

Cathy Wagner RN, MSN, MBA

Certified Hospice and Palliative Nurse

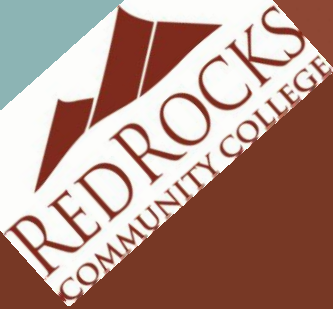
Adjunct Faculty, Red Rocks Community College

*Nurse Aide: A Support for Patients
in Hospice and Their Families*

CHEO, Faculty Professional Development Workshop

May 15, 2015

Boulder, Colorado



RED ROCKS COMMUNITY COLLEGE
HEALTH SCIENCES PROGRAM

NURSE AIDE: A SUPPORT FOR PATIENTS IN HOSPICE AND THEIR FAMILIES

A HOSPICE IS A PLACE OF MEETING. PHYSICAL AND SPIRITUAL, DOING AND ACCEPTING, GIVING AND RECEIVING, ALL HAVE TO BE BROUGHT TOGETHER....THE DYING NEED THE COMMUNITY, ITS HELP AND FELLOWSHIP.....THE COMMUNITY NEEDS THE DYING TO MAKE IT THINK OF ETERNAL ISSUES AND TO MAKE IT LISTEN....WE ARE DEBTORS TO THOSE WHO CAN MAKE US LEARN SUCH THINGS AS TO BE GENTLE AND TO APPROACH OTHERS WITH TRUE ATTENTION AND RESPECT.

~Dame Cicely Saunders, M.D., 1967~

Founder of the modern hospice movement



RED ROCKS COMMUNITY COLLEGE
HEALTH SCIENCES PROGRAM

NURSE AIDE: A SUPPORT FOR PATIENTS IN HOSPICE AND THEIR FAMILIES

- ✓ Three newly developed courses at RRCC
- ✓ Certificate program; hybrid format
- ✓ For Certified Nurse Aides (CNAs) who want to specialize in hospice and/or palliative care
- ✓ 2.5 credit hours
- ✓ Includes internship; 3 days in the field with a hospice professional



NURSE AIDE: A SUPPORT FOR PATIENTS IN HOSPICE AND THEIR FAMILIES

This is hospice...

<https://www.youtube.com/watch?v=uwP1ZhpwX70>



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Course #1 - Introduction to Hospice and Palliative Care

Text: Dying Well: Peace and Possibilities at the End of Life,
by Dr. Ira Byock

Course #2 – Bereavement, Emotional and Spiritual Aspects of Hospice

Text: Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying, by Maggie Callanan and Patricia Kelley



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On-line content (includes readings, discussion posts, assignments, videos, personal reflections)

- Principles of hospice care
- Team members' roles
- The Medicare Hospice Benefit
- Religious and cultural aspects of care
- Funeral practices
- Advance directives



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Classroom content (very interactive)

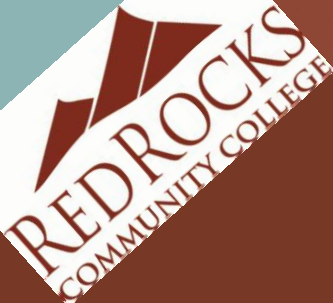
- The dying process and comfort measures
- Pain management
- Ethical issues at the end of life
- End-stage dementia care
- Professional boundaries
- Grief and bereavement
- Time management skills in the field
- Communication and conflict techniques



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Palliative care is specialized medical care for people with serious illnesses. This type of care is focused on providing patients with relief from the symptoms, pain and stress of serious illness, whatever the diagnosis. The goal is to improve quality of life for both the patient and the family. Palliative care is provided by a team of physicians, nurses, and other specialists who work with a patient's other health care providers to provide an extra layer of support. Palliative care is appropriate at any age and at any stage in a serious illness and can be provided together with curative treatment.

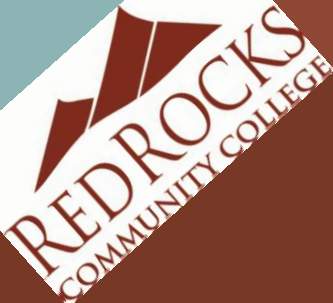
~State of Colorado health regulation, effective 3/14~



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Personal Exercise: Five Wishes

- At home, students complete the Five Wishes, an advance directive document
- In class students discuss together how it felt to contemplate their death



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Personal Exercise: Describe a “Good Death”

How would you like to die? Describe the circumstances. Where would you like to die? Is there a certain person(s) that you would like to have with you, if anyone? What environmental influences would you like, e.g., music, inside/outside, etc.?

Describe what you would like after your death. Do you want a funeral? Who should come? Would it be big or small? Do you want music? Readings? What mood would be best, sober or celebratory? Or do you want a memorial service? What would it be like? Do you want cremation? Burial? Why? Where would you want to be buried or have your ashes scattered? Why?

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What is the role of a CNA in hospice and/or
in palliative care?

It's about the little things...

<https://www.youtube.com/watch?v=jK1rly1btsQ>

