

## FOR CALIFORNIA NURSES

September 2009

Dear California Elder Care Provider,

On behalf of the End-of-Life Nursing Education Consortium (ELNEC), we are pleased to offer an opportunity for you to attend the ELNEC-Geriatric training program, **May 15-16, 2009** in Pasadena, CA. Registration for this course will be paid in-full for 100 California nurses by the Archstone Foundation. This training will provide you with information and resources to offer end-of-life/palliative care nursing education within your institution and prepare your staff, both licensed and unlicensed, to provide the highest quality end-of-life care to your residents/patients.

The ELNEC project is a comprehensive national education program to improve end-of-life care by nurses. ELNEC is a partnership of the American Association of Colleges of Nursing (AACN) in Washington, DC and the City of Hope (COH) in Duarte, California.

During the 2-day course, nine modules will be reviewed in the ELNEC-Geriatric Curriculum. A variety of teaching methods will be provided, including review of case studies, round table discussions, role plays and viewing of videos. Provider, City of Hope/Beckman Research Institute, approved by the California Board of Registered Nursing, Provider Number 13380, for 12.5 contact hours.

Costs for registration, materials (4 inch binder + 2006 edition of *Textbook of Palliative Nursing*), tools for take home use, breakfast and lunch on May 15 & 16 will be paid through the Archstone grant for 100 California nurses.

Participants must be employed in one of the following clinical settings:

- Long-term care facilities
- Skilled nursing facilities
- Hospices
- Acute care facilities
- Home care
- Clinics
- College/University nursing faculty

The course goals are:

- Define essential content for highest quality end-of-life geriatric care;
- Explore creative teaching/learning strategies for use in end-of-life care education;
- Describe strategies for overcoming barriers to integration of end-of-life care education within long-term care settings and skilled nursing facilities; and
- Provide tools for geriatric nursing educators to facilitate end-of-life care nursing education.

The application follows. As you will note, the application process requires the completion of several items including a letter from the Administrator/Nursing Director of your facility, describing their commitment to support your efforts. The application materials for the May 15-16 2009 course are to be received by City of Hope on or



American Association  
of Colleges of Nursing

### ELNEC Project Office

City of Hope  
1500 E. Duarte Rd. ♦ Dept NRE  
Duarte, CA 91010-3000  
Tel: 626.359.8111 ♦ Fax: 626.301.8941  
[www.aacn.nche.edu/elnec](http://www.aacn.nche.edu/elnec)



before **March 21. If application is received after March 21, a late-registration fee of \$500 will be mandatory.** Incomplete applications will not be considered. Please note that we anticipate this course will fill-up quickly. There is limited space available, so we encourage you to register early.

Successful completion of the course will give you enhanced knowledge and skills in end-of-life care, strategies for integrating related teaching/learning experiences, and tools to facilitate that process. This expertise can also enhance your educational outreach within your community.

Participants for this course will be competitively selected. For additional information about the ELNEC project, please visit the ELNEC Web site [www.aacn.nche.edu/elneec](http://www.aacn.nche.edu/elneec). Should you have any questions, please contact Pam Malloy, Director, ELNEC Project Director, American Association of Colleges of Nursing (AACN) at [pmalloy@aacn.nche.edu](mailto:pmalloy@aacn.nche.edu), 202-463-6930, Ext. 238.

## End-of-Life Nursing Education Consortium-Geriatrics (ELNEC-Geriatrics) Course Application Information

### Eligibility Requirements

1. An interest in end-of-life/palliative care and in integrating end-of-life care knowledge and skills within long term care facilities.
2. Support letter from the Administrator/Nursing Director of the facility for participation in the course and implementation of ELNEC-Geriatric education within the institution.
3. In order to participate in the Archstone grant, participants must live and work in the state of California.

### Expectations of Applicants Selected to Participate in the Course

1. Participate in pre-course assessment and post-course evaluations at course end, and at 6 and 12 month intervals post-course.
2. Commitment to integration of end-of-life care in facility's educational activities. This is a train-the-trainer course and applicants will be given teaching materials to take back to their facility to teach both licensed and unlicensed personnel about end-of-life/palliative care.

