



2020 Educational Offerings

(All programs are subject to speaker availability)

Many of our programs focus on individual well-being, caregiver support, coping with grief and loss and the benefits of being a volunteer. Programs can be tailored to meet the unique needs of your group or organization.

General Information

Assessing Decision-Making Capacity (1152 expires 10-17-21)

- Discuss what decision-making capacity is.
- Describe how to assess decision-making capacity.
- Explain how to use capacity when providing patient care.

1.0 contact hour Nurse, Social Worker

Compassion Fatigue: Let's Deal With It (1131 expires 3-7-21)

- Define compassion fatigue and how stress magnifies it.
- Recognize symptoms and warning signs of compassion fatigue and stress.
- Identify five phases of compassion fatigue.
- Share Health strategies for personal care.
- Suggest ways to transitions from work to home.
- Identify tips for self-care.

1.0 contact hour Nurse, Social Worker

Gaining Insight and Understanding at End of Life (1172 expires 8-25-22)

- Define terminology related to dying.
- Explain signs and symptoms frequent seen in the actively dying phase.
- Discuss interventions helpful to patients and families

1.0 contact hour Nurse, Social Worker

Hospice and Palliative Care: You have Choices (1040 expires 6-24-21)

- Explain hospice philosophy, history, eligibility and reimbursement.
- Discuss differences between palliative care and hospice care
- Describe palliative care eligibility, models and reimbursement

1.0 contact hour Nurse, Social Worker



Making an Informed Choice: Artificial Nutrition and Hydration (1178 expires 10-29-22)

- Review the perception of nutrition and hydration in our society.
- Discuss adverse effects of inserting a feeding tube.
- Determine the various effects artificial nutrition/hydration as well as terminal dehydration, can have on a patient's quality of life and death.
- Share research findings related to artificial nutrition/hydration.

1.0 Contact hour Nurse, Social Worker

Measuring Dignity at End of Life (1124 expires 2-15-21)

- Define the term "dignity" and the impact it has in healthcare.
- Discuss four different tools to measure dignity.
- Identify three ways to apply the information to daily practice.

1.0 Contact hour Nurse, Social Worker, Physician

Moral Distress

- Discussion of real case review/ethical dilemma
- Define moral and emotional distress.
- Recognize variables that contribute to moral distress.
- Discuss techniques/tools to promote the wellbeing and self-care as it pertains to moral distress.

Self-Care and Self-Compassion (1177 expires 10-14-22)

Self-Care and Self-Compassion are two important, but often overlooked skills that can enhance one's ability to provide ideal care. This presentation will provide resources on self-care and self-compassion, as well as the tools to enhance one's ability to recognize and practice self-care and self-compassion.

- Define Compassion Fatigue, Self-Care & Self-Compassion
- Differentiate between Self-Care and Self-Compassion
- Identify ways to practice Self-Care and Self-Compassion
- Explore qualities of Self-Compassion
- Reflect on personal practices and ways to improve one's approach

1.0 Contact hour Nurse, Social Worker

Tips and Techniques for Communicating Bad News (1158 expires 11-21-21)

- Explain Bad News
- Describe the importance of effectively communicating bad news
- Identify S-P-I-K-E-S communication strategy for delivering bad news
- List resources available for delivering bad news

1.0 contact hour Nurse, Social Worker

Trauma Informed End-of-Life Care (1136 expires 4-18-21)

- Define key terms related to trauma informed care in hospice and palliative care.
- Understand the prevalence and impact of trauma in the general population.
- Identify patients with underlying post-traumatic stress and what to do about it.
- Identify improved patient outcomes when incorporating trauma informed care in your organization.

1.0 contact hour Nurse, Social Worker



Dementia

Accommodating Dementia Behaviors through Patient Centered Care (1170 expires 7-28-22)

- Understand the ground rules when working through dementia behaviors.
- Describe 10 common dementia behaviors and their causes.
- Illustrate ways to manage common dementia behaviors.
- Recognize how dementia behaviors effect activities of daily living.

1.0 Contact hour Nurse, Social Worker

Dementia: Using “Gems” to Uncover Clarity (1155 expires 11-14-21)

- Define dementia and identify four types of dementia.
- Identify risk factors for dementia.
- Describe the GEMS Model.
- Recognize the difference between a Care Giver and a Care Partner.
- Explain Person Centered Care and be able to demonstrate Hand Under Hand technique.

1.0 contact hour Nurse, Social Worker

Walk a Mile in My Shoes: A lesson in empathy, for those touched by dementia (1153 expires 11-7-21)

- Define dementia
- Identify four types of dementia
- Explain the brain changes caused by dementia
- Demonstrate the benefits of hospice in the dementia patient and caregiver’s world

1.0 contact hour Nurse, Social Worker

Grief and Loss

Grief in the Older Adult (1137 expires 6-27-21)

- Identify losses associated with older adulthood.
- Define characteristics of grief and loss in the elderly.
- Identify factors influencing the grief process of the older adult.
- Identify three strategies to support older adults who are grieving.

