



# Educational Classes About End of Life

Transitions LifeCare is an approved provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

All requests for Continuing Nursing Education credit must be discussed and approved to ensure the class meets the educational needs of the nurses in that specific clinical practice setting.

To schedule a class, please contact your Provider Relations Representative or the Transitions LifeCare Education Department at 919.828.0890.

## Overview/Introductory Classes about End-of-Life Care

These classes provide a basic overview of the scope and range of Transitions LifeCare services.

### 1. Advance Care Planning

This class covers the basics of Advance Care Planning. Reviews tools and techniques including the Go Wish game, the Five Wishes® form, and how to select a health care proxy.

### 2. Overview of End-of-Life Care

Studies show 90% of Americans die of a predictable chronic or terminal illness. This class explains how care needs change as a patient experiences physical decline and describes in detail various healthcare services including palliative care, home health, hospice, and grief care.

### 3. What is Palliative Care?

This 30-minute class defines palliative care and covers clinical disciplines involved as well as what happens during a consultation.

### 4. Who is Eligible for Hospice?

This 30-minute class describes the four levels of hospice care covered under the Medicare hospice benefit. Reviews general admission criteria and the role of various clinical disciplines involved.

### 5. What Matters Most at End of Life

Inspired by Dr. Ira Byock's book *The Four Things That Matter Most*, this class explores how four simple phrases (*Thank you, I love you, I forgive you, and Please forgive me*), can have a profound impact on relationships at end of life.

## Caring for Patients & Families at End of Life

Comprehensive care of dying patients and their families is complex and multidimensional. These classes address how to meet the needs at the emotional, psychosocial, physical, and spiritual level for patients facing the end of their lives.

## Improving Communication & Psychosocial Skills

### 6. How to Talk About Dying

Understanding your own personal feelings and views of death and dying is essential when providing end-of-life care. This class focuses on practical approaches to use when speaking with patients and families about living with a serious illness. Real-life examples will be used to practice these skills which can be applied to patient and family care.

## 7. Ethical Issues at End of Life

Describes common ethical challenges faced near end of life. We'll review basic ethical principles to be used as guidelines for making tough decisions. Brief case studies will be used to focus our discussion on how to apply these principles in our daily work.

## 8. Family Dynamics at End of Life

Reviews the complexity and uniqueness of each patient's family. Understanding how our roles and beliefs influence our lives, and those of our patients, improves our approach to caring for them at end of life. An interactive exercise will be used to demonstrate what the culture is within our own family unit. These insights can enhance caregiving skills.

## 9. Spiritual Care at End of Life

Describes the importance of spiritual care in bringing meaning and hope to patients living with a serious illness. Reviews how we can support others regardless of differences and diversities in our beliefs.

## 10. Understanding Grief and Loss

Describes the many ways we experience loss and grief and how we are affected. We'll discuss a variety of ways to support someone who is grieving—a patient, colleague, or a family member.

## 11. Trauma-Informed Care: What Is It, and Why Is It Important? *New in 2022*

Covers the basics about trauma-informed care and how you can use these principles to provide the best care for patients/residents in your care.

## 12. Cultural Humility *New in 2022*

Covers basic principles you can use in working with patients, residents, and coworkers from many different backgrounds to honor and learn about others, rather than making assumptions that they must think and believe the same things you do.

## 13. Empathy Enhancement Through Symptom Simulation *New in 2022*

This experiential program enhances healthcare workers' empathic responses to patients. Participants will discuss the principle of empathy, view and respond to short videos, and discuss reactions on an emotional and cognitive level.

## 14. Caring for LGBTQ Patients and Residents *New in 2022*

Teaches ways to create a welcoming environment and support for all patients and residents, acknowledging as members of the LGBTQ community age, many feel they have to hide who they are. As the "silver tsunami" approaches, this group will only increase in size.

## Physical Care of Patients and Families at End of Life

The body slows down before it stops. This series of classes reviews in detail the physical changes that occur and interventions caregivers can provide to improve comfort and palliate symptoms towards end of life.

## 15. Pain Management

Describes the "total pain concept" and common barriers to effective pain management at end of life. Defines acute and chronic pain and how to properly assess levels of pain in conscious and unconscious patients. Class also explores the differences, characteristics, and types of pain as well as non-pharmacological pain management. The **CNE version** of this class for nurses also reviews the physiological changes experienced in the body during pain and pharmacological interventions.

