

Summer 2003

E·L·N·E·C Connections

End-of-Life Nursing Education Consortium

Welcome to our Summer 2003 Issue!

The End-of-Life Nursing Education Consortium is pleased to bring you our summer 2003 issue of *ELNEC Connections*, a quarterly newsletter to showcase efforts in end-of-life nursing education. This newsletter spotlights project developments and provides resources that may be useful to you as an ELNEC trainer. ELNEC is a national education program to improve end-of-life care by nurses, and is funded by a major grant from The Robert Wood Johnson Foundation. ELNEC is administered through a partnership between the American Association of Colleges of Nursing and the City of Hope National Medical Center.

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Conference News: *Completing the Circle of Care*

Children's Hospice International will hold its 15th World Congress September 14 through 17, 2003 in Alexandria, VA. New and innovative programs from around the world will be featured, including the CHI Program for All-Inclusive Care for Children and their Families (CHI PACC). ELNEC Director Pam Malloy will participate in a panel discussion on "Looking Forward: Developing Curricula for Pediatric Hospice and Palliative Care Workers." Pam will review with participants the ELNEC Pediatric Palliative Care curriculum.

For more information, call 703-684-0330, email info@chionline.org, or visit their Web site at www.chionline.org.

Caring for the Caregiver

by Debra Anscombe Wood, RN for *Nursing Spectrum*

Caregiver education and support are the focus of research being conducted by Sandra M. Walsh, RN, PhD, in collaboration with Sharlene Weiss, RN, PhD. Walsh, an associate professor and director of nursing research at the University of Miami School of Nursing, takes a cart with arts-and-crafts supplies to caregivers at patients' bedside at the Sylvester Cancer Center.

Caregivers are famous for ignoring their own needs and rarely leave the home to attend support groups, says Walsh. They do, however, take loved ones to the cancer center — and it's there that Walsh invites them to participate in creative art activities. She then measures stress, quality-of-life, and emotional levels using self-reporting instruments. Salivary cortisol levels, an indicator of stress, are checked before and after the intervention to document physiological changes.

Caregivers often involve patients in the art session, having them select colors and textures. Art offers pleasant choices in an environment with few options. "They get so passionate and involved with the art — they're completely transformed momentarily," says Walsh. "It's adding positive memories, adding something to the death experience, that they'll remember forever." The artwork may end up in a caregiver's scrapbook at home — or on a hospital wall. Walsh got funding for the research from the university and has since applied for a larger grant.

The art-at-the-bedside research project came about after Walsh noted caregivers' support needs during a telephone-care study. That research compared results of individual versus group caregiver support phone calls. She and two other university investigators — Griselle Estrada, RN, MSN, and Mark Rubert, PhD — completed the data collection and are now analyzing the information. NINR funded the three-year study. Walsh conducted a shorter version of the tele-care

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ELNEC Training News

Train-the-Trainer Courses

Sterling Heights, MI: August 15 & 16, 2003

The Philippine Nurses Association of Michigan will host a "Summer Institute on End-of-Life Care" to improve end-of-life care by enhancing the leadership capabilities of nurses through cultural sensitivity, effective communication, decision-making, and conflict management techniques. For more information or to register, contact Remedios Solarte at rasolarte@wideopenwest.com.

Fayetteville, NC: August 20 & 21, 2003

The Cape Fear Valley Health System in Fayetteville, NC will present nine ELNEC modules over two days in August from 8am until 4:30 pm. For more information or to register, please call the Training and Development Department at 910-609-6640 or email Becky Gilbert at bgilbert@capefearvalley.com.

Houston, TX: October 10 & 11, 2003

Kelli Gershon, Kristen Ownby, Anne Young, and Nancy Walter will present a two-day training in October at Texas Woman's University in the Texas Medical Center. They have tentatively scheduled Marianne Matzo and Marcia Levetown as featured speakers. For more information, email Nancy Walter at NWalter@tmh.tmc.edu.

