

## Hospice Foundation of America's Program

# EXPLORING COMPLEMENTARY PAIN MANAGEMENT TECHNIQUES IN END-OF-LIFE CARE

### Self-Study ONLINE Course

#### DESCRIPTION

Individuals seek non-pharmacological interventions such as complementary/alternative medicine (CAM) for end-of-life care as an adjunct to conventional medicine to assist in symptom management and improve quality of life. This webinar focuses on the concept of "total pain" and highlights techniques such as aromatherapy and massage, to further support dying patients.

#### PROGRAM DETAILS

Hospice Foundation of America has taken its popular webinar program and created a self-study course for professionals. The online presentation features experienced professionals offering their own expertise on the topic. On the screen, you will see the slide presentation and will be able to hear the experts talking and presenting.

<b>RELEASE DATE:</b>	Program originally premiered September 18, 2018
<b>ON DEMAND:</b>	to registered individuals for 1 year after purchase
<b>LENGTH:</b>	90 minutes
<b>CE HOURS:</b>	1.5 hours for a wide variety of professional boards
<b>CE FEE:</b>	One CE certificate is included in the cost of registration. Additional certificates (if selecting more than one board) are \$10 each.
<b>CONTENT LEVEL:</b>	The program is mainly for professionals already working in the field, but is practical for all levels of education – entry level, intermediate or advanced.
<b>TARGET AUDIENCE:</b>	The course is useful to Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home or faith community environments

#### HOW THE ONLINE SELF-STUDY PROGRAM WORKS

**Step 1** - Register/purchase the course

**Step 2** - View the course online through the link in your confirmation email or in your account.

**Step 3** - Follow the instructions provided to receive your CE certificate\*.

\*An evaluation and a short exam are a part of this process.

#### TECHNICAL REQUIREMENTS

To view this online program, you will need a computer and screen, reliable internet access, and speakers. Please test your system ahead of time to ensure you have the capabilities to view and hear the program. Mobile service provider charges may apply.

TEST LINK for Audio and Video:

<http://hospicefoundation.org/Professionals/All-Programs/All-Self-Studies/Video-Test-Page>

#### REGISTRATION INFORMATION/FEEES

Register directly online, on HFA's website: [www.hospicefoundation.org](http://www.hospicefoundation.org). To have a registration form mailed to you, contact HFA at 800-854-3402 or by email at [educate@hospicefoundation.org](mailto:educate@hospicefoundation.org).

For current prices, please refer to HFA's website at [www.hospicefoundation.org](http://www.hospicefoundation.org).

**There are no refunds on registration.** \*Few exceptions may occur depending on the circumstance. To request a refund, a written request must be received (and granted) by HFA.

## **REGISTRATION POLICY**

### **INDIVIDUAL REGISTRATION**

Provides one person, the registrant, access to the self-study course for personal viewing.

### **MULTIPLE VIEWER REGISTRATION**

Provides one person, the registrant, access to the webcast for streaming from one computer to a group of people. Program access fees remain the same; CEs are included in course fees for the registered user and are \$12 per additional participant per course. **Please note that self-study courses accommodate individual learners only unless prior arrangements are made through HFA for additional certificates.** Contact HFA at 202-457-5811 or email us at [educate@hospicefoundation.org](mailto:educate@hospicefoundation.org) to register the additional participants.

## **MATERIALS AREA**

Course materials are accessible to all registered individuals immediately after registering. Program materials are available on HFA's website at <https://hospicefoundation.org/Shop-HFA/My-Account>. From here, click on "Orders/Courses." Materials contain the full-length video, CE instructions, the program's slides, and additional program material. Information will be posted to your account as they become available.

## **LEARNING OBJECTIVES**

AT THE CONCLUSION OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

- Define key terms such as complementary and alternative medicine (CAM) and “total pain” as they pertain to end-of-life care.
- Recall and briefly describe CAM techniques utilized to treat “total pain” in hospice patients.
- Appreciate the general risks and benefits of the CAM techniques presented.
- Recognize potential barriers to CAM use within hospice.

## **PROGRAM OUTLINE**

- Introduction. (10 minutes)
- Definition of key terms. (10 minutes)
- Review of CAM techniques, modified for use within hospice, including aromatherapy, art therapy, breath practices, massage therapy, meditation, music/sound therapy, and yoga. (20 minutes)
- General risks and benefits related to CAM use. (15 minutes)
- Barriers to CAM use within hospice. (15 minutes)
- Recommendations and final thoughts. (10 minutes)
- Facilitated discussion – questions and answers. (10 minutes)

## **CONTINUING EDUCATION**

This program is available for 1.5 credits of continuing education. CE credits are available to the registered participant online (after completing the course). One CE certificate is included in the cost of registration. Additional certificates (if selecting more than one board) are \$10 each. A complete list of board approvals for this course is posted to HFA's website (at [www.hospicefoundation.org](http://www.hospicefoundation.org)).

## **COURSE COMPLETION REQUIREMENTS**

Participants must view the entire 90-minute program (online-streaming video). Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline (1 year after purchase of course). In order to go online, two codes will be issued to you and verified online; a Site # (same as your Order/Invoice #) and the Course Code (provided in your CE instruction sheet). The online CE process includes a required evaluation form and exam. The exam must be completed at 80% or above (the exam may be re-taken, if necessary). Attendees will be able to choose the board they wish to receive credit from (from Hospice Foundation of America's list of board approvals\*). Participants will then be able to print

their CE certificate immediately after completing all CE requirements online (on HFA's CE site at <https://educate.hospicefoundation.org>).

