

Hospice Foundation of America's Program

BUILDING RESILIENCE IN CAREGIVING FAMILIES

Self-Study ONLINE Course

DESCRIPTION

Family caregiver burnout is real and a challenge for many families who feel underprepared and overwhelmed during their hospice caregiving experience. This webinar will include a summary of clinically-relevant results of several recent studies investigating strategies to support family caregivers of hospice patients. It will highlight actionable steps hospice teams can take to promote resilience among patients' family members alongside efforts to bolster supports necessary to decrease caregiving stress.

PROGRAM DETAILS

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

- RELEASE DATE:** Program originally premiered March 12, 2024
ON DEMAND: Viewing available to registered individuals for 6 months after purchase.
LENGTH: 90 minutes
CE HOURS: 1.5 hours
CONTENT LEVEL: The program is mainly for professionals already working in the field, but is practical for all levels of education – entry level, intermediate or advanced.
TARGET AUDIENCE: 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

A computer and reliable internet connection. Mobile service provider charges may apply.

REGISTRATION INFORMATION/FEEES

Register directly online, on HFA's website: 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 and continuing education. Discounts may be available for multiple viewers. Please check HFA's website at www.hospicefoundation.org for current pricing.

MATERIALS AREA

Course materials (Video, Program Slides, and Viewer Guide) are accessible to all registered individuals online immediately after registering. Download materials are available on HFA's website at <https://hospicefoundation.org/Shop-HFA/My-Account>, under "Orders/Courses."

LEARNING OBJECTIVES

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

- Describe the ways stress and burden impact caregiver and patient health.
- Recognize challenges of implementing evidence-based resilience and coping interventions in hospice.
- Apply simple, effective strategies for promoting resilience and coping in hospice family caregivers.
- Identify at least three resources for accessing the newest evidence on strategies for promoting caregiver resilience.

PROGRAM OUTLINE

1. Presenter introductions (5 min.)
2. Define key terms (5 min.)
 - a. Resilience (emphasize need to support caregivers in addition to—not instead of—working to improve existing conditions and available resources to reduce caregiving burden)
 - b. Effective coping
3. Summarize problem (10 min.)
 - a. Hospice caregiver distress
 - b. Hospice caregiver burden
4. Importance of the problem (15 min.)
 - a. Linkages to patient outcomes
 - b. Caregiver ongoing/long-term mental health
 - c. Effects on grief
 - d. Policy and economic implications
 - i. e.g., increased need for institutional care
 - e. Health equity issues
 - i. e.g., Inequitable access to resources to support caregiver wellbeing
5. Evidence re: modifiable nature of caregiver distress and burden (5 min.)
6. Strategies to support resilience in caregiving families (30 min.)
 - a. Define key terms (e.g., *intervention*)
 - b. Differentiate between evidence-based programs and evidence-informed support strategies
 - c. Emphasize importance of interdisciplinary/interprofessional assessment to assist hospice professionals in identifying appropriate support strategies.
 - d. Describe strategies aimed at:
 - i. education/training to strengthen caregiving knowledge and skills
 - ii. support for self-care for self-preservation
 - iii. promotion of social connectedness
 - iv. action planning
7. Application/practice (10 min.)
8. Q&A (10 min.)

CONTINUING EDUCATION

This program is valid for 1.5 contact hours of continuing education. View the current list of board approvals on HFA's website at www.hospicefoundation.org, located on the program's registration page.

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 a certificate is awarded. 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).

EXPERT SPEAKERS

Jacquelyn J. Benson, PhD, MA, is an Associate Professor of Medicine in the Division of Palliative Medicine at the Washington University School of Medicine in St. Louis, Missouri. Dr. Benson is a family gerontologist whose program of research has a translation focus aimed at enhancing the psychological and social lives of older adults and their caregiving families. Much of her work focuses on testing and implementing psychosocial and behavioral interventions designed to promote healthy lifestyles, positive social connections, and better mental health outcomes for family caregivers of older adults living with cancer, dementia, or other serious illnesses.

Karla Washington, PhD, LCSW, researches interventions intended to promote the cultural, spiritual, and biopsychosocial wellbeing of patients, families and communities facing life-limiting, serious illnesses. Dr. Washington's research applies digital health solutions in the linked fields of palliative and hospice care. Her current projects include: an intervention to support and educate rural hospice family caregivers controlling pain and various distressing issues in the home setting as well as a cognitive-behavioral intervention randomized clinical trial for caregivers of family members with cancer who are receiving palliative care in the outpatient setting.

REVIEWER

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

BIBLIOGRAPHY/REFERENCES:

Bailey, W. A., & Harrist, A.W. (2018). *Family Caregiving: Fostering Resilience Across the Life Course*. Springer.

Caregiving in the U.S. 2020. The National Alliance for Caregiving (NAC) and AARP.
<https://www.caregiving.org/research/caregiving-in-the-us/>

Palacio et al. (2020). Resilience in Caregivers: A Systematic Review. *American Journal of Hospice & Palliative Medicine*. 2020. Vol. 37(8) 648-658.

Parker Oliver et al. (2017). Challenges and Strategies for Hospice Caregivers: A qualitative Analysis. *Gerontologist*, 2017, Vol. 57, No. 4, 648-656.

Shin & Choi (2020). Interventions to Promote Caregiver Resilience. *Curr Opin Support Palliat Care*. 2020 March; 14(1): 60-66.

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.

CE Certificates for this program may only be obtained through HFA.

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 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. 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

PRODUCED BY

Hospice Foundation of America

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

www.hospicefoundation.org

THANK YOU TO OUR PROGRAM SPONSOR

Presented by Dignity Memorial

Dignity[®]
MEMORIAL

