

Block Rotation  
MJHS Fellowship in Hospice and Palliative Care  
Montefiore Medical Center/Albert Einstein College of Medicine at MJHS Hospice and Palliative Care Program

**Home Hospice and Community-Based Palliative Care (HHC) Three blocks**

The home hospice care rotation involves placement in the Manhattan, Bronx, or Brooklyn community-based teams of MJHS Hospice and Palliative Care. MJHS Hospice and Palliative Care has multiple hospice teams and a team for community-based palliative care. In these block rotations, the Fellow will be a member of a hospice team, and will perform supervised home visits while participating in the oversight of the interdisciplinary plan of care. The populations served by all of these teams are extremely diverse in terms of sociodemographics, culture, age, socioeconomic status, disease and treatment status, and other factors. Each fellow will have the opportunity to care for both adult and pediatric hospice patients in the community. Preceptors for these rotations will be Dr Theodore Kutzy, Dr Katherine Leonard, Dr Fiona Bayne and Dr Michael Mencias.

**Facility-Based Palliative Care: Three blocks**

Each fellow will spend three blocks on the facility-based palliative care consultation rotation at the New Jewish Home and Isabella Geriatric Center in Manhattan, providing new and follow-up inpatients with assessment, care plans and follow-up treatment. During this block, the fellow will work with an interdisciplinary palliative care team in providing consultation to patients from a diverse spectrum of cultural, economic and social backgrounds under the supervision of an MJHS Hospice and Palliative Medicine physician. The New Jewish Home is a large long-term care facility located on the Upper West Side of Manhattan; it provides care to 13,000 sick and elderly patients a year through diverse programs and settings, including a long-term skilled nursing facility and a short-stay rehabilitation facility. Isabella Geriatric Center is a non-profit, non-sectarian organization which provides a continuum of services focused on maintaining health and well-being for older adults through a 750-bed nursing home facility, senior housing, adult day care, short- and long-term rehabilitation and in the community at large. The HPM fellow will perform daily rounds with the hospice medical director, and work with the interdisciplinary palliative care team as needed, assessing and treating pain and other symptoms, providing guidance in the management of psychosocial and family distress, assisting with advance care discussions and care plans after discharge. If the illness is advanced and the patient and family

might benefit from comprehensive care by a hospice program, the fellow, as part of the team, will help with referral and transitions in care. During this rotation, the fellow will be supervised by Dr. Mona Patel.

### **Dedicated palliative care/hospice units (PCHU) and Hospice Residence (HospRes) Two blocks**

Every fellow will spend two blocks in dedicated palliative care/ hospice units. Rotational sites include MJHS Block Residence (1 block) and the inpatient hospice unit at Menorah Center for Rehabilitation and Nursing Care (1 block).

The MJHS Block Residence is a 16-bed dedicated inpatient hospice residence, several beds of which may be used for patients with skilled needs (i.e., it is licensed to provide both routine home care and General Inpatient (GIP) level of care). Although the atmosphere is home-like, physicians, registered nurses and other members of the interdisciplinary team are available. Every fellow will spend one block in this unit. During this rotation, the Fellow will become a member of the interdisciplinary team. With appropriate supervision from the Attending physician, he or she will acquire progressive responsibility for the medical plan of care, participate in the overall care plan and interdisciplinary team meetings, conduct daily rounds and document in the medical record. The routine home care patients at this site have a hospice length of stay that is considerably longer than patients at home, and there is opportunity for a stronger continuity of care experience in the context of end-of-life care. The GIP patients are acutely ill and present an opportunity for training in hospice care involving acutely ill patients. At this site, the Fellow will gain extensive experience in family meetings, sensitive communication essential in the care of the dying and their families, and the regulatory aspects of hospice care related to the role of hospice residences and documentation to support level of care. The on-site supervisor for this rotation will be Drs Theodore Kutzy and Mara Lugassy. The MJHS Menorah Center for Rehabilitation and Nursing Care is a 16-bed dedicated inpatient hospice unit that is licensed to provide General Inpatient (GIP) level of care for both adults and children. It is the only pediatric inpatient hospice facility in the New York metropolitan area. Each bed in the unit is in a suite that includes a small kitchen and a place for family to stay. Physicians, registered nurses and other members of the interdisciplinary team are available seven days a week. Every Fellow will spend one block in this unit with supervision from Dr Martin Grossman, the Hospice Medical Director. In this rotation, the Fellow will attend interdisciplinary daily rounds, coordinate inpatient admissions, discharges, care planning and follow-up. The Fellow will become a member of the interdisciplinary team, acquire progressive responsibility for the medical plan of care, participate in the overall care plan and interdisciplinary team meetings, conduct daily

rounds and document in the medical record. The GIP patients are acutely ill and present an opportunity for training in adult and pediatric palliative care emergencies and the management of challenging symptoms. In addition, the Fellow will gain experience in family meetings, sensitive communication, end-of-life care, and the regulatory aspects of hospice inpatient care.

