

Hospice Foundation of America's Program

HOSPICE AND PALLIATIVE CARE FOR PATIENTS WITH ADVANCED HEART DISEASE, FROM DIAGNOSIS TO DEATH

Online CE Course

DESCRIPTION

The Advanced Cardiac Care Program at the Hospice of the Chesapeake is designed to support individuals with advanced heart disease and their families. Learn how this program offers specialized support and holistic support to those who may be struggling with symptoms even when on optimal heart medication doses, with the goal of helping patients stay out of the hospital and remain at home.

PROGRAM DETAILS

The online presentation features an experienced professional offering their own expertise on the topic. On the screen, you will see the slide presentation and will be able to see and hear the expert presenters.

RELEASE DATE:	Program originally premiered July 15, 2025
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 COURSE 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 – Complete the online exam and evaluation

TECHNICAL REQUIREMENTS

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

REGISTRATION AND COURSE MATERIALS

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.

Course materials include the online program video, slides, and viewer guide. All course materials are accessible online immediately after registering.

LEARNING OBJECTIVES

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

1. **Describe the progression of advanced cardiac disease in hospice patients**, including common symptoms, clinical milestones, and appropriate palliative interventions from diagnosis to end of life.
2. **Demonstrate effective interdisciplinary approaches to managing physical and psychosocial distress** in patients with end-stage cardiac disease, including communication strategies for addressing anticipatory grief, anxiety, and existential concerns.

3. **Apply evidence-based practices in shared decision-making and advance care planning**, ensuring culturally sensitive, person-centered care that supports patients and families through the dying process with dignity and compassion.

PROGRAM OUTLINE

1. Diagnosis of heart disease (30 min.)
 - a. Local Coverage Determination
 - b. Medications, treatments and interventions
 - c. Anticipatory Grief
2. Hospice IDG and Heart Disease (20 min)
 - a. Certified Nursing Assistant (CAN)
 - b. Nurse Case Manager
 - c. Social Worker
 - d. Physician/Nurse Practitioner (NP)
 - e. Chaplain
3. The Dying Process (30 minutes)
 - a. Caregiver Connection
 - b. Approaching end of life
 - c. Transitioning
 - d. Active phase
 - e. Life after loss

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

Sonja Richmond, MD, HMDC, RYT

Vice President of Medical Affairs and Hospice Medical Director, Hospice of the Chesapeake

Dr. Sonja Richmond is a compassionate hospice and palliative care physician with over a decade of experience dedicated to enhancing the quality of life for patients with serious illnesses. With a strong foundation in internal medicine, she transitioned to palliative care to focus on holistic, patient-centered approaches that prioritize both patients and their families.

Originally from Miami, Florida, Dr. Richmond earned her bachelor's degree in biology from the University of Virginia before attending The George Washington University School of Medicine, where she completed her medical education and residency. She is a Board-Certified Internist and Board-Certified Hospice Medical Director, licensed to practice in Virginia, Maryland, and the District of Columbia. Over nearly two decades, she has achieved significant milestones in her field, advocating for the critical importance of palliative care services.

Dr. Richmond is actively engaged in community outreach and education, contributing to numerous publications on end-of-life care and speaking at national conferences. Her insights on integrating holistic practices into medical care have made her a sought-after voice in the field.

In addition to her medical practice, Dr. Richmond has cultivated her passion for yoga over the past 15 years earning both Ayurveda and Yin Yoga certifications. She seamlessly integrates her medical knowledge with

her yoga expertise, offering restorative experiences that incorporate breath work, meditation, and movement for her patients and students alike. This unique blend of skills allows Dr. Richmond to provide comprehensive, compassionate care, fostering well-being in all she serves.

Annie Smith, MDiv

Chaplain, Hospice of the Chesapeake

Reverend Annie Smith is an ordained minister and serves as Pastor of Heritage Christian Church in Silver Spring, MD and Chaplain of Hospice of Chesapeake. She graduated from Howard University School of Divinity, receiving her Master of Divinity degree in 2004. She holds a Bachelor of Science Degree in Sociology from North Carolina Central University. Rev. Smith has worked in long-term care serving the geriatric population for over thirty years, eighteen of those years at the Stoddard Baptist Nursing Home in NW, DC. She has led numerous grief workshops and memorial services.

REVIEWER

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

BIBLIOGRAPHY/REFERENCES:

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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.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES, please contact:
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