

# 2019 Annual Report Pain and Palliative Care Service



Trinity, age 16  
Osteosarcoma Cancer

Dear Friend and Neighbor,

Did you know that there is a service at Children's hospital that offers specialized care for patients dealing with complex illnesses that often threaten their ability to "just be kids"? The symptoms from disease processes such as cancer, sickle cell disease, cystic fibrosis, and cerebral palsy are often long-term and extraordinarily difficult for patients and families to contend with on a day-to-day basis.

Our Pain and Palliative Care Service provides an extra layer of support for children of any age who have distressing symptoms associated with a life-limiting illness. Palliative care isn't just for those children nearing end of life. It is for any child with more complex pain or other debilitating symptoms who desires to explore additional treatment offerings to improve their quality of life.

Our Pain and Palliative Care Team provides for individualized care plans and integrative treatment modalities such as acupuncture, massage and music therapies. These offerings afford patients choice and a sense of control, decrease stress and feelings of anxiety, and often lead to less reliance on medications.

*"Music therapy is an absolute blast! Excellent for many ages." – Parent*

We need caring donors like you to stay involved and support our service. With your generous donation, we can ensure that our patients continue to receive the holistic care they need and deserve. As many of our integrative therapies aren't covered by insurance plans, your contribution is vital. We thank you for your generosity and for partnering with us to keep our kids focused on the most important thing...being a kid!

Respectfully,



Lorna C. Keeton, MSN, CPNP-AC  
Clinical Director of PPC Service  
East Tennessee Children's Hospital



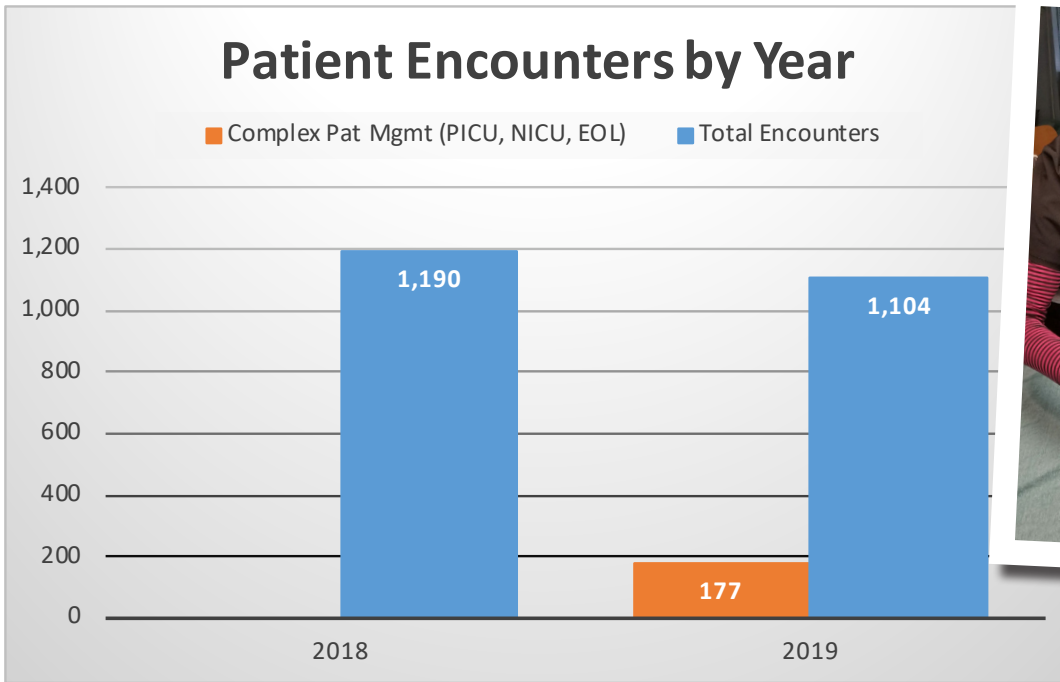
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**Pain & Palliative Care**  
We've heard a lot about oils for therapeutic relief but never experienced first hand. We love the peppermint & lavender! Will be learning and using more oils! Very educated, sweet and helpful. Lorna is also very compassionate.  
- Patient