### Application Instructions

1. The Application for consideration for the ELNEC-Geriatric course includes all of the following:
  - A. Application
  - B. Facility/Institution Information
  - C. Biographical Information (CV/resume)
  - D. Pre-Course Survey
  - E. Personal Goals and Experiences
  - F. Letter of commitment and support from Administrator/Nursing Director (on facility's letterhead)
2. Applications may be mailed, faxed, or emailed. Applications should be complete (A through F listed above) at the time of mailing/faxing/emailing. No separate documents will be accepted. Incomplete applications will not be considered
3. **Mail the complete Application (A through F listed above) to be received by City of Hope no later than March 21 for early bird registration. Reminder: Only 100 CA residents, chosen competitively, with complete applications submitted on/before March 21 will be offered free registration. (Late registration fee of \$500 after March 21 deadline is to be made payable to: City of Hope/Dept NRE).**

Mail to: Celeste Radell  
 City of Hope  
 Nursing Research and Education  
 Population Science Building, #173  
 1500 E. Duarte Road  
 Duarte, CA 91010-3000  
[cradell@coh.org](mailto:cradell@coh.org)  
 FAX: 626/301-8941

## What Does the ELNEC-Geriatric Curriculum Consist of?

During the course, nine modules will be reviewed in the ELNEC-Geriatric Curriculum. The modules are:

- Nursing Care at the End of Life
- Pain Management
- Non-Pain Symptom Management
- Goals of Care/Ethical Issues in Geriatric Palliative Care
- Cultural Considerations in End-of-Life Care
- Communicating with Elders and Family Caregivers Regarding End of Life Issues
- Loss, Grief, and Bereavement
- Ensuring Quality Care at the End of Life
- Preparation for and Care at the Time of Death

A variety of teaching methods will be provided, including review of case studies, round table discussions, role plays and viewing of videos.

### FACULTY

**Betty Ferrell, PhD, FAAN**

Principal Investigator, ELNEC-Geriatrics  
City of Hope  
Duarte, CA

**Mary Ersek, PhD, RN**

Co-Investigator, ELNEC-Geriatrics  
University of Pennsylvania  
Philadelphia, PA

**Pat Berry, PhD, APRN, BC-PCM**

University of Utah  
Salt Lake City, UT

**Barbara Head, PhD, CHPN, ACSW**

University of Louisville  
Louisville, KY

**Carol Long, PhD, RN**

Capstone Health Care Group  
Phoenix, AZ

**ELNEC—Geriatric**  
**Application for CA Participants**

**A. APPLICATION**

Name of Applicant \_\_\_\_\_ Credentials \_\_\_\_\_

Name of Institution/Facility \_\_\_\_\_

Address of Institution/Facility \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Work email\* \_\_\_\_\_

Please check which type of facility applies to your workplace:

Long-term care facility     Skilled nursing facility     Hospice serving long-term care facilities  
 Acute care facility     School of Nursing     Professional Nursing Organization  
 Other (specify) \_\_\_\_\_

How many years have you worked as a nurse with geriatrics \_\_\_\_\_

Job Title \_\_\_\_\_ How long have you been in this position? \_\_\_\_\_

CA RN License # (for CE purposes) \_\_\_\_\_

Home address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home phone # \_\_\_\_\_ Home email address\* \_\_\_\_\_

**Ethnicity:** (optional)  Asian  African-American  American Indian or Alaskan Native  Caucasian  
 Hispanic/Latino  Other, Please Specify \_\_\_\_\_

**Gender:** (optional)  Male  Female**Name of Person Writing Your Support Letter:** \_\_\_\_\_

E-mail address: \_\_\_\_\_ Phone # \_\_\_\_\_

**Note:** It is mandatory that we have the e-mail address and phone # of the person writing your support letter. Applications can not be processed without this information.

\*You will be notified by e-mail once we receive your application.

I understand that the ELNEC-Geriatric course is a train-the-trainer course and I will be equipped to train others in my facility about excellent end-of-life/palliative care after completing this course. I am committed to taking the ELNEC-Geriatric material back to my facility and train others and to complete 6 & 12 month up-dates to the ELNEC Project Office.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_

**B. FACILITY/INSTITUTION INFORMATION**

Institution Name: \_\_\_\_\_

Number of nursing staff:

\_\_\_ RN's      \_\_\_ LVN's/LPN's      \_\_\_ CNA's      \_\_\_ NA's

What is the ethnicity of the community served by your facility? Please indicate percentages to total 100%.

