Five Wishes® Advance Care Planning for Serious Illness

DESCRIPTION:

This **Five Wishes® Advance Care Planning for Serious Illness** course provides an overview of key concepts and skills for facilitating effective and sensitive advance care planning and goals of care conversations with people at various stages of serious illness. It outlines considerations to ensure that advance care planning and goals of care conversations empower and equip people to make medically-informed treatment and end-of-life treatment choices that are consistent with their goals and values, and are likely to be honored.

This course is appropriate for clinicians who have completed the **Five Wishes® Advance Care Planning Facilitator Foundations** course and the **Five Wishes® Advance Care Planning Facilitator Communication Skills** course, or for those who have a firm understanding of the purpose, process, and components of effective advance care planning, and who possess a basic level of the communication skills involved.

PROGRAM DETAILS

This educational program is an asynchronous, online learning course. The course consists of self-directed and learner-paced content with interactive features that may include text blocks, flip cards, buttons, process interactions, sorting cards, knowledge checks, and short videos.

AVAILABLE DATES:	Beginning March 19, 2024 *You will have continued access to view the course presentation for one year from your purchase date.*
LENGTH:	*approximately* 60 minutes
CEs:	1 hour for a variety of professional boards (see CE details below)
TARGET AUDIENCE:	This course is appropriate for clinicians who have a firm understanding of the purpose, process, and components of effective advance care planning, and who possess a basic level of the communication skills involved. It is appropriate for clinicians who have completed the **Five Wishes® Advance Care Planning Facilitator Foundations** course and the **Five Wishes® Advance Care Planning Facilitator Communication Skills** course.
TECHNICAL REQUIREMENTS:	Computer and screen, reliable internet access, and speakers.

This educational activity is being jointly provided by Hospice Foundation of America and Five Wishes.

CONTINUING EDUCATION

This program is valid for 1 hour of continuing education for the following professional boards. *Continuing Education is available through March 19, 2026, unless otherwise noted.* To receive your CE certificate, first complete the entire program. CE hours may then be obtained from HFA's CE site at educate.hospicefoundation.org.* You will need to enter in the CE Code that is available to you upon successful completion of the course.

**Detailed CE instructions will be provided to you via email at the conclusion of the course.*

PROFESSIONAL CE BOARD APPROVALS.

- **National Association of Social Work Boards (NASW)**
  This program is approved by the National Association of Social Workers for 1 Social Work continuing education contact hour. **Approval expires 2/28/2025*.** Accepted/recognized in all states except NJ, NY, & WV.
  **Program and online CE process must be completed prior to expiration for NASW CE hours to be awarded*

- **Montana Nurses Association (an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation)**
  This nursing continuing professional development activity was approved by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

  *Most states recognize ANCC Accreditation (N08) but please verify with your individual state board

- **Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling**

- **California Board of Registered Nursing**

- **Florida Board of Nursing**

- **Certificate of Attendance**

*Approval numbers will be provided on CE certificate

FIVE WISHES CERTIFICATION PROGRAM

This course is one of the requirements for becoming a Five Wishes Certified Advance Care Planning Facilitator. This competency-based certification is designed for professionals who want to increase their effectiveness in the work of advance care planning facilitation and/or community education.

*There are additional requirements and fees for Five Wishes Certifications. You can purchase and complete your required courses from HFA up to a year in advance of applying for Certification. For information about the required courses, additional fees, and other requirements for Five Wishes Certifications, visit **FiveWishes.org/certification**.

**Becoming Five Wishes Certified is not required to receive Continuing Education (CE) hours.

REGISTRATION

Registration is $55 per learner. Register directly online at https://hospicefoundation.org/HFA-Products/Five-Wishes-Advance-Care-Planning-for-Serious-Illn, or contact Hospice Foundation of America at 202-457-5811 or email educate@hospicefoundation.org.