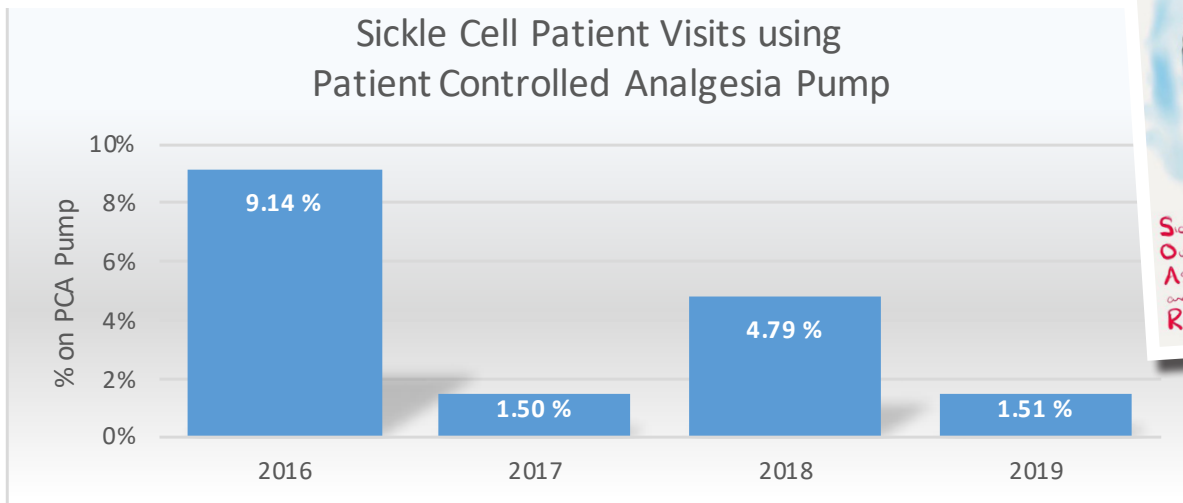
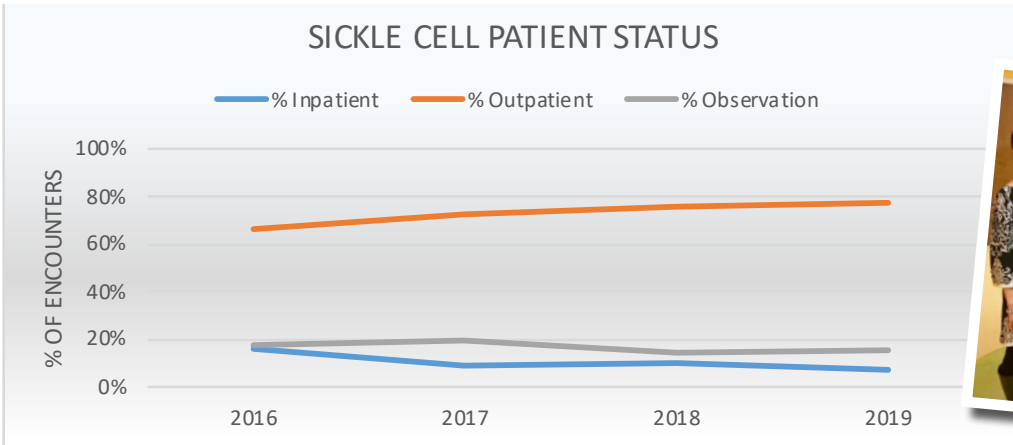
## Patient encounters



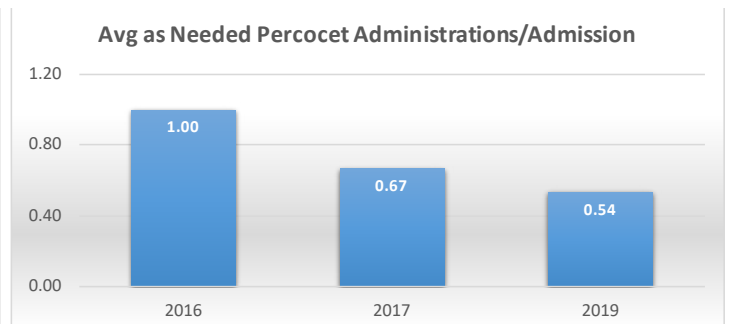
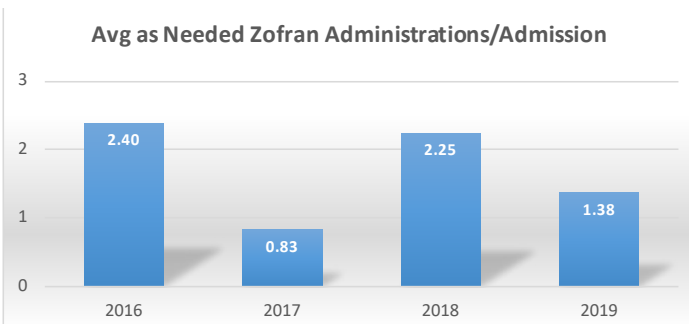
## Top 10 consultants for 2019