### **Inpatient Consultation Team (IP) Two blocks**

Each fellow will spend two blocks on the inpatient consultation rotation at Montefiore Medical Center, providing newly referred inpatients with assessment, care plans and follow-up treatment. During this rotation the fellow will work with an interdisciplinary palliative care team in providing consultation to new patients from a diverse spectrum of cultural, economic and social backgrounds under the supervision of an attending hospice and palliative medicine physician. Montefiore Medical Center is one of the largest tertiary teaching hospitals in the country. It serves a large area of the Bronx, New York and provides care to a patient population characterized by great diversity in race, ethnicity, culture, and socioeconomic status. The institution has a long history of support for palliative care, which is organized through the Department of Family and Social Medicine. Each Fellow will rotate with the Inter-Disciplinary Palliative Care Consultation Team, working closely with the Attending physician and acquiring progressive responsibility for the medical aspects of the palliative plan of care. The Fellow will participate in daily rounds, family meetings, and weekly clinical conferences. There will be ample opportunity to assess patients who are situated in medical-surgical units, critical care units, and the Emergency Department. Experience in medical decision-making will be complemented by experience with goal-setting discussions, hospice eligibility review, and discussions about hospice and transfer to the palliative care unit. The on-site preceptor for this rotation will be Dr Serife Eti, Dr Nidhi Shah and other attendings assigned to the Palliative Care consultation service.

### **Ambulatory Care (AC) Six months**

Fellows will spend one four-hour session per week in the ambulatory practice at the Montefiore Einstein Center for Cancer Care for six months during the training year. During this rotation the fellow, under the direct supervision of Dr Cristian Zanartu, a board certified attending in Hospice and Palliative Medicine, will be exposed to, and have the opportunity to care for, a cohort of ambulatory palliative care patients at various stages in the trajectory of their illnesses. Fellows will maintain a stable panel of ambulatory patients over six months and

follow patients across settings. The structure will be a palliative care practice, with supervision by a specialist in Hospice and Palliative Medicine. In addition to cancer, patients may have other types of advanced illness and will be referred for assistance with a palliative plan of care; this may include referral for poorly controlled symptoms, for hospice eligibility review or discussion about goals of care, or for family distress. To promote continuity of care, patients will be referred from the Consultation Team to the ambulatory practice at Montefiore Medical Center. In addition, Fellows will be informed when patients are admitted through the electronic medical record.

### **Long-Term Care (LTC) One block**

Every Fellow will spend one block at Isabella Geriatric Center which has sub-acute rehabilitation, long-term care and skill nursing beds for older patients in an interdisciplinary setting. Every fellow will spend one month at The New Jewish Home, learning interdisciplinary teamwork, specialist level pain and symptom management, exposure to infusion therapies, oxygen therapy, artificial hydration, IV antibiotics, bedside procedures and palliative wound interventions. In addition, the fellow will gain experience in advance care planning, complex symptom management and end of life care for older patients with advanced dementia. The Fellows will be trained in assessment of the non-verbal patient, wound care, and the management of complex issues related to nutrition and hydration, progressive neurodegenerative illness, and frailty. Fellows will learn about the role of palliative care in this environment, including exposure to such key events as the family meeting, goals of care discussions, advance directive completion, and care transitions. The on-site supervisors for this rotation will be Dr David Emanuel, the medical director at the Isabella, and Dr Mona Patel, a Hospice Medical Director at MJHS.

### **Elective (One block)**

Every trainee will be permitted to take one block-long elective. During the elective, the trainee will be expected to function fully in all aspects of clinical work under an attending physician and faculty from other disciplines. Possible electives include the following: Hospice Administration, Business development, Ethics; Pediatrics; Radiation Oncology, Medical Oncology, Palliative Care consultation, and others.

### **Vacation (28 days)**

Every fellow is entitled to 28 days of paid leave for vacation, holiday observance, personal days, and attendance at conferences and educational events. Fellows are encouraged to spread vacation time throughout the year.