**Ethnicity (in %):** \_\_\_ Asian    \_\_\_ African-American    \_\_\_ American Indian or Alaskan Native    \_\_\_ Caucasian  
\_\_\_ Hispanic/Latino    \_\_\_ Other, Please Specify \_\_\_\_\_

How many residents/patients are cared for in your institution? \_\_\_\_\_ Average age of your residents/patients? \_\_\_\_\_

For Hospice: Average daily census for hospice \_\_\_\_\_

Nursing Faculty: Do you have a Geriatric nursing track? \_\_\_\_\_

Do you teach in: \_\_\_ AA,    \_\_\_ BSN,    \_\_\_ Master's,    \_\_\_ Doctoral Program

**C. APPLICANTS EXPERIENCE**

Attach a resume for each team member that includes the following information regarding their geriatric nursing experience:

- Professional education (degrees earned), specialty certifications held
- Professional experience in end-of-life care
- Teaching experience (please be specific regarding all topics and settings)
- Teaching methods used (lecture, case studies, distance learning, role-play, etc.)
- Involvement in any geriatric nursing organizations
- Experience teaching hospice, palliative care, and/or end-of-life content
- Other professional association memberships

Note: You do not need to reformat your resume. If the above information is not addressed, you may attach a separate piece of paper that describes the missing elements. All applicants may not have experience in all of the above. Each applicant will be considered for their over-all geriatric experience.

**D. PRE-COURSE SURVEY** (see below)**E. PERSONAL GOALS AND EXPECTATIONS** (see below)

As part of the application to attend this course your team must submit three goals describing how you will implement end-of-life education/training in their facility within 12 months of attending the ELNEC-Geriatric course. Attached is a "Team Goals and Expectations" form for you to complete and return with your application.

**F. LETTER OF ADMINISTRATIVE SUPPORT**

The successful implementation of ELNEC-Geriatric programs will depend on support from your sponsoring facility. Each applicant must include a letter from the Administrator/Director of Nursing with support. Letters must be on company letterhead.

**D. PRE-COURSE FACILITY SURVEY**

Please provide the following information about end-of-life education currently offered through your institution.

1. For each of following end-of-life (EOL) care content areas, indicate if your institution has offered an educational program on this topic in the last two years.
  - a. Nursing Care at the End-of-Life o No   o Yes
  - b. Pain Management o No   o Yes
  - c. Non-Pain Symptom Management o No   o Yes
  - d. Cultural Considerations o No   o Yes
  - e. Ethical/Legal Issues o No   o Yes
  - f. Communication o No   o Yes
  - g. Grief, Loss, Bereavement o No   o Yes
  - h. Ensuring Quality Care at the End of Life o No   o Yes
  - i. Preparation at and Care at the Time of Death o No   o Yes
  - j. Other (Describe) \_\_\_\_\_

**Please rate the following by circling a number from 0 – 10**

(0=Not important/effective to 10=very important/effective)

2. A) Overall, how important do you believe end-of-life care content is to geriatric nursing?
 

Not important	Very important
0   1   2   3   4   5   6   7   8	9   10
  
- B) How effective do you believe geriatric nurses are in your community in caring for a dying patient?
 

Not effective	Very effective
0   1   2   3   4   5   6   7   8	9   10
  
- C) How effective do you feel your facility has been in teaching end-of-life care content?
 

Not effective	Very effective
0   1   2   3   4   5   6   7   8	9   10
  
- D) How receptive do you believe the nursing staff in your facility would be to increased end-of-life education?
 

Not receptive	Very receptive
0   1   2   3   4   5   6   7   8	9   10
  
3. How often does your facility provide educational services to the nursing staff?
 

_____monthly	_____quarterly
_____every other month	_____other (describe)_____
  
4. What do you consider to be the greatest barriers to improving end-of-life care in your facility and community?
 

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5. Please list any other thoughts, comments, or issues regarding the needs of geriatric nursing in end-of-life care in your area and opportunities/assets for your institution to address these issues.
 

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**E. GOALS AND EXPECTATIONS**

Please identify three goals your team hopes to accomplish through your institution as a result of attending the course. Time for discussing and refining your goals will be provided during the course. In addition, at 6 and 12 months post course, you will be asked to evaluate progress in accomplishing goals and report that progress to the ELNEC project.