## 16. Morphine: Myths and Facts

Reviews common myths and facts of morphine and covers the common uses of morphine in end-of-life symptom management. The **CNE version** of this class for nurses additionally reviews the physiological changes experienced in the body during pain and shortness of breath and how opioids can help relieve these symptoms. Side effects of opioids will also be discussed.

## 17. Symptom Management

Describes common end-of-life symptoms, including how to assess for these symptoms. Non-pharmacological interventions are reviewed to address shortness of breath, agitation, secretions, anxiety, nausea/vomiting, fever, and constipation. The **CNE version** of this class for nurses additionally covers the pharmacological management of end-of-life symptoms.

## 18. Comfort Medications at End of Life

Provides an overview of medications used to treat common symptoms experienced in the last days and hours of life. Reviews non-pharmacological interventions to help treat these symptoms. The **CNE version** of this class for nurses covers the typical medications used to treat common symptoms in the last days and hours of life, including their indications, effects, side effects, and precautions.

## 19. Nutrition and Hydration: Myths and Facts

Reviews the development of cachexia at end of life, and common myths and facts regarding nutrition and hydration. Provides an overview of what food means to patients and families at end of life. The **CNE version** of this class for nurses covers the physiology behind the development of end-of-life cachexia and pharmacological management of reduced appetite.

## 20. Skin and Wound Care at End of Life

Describes the function of the skin and the impact of end of life on the skin. Reviews factors that contribute to skin breakdown, how to identify the stages of skin breakdown, and methods used to reduce it. The **CNE version** of this class for nurses covers the important considerations for managing wounds at the end of life and reviews appropriate dressing options.

## 21. Last Days and Hours of Life

Reviews common body system changes during the dying process, including physical and emotional effects. Also reviews signs that death has occurred and what to do at the time of a patient's death. The **CNE version** of this class for nurses covers the physiological changes at the end of life.

## Disease Management at End of Life

Most Americans die from a chronic or life-threatening illness. These classes focus on the common signs, symptoms, and disease trajectories of the major diseases leading to death. Practical caregiving tips on how to provide palliative comfort care as patients approach the end of life are reviewed and discussed.

## 22. Understanding and Caring for Alzheimer's Patients at End of Life

Describes the most common forms of dementia. Explains how to use the FAST scale to assess when patients would qualify for hospice care. Describes methods and techniques to help effectively care for Alzheimer's patients at end of life.

### **23. Confusion, Delirium, and Dementia: What's the Difference?**

Reviews the differences among confusion, anxiety, delirium, dementia, and terminal restlessness at end of life. Discusses ways to care for patients experiencing these symptoms.

### **24. Heart Failure—Caring for Patients Throughout Their Illness** *New in 2022*

Heart failure is one of the leading causes of disability and death in America. This class covers what it is, leading causes of heart failure, and how it's managed from its onset to the end of life. We also discuss how palliative care, home health, and hospice can assist patients and their families facing this chronic condition.

## **Care for End-of-Life Healthcare Providers**

Caring for patients and families facing terminal illness is physically, emotionally, and spiritually demanding work. Healthcare providers working with these patients are at high risk for personal and professional burnout. These classes provide practical self-care tips and techniques for renewal and resilience in order to continue to provide effective, compassionate care.

### **25. Professional Boundaries—Staying Within the Guard Rails**

Defines the differences between personal and professional boundaries and how to identify when boundaries have been crossed or violated. Reviews how to protect yourself, patients, and their caregivers when providing end-of-life care. Also includes relevant interactive case study examples that demonstrate why boundaries are necessary in healthcare.

### **26. Navigating Challenging Patients and Families**

Covers the many stresses that patients and families may experience as they navigate the waters of aging and serious illness. Using an empathy-based approach, we'll discuss and acknowledge what they are going through, and talk about practical tips to be more effective care providers.

### **27. Burned Out? Tools for Developing Resilience**

Interactive class acknowledges caring for seriously ill can be quite stressful and focuses on how your "stress thermometer" is reading. We'll cover ways to increase resilience and self-care. You will become aware of your stress, learn strategies to reduce it, and increase long-term resilience.

### **28. Five Invitations: What Death Can Teach Us About Living Fully** *New in 2022*

Encourages thought on the meaning of life as we acknowledge life and death are a package deal. We share how we can use these five invitations to bring us closer to our truest selves.

### **29. Self-Care During the COVID Era and Beyond** *New in 2022*

Shares tools to help participants unwind and practice self-care at work and home as we continue to face new levels of disruption and stress during and after a global pandemic.