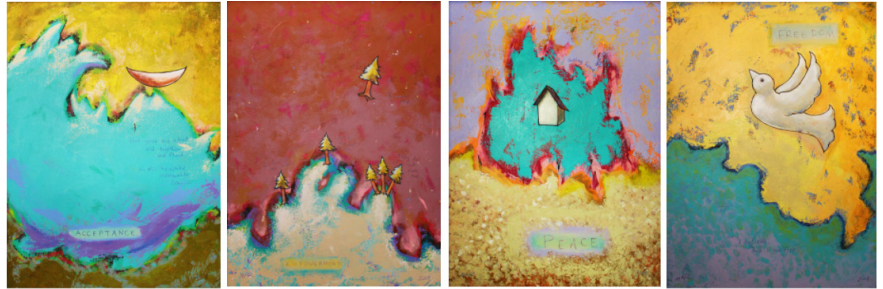




the transitions™ vibe

Industry news and information from a source you trust

Welcome to the February 2021 edition of the *Transitions Vibe*—a monthly briefing filled with information for those who trust [Transitions](#) to provide hospice and palliative care services for their patients and residents.



It's About Living. [Submit a referral](#) or [contact us](#) at 877-726-6494 to discuss how we provide the tools and resources to assist patients and families through the physical, emotional, and spiritual challenges of life's final transitions. [Visit our website to learn more.](#)

Transitions Spotlight: National Women Physicians Day



National Women Physicians Day is celebrated on February 3rd to recognize female physicians on the birthday of Dr. Elizabeth Blackwell, the first female physician in the U.S. This year, we are highlighting one of our favorite women physicians, Transitions' Chief Medical Officer, Dr. Kuljit Kapur.

Dr. Kapur joined Transitions in May 2020. Even in a relatively short amount of time, she has already made such an impact on our patients and their families across the states of Illinois and Indiana. We are so grateful to have her leading our clinical teams in both hospice and palliative care.

"Everyone's journey teaches them different things. I wear my heart on my sleeve and I think I'm able to help people because of that. I'm happy to give my time to our families, earn their trust, and provide the best care to our patients and families." - Dr. Kuljit Kapur

[Click to read her insights regarding what it is like to be a woman physician in 2021.](#)

Women in Medicine

Women hold more than 75% of all healthcare jobs; however, only 41% of physicians are women, approximately 360,000 active female physicians (source: Bureau of Labor Statistics (2020)). Women physicians make 33% less on average than their male counterparts.

In 2019, women entering medical school outnumbered men. (source: The Association of American Medical Colleges)

Once graduated from medical school, women make up a larger percentage of residents in the following specialty areas (source: AMA):

- Obstetrics and gynecology—83.4%
- Allergy and Immunology—73.5%
- Pediatrics—72.1%
- Medical Genetics and Genomics—66.7%
- Hospice and Palliative Medicine—66.3%
- Dermatology—60.8%

In 2019, there were more than 22,000 women physicians providing care in Illinois and Indiana, according to Statista. We are so proud to work with some of the top women physicians who support those we serve.

Informative Articles:

- [Stats on Women Physicians in 2020, Medscape](#)
- [Women Physicians and the COVID-19 Pandemic, Linda Brubaker, MD, JAMA. 2020;324\(9\):835-836. doi:10.1001/jama.2020.14797](#)
- [Women in the Healthcare Industry](#)
- [These Medical Specialties Have the Biggest Gender Imbalances, American Medical Association.](#)
- [Impact of Women in Hospice Care.](#)



Partner Spotlight: Cottages of Fox Lake



This month, we are proud to feature the **Cottages of Fox Lake**, a Charter Senior Living Community, as our Partner Spotlight. Recently, they shared their focus on Alzheimer's and Dementia care training and the support they provide through their Flourish Memory Care Program.

[Read the complete article>>](#)

Alzheimer's and Dementia Staff Training Week is February 14-21. Each year, the [National Certification Council of Dementia Practitioners](#) (NCCDP) promotes Alzheimer's and dementia training and a toolkit of resources to support ongoing staff education. NCCDP offers more than 14 certifications, including [Certified Dementia Practitioner](#)® (CDP) Certification and [Certified Alzheimer's Disease and Dementia Care Trainer](#)® (CADDCT).

Dr. Kapur's Clinical Notes

Coping with Trauma

View the latest episode of [Good Day Stateline](#), featuring Dr. Kapur, Chief Medical Officer at Transitions, and Joe Agnello, Transitions Chaplain and Bereavement Specialist, as they discuss the difference between PTSD and regular traumatic experiences, and how Transitions Hospice can help. [View the episode here>>](#)



Palliative Care & Hospice for Advanced Heart Failure

Especially during [American Heart Month](#), we are reminded of the importance of taking one's health to heart. In fact, heart disease kills more people than all forms of cancer combined. Also, according to the CDC, approximately 6.2 million adults in the United States have heart failure.

