Caring for Dying Patients in Skilled Nursing Facilities
A Hospice Train-the-Trainer Project

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At the end of this session participants will:
• Articulate three steps needed to create a train-the-trainer program for end-of-life care.
• Describe the five components developed for the train-the-trainer program.
What is Hospice?
The Basics

• Interdisciplinary Care for a patient with a life expectancy of six months or less.

• Patient/family agree to a comfort focus rather than treatment to cure or prolong life.

• Hospice care is provided in a variety of settings including home, assisted living, adult family homes and skilled nursing facilities.
How We Developed the Curriculum
A Partnership

• The steering committee
  – Managerial and education staff from Franciscan Hospice
  – Hospice RN Clinicians
  – Representatives from three skilled nursing facilities

• The brainstorm sessions
  – Focused on Input from the NH
  – Categorized needs

• Goal development
  – Five 2 ½ hour sessions
  – Each included course content
Session Content
A collaborative curriculum using ELNEC materials

1. What is Hospice?
2. Communication at the End of Life/Advance Care Planning
3. Pain and Symptom Management
4. Regulatory and Compliance
5. Grief and Bereavement

At the end of each session we did a self-care activity including:
• Guided imagery
• Music therapy
• Tibetan gongs
Results
“These classes were exceptional!” Participant

Successes

• Sessions a month apart—easier to take the time away.
• Opportunity to share between SNF and hospice colleagues.
• Loved the interaction
• Well-balanced sessions.

Opportunities

• Need six sessions for all the information.
• Would like tools to practice and present “mini-sessions” and “just-in-time” sessions for staff.
• Would like to see program expanded to adult family homes and assisted living.
Lessons Learned

• Collaborative planning is essential
  – *What we thought was important and what the facilities thought was important were not always the same.* Hospice RN Planner

• Be mindful of how adults learn
  – *We loved the interaction and the chance to participate in the discussions.* SNF Educator

• Build in time for self-care
  – *Talking about the issues around dying can be hard. I loved the self care sessions.* SNF RN

• This is a hard topic. Keep it fun.
Train the Trainer Sessions