

Rural Community Palliative Support: Educate and Innovate with Community Health Workers

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Disclosures

No financial relationships to disclose.

<https://www.cambiahealthfoundation.org/focus-areas/sojourns-scholar-leadership-program.html>



Learning objectives

Upon successful completion, participants will be able to:

1. Describe the role of trained Community Health Workers in delivering palliative care support.
2. Explain how community-embedded support improves serious illness care in rural communities
3. Describe the impact of a palliative care continuing education course for CHWs



peaceful presence

END OF LIFE DOULAS

We reimagine and transform the way communities talk about,
plan for and experience the last stage of life.

*Vision: A culture in which every community member receives
compassionate, equitable support through the end of life.*



peaceful presence

END OF LIFE DOULAS



Education



Planning



Presence

Compassionate Communities Model of Care

Compassionate Communities widen the circle of caring and provide much-needed support to patients and caregivers facing serious illness and death.

- Conversations around death, dying, and grief are normalized and productive.
- Palliative care is repositioned to support community-based health and social care for people nearing the end of life and their families.
- Strong networks of care and resiliency

95% RULE

Only 5% of a dying person's time is spent face to face with a medical professional

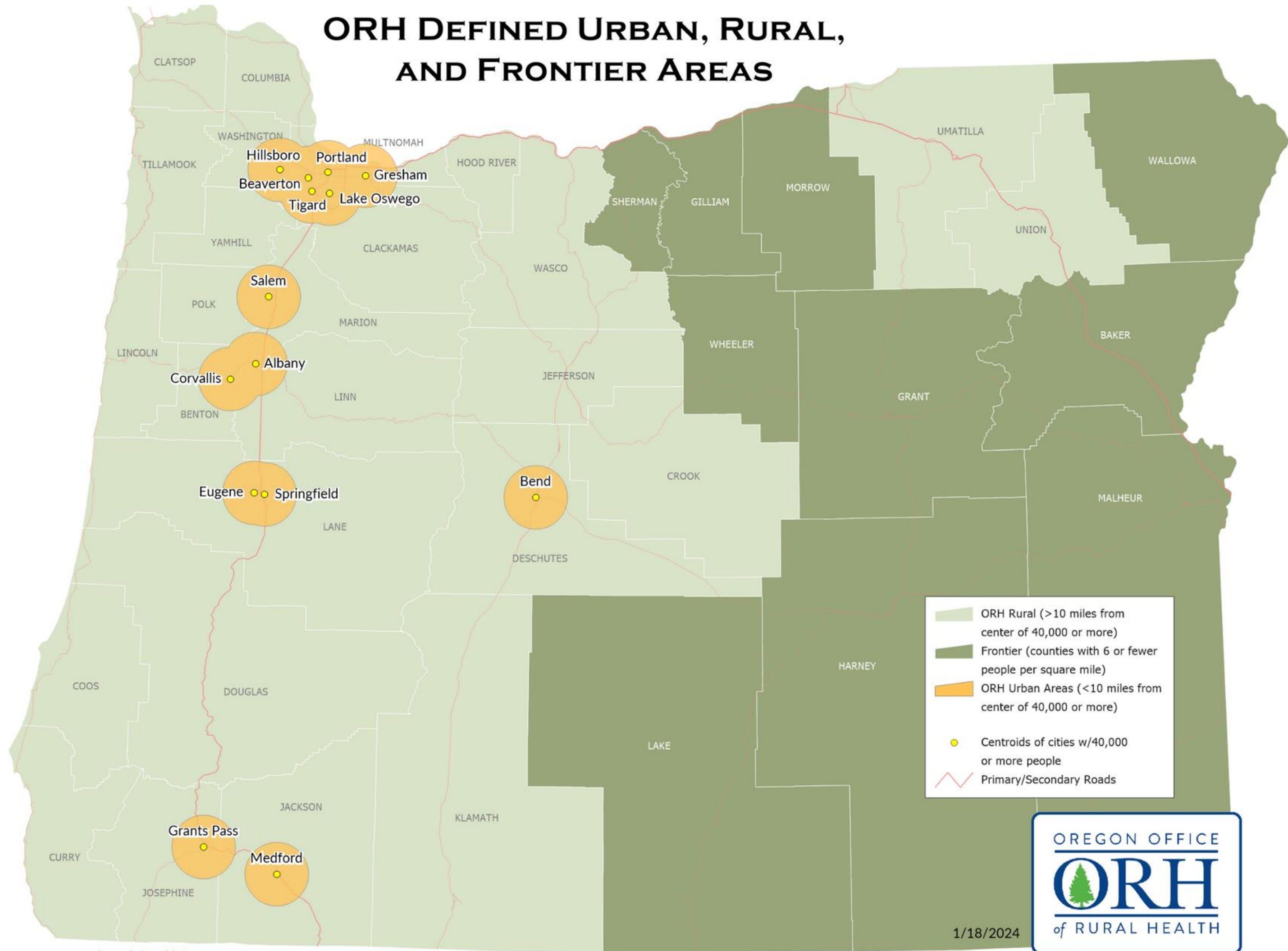
-What are we as a community doing with the other 95% of the time?

