



Course Outline

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 course 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 course 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.

Module 1: Introduction to End of Life Care	By the end of this day participants will be able to: <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.
Module 2: Communication	By the end of this day participants will be able to: <ul style="list-style-type: none">· discuss the need for cross cultural safety and humility regarding religious beliefs and practices surrounding dying and death;· discuss ethical and legal responsibilities of doulas;· initiate conduct difficult conversations about end of life; and· demonstrate active listening and conflict resolution skills;· facilitate family meetings.
Module 3: Making your Wishes Known	By the end of this day participants will be able to: <ul style="list-style-type: none">· discuss signs and symptoms of approaching death;· understand vigiling and vigil support;· describe a range of medical and non-medical interventions available to increase comfort;· understand the importance of and tools available for Advanced Care Planning [ACP];· demonstrate how to complete an Advanced Care Plan;· understand the legalities around funeral practices in their Province;· discuss ways to make end of life wishes known.
Module 4: Grief & Bereavement	By the end of this day participants will be able to: <ul style="list-style-type: none">· demonstrate understanding of the complexity of grief;· demonstrate effective response to expressions of grief in others;· discuss the variety of coping mechanisms the bereaved may employ;· be knowledgeable in accessing local resources; and· understand the importance and practice of effective self-care for caregivers.



Module 5: Funeral Practices & Business	By the end of this day participants will be able to: <ul style="list-style-type: none">· understand and discuss funeral options and legalities;· demonstrate understanding of the business management requirements that may be required to practice as an end of life doula;· discuss contracts, initial phone calls, interviews, safety and boundaries;· complete a mission statement and an end of life doula business checklist; and· discuss building a community of practice.
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COURSE DETAILS

This course is typically delivered in a 5-day classroom-based in-person format but has since been adapted to an online format given the COVID19 pandemic (please see page 2). There are a variety of date combinations/schedules and times, including time-zones to accommodate course availability across Canada.

Learning Resources:

- Classroom slides
- Textbook: Fersko-Weiss, H. (2017). *Caring for the dying*. MA: Conari Press or
- Fersko-Weiss, H. (2020). *Finding Peace at the End of Life: A Death Doula's Guide for Families and Caregivers*.

This book is available through the Douglas College Coquitlam Campus Bookstore and can be ordered online before the course start date at <https://bookstore.douglascollege.ca>.

Department: COQ-BREV-End of Life Doula

Course: BREV 1100

Allow 1-2 weeks for processing and delivery.

COVID-19: of March 2020, the COVID-19 health crisis has required the course to transition to an online classroom using Blackboard Collaborate Ultra platform for the foreseeable future. Please check the Douglas College Continuing Education Health Sciences website:

<https://www.douglascollege.ca/programs-courses/continuing-education/health/courses/brev1100> for updates about the program, course offerings and dates.



Access to online platforms is a necessity therefore a well-functioning Internet connection and computer system are essential, including an operating camera and microphone.

Please note that because of COVID-19 health crisis, students may experience a delay in ordering from the Bookstore. We are actively working with bookstore staff on a solution.

Assignments: Students will complete three assignments for feedback.

Grading: Final assessment for the course based on Mastery or Non-Mastery of the curriculum. A Continuing Professional Education recognition of completion will be issued only if Mastery is achieved. In order to receive the document, participants are required to attend all classes. In exceptional cases of illness or other unavoidable absence, students **must** contact the instructor before the missed class to confirm if alternative arrangements are possible.

Please note that because of COVID-19 restrictions at the College, documents of completion will be emailed to the students 2-4 weeks after their program concludes. Students will have the option of printing their documents if they so choose. We appreciate your understanding.