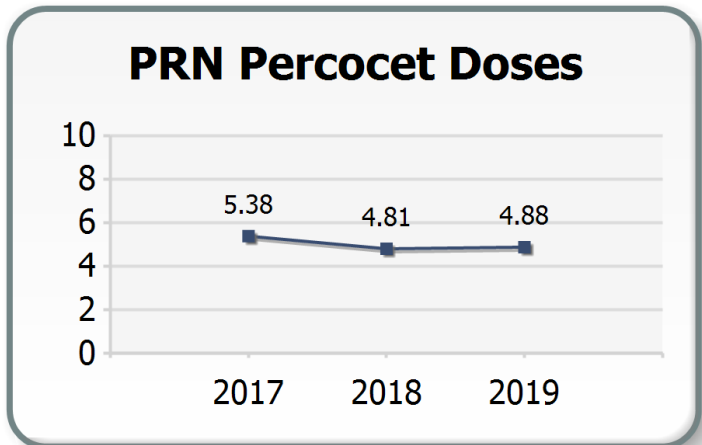
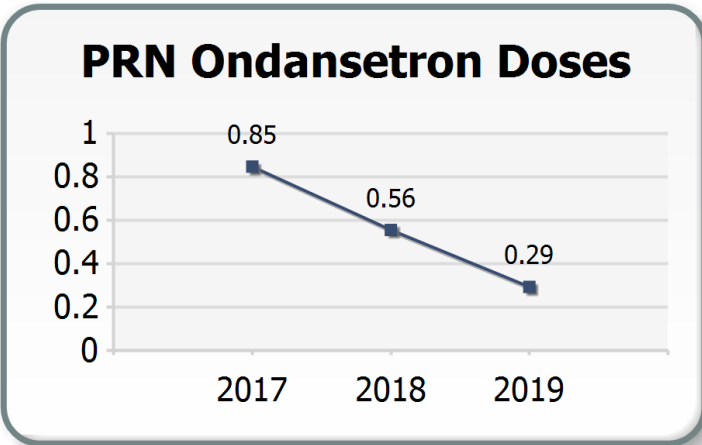
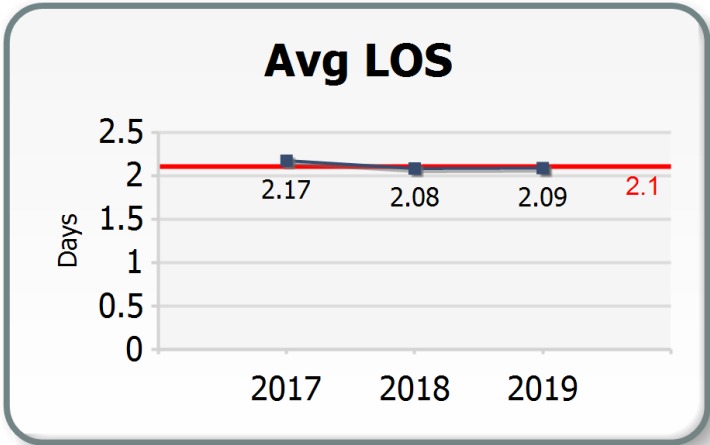
## Sickle cell statistics - decreased need for Emergency Department visits and pain medication



## Chiari surgery statistics - good pain control and average Length of Stay less than 5 days



**Scoliosis statistics** - good pain control and shortest hospital Length of Stay in the nation



**Music Therapy**  
 My daughter came to Children's to have a cyst removed from her spine. She loves music and singing.  
 - Parent