LEARNING OBJECTIVES

After this presentation, participants will be able to:

1. Define serious illness and understand the specific relevance of advance care planning conversations with this population
2. Describe the overlapping purpose and goals of serious illness conversations, goals of care conversations, and advance care planning conversations
3. Define key principles of conversations with patients who have a serious illness
4. Identify approaches to sensitively provide appropriate disease-specific information to help people make informed end-of-life treatment decisions

5. Describe important steps in facilitating effective conversations with patients who have a serious illness
6. Identify approaches to facilitating effective family meetings and handling disagreements about decision-making

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PROGRAM OUTLINE

1. Introduction – 2 minutes
    a. Course Introduction
    b. Learning Objectives
2. Advance Care Planning with serious illness – 20 minutes
    a. Serious Illness
    b. Advance Care Planning
    c. Why Focus on Serious Illness?
    d. Principles of Conversations Around Serious Illness
    e. Addressing Psychosocial Concerns
    f. Adaptive Conversations
    g. Shared Decision-Making
3. Guide for conversations – 21 minutes
    a. Resources
    b. Starting Conversations
    c. Exploring Preferences for Communication and Information
    d. Assessing Understanding
    e. Sharing Information
    f. Exploring Values and Goals
    g. Responding to Emotions
    h. Aligning
    i. Offering a Treatment Recommendation
4. Considerations – 15 minutes
    a. Family Meetings
    b. Supporting Decision-Makers
    c. Handling Conflicts
5. Summary and References – 2 minutes
    a. Summary
    b. References
6. Quiz
    a. Final exam

COURSE COMPLETION REQUIREMENTS

Participants must complete the course in its entirety. Partial credit is not awarded. Participants must also complete the entire CE process online, before the CE deadline (one year from course purchase).
A Course Code will be provided at the end of the program, after the exam has been passed at 80%. Attendees will be able to choose the board they wish to receive credit from (from the approved list of boards*) and will then be able to print their CE certificate immediately after completing all CE requirements.

*A complete list of board approvals for this program is posted above (see Continuing Education, above).

COURSE AUTHOR

The content for this course was written by Kathleen Taylor, MA, LMHC

Kathleen Taylor has over 30 years of experience in the healthcare and nonprofit sectors. Her passion is centered in improving the healthcare experience for people who are sick and vulnerable, and helping healthcare professionals master skills in cultivating empathy and communicating compassionately. She operates a healthcare consulting practice focused on advance care planning, palliative care program strategy, and clinical training, and currently serves as the Healthcare Programs Director for Five Wishes, a program of the national nonprofit Aging with Dignity. Previously, she served for a decade as the Director of Community Engagement at the country's largest nonprofit hospice organization where she led their advance care planning education programs and developed their first training program on empathy and compassion in patient care. She also worked for several years as a hospice counselor serving patients and families coping with life-limiting illness, caregiving, and grief.

Kathleen is a Florida Licensed Mental Health Counselor and Qualified Clinical Supervisor. She earned a Bachelor's of Psychology degree at Stetson University, a Master's of Mental Health and Rehabilitation Counseling degree at the University of South Florida, and a Graduate Certificate in Nonprofit Management & Innovation at the University of Tampa's John Sykes College of Business. She is certified to administer, interpret, and provide coaching services on the EQ-I 2.0® Emotional Intelligence Inventory, and has completed training in Basic Professional Hypnosis.

REVIEWER

Angela Novas, MSN, RN, CRNP, *Senior Medical Officer,* Hospice Foundation of America

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CE Certificates for this program may only be obtained through Hospice Foundation of America. Detailed CE instructions will be provided to attendees at the conclusion of the program, after passing the exam.

SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA)

Reasonable accommodation may be made available, on an individual basis. To request accommodation, contact Hospice Foundation of America via email at educate@hospicefoundation.org or call 202-457-5811.

CONFLICT OF INTEREST

This educational activity is being jointly provided by Hospice Foundation of America and Five Wishes.

Program Planners and Review Committee Members disclose no conflict of interest relative to this educational activity. None of the planners or presenters for this educational activity have relevant financial relationships to disclose with ineligible companies.

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

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