**Examples of goals:**

1. Do needs assessment of facility to determine their priorities of the ELNEC modules as topics for end-of-life education.
2. In the next 12 months, review one ELNEC-Geriatric module per month with licensed and unlicensed nursing staff.

**Your goals:**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Send complete application to:

Celeste Radell  
 City of Hope  
 Nursing Research and Education  
 Population Science Building, #173  
 1500 E. Duarte Road  
 Duarte, CA 91010-3000  
[cradell@coh.org](mailto:cradell@coh.org)  
 FAX : 626/301-8941

**NOTE: Do not make travel arrangements until you have received confirmation from City of Hope that your application is complete and that room is still available.**

**CHECKLIST FOR COMPLETE APPLICATION:**

- \_\_\_ Completed application form (Section A)
- \_\_\_ Facility/Institution Information (Section B)
- \_\_\_ Resume and additional information (See Section C for instructions)
- \_\_\_ Pre-Course Facility Survey (Section D)
- \_\_\_ Team Goals and Expectations (Section E)
- \_\_\_ Letter of support from facility’s Administrator/Director of Nursing (on facility letterhead)

**Early bird deadline for applying to this course is March 21, 2009. This course will fill-up quickly, so you are encouraged to register early. There is limited space available. After March 21, registration fee is \$500.**

If you have questions, please contact Pam Malloy at [pmalloy@aacn.nche.edu](mailto:pmalloy@aacn.nche.edu) or 202-463-6930, Ext. 238.

For more information on the ELNEC project, go to: [www.aacn.nche.edu/ELNEC](http://www.aacn.nche.edu/ELNEC)

**See Agenda and FAQ below**

# ELNEC - GERIATRIC

## END-OF-LIFE NURSING EDUCATION CONSORTIUM

*ADVANCING END-OF-LIFE NURSING CARE*

### COURSE AGENDA

*Day 1—May 15, 2009*

<b>7:30 –8:00</b>	<b>Registration/Continental Breakfast</b>	
<b>8:00 – 8:45</b>	<b>Welcome/Introduction/ Overview of ELNEC-Geriatric Curriculum and Resources</b>	
<b>8:45-10:00</b>	<b>Module 1: Principles of Palliative Nursing Care</b>	<b>Betty Ferrell</b>
<b>10:00-10:15</b>	<b>Break</b>	
<b>10:15 –11:45</b>	<b>Module 2: Pain Management in the Elderly</b>	<b>Carol Long</b>
<b>11:45 – 1:00</b>	<b>LUNCH</b>	
<b>1:00 – 2:00</b>	<b>Module 6: Communicating with Elders and Family Caregivers Regarding End of Life Issues</b>	<b>Barbara Head</b>
<b>2:00 –2:15</b>	<b>Break</b>	
<b>2:15 - 3:30</b>	<b>Module 4: Goals of Care/Ethical Issues</b>	<b>Mary Ersek</b>
<b>3:30-3:35</b>	<b>Walking Break to Breakout Group</b>	
<b>3:35-4:35</b>	<b>Teaching Techniques: Use of Case Studies/Self-Care Exercises</b>	<b>Pat Berry Mary Ersek Betty Ferrell Barbara Head Carol Long Kathe Kelly Pam Malloy Rose Virani</b>
<b>4:35–4:45</b>	<b>Q &amp; A/ Daily Evaluation / Wrap up</b>	<b>Pam Malloy</b>