## Three-year budget proposal at-a-glance

Service/Program Description	FY '19 Financial Impact	Service/Program Description	FY '20 Financial Impact	Service/Program Description	FY '21 Financial Impact
Massage Therapy	\$39,500	Massage Therapy	\$40,500	Massage Therapy	\$40,500
Music Therapy	\$32,000	Music Therapy	\$41,600	Music Therapy	\$52,000
Acupuncture Therapy	\$8,500	Acupuncture Therapy	\$8,500	Acupuncture Therapy	\$12,500
World Congress on Pain	\$2,500	APHON Palliative Workshop and IASP Pain Conference	\$4,400	Pain/Palliative Conference	\$3,000
General (to include comfort bags, essential oils, food, print, music supplies)	\$6,000	General (to include comfort bags, essential oils, food, print, music supplies)	\$3,900	General (to include comfort bags, essential oils, food, print, music supplies)	\$4,000
Dues and Subscriptions	\$1,600			ChildKind Certification (application fee and site audit) and Palliative Care Association Membership	\$6,500
<b>Sub Totals</b>	<b>\$90,100</b>		<b>\$98,900</b>		<b>\$118,500</b>
<b>3-Year Total</b>	<b>90,100</b>		<b>189,000</b>		<b>\$307,500</b>



**Music Therapy**  
 My daughter loves the music therapist. She gets her to interact. Charlotte is so happy when she comes and sings and plays instruments with her. This is the best service for little kids who are sick.  
 – Parent



## Integrative Treatment Modalities

### **Massage therapy: 870**

On average, our massage therapist gives 6-8 therapeutic massages per shift and works with patients of all ages.

### **Music therapy: 587**

On average, our music therapist works with 4-5 patients per shift and spends targeted time working with infants in our NICU.

### **Acupuncture therapy (since April 18, 2019): 161**

On average, our acupuncturist works with 3-4 patients per shift and routinely spends time educating patients and families on the benefits of acupressure and acupuncture.

### **Palliative Coordination Encounters**

Beginning in August, 2019, Palliative Care Coordinator, Tammy Childers, has met with and helped to coordinate care for 18 complex palliative patients and their families.



### **Music Therapy**

She makes my day  
and lifts my spirit.

- Patient



## Additional work of the service

- **Outpatient phone consultations and follow-up referrals: 60**

This includes consultations with Hematology/Oncology, Children's Primary Care, Neurology, Neurosurgery, Knoxville Pediatric Associates (KPA), Shults Pediatrics, Surgery, Pulmonology, Cardiology and Knoxville Orthopedic Clinic

- **Preoperative scoliosis visits: 44**

- **NICU bedside rounds: 4**

- **Committee Engagement:**

Palliative Care Committee, Pain Champions Committee, Sickle Cell Task Force, AWECK (ethics consortium), Ethics Committee, Continuing Medical Education Committee, monthly participation in Pectus, SHINE and SOAR Clinics

- **Pediatric Advanced Life Support (PALS): 3 classes taught and 1 renewal class**

- **Educational Offerings: 6**

Epidural/PCA and palliative presentations for new nurses residents, Acupuncture education for staff, Grand Rounds presenter

- **Outreach educational offerings: 9**

Pain and Palliative presentations for BSN and MSN students at University of Tennessee, Knoxville, and BSN students at Tennessee Wesleyan College, Preceptor for UTK Nurse Practitioner students (x5), FLETCH presenter, presentation at the Cancer Support Center, FSRMC Annual Ethics Workshop presenter, PICU Skills Day, presentation for UT Palliative and Hospic teams, 2019 ASPAN National Conference presenter

- **Donor and fundraising efforts/events:**

Butterfly Fund Gala, Butterfly Dash and Bash, Pain Consultants of East TN fundraiser recipient, Breezeway Yoga Studio's Soul of Creativity event, Villa Collina Derby Party

- **Protocols and other work:**

PCA protocol revisions, Cleft Palate order set, Child Kind gap analysis, Sickle Cell order sets, NICU research project

- **Liaison and relationship building:**

Partners include UT Palliative and Hospice services, Caris Hospice, Pain Consultants of East Tennessee, P3 Compounding Pharmacy, UT School of Music, Bill Jones Music, Cancer Support Center and UTK and Tennessee Wesleyan Schools of Nursing

- **Continuing medical education (CME) and conferences attended:**

East Tennessee Opioid conference  
Drug Enforcement Agency conference  
ASPMN national conference

### Massage Therapy

Teresa was very lovable and just all around amazing. I enjoyed every day that she would visit me. Her massages helped me walk regular.

