:12 Elaine Nissen - NJ: Not an MD - to my knowledge, this paragraph has never been invoked BUT this is something that many of my clients have been very happy to find in the document as they are in the best position to know what degree of Not an MD - to my knowledge, this paragraph has never been invoked BUT this is something that many of my clients have been very happy to find in the document as they are in the best position to know what degree of conflict exists in the family. Thinking of the cowboy - no surprise to the patient and family about his appearance and demands

01:48:39 Noa Zanolli, Switzerland: When the epidemic Covid-19 became a societal issue in Switzerland as well, the Swiss Medical Association encouraged especially the elderly to write up their living will, and/or their family members to discuss the respective issues. This happened through articles in the daily newspapers, etc.

01:49:16 Nan Sparrow: `Will you say the name of the book again please? Thank you Dr Rehman.

01:49:36 Susan Auburn NY: Many people seem to think only "old" people need to think about these decisions. Not so.

01:50:08 T.J. Ford New York: Susan Auburn absolutely, the sooner the better!

01:50:48 Niki Borofsky | NYC & NH: MOLST: <https://molst.org/>

01:50:50 william hirschfeld: when my niece joined the fire dept., 1st task is to write your will

01:51:08 NNeke NYC: Susan I agree at the 21st birthday, great time to introduce the conversation

01:51:46 Susan Barrie: roz chast's book is "can't we talk about something else"- I believe.

01:51:49 Robin Beckhard | NYC: Roz Chast book: Can't We Talk About Something More Pleasant?

01:58:09 Lindsey Jones - NY: Roz Chast's book: <https://www.amazon.com/Cant-Talk-about-Something-Pleasant/dp/1608198065?tag=wburorg-20>

01:58:57 Don Greenstein (he/him), Brandeis Univ Ombud, MA: There is a document that you can get on line for a minimal expense entitled "Five Wishes" 42 states (in US) recognize it as it meets these states legal requirements- it is a living will for anyone 18 or older that covers personal, emotional, spiritual and medical wishes. Similar to the MOLST. It is created by the individual rather than in a medical setting. Done while person is healthy and can be updated at any time.
www.agingwithdignity.org

01:59:26 Ruthann Prange, Basking Ridge NJ: Is MOLST document accepted in state other than one where it was created?

02:00:36 Niki Borofsky | NYC & NH: Sharing question from Donna Buehler Long Island: What if your physician died before you did and they signed the MOST form? Is that signature no longer valid and thus the order is not valid?

02:01:25 Anne Dalton SW FL: Interesting history of the Five Wishes - there were several criminal cases in Florida where a spouse killed the other spouse as a mercy killing and then went to prison for murder. Jim Towey, who was at that time in the cabinet of Florida Governor Chiles, developed Five Wishes as a compassionate alternative to mercy killings.

02:04:47 Niki Borofsky | NYC & NH: Roz Chast: Can't We Talk about Something More Pleasant?: A Memoir (<https://www.amazon.com/Cant-Talk-about-Something-Pleasant/dp/1632861011>)

02:05:40 Niki Borofsky | NYC & NH: NY MOLST form: <https://www.health.ny.gov/forms/doh-5003.pdf>

02:06:13 Niki Borofsky | NYC & NH: Sharing from Terri Reicher NJ: As the doctor mentioned, the conversation is critical. Another resource is "The Conversation Project."

02:07:22 Laura Dadagian-O'Rourke, MA: For informed consent, have you found this issue difficult for patients who are on significant doses of pain meds?

02:07:33 E Haavi Morreim: Regrettably I ended up joining late b/c of a time zone glitch. Will we be able to access the recording of this?

02:08:00 Robin Beckhard | NYC: Yes, this is being recorded.

02:08:38 Maria R. Volpe - NYC: Yes, a recording will be posted at acrgny.org next week

02:08:53 Ruthann Prange, Basking Ridge NJ: Please consider ordering/buying books from independent bookstores.

02:09:09 Ellyn Rabinowitz, Richard Sussman: Richard Sussman — Some states have a legal document called a Healthcare Power of Attorney. A client/patient can use this advanced directive to dictate end of life care under specific circumstances.

02:15:17 R Patiño: execute efficient will or contract has to be prepared with pen/paper not going to follow through. we have to show up to anoint the lowest of God Children. it's the right we all have to life. however the shared values are non negotiable. compromise. we don't bear false witness.

02:24:32 Niki Borofsky | NYC & NH: From Ruthann Prange, Basking Ridge NJ | Another highly recommended book BEING MORTAL by Atul Gawande. (<http://atulgawande.com/book/being-mortal/>)

02:29:06 Niki Borofsky | NYC & NH: QUESTION from Anupam | I would like to ask how to resolve different approaches to treat father by siblings esp when the older brother is in authority and concerns of younger is not important

02:31:12 Niki Borofsky | NYC & NH: Sharing comment from @April Rando | I think it's really important to understand what "DNR" means. My grandmother had a DNR order when she went into a nursing home. We assumed that it only applied to if her heart stopped. What happened is that my grandmother choked on food, and because she had a DNR, the nursing home staff didn't make any attempt to help her dislodge the food from her throat. She died as a result of choking- not because her heart stopped. The entire family felt that we had been misled by the nursing home about the DNR.

02:32:16 Judy Cohen: Not about end-of-life health-related decisions, but about coming to terms with the inevitable someday death of a parent: I'm 68 and healthy, but I have had these talks with my kids. My executor-designee son has already designed a round robin / silent auction for how they will divide up our things. I've let them all know that I will be watching from somewhere, and that I want them to enjoy that process of spending time with our stuff that was a part of their lives as well. Being matter-of-fact myself and talking about passing on my things so that they'll have a continued life with people who love them, has helped my kids feel comfortable having these conversations.

02:36:13 Robin Beckhard | NYC: Thank you, @Judy Cohen. Yes.

02:36:26 Ronald J Vero: Great presentation. So meaningful to all of us. Thank you.

02:37:22 NNeka NYC: Amazing presentation, thank you!

02:37:29 Laura Dadagian-O'Rourke, MA: Wonderful Presentation. Thank you so much.

02:38:17 Ellyn Rabinowitz, Richard Sussman: Yes, thank you for a wonderful presentation. There should definitely be more doctors out there with Dr. Rehman's sensitivity and empathy. It is too rare unfortunately!

02:39:19 Khamy Ganeshathasan Lawyer, Mediator: Thank you very much Dr. Rehman, I learned a lot, sending my best wishes from Canada.

02:41:31 Judy Cohen NYC: Thank you for the excellent presentation and program with such meaningful participant sharing as well.

02:42:48 Anne Dalton SW FL: Absolutely agree. unresolved sibling conflicts flame into craziness over these issues.

02:43:20 The Statesman Agency - R Patino: prepared yourself in the spiritual for the Maker meet you where we are

02:45:49 The Statesman Agency - R Patino: Yessir this is not a title on life it is a lease

02:47:51 Donna Buehler Long Island: Thank you so much!

02:47:52 Niki Borofsky | NYC & NH: Thank you everyone!

02:47:56 Niki Borofsky | NYC & NH: Thank you to everyone for joining us for this important discussion. A link to the recording of today's Roundtable will be sent to all registrants within the week. Prior videos are online here: <https://acrgny.org/RTB-Videos>

02:48:07 Crystal Thorpe: Thank you Dr. Rehman - this was so helpful

02:48:07 Lee: thank you Dr.!!!