Conference News

Comprehensive Approaches to Cancer Control: The Public Health Role

The Centers for Disease Control will present its 2003 Cancer Conference September 15-18, 2003 at the Marriott Marquis Hotel in Atlanta, GA. For more information about exhibit or sponsorship opportunities and registration, call 1-877-426-2746 or visit www.cancerconference.net.



Front Page Photo

Left to Right: Caregiver and University of Miami student Margaret Fears-Lewis, BSN, artist Marionela Borsten, and patient John Doyle participate in "Art at the Bedside".

This pilot program was funded by a UM General Support Research Award. Please contact Sandra Walsh at swalsh@mail.barry.edu with any questions about the project.



ELNEC Training for Oncology Nurses

The National Cancer Institute has just given the ELNEC Project a grant to specifically train oncology nurses in the ELNEC Curriculum. The first training session is tentatively scheduled for February, 2004. The goal for this training is that 120 Oncology Nursing Society (ONS) chapters send 2 members for training. These 2 members will attend one training course. These training courses will be held annually over the next 4 years.

More information on this training will be put on the website as it becomes available. Be sure to take this information back to your local ONS chapter.



ELNEC Pediatric Palliative Care Update

The first Pediatric Palliative Care Training will take place in Pasadena, CA on August 14-16, 2003. One-hundred applicants from across the US have been chosen to complete this training in pediatric end-of-life care. This course is now full so we are no longer accepting applications. Please contact Pam Malloy at pmalloy@aacn.nche.edu if you have any questions.

First Graduate ELNEC Program Completed

On June 19-21, 2003, sixty (60) Graduate school faculty members from 60 different colleges/universities, representing 35 states gathered in Pasadena, CA to participate in the first Graduate ELNEC curriculum. Eight modules were taught, various case studies were reviewed, and implementation break-out sessions were offered. The curriculum was enthusiastically received. It was a great opportunity for faculty members to network, to promote the Advanced Practice Nursing role, and to review the latest in end-of-life care curriculum.

Funding for this course is from the National Cancer Institute and allows for this course to be taught annually through 2006.

Contact Us



Remember that we are here to serve you. If you have any questions or comments about how we can better assist you, please call us at (202) 463-6930 or e-mail nbrown@aacn.nche.edu.

ELNEC Trainer Roundup

Here is a snapshot of what some trainers have been doing since their ELNEC participation. *Please send updates on your ELNEC activities, including pictures of your training activities, to Kimberly Allen at kallen@aacn.nche.edu by September 20, 2003 for the fall issue.*

Denise K. Betcher, Betcher.Denise@mayo.edu
Mayo Clinic Hospital, Cave Creek, AZ
Using the ELNEC modules, Denise developed and presented 4 programs on palliative care. She required all RNs who were not part of the core palliative care group to attend a two-hour basic education class on palliative care and invited nurses from other units so that each unit would have resources. Denise also developed a day-long Advanced Palliative Care education program that she presented twice. About 25 nurses attended the trainings, with nurses from almost every unit. Finally, the ELNEC content was used to develop a Palliative Care handbook available at the hospital.

Jennifer Buckley,
Jenny_Buckley@vnhs.org
St. Joseph's Hospital, Atlanta, GA
Jennifer collaborated with Laura Williams to present modules 1, 6, 8, and 9, and the non-pharmacological lab to nurses at St. Joseph's Hospital in Atlanta. The session was well attended and well received. Jennifer is also setting up training for the National Youth Leadership Foundation students to spend a day at her hospice facility where she will present module 1.

Andra Davis, andrada@sjhs.org
Lovelace Sandia Health System, Albuquerque, NM
Andra, fellow ELNEC trainer George Dresden, and Carol Jordan held the first of two ELNEC trainings in May at the Northeast Heights Medical Center. Teaching elements included group discussion, cultural self assessments, video and lecture. On each table was a bowl of small toys for participants to play with during the lecture. Twenty-nine participants from home care, hospice, inpatient hospital units and clinic settings attended.

