

Course Outline 2018

Course Description:

This course is designed for individuals who have been or will be called upon to provide care, support and advocacy for someone who is facing the end of their life. Students in this program develop an understanding of how the continuity of care and advocacy they provide complements the end of life care provided by the medical community and hospice palliative care workers and volunteers. Whether you are a family caregiver seeking a deeper understanding of the questions and issues that arise at end of life, or planning to open a practice as an End of Life Doula, this certificate program will provide you with opportunities to discuss issues, ask questions, and find a community of practice that can support you as a caregiver through the end of life journey.

Course Content and Learning Objectives:

<p>Day 1</p>	<p style="text-align: center;">Introduction to End of Life Care, Death and Dying</p> <p><u>Learning Objectives:</u> By the end of this day, participants will be able to:</p> <ul style="list-style-type: none"> • describe end of life care and the role of the end-of-life doula; • understand the limits of the doula standards and scope of practice; • discuss the value of palliative support to the dying and their families; • discuss changing demographics and its effect on the health care system; • describe the impact of death; and • discuss ethical and legal responsibilities of doulas.
<p>Day 2</p>	<p style="text-align: center;">Cross-cultural Practices, End of Life and Effective Communication</p> <p><u>Learning Objectives:</u> By the end of this day, participants will be able to:</p> <ul style="list-style-type: none"> • discuss cross-cultural and religious beliefs and practices surrounding death; • demonstrate active listening and conflict resolution; • initiate, conduct difficult conversations about end of life; and • facilitate family meetings.
<p>Day 3</p>	<p style="text-align: center;">Death, Grief, Bereavement and Community Resources</p> <p><u>Learning Objectives:</u> By the end of this day, participants will be able to:</p> <ul style="list-style-type: none"> • discuss signs and symptoms of approaching death; • understand vigiling and vigil support; • understand historical changes in how we grieve; • demonstrate understanding of the complexity of grief;

	<ul style="list-style-type: none"> • demonstrate effective response to expressions of grief in others; • discuss the variety of coping mechanisms the bereaved may employ; • list resources and community partners in their community; • be knowledgeable in how to access resources; and • understand the importance and practice of effective self-care for caregivers.
Day 4	<p style="text-align: center;">End of Life Planning</p> <p><u>Learning Objectives:</u> By the end of this day, participants will be able to:</p> <ul style="list-style-type: none"> • describe the range of medical and non-medical interventions available to increase comfort; • understand the importance of and tools available for Advanced Care Planning; • demonstrate how to complete and Advanced Care Plan; • understand the legalities around funeral practices in your Province; and • discuss ways to make end of life wishes known.
Day 5	<p style="text-align: center;">Business and Building a Community of Practice</p> <p><u>Learning Objectives:</u> By the end of this day, participants will be able to:</p> <ul style="list-style-type: none"> • demonstrate understanding of the business management requirements for practice as an end of life doula; • discuss contracts, initial phone calls, interviews, safety and boundaries; • develop a mission statement and an end of life doula business checklist; • discuss building a community of practice; and • discuss other curiosities that may have been raised during the course.

Instructor:

Jennifer Mallmes, B.Gs., End of Life Doula, and Director of the End of Life Doula Association of Canada

Instruction Method:

This is a classroom-based program. Please check the Douglas College Continuing Education Health Sciences website <https://www.douglascollege.ca/programs-courses/continuing-education/health/end-of-life-doula> for course offerings and dates.

Learning Resources:

Copies of the PowerPoint presentation materials will be available to all registered students in the Blackboard course resources. In addition, students are encouraged, although not mandatory, to read the entirety of

- Kessler, D. (2007) The Needs of the Dying, NY: Harper Collins
- Okun, B. (2012) Saying Goodbye: A Guide to Coping with a Loved One's Terminal Illness, Berkley Books: NY

These books are available through the Douglas College Coquitlam Campus Bookstore <https://bookstore.douglascollege.ca/> and can be ordered online (Department is COQ-BREV-End of Life Doula, and the course is BREV 1100). Approximate cost for both books is \$36.00

Assignments:

Students will complete two take-home assignments and two in-class assignments. Students are also expected to participate in class discussions.

Grading:

Final assessment for the program is based on Mastery or Non-Mastery of the curriculum. A Continuing Professional Education course certificate is issued on successful completion.

In order to receive the program certificate, attendance at all classes is required. In case of illness or other unavoidable absence, students must contact the instructor before class or as soon after as possible.