



TO YOUR HEALTH

Volume 17, Number 13

January 2012

PARTNERSHIP WITH HOSPICE AT CARLETON-WILLARD VILLAGE

By Marcia Feldman,
Palliative Care Coordinator

We spend much of our lives striving to maintain good health. We know about the factors of healthy eating and exercise that contribute to our well-being. When we do become ill, we tend to use violent terminology like “fighting the good fight”, “battling cancer” and “overcoming disease” to describe our relationship with sickness, our innate desire to prevail over it and to win the war by staying healthy.

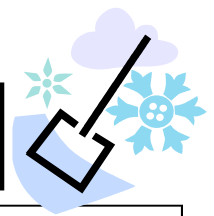
When it becomes apparent to a medical provider that treatments are no longer effective in combatting an illness, they begin to discuss a shift in the goals of care. The goals can change from restoring good health to keeping the person comfortable and managing their symptoms. Often when people are faced with a terminal diagnosis, their physician may bring up the topics of hospice and palliative care to keep them comfortable.

The transition to comfort care can be a hurdle for some who believe that they are giving up or succumbing to illness, however ones quality of life often improves with the management of pain and symptoms. This can be attributed to a greater level of care. Comfort care does not mean giving up. Rather, it can be viewed as choosing increased care

for ourselves or our loved ones so they may live out their days in comfort, set their affairs in order, say goodbye and prepare for life’s greatest mystery. Carleton-Willard is innovative and unique in providing end-of-life care through the *Living Fully, Dying Well* program as well as in partnership with Hospice of the North Shore & Greater Boston. The two organizations work together and complement one another by providing extra support and care at this critical time of life. The ways we work together are:

- Our Interdisciplinary Team (IDT) is made up of staff from both organizations. Working collaboratively, the IDT creates an individualized plan of care that addresses pain management and symptom relief. The team continues to meet jointly on an ongoing basis to review and revise the Resident’s care plan as needed. The team includes:
 - Primary Care Physician
 - Board Certified Hospice Physician
 - Nurses
 - Certified Nursing Assistants
 - Social Workers
 - Chaplains and Bereavement Counselors
 - Hospice or Home Health Aides
 - Trained Volunteers
- Patients retain their Primary Care Physician while receiving hospice care.

(Over)



(Partnership, cont.)

- Hospice staff who are specially trained in pain and symptom management make recommendations to CWV staff and physicians.
- Having cared for most Residents over time, CWV staff is already familiar with their needs and preferences. Our team collaborates regularly with Hospice staff regarding each person's care.
- Hospice offers additional support to the CWV staff including Nurses, C.N.A.s, Social Workers and Clergy. This results in Residents receiving enhanced care.
- CWV Vigil Volunteers and Vigil C.N.A.'s sit with people in their last days so no one has to die alone unless that is their wish. Hospice volunteers are also available.
- Complementary Therapies are offered through CWV with additional support provided by Hospice if needed.
 - Massage and Compassionate Touch
 - Reiki
 - Acupuncture
 - Music
- Jointly we provide ongoing educational opportunities for staff and Residents that encompass the best practices in palliative and hospice care.
- Hospice gives lectures at CWV that explore topics related to grief including *Loss of an Adult Child* and *Coping with the Holiday After a Loss*.
- Hospice provides grief support for loved ones for 13 months after a

Together with Hospice, we support Residents to live each day as fully and comfortably as possible, improving their quality of life at the end of life. The "battle" against disease is not "lost". It is possible to transform the fight into a place of peace and acceptance.

ABOUT EVERYTHING

I wished for death often
but now that I am at its door
I have changed my mind about the
world.

It should go on; it is beautiful,
even as a dream,
filled with water and seed,
plants and animals, others like
myself,
ships and buildings and messages
filling the air -- a beauty,
if ever I have seen one.
In the next world, should I remember
this one, I will praise it
above everything.

~ David Ignatow ~
(Whisper to the Earth: New Poems)

- HEALTH EDUCATION LECTURE -

Getting your ZZzz's

Join us for the upcoming health lecture, "*Sleep and Health*" on January 18th at 10:30- 11:30 in the Auditorium Center. We will hear Orfeu M. Buxton, PhD, Assistant Professor at Harvard Medical School and Associate Neuroscientist at Brigham and Women's Hospital talk about the importance of sleep to our health. Dr. Buxton's research primarily focuses on the causes and health consequences of chronic sleep deficiency. Successful aging is a central focus of this work.