Pat Hayes, phayes@wfubmc.edu
Northwest Area Health Education Center (AHEC),
Winston-Salem, NC
Northwest AHEC of Wake Forest University Health Sciences co-provided the TNEEL program with the Hospice of Ashe County in Jefferson,

NC on April 4. Diana Wilkie provided lecture and demonstration followed by hands-on work using laptop computers to practice planning an educational activity using the CD provided to each participant. Fifty participants raved about the content and left with new skills and plans to provide educational programs to others on end-of-life care.



Illustration by Sandra Walsh

Gerry Higgins,
Gerry.Higgins@inova.com
Inova Alexandria Hospital,
Alexandria, VA
As the only ELNEC trainer in her unit, Gerry developed and presented a two-day ELNEC training program to 25 nurses in June. She introduced each ELNEC module and included case studies.

Patricia Knox, KNOXP@upstate.edu
SUNY University Medical Center, Syracuse, NY
A number of nurses at SUNY University Medical Center chose to spend their professional development day with Patricia doing patient care rounds, family meetings, and discussions with patients and families about their end-of-life questions or concerns. Patricia also teaches palliative care to third-year medical students and plans to teach ethical issues in end-of-life care to summer clinical nursing students. In June, she presented two sessions on palliative care at a Nursing Summit with over 20 professional nursing organizations.

Stephanie Koplín-Baucum, Stephanie.Koplín-Baucum@bannerhealth.com
Banner Good Samaritan, Phoenix, AZ
Stephanie and Mary Whitmer received an Imagine Grant to train 10 nurses with the ELNEC curriculum. She presented an eight-hour class once a month for three months. During the class, time was set aside to discuss end-of-life experiences. As part of the class, each attendee was asked to formulate a project in their work area that addressed end-of-life care. Stephanie and Mary will mentor these nurses through the next year.

ELNEC Trainer Roundup



Madeline Lambrecht, Madeline@UDeI.edu
University of Delaware, Newark, DE
Madeline Lambrecht, Karen Sarcone, Robert Contino, and Ruth Yanos are working with the Division of Nursing Education of the Delaware Nurses Association to plan a one-day workshop for nurse educators from around the state in fall 2003. They will focus on innovative teaching strategies for EOL care. Nurses from all three counties in the state attended the original trainings in 2002 and forty-eight nurses completed the program.

April Lombardo, april@adelphia.net
Monogalia Health System, Morgantown, WV
April has offered the first two ELNEC modules every month since January with strong attendance. Many participants expressed a desire to complete the whole curriculum. April also notes that she was able to use her ELNEC knowledge to provide better care to her mother and has woven that experience throughout her recent teaching.

Marlene McHugh, MMCHUGH@montefiore.org
Montefiore Medical Center, Bronx, NY
Thanks to the success of the first ELNEC training in 2002, Marlene will present the training again to staff nurses in fall 2003. She also presented a module for the ELNEC program at Mt. Sinai Medical Center in New York City in April.

Marcia Miller, Marcia.miller@sinclair.edu
Sinclair Community College, Dayton, OH
Using ELNEC and TNEEL content, Marcia developed three one-credit elective classes on pain management, communication, and legal and ethical issues at the end of life. These classes are also open to nurses in the community for continuing education credit. Last October, Marcia presented a three-hour session on nursing care at the end of life to a group of nurses as part of an 'Education Blitz' by the local newspaper.

Eileen Phillips, Eileen.Phillips@ProMedica.org
ProMedica Health System, Maumee, OH
Eileen has trained nurses in end-of-life care for a recently-opened 17-bed palliative care unit at Lake Park. The training was based on an interdisciplinary model, with select ELNEC and TNEEL materials used for the classroom presentations and independent reading assignments. Eileen is working with educational staff from the ProMedica System to develop future continuing education programs based on ELNEC curriculum.

Lynn Polacek, polacek@elderc.org
Elder Care of Dane County, Madison, WI
On May 15 and 22, Lynn presented all 9 ELNEC modules to the interdisciplinary team staff at her organization. She adapted the curriculum to her organization's model of care and patients and invited nurse practitioners and social workers to present sections with her. The classes were well attended and well received.