Consider the following:

- The prevalence of heart failure is expected to increase, resulting in millions with the condition by 2030, according to AHA.
- Congestive heart failure and other cardiac illnesses are among the leading diagnoses of hospice patients.
- In 2017, nearly 195,000 (roughly 18%) of hospice patients receiving Medicare died of heart failure, according to the [National Hospice and Palliative Care Organization](#).

For those who are living with advanced heart failure, palliative care and hospice care can significantly lower the risk of repeated hospital admissions and the need for invasive procedures such as mechanical ventilation and defibrillator implantation, according to research published in the Journal of the American Heart Association (AHA). [Read more>>](#)

[Contact us](#) to discuss how Transitions can support your patients with advanced heart failure.

Resources:

- [Hospice resources from AHA.](#)
- [Hospice Use Among Heart Failure Patients. Cardiac Failure Review.](#)
- [Palliative Care for Heart Failure Patients: Practical Tips for Home-Based Programs. NHPCO](#)
- [Heart and Stroke Statistics. AHA.](#)

Honoring World Cancer Day



World Cancer Day is an initiative of the Union for International Cancer Control (UICC), the largest and oldest international cancer organization dedicated to taking the lead in convening, capacity building and advocacy initiatives that unite the cancer

community to reduce the global cancer burden, promote greater equity, and integrate cancer control into the world health and development agenda.

Did you know? More than 10 million people die each year from cancer across the world.

That's more than HIV/AIDS, malaria and tuberculosis combined. By 2030, experts project cancer deaths to rise to 13 million. [Learn more>>](#)

[Click here](#) to download, personalize and share World Cancer Day materials.

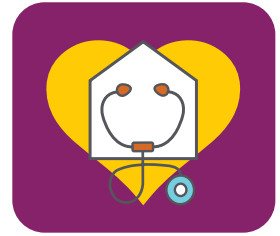


Supporting Patients with Palliative Care

Palliative care is focused on improving the quality of life for people living with a serious illness like cancer or advanced heart failure.

Unlike hospice, palliative services are appropriate for any person that has a chronic and/or terminal illness, regardless of life expectancy, in which additional support is needed to manage symptoms.

At Transitions, our palliative team consists of palliative care trained physicians, advanced practice nurses and licensed clinical social workers who work in conjunction with primary care physicians. Our goal is to provide a holistic treatment approach that addresses both medical and psychosocial needs, including symptom management, counseling and community service support.



[Learn more about our Palliative Care Services>>](#)

Transitions News & Events

Register to Attend a Virtual Continuing Education Session

Elderwerks Caregiver Symposium

This complimentary symposium is designed for caregivers to help maintain their sense of self, build some coping skills, learn techniques of self-care and obtain resources to help care for a loved one in the home.



Date: Mon., Feb. 15, 2021

Time: 9 a.m. - 4:45 p.m. CT

[Learn more and Register](#)

Transitions is a proud sponsor of this event.

Ethics of Communication With Dementia Patients presented by Dr. Jennifer Wilson-Binotti

Join us for a special evening CEU presented by Transitions Hospice and Mount Prospect Senior Living as Dr. Wilson-Binotti discusses the ethics of communication with dementia patients.

Date: Thursday., February 18, 2021

Time: 6 p.m. - 7 p.m. CT

[Download Flyer](#) | [Register](#)

1.0 CE available for Illinois Nurses, Professional Counselors and Social Workers. Zoom link will be sent after registering.

Culture & Sensitivity in Healthcare

The differences in how people cope with aging, illness and death often reflect deeper values and priorities influenced by culture and circumstance. This program is designed to identify the goal of cultural sensitivity in healthcare, explore cross-cultural communication as the foundation for the provision of culturally competent healthcare with a focus on values, beliefs, attitudes and diversity and identify strategies for promoting effective cross-cultural communication in varied healthcare settings.

Presenter: Katie Monahan Brooks, Manager, Business Development, Transitions

Date: Tuesday., February 23, 2021

Time: 11 a.m. - 12 p.m. CT

[Register](#)

1.0 CE available for Illinois Nurses, Professional Counselors and Social Workers. Zoom link will be sent after registering.



Take a Break!

National Puzzle Day was January 29th. To celebrate, we have created a Transitions jigsaw puzzle for you to solve!

[Click here to solve the puzzle.](#)



There is only one happiness in life:
to love and be loved.

~George Sand



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