**ELNEC**  
**END-OF-LIFE NURSING EDUCATION CONSORTIUM**

**COURSE AGENDA**

***Day 2 – May 16, 2009***

<b>7:30 –8:00</b>	<b>Registration / Continental Breakfast</b>	
<b>8:00 – 9:15</b>	<b>Module 3: Non-Pain Symptoms at the End of Life</b>	<b>Pat Berry</b>
<b>9:15 – 9:30</b>	<b>Break</b>	
<b>9:30 –10:30</b>	<b>Module 7: Loss, Grief, and Bereavement</b>	<b>Barbara Head</b>
<b>10:30–11:45</b>	<b>Module 4, 6, 7 &amp; 8 Training Session (Role Play) - Application of Ethical Issues; Communication; Loss, Grief &amp; Bereavement; and Final Hours</b>	<b>Pat Berry Mary Ersek Betty Ferrell Barbara Head Carol Long Kathe Kelly Pam Malloy Rose Virani</b>
<b>11:45 –1:00</b>	<b>LUNCH</b>	
<b>1:00 –2:00</b>	<b>Module 5: Cultural Considerations in Palliative Care</b>	<b>Betty Ferrell</b>
<b>2:00 –2:45</b>	<b>Module 8: Ensuring Quality Care at the End of Life</b>	<b>Mary Ersek</b>
<b>2:45 – 3:00</b>	<b>Break</b>	
<b>3:00 – 4:00</b>	<b>Module 9: Preparation for and Care at the Time of Death</b>	<b>Pat Berry</b>
<b>4:00 – 4:45</b>	<b>&gt; Implementing ELNEC within your facility &gt; Review of ELNEC Media (website, newsletter, etc.)</b>	<b>Pam Malloy</b>
<b>4:45 – 5:00</b>	<b>Program Summary &amp; Evaluation</b>	<b>Betty Ferrell</b>

## FAQ: ELNEC-GERIATRIC COURSE

**Q: What will I actually be doing during the training?**

A: During the two-day course, you will be reviewing the ELNEC-Geriatric syllabus. Nine modules will be covered. Each module is accompanied by objectives, outline, power point slides, “talking points” for each slide, references, case studies, and supplemental teaching materials. This course is designed to give you a syllabus that will support you in future educational endeavors within your institution and community. The nine modules that will be reviewed include: Nursing Care at the End of Life, Pain Management, Non-Pain Symptom Management, Communication, Cultural Considerations, Goals of Care/Ethical Issues, Preparation for and Care at the Time of Death, Loss, Grief & Bereavement, and Ensuring Quality Care at the End of Life.

**Q: What will the weather be like in Pasadena, CA in May?**

A: Temperatures can range in the 50’s to 80’s with the cooler range occurring in the evening. It is recommended that you bring “layered clothing.” Conference room temperatures tend to be cool/cold. Bring a sweater or jacket.

**Q: The conference is at the Pasadena Westin Hotel. Do I make my own hotel reservations?**

A: Yes. A limited block of rooms has been reserved with the conference rate of **\$172.00/night** (exclusive of tax), There is an additional charge of \$15/person/day. Call 626-792-2727 or 1-800-Westin1 to make your hotel reservations. When making your reservations, be sure to mention you are with the “ELNEC-City of Hope Course.” To secure this rate, you must make your reservations by **April 2, 2008**. You will be responsible for your own travel and hotel expenses. Book early, as limited rooms are available.

**Q: What amenities does the hotel have?**

A: This beautiful hotel is located 2-blocks north of Colorado Boulevard. The area houses many great shops and restaurants. The hotel also has a work-out area, as well as a pool. A sports bar/restaurant is located within the hotel. For more information on this beautiful hotel, check out their website at [www.westin.com/pasadena](http://www.westin.com/pasadena)

**Q: What should I wear during the training sessions?**

A: Business casual. No jeans, please.

**Q: What if I need to leave before the training is completed on Saturday?**

A: It is very important that you stay for the entire training (course ends on Saturday at 4:45 pm). In order to receive your CE’s, and be considered an ELNEC Trainer, you must attend the course in its entirety. No early departures. Keep this in mind when making your travel plans. *If you are unable to attend the training in its entirety, you will not receive CE’s or an ELNEC Trainer certificate.*

**Q: Will I need to ship any materials that I will receive back home?**

A: You will be given one large binder with all of the modules included, a textbook, and other resources. It is recommended that you do one of the following: Bring an extra, empty suitcase to take these materials home in. Or you may ship your materials home through the Front Desk on site at the hotel. Prices will vary, depending on final destination. Expect 5-7 business days for delivery.

**Q: Which airport is best to fly into?**

A: The Pasadena area is serviced by three airports—Los Angeles International (LAX), Burbank (BUR), Ontario (ONT). BUR is closest to the hotel; however, you may find you can get cheaper rates by flying into LAX. At LAX, Super Shuttle is available outside baggage claim, if needed. You will need to make reservations for the Super Shuttle if you are coming into BUR or ONT airports ([www.supershuttle.com](http://www.supershuttle.com))

**Q: What if I have further questions.....who should I contact?**

A: Contact Pam Malloy at the American Association of Colleges of Nursing at [pmalloy@aacn.nche.edu](mailto:pmalloy@aacn.nche.edu) or 202-463-6930, Ext. 238.