

Educational Offerings for Professionals

Midwest Palliative & Hospice CareCenter is a nonprofit, community-based healthcare organization. Our representatives would welcome the opportunity to provide in-services and/or presentations for your staff. If you are interested in scheduling a presentation or learning more about a topic that is not currently listed, please call (847) 467-7423.

NOTE: Continuing education units are indicated where available.

Adult Grief: Coping in the Workplace

Grief impacts our physical, psychological and spiritual well-being. The grief that follows a significant loss, such as the death of a family member, friend, co-worker or longtime resident of a facility, may impact one's ability to effectively perform his/her job. This session will identify ways that the workplace can be supportive and helpful to a grieving individual. (1 hr CEU for CCM, SW, LCPC)

Adult Grief: What to Expect, Finding Support

Following a significant loss, adults may find comfort in the knowledge that the range of emotions they are experiencing is normal and that they are not alone in their grief. This session will explore grief, complicated grief, normal grief reactions, how grief impacts our lives, and where to find support.

Advance Directives

An advance directive can be a final gift to family and friends who might otherwise struggle with decisions due to not knowing what their loved one would have wanted. As a healthcare professional, you are in a position to educate patients about the benefits of taking the time now to ensure that their healthcare wishes are respected if they are no longer able to speak for themselves. Participants will gain an understanding of common types of advance directives, as well as how to create and maintain them. (1 hr CEU for CCM, SW, LCPC)

CareCenter Overview

Midwest Palliative & Hospice CareCenter provides nationally recognized services including: home wellness, palliative care services, hospice care, grief support and special services for children. We work with healthcare professionals to care for patients and families in need of specialized physical and emotional treatment and support. Participants will gain an understanding of the mission of CareCenter and the scope of programs and services available to assist you in caring for patients, families and caregivers.

Caring for the Caregiver

Caring for people experiencing pain, loss and grief is both personal and emotional work. This session will focus on the important role self-care plays in a professional caregiver's ability to provide optimum care to a patient. Participants will gain an understanding of the meaning of self-care for caregivers and learn how to recognize and avoid possible consequences of inadequate self-care, such as burnout. (1 hr CEU for CCM, SW, LCPC)

Delirium

Delirium is the abrupt onset of global confusion and disorientation, usually resulting from serious, underlying, medical conditions. Participants will gain an understanding of delirium in order to better prevent, diagnose, assess and treat delirium in their patients. (1 hr CEU for CCM)

Dyspnea, Hiccoughs and Cough

Dyspnea, hiccoughs and cough are common conditions experienced by hospice and palliative care patients. This session will discuss common causes and ways to care for patients dealing with these conditions. (1 hr CEU for CCM)

Laughter Therapy

Laughter therapy is a well-recognized tool for healing and maintaining good mental health. Laughter can increase cardiovascular endurance and release endorphins which provide natural pain relief. A certified laughter leader will demonstrate how to prevent "hardening of the attitudes" and produce a feeling of well-being and positive energy. Participants will be able to incorporate these techniques into their daily routines.

Managing Stress and Burnout

Poor stress management can result in harmful effects on one's emotional, physical and spiritual health. This session will discuss the assessment of personal vulnerability and specific causes of stress. Participants will develop effective stress management techniques and identify ways to integrate them into daily life. (1 hr CEU for CCM, SW, LCPC)

Medicare Hospice Benefit

The Medicare Hospice Benefit provides comprehensive coverage for hospice care. Medicare beneficiaries with coverage under Medicare Part A and who meet eligibility for hospice care can access the Medicare Hospice Benefit. Participants will receive additional resources on the topic. *(1 hr CEU for CCM)*

Music-thanatology (3hr and 1hr)

Music-thanatology uses elements of music (harp and voice) to address acute symptom management issues, such as pain, anxiety, labored breathing, dyspnea, sleeplessness, delirium, emotional/spiritual suffering, or when the patient's death is imminent. Participants will receive information about the discipline of music-thanatology and its application with CareCenter patients. *(3 hr CEU only for SW)*

Music Therapy

Music therapy uses proven techniques to provide support to patients through music-assisted relaxation, guided imagery, songwriting and life review. Music therapy also addresses depression, anxiety, pain, dementia, respiratory distress, agitation, isolation, as well as emotional and communication issues. Participants will gain a greater understanding of the benefits of music therapy and its application with CareCenter patients. *(1 hr CEU for CCM)*

Nutrition & Hydration

As the end of life nears and the needs of the body change, it is common for patients to stop eating and drinking. This session will explore the nutrition and hydration needs of patients during the final stages of life. Participants will gain an understanding of comfort measures that can be effective for the patient experiencing the effects of anorexia and dehydration. *(1 hr CEU for CCM, SW, LCPC)*

Pain Management

Pain is a common symptom for patients with serious illness. Adequate pain relief begins with a comprehensive pain assessment. This session will discuss how to assess pain effectively as well as the barriers to good assessment, the context of pain, the WHO 3-step analgesic ladder, breakthrough pain dosing, and patient and family education. Participants will gain an understanding of how to achieve optimum pain relief for patients. *(1 hr CEU for CCM)*

Palliative Care Services

Palliative care can help patients who are struggling with...

... challenging symptoms associated with treatments for a serious illness.

... an age-related or progressive condition that limits independence or prevents them from doing the things they enjoy.

... decisions about medical treatment, procedures or supportive therapies that may improve quality of life.

Palliative care is the framework for all of the services provided by CareCenter. Palliative care specialists can work with you and your patient on issues related to coordinating a plan of care to managing distressing symptoms. They can identify and provide caregiving resources to help the patient achieve the best quality of life. Participants will learn how palliative care can be delivered simultaneously with other interventions for patients with chronic, life-limiting illnesses and their families. *(1 hr CEU for CCM, SW, LCPC)*

Spiritual Care & Diversity

Spiritual care is the art of listening to, seeking to understand, and affirming the patient's spiritual traditions and religious roots. This session will provide an understanding of the importance of spirituality and diversity in healthcare and how to provide optimum spiritual care in conjunction with physical care. *(1 hr CEU for CCM, SW, LCPC)*

The Last Hours

Certain physical signs and symptoms are expected during the last hours of the dying process. This session will address these changes, as well as the ensuing physical and psychological impacts. Participants will gain an understanding of the body's natural process of decline during the final days of life. *(1 hr CEU for CCM)*

Understanding Hospice

Hospice is an option in end-of-life care that embraces the patient and family as they focus on comfort and quality of life for the remaining time. Hospice care can be delivered in a variety of settings, including a home or long-term care facility. Participants will gain an understanding of the programs and services offered by CareCenter to help patients and families facing life-limiting illnesses or conditions. *(1 hr CEU for CCM)*