1.0 contact hour Nurse, Social Worker

Grief in the Workplace (1122 expires 10-24-20)

- Describe the impact and cost of grief and loss in the workplace.
- Define grief and loss.
- List ways to support grieving employees.
- Identify what to do when an employee dies.

1.0 contact hour Nurse, Social Worker

Pregnancy/Neonatal Loss (1127 expires 3-5-21)

- Define normal grief responses.
- Describe the grieving process.
- Define the unique aspects of Perinatal loss.
- Identify four hands-on techniques to do when an infant dies.

1.0 contact hour Nurse, Social Worker



Pain Management

Concepts of Pain Management at End-of-Life (1179 expires 10-29-22)

- Define holistic pain and address clinical terminology
- Review classification of physical pain
- Identify types of pain and tools for assessment
- Discuss myths and fears about opioids
- Describe methods of pain management

1.0 contact hour Nurse, Social Worker

Pain Management for the Recovering or Addicted Patient at End of Life

- Define terms related to addiction and discuss the principles of pain management
- Identify and discuss interventions in the plan of care that will ensure optimal pain management
- Identify various screening tools in pain management as well as non-pharm interventions
- Discuss myths and fears about opioids
- Describe methods of pain management

1.0 contact hour Nurse, Social Worker and Physician

Palliative

Experiences in Palliative Sedation (1133 expires 4-10-21)

- Define palliative sedation and differentiate between palliative sedation, euthanasia and assisted suicide.
- Recognize clinical indications where palliative sedation may be clinically indicated.
- Acknowledge ethical concerns related to palliative sedation and note potential emotional conflict when caring for palliative sedation cases.

1.0 contact hour Nurse, Social Worker and Physician

Heart Failure: Palliative Care and End of Life Management (1148 expires 9-12-21)

- Identify three ways palliative care can assist with symptom management in heart failure
- Identify three ways hospice care can assist with symptom management heart failure.
- Define heart failure eligibility for both palliative and hospice care.

1.0 contact hour Nurse, Social Worker

Palliative Wound Care

- Identify differences in goals of care when addressing wounds at end of life.
- Describe common wounds observed in end of life and treatment recommendations using the HWR Palliative Wound Product Reference Card.
- Identify scope of practice of nursing assistants and nurses (RNs/LPNs) including caregiver training.

1.0 contact hour Nurse, Social Worker and Physician



Spirituality

Holding Space: Walking Each Other Home

Rev. Chuck Behrens, a Hospice Spiritual Care Coordinator will illustrate the powerful phenomena of “Holding Space” with a patient or their loved ones during their End of Life and dying process. These precious healing times of presence are more than ‘just physically being there’ moments that is never a spot or a designated, reserved area so much as a sincere willingness, an openness to sit with another through their pain, doubt, regrets, despair and hopelessness without judgment, bias or compensation. This session will not only help define this significant intervention but also illustrate its effectiveness and identify the easy to apply components that lead to a more comforting, peaceful death.

Holy Hell: Anger at God (1174 expires 9-22-22)

- Define Anger at End-of-Life as a Natural Consequence of Loss
- Identify the signs and symptoms of Anger in End-of-Life patients and caregivers
- Bereavement in a Baggie: Describe appropriate interventions to help patients and caregivers deal with Anger

1.0 contact hour Nurse, Social Worker

Making C-E-N-T-S of Compassion (1132 expires 4-11-21)

- Identify the essential components of compassion
- Identify the importance of using compassion as a means of saving money and actually increasing revenue
- Describe the “Want-To’s” is half of the “How-To” for providing compassionate care

1.0 contact hour Nurse, Social Worker

Many Paths, One Road: World Religion/Culture/Spirituality at the End of Life (1166 expires 6-10-22)

- Describe differences between Religion and Spirituality and their benefits
- Define culture factors that affect end of life care.
- Describe some major religions and their end of life practices
- Identify and discuss how racial/ethnic differences affect end of life care

1.1 contact hour Nurse, Social Worker, Physician



Community Programs – Not for CE

Accommodating Dementia Behaviors through Patient Centered Care

Understand the ground rules when working through dementia behaviors. Describe 10 common dementia behaviors and their causes. Illustrate ways to manage common dementia behaviors. Recognize how dementia behaviors effect activities of daily living.

Advance Care Planning: Courage in Conversation

Learn the importance of making decisions regarding future medical care and discussing choices with family/loved ones. Take home an advance care planning guidebook with Ohio advance directives, including the living will and the power of attorney for healthcare form.

Being a Caregiver: Steadfast or Stressed

Learn how planning ahead, using relaxation techniques and taking advantage of supportive services allow caregivers to experience the positive aspects of caregiving.

Caregiver Boot Camp

This interactive presentation offers practical, easy to incorporate, tips on self-care to caregivers.

Compassion Fatigue for Caregivers

In this program we will define compassion fatigue, recognize the symptoms of compassion fatigue, and identify tips for self-care to reduce compassion fatigue

Coping with Grief and Loss

An informative program about types of grief and loss, typical reactions due to death, the grief process, and how to help grieving friends and family members.

