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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

