



## 2009 Hospice Palliative Care Training Curriculum - DRAFT

**Tuesday                      Oct. 6, 2009                      5:00 pm – 9:00 pm**

<b>5:00 – 5:30 pm</b>	Welcome, introductions, program overview, housekeeping and getting to know you exercise.
<b>5:30 – 6:00 pm</b>	<b>Overview of Hospice &amp; Introduction to Volunteering with Hospice</b> <i>Ruth Hill, Hospice Palliative Support Program Coordinator</i>
<b>6:00 – 6:30 pm</b>	<b>Video Presentation &amp; Discussion:</b> <b>Facing Death: “Providing physical, emotional &amp; spiritual comfort to loved ones” - 33 minutes</b>
<b>6:30 – 6:45 pm</b>	<b>Break</b>
<b>6:45 – 9:00 pm</b>	<b>History and Philosophy of Hospice Palliative Care and Caring for the Dying</b> <i>Dr. Chris O’Brien</i> <i>Medical Director, Palliative Care Unit, Saint John Regional Hospital</i> <ul style="list-style-type: none"> <li><input type="checkbox"/> Death in Canadian society</li> <li><input type="checkbox"/> History, philosophy and principles of hospice palliative care</li> <li><input type="checkbox"/> Role of interdisciplinary team and working together to provide quality, comprehensive care</li> <li><input type="checkbox"/> Understanding the dying persons needs and experience</li> </ul>

**Tuesday                      October 13, 2009                      5:00 pm – 9:00 pm**

<b>5:00 – 5:25 pm</b>	<b>Welcome</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Review questions from Tuesday</li> </ul>
<b>5:25 – 6:30 pm</b>	<b>Video – “At Death’s Door: Facing the Terminal Illness of a Loved One” - 35 minutes</b>
<b>6:00 – 6:30 pm</b>	<b>Exploring Your Personal Experiences with Dying &amp; Grief – Part One</b> <i>Ruth Hill, Hospice Palliative Support Program Coordinator</i> <i>Diane Sullivan Hospice Grief Coordinator</i> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learn more about yourself, your feelings &amp; beliefs about death, dying &amp; grief</li> <li><input type="checkbox"/> Spend time remembering your reactions to loss at the time of occurrence and after</li> <li><input type="checkbox"/> Understand what was helpful and what was not</li> <li><input type="checkbox"/> Prepare to be a Hospice Volunteer</li> </ul>
<b>6:30 – 6:45 pm</b>	<b>Break</b>
<b>6:45 – 9:00 pm</b>	<b>Exploring Your Personal Experiences with Dying &amp; Grief – Part Two</b> <i>Ruth Hill, Hospice Palliative Support Program Coordinator</i> <i>Diane Sullivan Hospice Grief Coordinator</i> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learn more about yourself, your feelings &amp; beliefs about death, dying &amp; grief</li> <li><input type="checkbox"/> Spend time remembering your reactions to loss at the time of occurrence and after</li> <li><input type="checkbox"/> Understand what was helpful and what was not</li> <li><input type="checkbox"/> Prepare to be a Hospice Volunteer</li> </ul>

**Saturday**

**October 24, 2009**

**8:30 am –4:00 pm**

8:30 – 8:45 am	<b>Welcome</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Review Questions from Tuesday</li></ul>
8:45 – 9:00 am	<b>Video: “Facing Death - Understanding end-of-life patient needs” – 15 minutes</b>
9:00 – 9:30 am	<b>Residential Hospice Presentation – <i>Sandy Johnson, Executive Director</i></b>
9:30 – 10:00 am	<b>Tour of Bobby’s Hope House</b>
10:00 – 10:15 am	<b>Break</b>
10:15 – 11:15 am	<b>The Dying Process and Final Hours of Care</b> <i>Janice Till, RN, Palliative Care Unit In-Charge Nurse, SJRH</i> <ul style="list-style-type: none"><li><input type="checkbox"/> The final days and hours of a dying person’s life.</li><li><input type="checkbox"/> Signs of approaching death</li><li><input type="checkbox"/> Appropriate actions and comfort measures</li><li><input type="checkbox"/> Supporting the family</li></ul>
11:15 -11:45 am	<b>Video – “203 Days” – 20 minutes</b> <b>Discussion</b>
11:45 – 12:30 pm	<b>Brown Bag Lunch</b>
12:30 – 1:30 pm	<b>Pain &amp; Symptom Management</b> <i>Dr. Julia Wildish, Hospice Palliative Care Outreach Program, SJRH</i> <ul style="list-style-type: none"><li><input type="checkbox"/> Overview of pain &amp; symptoms in terminal care</li><li><input type="checkbox"/> Understanding the total pain experience</li><li><input type="checkbox"/> Effective pain &amp; symptom management</li><li><input type="checkbox"/> Role of caregiver in pain &amp; symptom mgmt.</li></ul>
1:30 – 2:00 pm	<b>“On Our Own Terms – Program Two – A Different Kind of Care”- 25 minutes</b>
2:00– 2:15 pm	<b>Break</b>
2:15 - 3:15 pm	<b>Self Care</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Understanding and coping with stress</li><li><input type="checkbox"/> Signs of burnout</li><li><input type="checkbox"/> Caring for yourself</li><li><input type="checkbox"/> Infection Control</li></ul>
3:15 – 3:45 pm	<b>Video: “Celebrate What’s Right With the World” – 20 minutes</b>
3:45 – 4:00 pm	<b>Wrap Up</b>