\*A complete list of board approvals is posted on HFA's website at [www.hospicefoundation.org](http://www.hospicefoundation.org).

## **EXPERT SPEAKER**

**Michelle “Mish” Sproat, DNP, APRN, FNP-BC, NP-C, JD**, is an Advanced Practice Registered Nurse experienced in a broad range of practice areas including home health, critical care, ER, acute inpatient rehabilitation, long-term care, and for the last seven years, hospice and palliative care. She is double board certified as a Family Nurse Practitioner and most recently completed her Doctorate in Nursing Practice at Georgetown University. While completing this degree, her thesis focused on complementary and alternative medicine within hospice looking specifically at exploring the knowledge, attitudes, and practices of employees and volunteers regarding CAM use. In addition to her nursing background, Dr. Sproat is a licensed attorney with an emphasis on health law and is a Six Sigma Green Belt. She is also an avid Denver Broncos fan, a certified South Carolina BBQ Judge, and a Clemson Certified Master Gardener.

## **MODERATOR**

**Marian Grant, ACNP-BC, ACHPN, FPCN, RN**, is the Director of Policy and Professional Engagement at the Coalition to Transform Advanced Care (C-TAC) in Washington, DC. In addition, she is a nurse practitioner (NP) dually certified in Acute Care and Palliative Care/Hospice, an associate professor at the University of Maryland School of Nursing, an adjunct professor at the Johns Hopkins University School of Nursing, and an NP on the University of Maryland Medical Center's Palliative Care Service. Dr. Grant was a 2014-2015 Robert Wood Johnson Foundation Health Policy Fellow and worked both in Democratic Leader Nancy Pelosi's office and at the Center for Medicare and Medicaid Innovation (CMMI) on the Medicare Care Choices Model. She currently serves as a member of the American Nurses Association's (ANA) Palliative & Hospice Nursing Professional Issues Panel Steering Team, and the Community Health Accreditation Partner's (CHAP) Palliative Advanced Illness Care Steering Committee. Grant received her Doctor of Nursing Practice (DNP) from the University of Maryland, and her Masters and Bachelors in Nursing degrees from the Johns Hopkins University. She is a co-author of *The Hospice and Palliative Care Approach to Serious Illness*, has done research as an online palliative care nurse practitioner on the Johns Hopkins Pancreatic Cancer website, and blogged for the *Journal of Palliative Medicine*. Before becoming a nurse, Dr. Grant received a Bachelors in Science from Miami University in mass communication and had a career in advertising and marketing for the Procter & Gamble Company.

## **BIBLIOGRAPHY/REFERENCES:**

### **Other organizations's websites:**

American Society for Pain Management Nursing - <http://www.aspmn.org/>

### **Peer-reviewed Journal/resource:**

West, J.H. *Complementary and Alternative Medicine in Cancer Care*. (Jan 2018). In *JAMA Oncology*, 4(1): 139. doi:10.1001/jamaoncol.2017.3120

Muecke, R, Magdalena, P, ...Huebner, J. (July 26, 2015). *Complementary and Alternative Medicine in Palliative Care: A Comparison of Data From Surveys Among Patients and Professionals*. In *Integrative Cancer Therapies*. <https://doi.org/10.1177/1534735415596423>

Zeng, Y., Wang, C., Ward, K., and Hume, A. (Feb. 2017). *Complementary and Alternative Medicine for Management of Symptoms in Hospice and Palliative Care*. In the *Journal of Pain and Symptom Management*, Vol 53, Issue 2, p 454.

### **Expert resources:**

Our program Speakers are expert resources (see biographies, above)

**Textbook references:**

Fontaine, K.L. (2015). *Complementary & Alternative Therapies for Nursing Practice* (4<sup>th</sup> ed.) New York: Prentice Hall, Inc.

**COPYRIGHT NOTICE**

**HFA's program is copyrighted. Its use and dissemination is restricted and unauthorized duplication is strictly prohibited.** HFA strictly prohibits any other dissemination of this program by any method, including internal WAN or LAN computer networks or telemedicine networks.

**SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA)**

Reasonable accommodation may be made available, on an individual basis. To request accommodation, please contact HFA via email at [educate@hospicefoundation.org](mailto:educate@hospicefoundation.org) or call 800-854-3402, or write to HFA, 1707 L Street NW, Suite 220, Washington, DC 20036.

**CONFLICT OF INTEREST:**

Planners (Panelists and Reviewers) disclose no conflict of interest relative to this educational activity.

**FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES  
PLEASE CONTACT**

Hospice Foundation of America (HFA)

1707 L Street NW, Suite 220, Washington, DC 20036

[educate@hospicefoundation.org](mailto:educate@hospicefoundation.org)

1-800-854-3402 toll-free / (202) 457-5811 phone / (202) 457-5815 fax

**PRODUCED BY**

**Hospice Foundation of America**

*End-of-life Care Resources for Professionals and the Communities they Serve*

[www.hospicefoundation.org](http://www.hospicefoundation.org)

