



Educational Classes About End of Life

Transitions LifeCare is committed to developing and providing educational classes that will positively impact all disciplines within the healthcare community.

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. How to Access Care Needs at End of Life

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, hospice, and grief care. The four levels of hospice care covered under the Medicare hospice benefit will be discussed along with the review of general admission criteria and the role of various clinical disciplines involved.

3. What is Palliative Care?

This 30-minute class defines palliative care and covers clinical disciplines involved.

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

4. 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.

5. 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.

6. Understanding Grief and Loss

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

7. Cultural Humility

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.

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.

8. 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 observe/assess levels of pain. The class also explores the differences, characteristics, and types of pain as well as pharmacological and non-pharmacological pain management.

9. Morphine: Myths and Facts

Reviews common myths and facts of morphine and covers the common uses of morphine and other opiates in end-of-life symptom management.

10. Symptom Management

Describes common end-of-life symptoms, including how to assess for these symptoms. Pharmacological and non-pharmacological interventions are reviewed to address shortness of breath, agitation, secretions, anxiety, nausea/vomiting, fever, and constipation.

11. 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 pharmacological interventions to help treat these symptoms.

12. Nutrition and Hydration at End of Life

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.

13. 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.

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.

14. Understanding and Caring for People Living with Dementia 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.

15. 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.

16. Understanding and Caring for People Living with Parkinson's Disease at End of Life

This class provides the essential knowledge and compassionate strategies for supporting individuals with advanced Parkinson's disease. Participants will learn about the physical, cognitive, and emotional challenges common in late-stage Parkinson's, including mobility loss, communication difficulties, and dementia. The course emphasizes symptom management, comfort care, and family support, helping caregivers navigate the complexities of end-of-life decisions with empathy and confidence.

17. Understanding and Caring for People Living with Neurological Disease at End of Life

This class explores the unique needs of patients facing end-of-life with progressive neurological conditions such as ALS, multiple sclerosis, stroke, and brain tumors. The class will address symptom management, communication challenges, emotional support, and the importance of honoring patient values and goals through advance care planning.

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.

18. 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.

19. Navigating Serious Illness Challenges

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.

