

TULIP – Together Understanding Life in Palliative Care

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Module One – Welcome and Introduction

The purpose of this series of inservices is to get the conversations started. Involving all our Care Partners will include everyone in those conversations. We can all take what we learn from these modules to help us in all parts of our lives because **Death touches us all**. We live in a death denying society and all care partners must be involved to become more comfortable with death and dying.

Review Mission, Vision, Values – We begin these inservices as we do all, reviewing our Mission, Vision and Values because they are the foundation of everything we do.

Review Eden Principles so participants understand that these principles fit beautifully with a positive palliative approach.

Module Two – Pain Management

The purpose of this module is focusing on a basic introduction to pain and pain control. The module addresses pain throughout a person's life, not just end of life.

Principle Seven teaches us Medical Treatment should be the servant of genuine human caring, never its master. We need to do better with pain control. We address both physical and emotional pain Elders may be facing.

We use medications to help Elders find relief from pain, think more clearly, and do more for themselves. These are things that help people grow.

There are no pills for Loneliness, Helplessness and Boredom.

- What is pain?
- Assessment challenges
- Pain Management
- Important things we can all do

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Module Three – Nutrition and Hydration

The purpose of this module is discuss the Elder's needs and comfort or distress related to nutrition and hydration during the final stages of life.

- Inappropriate nutrition and hydration goals
- Comfort vs. distress

- Food and hydration as comfort
- Food and hydration as distress
- Lack of food and hydration as comfort
- Lack of food and hydration as distress
- Family attitudes
- Hands on care partners become family

Module Four – Grief and Grieving

The purpose of this module is to bring a greater understanding of our Elders and us in the grieving process using Eden's 7 Domains of Well-being.

Identity: People die in their home surrounded by people who know and love them.

Growth: Principle 9 teaches us human growth must never be separated from human life. Growth can still be a part of dying reminding us that every moment is important.

Autonomy: We must advocate for our Elders and honour their choices.

Security: Death is unknown and can be scary. We must be there for our Elders and their families. We honour death and remember people.

Connectedness: The relationships we form through close and continuous contact plus the support we give to family care partners supports connections to the end of life.

Meaning: Each of us needs to gain a level of comfort with death and dying so we can be there to support our Elders values and beliefs to the end.

Joy: Joy is a part of dying because it is a part of life. We can have joy in knowing that we supported the Elder and their family. We celebrate a life well lived.

Guidance and Support

- What not to say
- What can we do

Take care of yourself

- Share your experiences
- Express your sorrow
- Create ways of remembering
- Get help through counseling and/or employee assistance program if available