Dementia Care: Starting the Conversation

In this program we will discuss the causes of dementia and prevalence of the disease, explain how person-centered care techniques can help manage difficult behaviors for patients with dementia and explain the benefits of hospice care.

Dementia Friends Information Session (Collaboration with Ohio Council for Cognitive Health)

This face to face education session lasts approx. 60 minutes and covers the five key messages everyone should know about Dementia through activities and discussion, it is not a formal training, but asks those who attend to commit to a dementia friendly action and can become a Dementia Friend. A Dementia Friend turns their understanding into practical action that can help someone living with Dementia in their community. Every action counts.

After Participating in a Dementia Friends session, participants will be able to:

- Describe dementia and know most common type(s).
- State the five key messages about dementia.
 - Explain one approach to effectively communicate with a person with dementia.
- Commit to an action as a Dementia Friend in your community.

Dementia: Using “Gems” to Uncover Clarity Define dementia and identify four types of dementia. Identify risk factors for dementia. Describe the GEMS Model. Recognize the difference between a Care Giver and a Care Partner. Explain Person Centered Care and be able to demonstrate Hand Under Hand technique.



Dreams Fulfilled: Creating & Achieving Your Bucket List

You've heard the term "Bucket List", come learn how to create your own list and pursue your lifetime dreams one at a time.

Eldercare Resources Roundtable

Find solutions for families and caregivers with an aging parent or someone depending on them.

Gaining Insight and Understanding at End of Life

In this program we will define terminology related to dying, explain signs and symptoms frequently seen in the actively dying phase, and discuss interventions helpful to patients and families.

Have a Laugh: For the Health of It

In this program we will define the history of therapeutic humor, Identify the benefits of humor and distinguish between appropriate and inappropriate uses of humor

Impacts and Benefits of Pets

Explore how pets enhance our lives physically and mentally. Learn about service animals, specifically dogs, that are individually trained to perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual or other mental disability. Learn about the objective, roles and goals of Pet Therapy Dogs; discuss how Pet Therapy reduces stress for the recipient. Gain a better understanding in ways to memorialize your pet.

Legacy Letters: Sharing the Story of You

Unlike legal wills that transfer material possessions, an ethical will bequeaths personal values, reflections, traditions, advice and memories to loved ones.

Peaceful & Proud: Personalized Care for Veterans

A powerful presentation of our services that are tailored to the unique needs of seriously ill veterans and their families.

Questions Are the Answer: Strategies for Making the Most of Your Doctor Visits

In the program you will learn the importance of being an active member of your healthcare team, identify ways to get organized for your doctor visits and what questions to ask to ensure the best possible outcome.

Self-Care and Self-Compassion

Self-Care and Self-Compassion are two important, but often overlooked skills that can enhance one's ability to provide ideal care. This presentation will provide resources on self-care and self-compassion, as well as the tools to enhance one's ability to recognize and practice self-care and self-compassion.

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Sorting out the Myths and Facts about Hospice and Palliative Care

An overview of hospice care, eligibility, reimbursement, and philosophy.



Spirituality: Tapping into your Inner Peace and Strength

Find hope, new meaning in life and ways to cope with adversity and disappointment

Unique Needs of the Dying Patient

In this program, we will define terminology related to dying. The unique needs of the dying patient will be identified and available resources shared to assist in meeting those needs

Visiting: The Art of Being Present

Ever wonder what to say and how to visit with someone who is seriously ill, experiencing memory loss or grieving the loss of a loved one? This presentation provides information on how to make your visit a positive and meaningful experience.

Volunteerism: Neighbors Helping Neighbors

Discusses the many benefits of being a volunteer while helping others in your community.

Walk a Mile in My Shoes

Dementia is not something one wishes for...it is something that **happens to them**. One of the best lessons we can learn, when caring for someone with dementia, is how to better empathize with them...to walk a mile in their shoes.

In this interactive presentation, you will experience “just a taste” of what it feels like to have dementia. Our goal is to be able to better care for our loved ones/patients/residents through developing a deeper understanding of the challenges and heartaches they face.

Wellness through the Senses and the Power of Meditation

In this presentation, we will help gain an understanding of the five senses, Use practical advice regarding the five senses to provide a sense of wellbeing, and understand the impact of daily stressors and the ability to combat stressors through wellness methods.

Additional Grief Education Programs

The Elisabeth Severance Prentiss Bereavement Center is a community-based grief support program that provides services throughout Northern Ohio. We offer support to anyone who has experienced a loss due to death. The Elisabeth Severance Prentiss Bereavement Center can offer the any of the following topics in a 30, 60, or 90-minute format

- Overview of the bereavement center
- Introduction to grief, loss and bereavement
- Anticipatory grief
- Cumulative grief
- Sudden death
- Grief in the workplace
- Child and adolescent grief
- Grief and older adults
- Pet loss
- Other – we can also customize education and workshops based on need and situation