Sandra Walker, Sandra.Walker3@med.va.gov
Palo Alto VA Healthcare Center, Palo Alto, CA
Sandra Walker, Eileen Schleifer, and Betty Wexler provided ELNEC Training to hospice and home care nurses at the Palo Alto VA Healthcare Center. The training was provided on-site during one-hour modules over the course of 9 weeks to accommodate nurses working evening and night shifts. The first program was completed on March 27. The second program is underway and will be completed in July.

Bonnie Walsh, bwalsh@hospiceofrockland.org
United Hospice of Rockland, New City, NY
Using the Power Point presentation, Bonnie presented the pain management module to a group of nurses and social workers at her hospice after a team meeting. Bonnie also plans to present the pain management section to several nursing home nurses.

Laura Williams, LWilliams@sjha.org
Saint Joseph's Hospital, Atlanta, GA
Laura planned and coordinated a five-hour ELNEC class titled *Critical Aspects of End of Life Care for Nurses*, which was held on two days in March from 8am to 1pm. A total of 58 RNs attended the trainings at St. Joseph's Hospital. Twenty-three nurses attended two more trainings in May and enjoyed an interactive lab demonstrating non-drug approaches to pain relief. Laura plans to offer some parts of ELNEC to ancillary staff at her hospital later this year and will begin some of the EPEC modules for physicians there.

Jeffrey Zurlinden, nsginfo@earthlink.net
NSGINFO.com, Chicago, IL
Jeff published *Up Close & Clinical: Outside the Circle of Grief* in all editions of the April 21, 2003 issue of *Nursing Spectrum*. You may read his article online at <http://community.nursingspectrum.com/MagazineArticles/article.cfm?AID=9344>.

Trainer News & Inspiration

Do you have an inspiring story to tell? Have you seen any standout quotes or photographs you would like to share? Send them to Pam Malloy at pmalloy@aacn.nche.edu, and you may see your submission in the next *ELNEC Connections*.



Caring for the Caregiver

Continued from page 1...

research with a small cohort of hospice family caregivers and developed a workbook to help loved ones.

“If we have researched-based practice, we can talk with authority and be assured our patients and families get the best kind of care,” says Walsh. “Otherwise, nurses are doing good practice sometimes, other times not, and they may not know the difference. It promotes our profession and the bottom line — excellence in patient care.”

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PHOTO ESSAY: ELNEC Trainer Sandra Walsh Brings Together Art and Nursing



(Above) Sandra Walsh and artist Margaret Allen at the Sylvester Comprehensive Cancer Center. Sylvester has received a small grant to continue work begun with the pilot and give volunteer artists a small stipend. (Right) Fran Brenner, a patient, displays a “rubbing” art project she created.

(Above Left) Watercolor artwork by a caregiver daughter. (Below) Sandra Walsh and one of the bilingual artists with “Art at the Bedside” proudly display a cart of supplies for the program and various art created by nursing students, volunteers, patients, and caregivers.



(Above) A portrait of Brenda Walsh, Sandra’s sister, at her father’s bedside prior to his death.



Rose Virani Receives Nursing Excellence Award

During its fifth annual California Nursing Excellence Awards ceremony on April 25, *NurseWeek* recognized Rose Virani, MHA, RNC, OCN, for

her work to develop and spread the ELNEC curriculum. Forty-five nurses attended the event as finalists, of which eight were named winners; one in each category. Rose won for the highly competitive Teaching category.

Rose is a Director of ELNEC at The City of Hope National Medical Center in Duarte, CA, which administers ELNEC jointly with the American Association of Colleges of Nursing through a grant from The Robert Wood Johnson Foundation.

You can read more about the awards and Rose Virani at: www.nurseweek.com/special/calwinners_2003.asp.