**Tuesday                      Oct. 27, 2009                      5:00 pm – 9:00 pm**

<b>5:00 – 5:30 pm</b>	<b>Welcome</b> <ul style="list-style-type: none"><li>❑ Review questions from Saturday</li></ul>
<b>5:30 – 6:30 pm</b>	<b>Grief and Bereavement</b> <i>Diane Sullivan Hospice Grief Coordinator</i> <ul style="list-style-type: none"><li>❑ The grief process</li><li>❑ Expressions of grief and coping with loss</li><li>❑ Personal awareness of loss</li><li>❑ Supporting families to cope</li><li>❑ Helping children and teens grieve</li></ul>
<b>6:30 – 6:45 pm</b>	<b>Break</b>
<b>6:45 – 9:00 pm</b>	<b>Video – Griefwalker Stephen Jenkinson - 45 minutes</b> <b>Discussion</b>

**Tuesday                      November 3, 2009                      5:00 pm – 9:00 pm**

<b>5:00 – 5:30 pm</b>	<b>Welcome</b> <ul style="list-style-type: none"><li>❑ Review questions from Tuesday</li></ul>
<b>5:30 – 6:30 pm</b>	<b>Caring for the Spirit</b> <i>Diane Sullivan, Hospice Grief Coordinator</i> <ul style="list-style-type: none"><li>❑ Understanding spirituality and religion</li><li>❑ Understanding the spiritual needs of a dying person</li><li>❑ Providing spiritual support in end-of-life care</li><li>❑ Hope and the human spirit</li></ul> <b>Video – “Living with Hope” – 17 minutes</b>
<b>6:30 – 6:45 pm</b>	<b>Break</b>
<b>6:45 – 9:00 pm</b>	<b>Mandella’s</b>

**Saturday**

**November 7, 2009**

**8:30 am – 4:00 pm**

<b>8:30 – 9:00 am</b>	<b>Welcome</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Review questions from Tuesday</li></ul>
<b>9:00 – 10:00 am</b>	<b>Communication with Families</b> <i>Helen Henry, RN Extra-Mural Nurse</i> <ul style="list-style-type: none"><li><input type="checkbox"/> Effective communication with dying persons.</li><li><input type="checkbox"/> Guidelines for being there and active listening</li><li><input type="checkbox"/> Communicating with families</li><li><input type="checkbox"/> Talking to children and teens about dying and death</li></ul>
<b>10:00 – 10:30 am</b>	<b>Video: “A Place Prepared: Helping Children Understand Death”, 30 minutes</b>
<b>10:30 – 10:45</b>	<b>Break</b>
<b>10:45 – 11:45 am</b>	<b>Privacy, Confidentiality and Ethics</b> <i>Ruth Hill, Hospice Palliative Support Program Coordinator</i>
<b>11:45 – 12:30 pm</b>	<b>Brown Bag Lunch</b>
<b>12:30 – 2:00 pm</b>	<b>Video “Moyers on Dying Program One (Zen Hospice)”, 15 minutes</b>  <b>Role of Hospice Volunteers</b> <i>Ruth Hill, Hospice Palliative Support Program Coordinator</i> <i>Diane Sullivan, Hospice Grief &amp; Administrative Coordinator</i> <ul style="list-style-type: none"><li><input type="checkbox"/> General Rights and Responsibilities</li><li><input type="checkbox"/> Cultural Diversity</li><li><input type="checkbox"/> Volunteer Opportunities</li><li><input type="checkbox"/> Being a Member of the Formal Health Care Team</li><li><input type="checkbox"/> Community Palliative Support Volunteers – Home, Hospital, Nursing Homes</li><li><input type="checkbox"/> Grief &amp; Bereavement Volunteers</li><li><input type="checkbox"/> Administration Volunteers</li><li><input type="checkbox"/> Hospice Policies &amp; Procedures</li><li><input type="checkbox"/> Communication and Support</li><li><input type="checkbox"/> Reporting</li><li><input type="checkbox"/> Continuing Education</li><li><input type="checkbox"/> Recognition Night</li></ul> <b>Video – Facing Death The Gift of Being There - 13 minutes</b>
<b>2:00 – 2:15 pm</b>	<b>Break</b>
<b>2:15 – 3:45 pm</b>	<b>Hospice Volunteer Panel Presentation &amp; Discussion</b> <b>Participants TBD</b>
<b>3:45 – 4:00 pm</b>	<b>Wrap Up and Graduation</b>  <b>Video: The Dash – 10 minutes</b>