- Patient



## Service goals for 2020 and beyond...

- Expansion of acupuncture therapy
- Creation of new infusion protocols
- Further establishing donor support
- Ongoing metric data collection in patient populations
- Expanding educational time and tools for patient families
- Establish a palliative resource library for patient and family use

## Our team is growing...



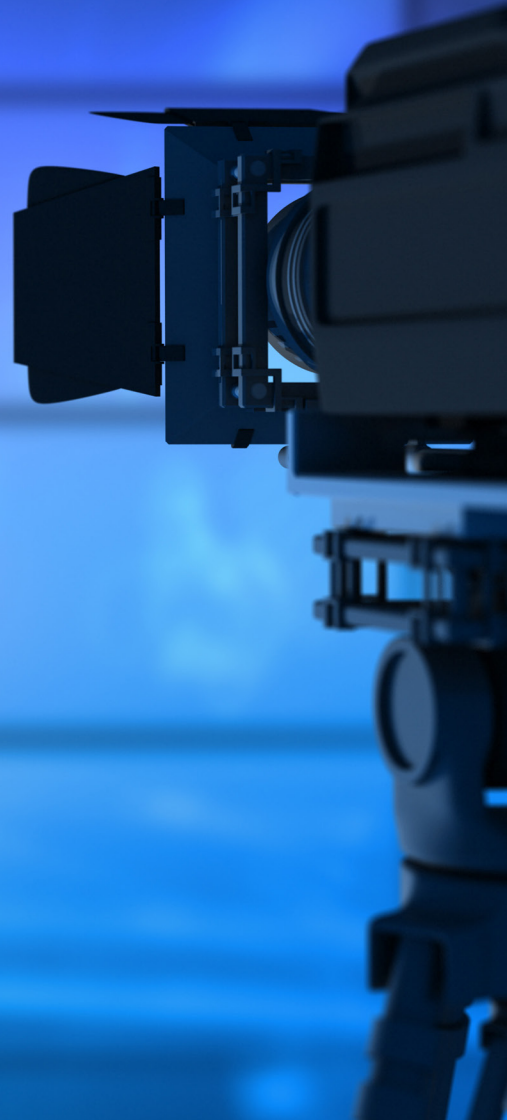
Jodi Manross, Acupuncturist



Tammy Childers,  
Palliative Care Coordinator

# Our service in the news...

Date	TV		Reach
5/2/19	WATE 6 (ABC)	Story on Talk Derby to Me fundraiser at Villa Collina to benefit PPC service at ETCH 3:12 p.m. interview with Lorna Keeton	5,258
		3:13 p.m. interview with caterer about derby food to be served at fundraising event	5,258
5/3/19	WBIR	live show from Villa Collina to promote the upcoming Talk Derby to Me fundraiser for PPC service at ETCH	
		5:08 a.m. live shot	14,116
		5:37 a.m. live shot	14,116
		6:09 a.m. live shot	23,535
		6:26 a.m. live shot	23,535
		6:36 a.m. live shot	23,535
		5/3- Fox 43, live shot from Villa Collina to promote Talk Derby to Me fundraiser	
7:13 a.m. live shot	4,903		
7:31 a.m. live shot	4,903		
5/4/19	WVLT	Story on Talk Derby to Me fundraiser to benefit PPC service at ETCH	
		6:06 p.m., reach: 24,483	24,483
		11:04 p.m., 23,258	23,258
5/4/19	WATE	Story on Talk Derby to Me fundraiser to benefit PPC service at ETCH	8,933
5/5/19	WATE	Story on Talk Derby to Me fundraiser to benefit PPC service at ETCH	
		5:06 a.m.	6,498
		6:05 a.m.	23,813
		7:05 a.m.	23,344
		7:53 a.m.	23,344
		9:04 a.m.	25,879
9:50 a.m.	25,879		
7/10/19	WBIR	Story on Butterfly Dash and Burger Bash mentions proceeds will benefit PPC service at ETCH	38,051
8/8/19	WVLT	Story on acupuncture being offered at ETCH through donations to the PPC service	
		4:38 p.m.	13,817
		5:41 p.m.	11,969



Pain and Palliative Care program featured in local news...



## How to get involved

- Butterfly Fund Gala: April 4, 2020
- Children's Hospital Butterfly Run: August 8, 2020
- Breezeway Yoga Event: November 5, 2020

**Pain and Palliative Care service only continues through generous donations and fundraising events.**



**Massage Therapy**  
My daughter Ashlyn enjoyed getting a massage on her legs and feet. It really relaxed her after having spinal fusion surgery. It took her mind off the pain she was experiencing. I felt like it was very helpful to her.  
- Mom



**Support the Pain and Palliative Care service,  
contact Children's Hospital's Development Department (865) 541-8441**