

Professional Education Topics

Educational programs by Hospice & Community Care are designed to meet the individual needs of the audience. Programs can be presented as one event, or a series of sessions, tailored to each group's specific needs and interests.

Overview of Hospice Care

In this session, differences between types of care will be explained. The hospice philosophy, who is appropriate for referral, and when it is time to call or ask for a consultation will be discussed. Benefits of receiving hospice care will also be shared.

Eligibility for Hospice Care

Specific criteria used to determine eligibility for hospice care will be shared in this session. Signs and symptoms are also discussed, as is the process for making a referral or requesting a consultation.

End-of-Life Hydration and Nutrition

Many changes occur in hydration and nutrition needs at the end of life, and as a result, many questions arise. This session explores these changes as well as common concerns about artificial hydration and nutrition, as well as the benefits and burdens of these types of interventions. Essential care needs and goals at end of life are also identified and discussed.

Communication with Patients or Residents and Families at End of Life

Having discussions about the end of life with residents or patients and their families can be challenging. This session explores challenges when discussing terminal illness and end-of-life care and offers strategies for active listening and effective communication.

Initiating Conversations about Advance Care Planning with Patients and Residents

When interacting with residents and patients, thoughts and concerns may be shared that reveal how an individual feels about their care, treatment options, and the results of those choices. These discussions can be opportunities to provide encouragement and information. This session focuses on key topics and questions for residents and patients to consider when making important decisions about their future care.

Approaching Life's End

Understanding what to expect at the end of life can help individuals feel more comfortable and confident in their roles. Although each end-of-life journey is unique to the individual, there are signs and symptoms that appear as that time draws closer. This session will explain the decline that occurs over the last months, weeks, days, and hours of life.

Anxiety and Restlessness at End of Life

Individuals who are approaching the end of life often exhibit terminal restlessness and anxiety. This session explores the signs and symptoms that can appear and explains how these symptoms can be managed to provide comfort.

End-of-Life Care for Specific Diagnoses and Populations

Every end-of-life journey is as unique as the individual experiencing the journey. Many elements affect an individual's experience at the end of life, including the specific diagnosis as well as one's own culture. This presentation can be tailored to address concerns about specific diagnoses and groups when providing comfort care.

Compassionate Care for People Living with Dementia

This program explains the types and stages of dementia, as well as characteristics and symptoms. Challenging behaviors are explored, along with suggested strategies to address these behaviors. End-of-life care for people living with dementia is also discussed.

Cultural Diversity at End of Life

End-of-life care for diverse populations is discussed. This session will look at various cultures and how beliefs and customs can influence care. The importance of communication to bridge differing expectations and sensitivity to different cultural values will be explored.

Spiritual Concerns at End of Life

It is natural for individuals to experience questions and fears as they approach the end of life. This program will share information for caregivers about how to help residents or patients address those concerns by providing support and comfort, as well as how and when to find additional spiritual support.

End-of-Life Pain Management and Comfort Care

This session explores the dying process, what to expect, and common symptoms exhibited at the end of life. Pharmacological and non-pharmacological interventions for pain and strategies for providing comfort care are also discussed.

Self-Care for the Senior Living Professional

Being a caregiver at end of life can be both rewarding and challenging. This time can be physically, emotionally, and spiritually draining. This program will share information about the importance of maintaining well-being, tips for practicing self-care, and recognizing signs of compassion fatigue.



HOSPICE & COMMUNITY CARE

Supporting Patients and Families at End of Life

This session explores strategies for communicating bad news with patients and families as well as possible frameworks for use during these challenging discussions. Suggestions for compassionate interactions are shared, as are strategies for supporting the hopes and wishes of patients and families. Self-care for staff is also discussed in this program.

Grief, Loss, and the Bereavement Process for the Senior Living Professional

Grief suffered after the loss of a family member, friend, or resident is unique to every individual, and can include a wide array of emotions. Hospice & Community Care's Pathways Center for Grief & Loss provides consultation and trainings to employers, school personnel, social service and healthcare workers, church communities, and others. Presentations by professional Pathways Center counselors can be tailored to the specific needs for professionals and others.

To schedule an educational program, or for more information, contact Karen Stauffer, Community Educator, at (717) 490-4074 or kstauffer@hospicecommunity.org.