



**18<sup>th</sup> Annual Hospice Aide Conference**  
**March 31, 2010**  
**DoubleTree Hotel, Bay City, MI**



The goal of this conference is to educate Hospice Aides on the current and most up to date information, and provide them with a day of networking and skill building opportunity. Attendees will learn the importance of taking care of themselves so they are able to provide the best possible care for their patients and their families.

The day will begin with a presentation on "Symptom Control of the Terminally Ill" by Rhonda Copeland, RN, followed by a presentation by Dr. Patricia Schmidt on Clinical Perspectives, and then lunch. Following the luncheon attendees will be treated to a photo journey that peeks into the lifelong adventures of Elisabeth Kübler-Ross who was a hospice pioneer, teacher, physician, mother and inspirational icon. She changed the way the world thought about death and dying. Elisabeth's son, Ken Ross, shares with us poignant and humorous stories about Elisabeth's determination, insight, and global reach in the hospice arena. Elisabeth touched the lives of millions of individuals around the world, and through the work of the Elisabeth Kübler-Ross Foundation, her legendary work will continue.

Following Ken Ross's presentation sessions will include "Snatchers of the Mind" by Mary Prudhomme, "Balance ~ When is it Burnout?" by Sherry Wagenknecht, and "Hospice Staff Grieve too, don't they?" by Kelly Rhoades.

At the conclusion of the conference, we will do a raffle drawing for one lucky Hospice Aide who will be showered with gifts designed to pamper.

**A traditional offering of the Michigan Hospice & Palliative Care Organization is to grant 6.0 hours of hospice aide educational credits to each participant who completes an evaluation form.**



## HOSPICE AIDE DAY AGENDA

Wednesday, March 31, 2010

7:00 - 8:00 AM Salon AB - Breakfast with the Annual Conference attendees

9:00 - 11:00 AM Salon AB - (2) 1 hour sessions

1. *Symptom Control of the Terminally Ill* - Rhonda Copeland, RN, BSN, MSA
2. *Clinical Perspectives* - Patricia Schmidt, DO

11:00 - 11:30 AM Break - (So hotel can refresh and set for lunch)

11:30 AM - 1:00 PM Lunch and keynote speaker *Ken Ross (son of Elisabeth Kübler-Ross)*

1:00 - 4:00 PM

Salon CD - (3) 1 hour sessions

1. *"Snatchers of the Mind"* - Mary Prudhomme
2. *"Balance ~ When is it Burnout?"* - Sherry Wagenknecht
3. *"Hospice Staff Grieve too, don't they?"* - Kelly Rhoades

4:00 - 4:15 PM *Hospice Aide Award Presentation and Conference Closing*

## Session Descriptions

### Salon AB - (2) 1 hour sessions

#### 1. Symptom Control of the Terminally Ill

##### *Rhonda Copeland, RN, BSN, MSA - Hospice of Helping Hands*

The terminally ill patient may experience a variety of symptoms at end-of-life. This presentation will explore the symptoms that may occur involving the Body, Mind and Spirit. We explore traditional treatments and alternative treatments. Sharing of methods to treat our patients will be encouraged at the end of the presentation.

#### 2. Clinical Perspectives

##### *Patricia Schmidt, DO - In-House Hospice*

This session will provide hospice aides with an overview of neurodegenerative conditions, such as: Huntington's Disease, Parkinson's disease and ALS (amyotrophic lateral sclerosis, aka Lou Gehrig's Disease). Emphasis will be on the expected course of decline experienced with these conditions, important observations to bring to the IDG, and provision of care and support.

### Salon CD - (3) 1 hour sessions

#### 1. Snatchers of the Mind

##### *Mary Prudhomme, RN, BSN, MSN - Hospice of Helping Hands*

What we were calling the "coming crisis" at the turn of the century is here! Not only here but increasing. This population must be allowed access to the care necessary to maintain quality and dignity through out the disease trajectory. This session will provide education in dealing with dementias, the disease process and how it affects the health care system and entire family systems.

#### 2. Balance - When is it Burnout?

##### *Sherry Wagenknecht - BA, Volunteer Coordinator - Arbor Hospice*

Providing care can be an emotionally complicated process. It requires the ability to be meaningfully related to a patient and family yet separate enough to distinguish one's own needs. Achieving balance through good self care and establishing boundaries will ease the load down the road. This session will help you recognize when you are becoming compassionately fatigued in your care, why and what you can do about it.

#### 3. "Hospice Staff Grieve too, don't they?"

##### *Kelly Rhoades, Ph.D., - Professor, Madonna University, Hospice & Palliative Studies*

"Bereavement overload" or "cumulative grief," is a condition that occurs for hospice staff when the experiences with patients and families become overwhelming, even draining. This may be especially true for the hospice aide who works closely with patients each day. "I used to love my job," becomes one's mantra, as the dread of heading to work is often expressed in the form of irritability, fatigue, and apathy. Competent, compassionate, valuable team members leave because this condition, also called, "burnout" is not recognized and handled as *normal grief*. As human beings working in this sacred field, we will continue to encounter our own loss and grief issues while working with patients and families. This session will examine how to recognize when you are grieving, and provide specific suggestions for processing grief, balancing your life, and staying in love with your work.



**REGISTRATION FORM**  
Wednesday, March 31, 2010  
DoubleTree Hotel,- Bay City, MI

(Please send one registration form for each participant. You may make copies of this form.)

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

(Type or print name as it is to appear on badge and certificate)

Hospice/Org. Affiliation: \_\_\_\_\_

Business Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

Years w/this organization: \_\_\_\_\_ Total Years as a Hospice Aide: \_\_\_\_\_

Special diet needs: \_\_\_\_\_

**CONFERENCE FEE includes:** (Continental Breakfast, Breaks & Lunch, meeting sessions and materials)

**REGISTRATION DEADLINE:** March 24, 2010

Full Day Registration: **Rate reduced by 20% from 2009**

<u>Member</u>	<u>Non-Member</u>
\$85.00	\$170.00

Amount enclosed: \$ \_\_\_\_\_  Please invoice (MHPCO members only)

Credit card info:  MasterCard  VISA Card # \_\_\_\_\_

Exp. \_\_\_\_\_ / \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Hotel reservations can be made directly with the DoubleTree Hotel in Bay City. Be sure to reserve your rooms early. Phone number (989) 891-6000 Room rate \$105 per night (up to 4 per room)

**MHPCO Cancellation Policy** MHPCO must be notified of all cancellations **no later than** two weeks prior (March 15, 2010) to conference date. A \$50 processing fee will apply to all cancellations. Cancellations on or before the two week deadline will receive a full refund less a \$50 processing fee. No refunds for cancellations after March 15, 2010. MHPCO reserves the right to substitute faculty or re-schedule sessions due to unforeseen circumstances.

You can either fax your registration to 517.668.6492 using your credit card or register online at our website [www.mihospice.org](http://www.mihospice.org) **Mail checks to:** MHPCO, 12800 Escanaba Drive, Ste. E, Lansing, MI 48820

Questions please call 517.668.6396