Pam Malloy Chosen as New Director of ELNEC

The ELNEC project staff would like to welcome Pamela Malloy, MN, RN, OCN, as AACN’s new Director of Special Projects and ELNEC. Ms. Malloy comes to the project from George Washington University Hospital, Washington, DC where she served most recently as a consultant to their Education Department. As a clinical oncology nurse specialist with over 29 years of experience in clinical medical-surgical nursing and staff education, she has done much in her career that may benefit ELNEC projects. Among other work, she has taught chemotherapy administration, pain assessment and management, and continuing education to oncology nurses. Ms. Malloy also has several publications and honors related to oncology nursing.

You may contact Pam by phone at (202) 463-6930, extension 238 or by email at pmalloy@aacn.nche.edu.

Resources



Last Acts Palliative Care Resource Center

The Palliative Care Resource Center offers practical information to support and improve the delivery of palliative care. It is designed for clinicians, administrators and

advocates in hospitals, nursing homes, hospices and long-term care facilities. It features an exclusive Last Acts report — *On the Road from Theory to Practice*— created by a team of leading experts who researched best practices in the field. Site features include:

- Principles of palliative care defined for health care professionals, consumers, Spanish-speaking individuals, and pediatric professionals.
- Details clinical, organizational and public policy barriers to delivery of palliative care.
- Workable solutions to overcome barriers in a variety of healthcare settings.
- Searchable database of promising practices already being applied.
- Links to Web sites, publications, resources and more.

The Palliative Care Resource Center also offers an interactive feature for health care professionals to post their ideas and innovative programs, creating an actively growing pool of practical knowledge for all to share.

www.lastacts.org/palliativecare

Mind, Body, and Soul: A Guide to Living with Cancer

In this book, registered nurse Nancy H. Dahm describes a model of pain management she developed called “The Continuum of Pain, The Continuum of Pain Control.” A specialist in cancer care who has served over 400 cancer patients and their families, Nancy argues that she has kept most of her patients pain-free using her new model. In addition, Nancy provides readers with information on managing treatment symptoms, pain, giving and receiving quality care, and overcoming stress and fear at the end of life. “[Ms. Dahm] guides the reader through a holistic approach to the numerous problems faced by patients with cancer and at the same time she delivers up-to-date scientific information,” writes Dr. Paolo L. Manfredi at the Pain and Palliative Care Service Memorial Sloan-Kettering Cancer Center. “It is natural to recommend this book to patients and families.” Order this book online or at your local bookstore. Published in December 2001 by Taylor Hill Publishing, Limited.

Palliative Care at the End of Life: Policy Analysis

In this article, published in the January/February 2003 *Oncology Nursing Forum*, Anne M. Reb presents an overview of policy issues affecting hospice and palliative care in nursing home and hospital settings. She also discusses policy initiatives, factors affecting end-of-life care, recent legislation, and nursing implications. Anne finds that improvements in end-of-life nursing care “may contribute to improved access, lower costs, and improved quality of care in advanced illness.” For more information, visit www.ons.org.

Latest in the AJN Series

The *American Journal of Nursing* (AJN) continues its bimonthly continuing education series on palliative nursing care. The latest article in the series, “Improving the Quality of End-of-Life Care” by Rose Virani and Dalia Sofer will be available on the ELNEC Web site at:

www.aacn.nche.edu/ELNEC/PalliativeCareAJN7.pdf

ELNEC Online

Look for the following information and resources that have been added to our Web site:

ELNEC Master Trainer Directory

www.aacn.nche.edu/ELNEC/trainers.htm

We have had requests from some of you to add all the people that you are training to the ELNEC Master Trainer Directory. Unfortunately, we will not be able to do this because there are about 1,400 national trainers already listed. However, we recommend the following: Please provide the ELNEC Web site to all your trainers so they may keep abreast of any upcoming training programs and be sure to forward the electronic version of the quarterly *Connections* newsletter to them once you have received it.

2003 Report from the Task Force on Aging Research

www.aacn.nche.edu/ELNEC/index.htm

For more information, please contact Deirdre Thornlow at dthornlo@aacn.nche.edu.

Upcoming Training Sessions

www.aacn.nche.edu/ELNEC/UpcomingTrainings.htm

Advertise your regional and local trainings for free on the ELNEC Web site. Send your announcement to kallen@aacn.nche.edu.