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# Hospice Palliative Care Online Education

- Continuing Education
- Flexible and Interactive
- Experienced Instructors
- Inter-professional Learners

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## Compassionate Communication in Palliative Care

**Instructor: Elizabeth Causton, MSW, HPC Counsellor**  
Develop strategies for facilitating conversations with patients and family members considering empathy, personal timing, building trust and validating personal experience.

## Psychosocial Needs of the Dying

**Instructor: Susan Breiddal, MATP, RCC**  
Learn about the psychosocial needs of the dying and their families, and identify the values and principles that support good psychosocial care.

## Loss, Grief and Dying with Dementia

**Instructor: Deb Ribeyre, MEd, RCC, RSW**  
Understand the unique losses, grief and bereavement experienced by persons with dementia (PWD) and their caregivers.

## Symptom Management - "It's not being dead but the dying I fear"

**Instructor: Kath Murray, RN, BSN, CHPCN(C), CT**  
Enhance caregiving skills by understanding the "essentials" of symptom assessment, management and comfort measures.

## The Art of Grieving - Exploring Loss through Colour and Words

**Instructor: Jennifer Wortham, MSW, CT**  
Explore a personal loss from your life. Develop your creative expression to unravel the long term effects of loss, exploring new meanings and deepening your understanding of the loss.

## Predeath 101 - Last Days and Hours

**Instructor: Kath Murray, RN, BSN, CHPCN(C), CT**  
Identify common physical changes, examine the psychosocial implications of these changes, and develop strategies for supporting the patient and family throughout the last days and hours.

## Palliative Sedation Therapy - "PST...Can we talk about it?"

**Instructor: Susan Breiddal, MATP, RCC, Dr Christine Jones, M.D. Palliative Care Physician**  
Examine palliative sedation therapy as an option in end of life care and discuss in an open forum the values and feelings this therapy rouses.

## Theories of Grief and Loss - Beyond Kubler-Ross

**Instructor: Dr Heather Mohan, PhD, RCC, MTA**  
Examine theories of grief and bereavement beyond the classical "stages" of Kübler-Ross. Identify different styles of grieving, modifiers of grief and develop strategies for supporting grieving individuals.

## Music Care - Caring for the Dying with Music

**Instructor: Bev Foster, Music Educator, Room 217**  
Explore the impact and value of music in the experience of dying, and learn strategies for using music in hospice palliative care.

## Maintaining Therapeutic Boundaries - Avoiding the Stress of Over-involvement with Patients and Families.

**Instructor: Elizabeth Causton, MSW, HPC Counsellor**  
Explore the 'family dance' and learn how to know when you have crossed onto someone else's 'dance floor.' Discuss the 'heaven and hell of team' and identify strategies to become better at maintaining therapeutic boundaries.

## Communication 101 - "I don't know what to say"

**Instructor: Jennifer Wortham, MSW, CT**  
Learn ways to communicate with the dying and their family by developing skills in compassionate care giving and non-violent communication, as well as appreciating the meaning of helplessness and self-empathy.

## Trauma, Grief and Loss

**Instructor: Catherine Traer-Martinez, RMT, MEd, RCC**  
Explore one's own reactions to trauma, loss and grief by learning about the "emotional circuitry" of the brain, exploring the concept of (emotional) self-regulation.

## Developing Leadership - Finding Your Voice as an Advocate in HPC

**Instructor: Shauna Fenwick, MA**  
Develop leadership skills to use from wherever you are in palliative care. Experience what good leadership looks like, clarify foundational values for leadership actions, and identify ways to use your voice for advocacy in palliative care.

## Self Care - Mindfulness through Journal Writing

**Instructor: Susan Breiddal, MATP, RCC**  
Deepen your understanding of your own experiences with death, dying and grief in this self-care course using journaling to develop mindfulness.

## Grief and Kids - Walking and Talking with Kids about Death and Dying

**Instructor: Kath Murray, RN, BSN, CHPCN(C), CT**  
Develop your skills for talking with children about death and dying through critique of common myths, examining current theory, and looking at how to meet unique needs of grieving children.

Note: Courses and Instructors subject to change

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Experience hospice palliative care education in an interactive and engaging online environment. Work with experienced instructors and inter-professional learners to earn your certificate after completing 9 courses.

