

**OCTOBER 2020*****Mountain View Campus***

**SPECIAL CME GRAND ROUNDS: OCT.1, 2020 @ 2PM**  
**Finding our Voices: Critical Dialogues about how we Die in America and what can we do about it with Dr. Jessica Zitter**

Register in advance for this meeting:  
<https://www.elcaminohealth.org/stay-healthy/class/finding-our-voices>

**SPECIAL CME GRAND ROUNDS: OCT. 1, 2020 @ 3PM**  
**Finding a Better Path to the End of Life: Palliative Care with Dr. Jessica Zitter**

Register in advance for this meeting:  
<https://www.elcaminohealth.org/stay-healthy/class/finding-our-voices>

**CME GRAND ROUNDS: OCT. 13, 2020 @ 12:30PM**  
**Diabetes**

Archana Bindra, MD; Endocrinologist  
*Details to follow*

**PEDIATRIC GRAND ROUNDS: OCT. 19, 2020 @ 8AM**  
**Chronic Cough**

MyMy Buu; Pediatric Pulmonologist;  
Stanford Children's Hospital  
Register in advance for this meeting:  
<https://elcaminohealth.zoom.us/meeting/register/tJwtf-iurTgvG9aTwoOKb2DVaagG3Vdv4rtt>

**STROKE CASE REVIEW: OCT.20, 2020 @ 12NN**  
MV Campus – Conf. Rms. A & B

**STROKE EDUC. DINNER: OCT. 22, 2020 @ 5:30PM**  
**Sleep Apnea and Stroke**  
Tony Masri, MD; Neurologist & Sleep Medicine Specialist  
MV Campus, Conference Rooms E, F, & G & via Zoom

**CME GRAND ROUNDS: OCT. 27, 2020 @ 12:30PM**  
**Medical Aid in Dying: A Clinical Practice Update**  
Lonny Shavelson, MD; Founder,  
Bay Area End of Life Options  
Register in advance for this meeting:  
<https://elcaminohealth.zoom.us/meeting/register/tJwpc-OCrrjovHtNlh6qo1sKuTgeHBwo4WehY>

***Los Gatos Campus***

**CME GRAND ROUNDS: OCT. 6, 2020 @ 12:30PM**  
**Sleep Health: What's New in 2020**  
Tony Masri, MD; Neurologist & Sleep Medicine Specialist  
Register in advance for this meeting:  
<https://elcaminohealth.zoom.us/meeting/register/tJ0ufuy-pqjosHdxaYNYaZUhbWM9S2aDiKTeY>

Education Department | in Collaboration with Inpatient Palliative Care

# Finding Our Voices: Critical dialogues about how we die in America and what we can do about it with Dr. Jessica Zitter



Thursday, October 1, 2020

12 p.m. – 2 p.m. for Clinicians

Register at <https://elcaminohealth.zoom.us/meeting/register/tJYlc-Cppj8jGdVP9h93tVvKt69eDI8r2DpT>

Dr. Jessica Zitter, based at Highland Hospital in Oakland, is an Intensive Care physician and Palliative Care Specialist who helps terminal patients and their families during the toughest time of their lives – coming to terms with their death.

Join us for a one-of-a-kind virtual event including a keynote presentation with Q&A with Dr. Zitter and a screening of the short documentary film in which she stars. *Extremis*, winner (best short) of the 2016 Tribeca Film Festival and 2017 Emmy and Academy Award Nominated, focuses on the wrenching emotions that accompany end-of-life decisions as doctors, patients and families in a hospital ICU face harrowing choices.

## Speaker bio

After two decades of caring for critically ill patients, Jessica Nutik Zitter, MD, MPH is a strong advocate for a new approach to caring for the dying. Having herself participated in the default and indiscriminate use of technology on dying patients, with its resultant suffering, Dr. Zitter has come to view this situation as a public health crisis. She is committed to reorienting our care of the dying to a more collaborative process whereby the patient, rather than her organ or disease, is the primary focus of care.

Dr. Zitter's first book, *Extreme Measures: Finding A Better Path to the End of Life*, (Penguin, 2017), offers an insider's view of intensive care in America and its impact on how we die. Her essays and articles have appeared in the *New York Times*, *The Atlantic*, *Time Magazine*, *the Journal of the American Medical Association*, among others.

Her forthcoming documentary, "Caregiver: A Love Story" examines the rising public health crisis of family caregiver burden. Her work is also featured in the 2017 Oscar- and Emmy-nominated short-documentary "Extremis," now streaming on Netflix. This vérité film follows Jessica, her team and several patients and their families in the intensive care unit at Highland Hospital. She has also been featured on "Fresh Air" with Terry Gross, "The Doctors," "Doctor Oz," CBS Sunday Morning, and others.

**This activity is eligible for 2 CME credits**

**Please contact [Gretchen\\_Suess@elcaminohealth.org](mailto:Gretchen_Suess@elcaminohealth.org) or call the Palliative Care department at 650-988-7624 with questions.**



2500 Grant Road | Mountain View, CA 94040 | 650-940-7000

815 Pollard Road | Los Gatos, CA 95032 | 408-378-6131

[elcaminohealth.org](http://elcaminohealth.org)    

El Camino Health | Inpatient Palliative Care

# Finding a Better Path to the End of Life: Palliative Care with Dr. Jessica Zitter



**Thursday, October 1, 2020**

**3 p.m. – 5 p.m. for Patients and Community Members**

**Register**

at <https://elcaminohealth.zoom.us/meeting/register/tJUodeCuqTotGt0gKWPfieRyLqmlWhcRCr9h>

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## Clinicians are also welcome to attend

This activity is eligible for: Physicians: 2 CME / Nurses: 2 CEU credits

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# STROKE EDUCATION DINNER MEETING

**Date: Thursday, October 22, 2020**

**Time: 5:30pm-7:00pm**

**Place: MV Conference Rooms EFG  
And Via Zoom**

## Sleep Apnea and Stroke With Dr. Tony Masri

### Learning Objectives:

1. Describe the relationship between sleep apnea and stroke
2. Identify causes of sleep apnea
3. Discuss treatments for sleep apnea

In person seating is limited, so pre-registration for dinner is requested.  
Confirmation with Zoom details will be shared upon registering at:

<https://elcaminohealth.zoom.us/meeting/register/tJlufuqhpj4jGNBm9SVdnqV04rvN8UM8BZZh>

**TO RSVP FOR IN-PERSON DINNER OR FOR MORE INFORMATION,** please email [christine\\_kilkenny@elcaminohealth.org](mailto:christine_kilkenny@elcaminohealth.org) or call 650-962-5850

Provider approved by the California Board of Registered Nursing; Provider Number: CEP532 for 1.5 contact hours.

El Camino Hospital is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. El Camino Hospital designates this live presentation for a maximum of 1.5 *AMA PRA Category 1 Credit(s)*™. Physicians should only claim credit commensurate with the extent of their participation in the activity. No one involved in the planning or presentation of this activity has disclosed any financial relationships with a commercial interest.

You must complete an evaluation form to qualify for CME credit.



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