



# **Last Steps<sup>®</sup> ACP Facilitator Certification**

December 7, 2018

8 a.m.-4:30 p.m.

Hospice of the Red River Valley

1701 38th St. S.

Fargo, N.D.



**Essentia Health**

Respecting Choices® Last Steps® ACP Facilitator Certification is designed for health care professionals, such as nurses, social workers, chaplains, physicians and others involved in assisting those with serious illness or frailty in making end-of-life treatment decisions. Our target audience is individuals who are First Steps ACP Facilitators.

***Purpose:*** To improve the effectiveness of the Last Steps® ACP Facilitator Certification program through facilitation skills training.

## **Course Objectives**

- A. Describe the goals of the Last Steps ACP program; a POLST Paradigm Program
- B. Identify interview skills for facilitating Last Steps ACP conversations
- C. Identify skills to assist individuals in making informed treatment decisions, to include CPR, limitations on treatment and comfort care
- D. Develop strategies to create a POLST form that accurately reflects an individual's treatment preferences
- E. Identify systems to honor the POLST plan
- F. Demonstrate beginning competency in facilitating Last Steps ACP conversations through role-play activities

## **Prerequisites**

1. Completion of the Respecting Choices® Online ACP Facilitator Core Curriculum. The online component includes interactive courses intended to help you learn basic ACP concepts and to come to the course prepared for a more robust classroom experience. Contact hours for the online prerequisite are available through Respecting Choices. Upon completion of the modules, you will be able to download a contact hour certificate.

***Registration Fee:*** \$250

Includes the cost of the pre-course modules from Respecting Choices. Continuing education units/hours available at this program are 6.75 social work CEUs and 6.75 CEs for nurses.\*

***Registration Deadline:*** Space is limited; please register by Nov. 23.

## Pre-Course Preparation

1. Complete Respecting Choices Last Steps® ACP Facilitator Online Core Curriculum, which will be sent to you via email
2. Review the POLST form (appropriate for your organization/ community or distributed by your implementation team)

## Agenda

7:30 a.m.	Registration opens
8 a.m.	Introductions and Welcome
8:20 a.m.	Last Steps® ACP, a POLST Paradigm Program
8:45 a.m.	Review of Last Steps ACP Facilitation Skills
9:45 a.m.	Break
10 a.m.	Practice Role-Play Exercise No. 1
10:45 a.m.	Help Make Informed Treatment Decisions
11:15 p.m.	Practice Role-Play Exercise No. 2
Noon	Lunch
12:30 p.m.	Help Make Informed Treatment Decisions (continued)
1:30 p.m.	Practice Role-Play Exercise No. 3
2:15 p.m.	Break
2:30 p.m.	Making POLST Work: What the Facilitator Needs to Know
3:15 p.m.	Final Competency Role Play
4:15 p.m.	Summary/Evaluation
4:30 p.m.	Adjourn

## Facilitators

**Roxanne Smedsrud**, RN, CHPN, has worked for Hospice of the Red River Valley for 25 years and provides education to area clinicians and facilities who work with the organization. She is a First Steps ACP Certified Facilitator and Instructor. **Katie Ambuehl**, LSW, is the palliative care program manager at Essentia Health. She is a First Steps ACP Certified Facilitator. Roxanne and Katie are Last Steps ACP Certified Facilitators and Instructors.

## To Register

Complete the registration form online at [www.hrrv.org/ACP-Last-Steps](http://www.hrrv.org/ACP-Last-Steps)

## Payment

Make checks payable to Hospice of the Red River Valley. Payment must be received by Hospice of the Red River Valley by Nov. 23. Registration is not considered complete until payment has been received. Cost includes online modules from Respecting Choices. Please indicate which individuals for which you are submitting payment. **Registration fees are nonrefundable.**

Please send payment to:

Hospice of the Red River Valley  
Attn: Roxanne Smedsrud  
1701 38th St. S., Suite 101  
Fargo, ND 58103

The term “certification,” as used in Respecting Choices® educational programs and products means that Gundersen Health System issues a certificate upon fulfillment of the following elements:

- 1) Completion of a specified Respecting Choices educational program with standardized content and processes;
- 2) Successful demonstration of skills associated with the specified program and
- 3) If applicable, an 80 percent or higher score on a written examination associated with the specified program.

The Respecting Choices certification programs are not credentialed by a national accreditation body.

\*Hospice of the Red River Valley is a pre-approved provider of the NDBSWE for social work CEUs. This program meets the continuing education requirements for social workers. There will be a total of 6.75 CEUs for social workers.

This continuing nursing education activity was approved by the Western Multi-State Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Arizona, Colorado, Idaho, and Utah Nurses Associations are members of the Western Multi-State Division.

This program offers 6.75 CE for nurses.