**Register at LDMonline.ca or 1.888.788.6781**  
**Request information from info@LDMonline.ca**

**Our Learners:** Individuals working with the dying or bereaved, e.g. family, friends, nurses, health care professionals and paraprofessionals, and volunteers.

**Fees:** 3 wk courses - \$199; 8 wk courses - \$399.

**Registration:** Open ended with a different course starting the 10th and 25th of each month.

**Resources:** Book & journal readings, videos, podcasts, teleconferences, field trips and research.

**Assignments:** Online forum discussions, reflective writings, group and individual research projects, creative art explorations and teleconference discussions.



Life & Death Matters



Life & Death Matters



# Educational Resources

## Essentials in Hospice Palliative Care

[www.lifeanddeathmatters.ca](http://www.lifeanddeathmatters.ca)



### Books

#### Essentials in Hospice Palliative Care 2nd Edition

This easy-to-read textbook is an excellent manual for inter-professional and family caregivers. The thorough introduction to hospice palliative care history, traditions and practices provides a strong base of understanding for providing care. Common symptoms - both physical and psychosocial, and care strategies are addressed in clear language and illuminated with real and poignant caregiving stories. Managing symptoms in last days and hours, communication skills and self care round out this informative and essential manual for all caregivers.

ISBN 978-0-9739828-1-7 \$39.95

#### Essentials in Hospice Palliative Care Workbooks

These two study guides, companions to the Essentials, help nursing and health care worker students explore their own "beliefs and baggage", learn about "content and concepts" and then apply theory in "application and integration." Workbook exercises include reflective writing, short-answer questions, case studies, suggestions for role play, and small and large group discussions.

Study Guide for Nurses  
ISBN 978-0-9739828-2-4 \$29.95

Study Guide for Health Care Workers  
ISBN 978-0-9739828-4-8 \$29.95

#### Reflections in Hospice Palliative Care A Personal Writing Journal

This reflective writing journal provides over 100 evocative writing stems on themes, concepts and issues caregivers will encounter in hospice palliative care. Reflective writing practice is shown to enhance comprehension and assist with integrating new theory into practice.

ISBN 978-0-9739828-3-1 \$19.95



### Essential PowerPoint® Presentations

#### For teaching Health Care Worker (HCW) or Nursing students.

PowerPoints can be edited and adapted.

- Introduction to Hospice Palliative Care
- Standardized Tools for Use in HPC
- Assessing Pain in Hospice Palliative Care
- Managing Pain in Hospice Palliative Care
- Dyspnea - The Feeling of Breathlessness
- Loss and Grief
- Oral Discomfort
- Nausea and Vomiting
- Anorexia and Cachexia
- Dehydration
- Delirium & Restlessness
- Last Days and Hours

ISBN 978-0-9739828-5-5 (set) \$39.95



### Essential Videos

**Introduction to Pain Management** - A video role play that demonstrates information sharing while explaining pain management strategies to a family member.

ISBN 978-0-9739828-6-2 \$29.95

**Managing Dyspnea** - An experience and debriefing on dyspnea followed by discussions of why dyspnea is often not treated, and methods for assisting individuals with dyspnea.

ISBN 978-0-9739828-7-9 \$29.95

**Boundaries and Self Care** - A discussion of the risks of "becoming like family" and the need to maintain therapeutic boundaries as a strategy of self care.

ISBN 978-0-9739828-8-6 \$29.95

**Living with Dying** - Don Trapnell and Deanna Hutchings candidly explore their experiences living with Don's terminal diagnosis. They are thoughtful, articulate and insightful in this one hour documentary of their journey so far.

ISBN:97809739828-9-3 \$29.95



### Essential Podcasts

The podcast library features over 60 hospice palliative care titles. Developed to enhance learning and maximize classroom time for HCW and PN students, the podcasts are equally useful for family, volunteers and other professionals new to hospice palliative care.

- These versatile audio lectures are available on the internet for use when the learner is ready - 24/7.
- Podcasts address different learning styles and the busy needs of on-the-go students, by providing variety to instructional content as well as opportunities for repeated use as required for clarity or understanding.

1 year subscription - Individual \$29.95  
1 year subscription - Student \$19.95

### ORDERING INFORMATION

Online at [www.lifeanddeathmatters.ca](http://www.lifeanddeathmatters.ca)

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