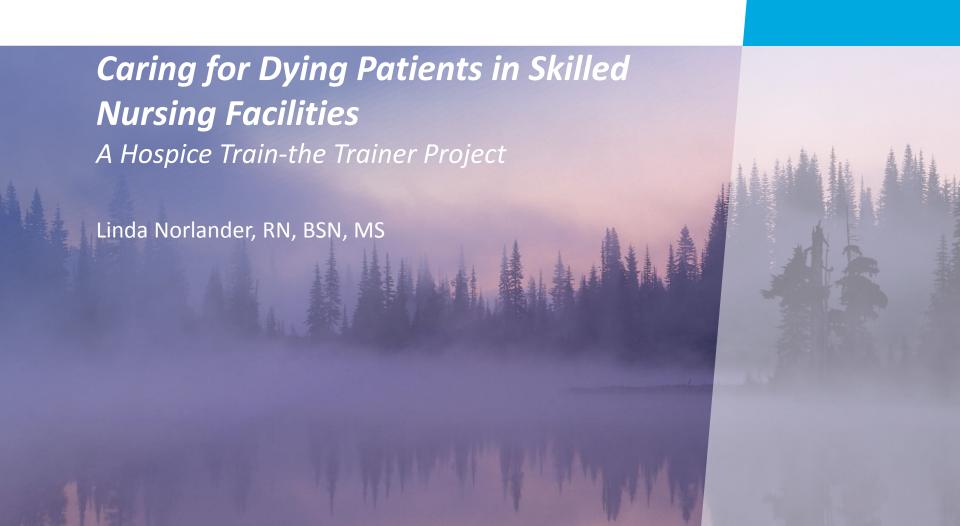


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# A Project Funded by a Seed Grant from the Robert Wood Johnson Executive Nurse Alumni Association

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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
- 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**