-What quality of support are people receiving, and from whom?

-Is it sufficient?

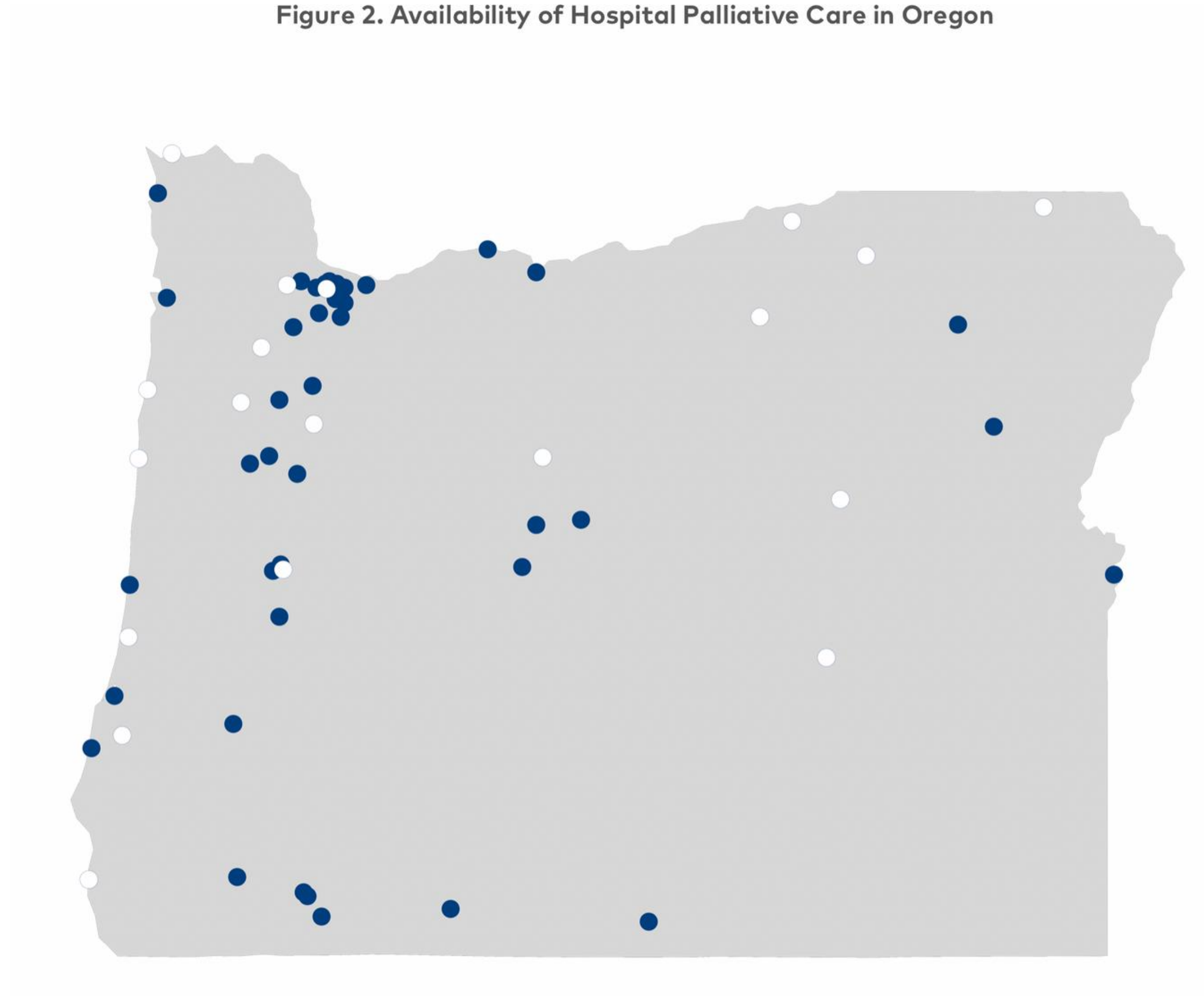


ORH DEFINED URBAN, RURAL, AND FRONTIER AREAS



Serious Illness Care in Oregon

Figure 2. Availability of Hospital Palliative Care in Oregon





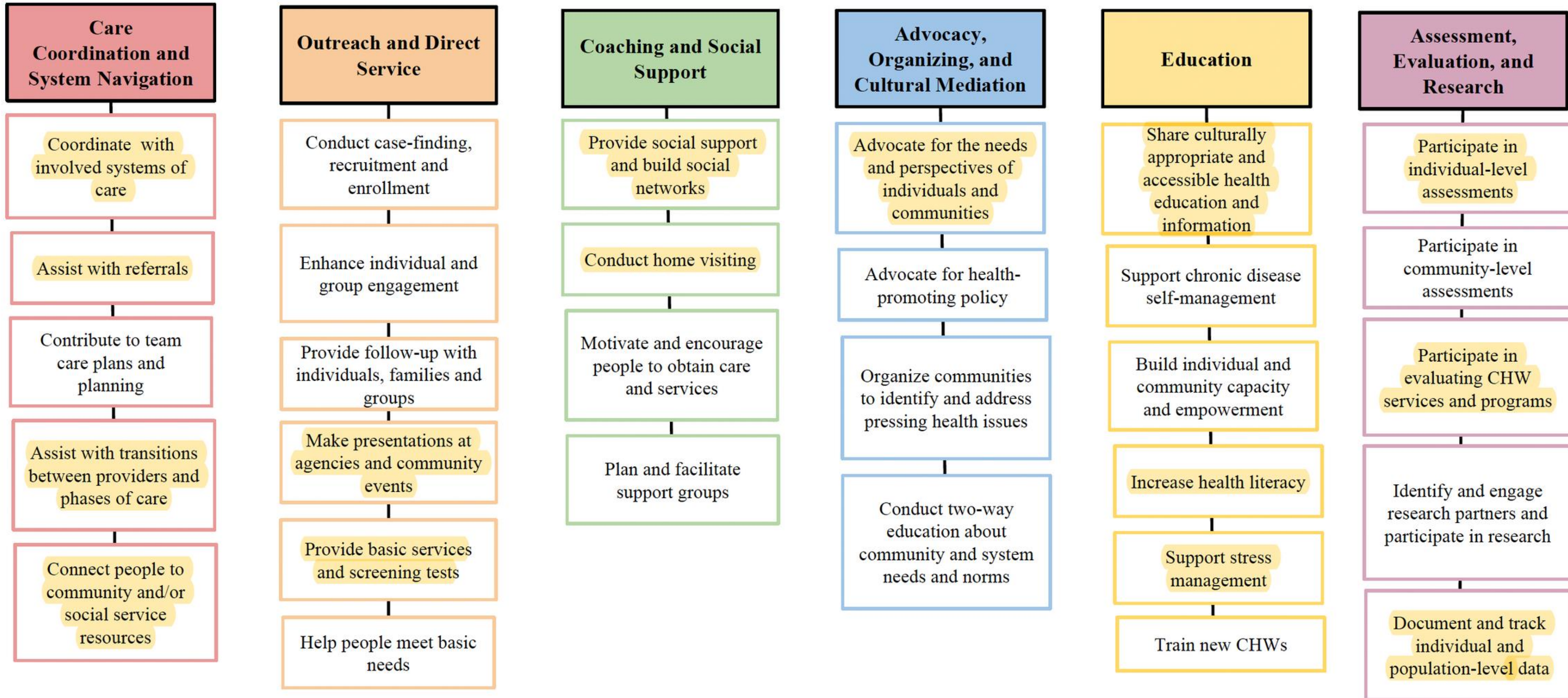
- 1. Develop, deliver and evaluate a continuing education curriculum in palliative care for Community Health Workers.**
- 2. Design a referral hub and peer mentoring program for palliative support CHWs**



WHO DOES THE TITLE “CHW” REFER TO?

Community Health Workers (CHWs) is an umbrella term that is used in the Six Pillars to refer to a highly diverse workforce. It is inclusive of Promotores/as, Community Health Representatives, Aunties/Uncles, Outreach Workers, peers and dozens of other job titles). This does not negate the unique identities of the groups referenced as CHWs.

CHWs are frontline public health workers who are trusted members of and /or have an unusually close understanding of the community served. This trusting relationship enables CHWs to serve as a liaison/link/ intermediary between health/social services and the community to facilitate access to services and improve the quality and cultural competence of service delivery (APHA, 2014), and improves clinical, behavioral and social service access, delivery, quality, and care system performance.



**Success of above roles are dependant on knowledge and skills gained in community membership and shared life experience.*

EOL DOULA

- Active listening
- Practical household support
- Comfort measures
- End of life education
- Hospice and palliative care knowledge

COMMUNITY HEALTH WORKER

- Community outreach
- capacity building
- health promotion
- public health knowledge
- care coordination

PALLIATIVE SUPPORT CHW

communication
resource referrals
team members
interpersonal skills
cultural humility
advocacy

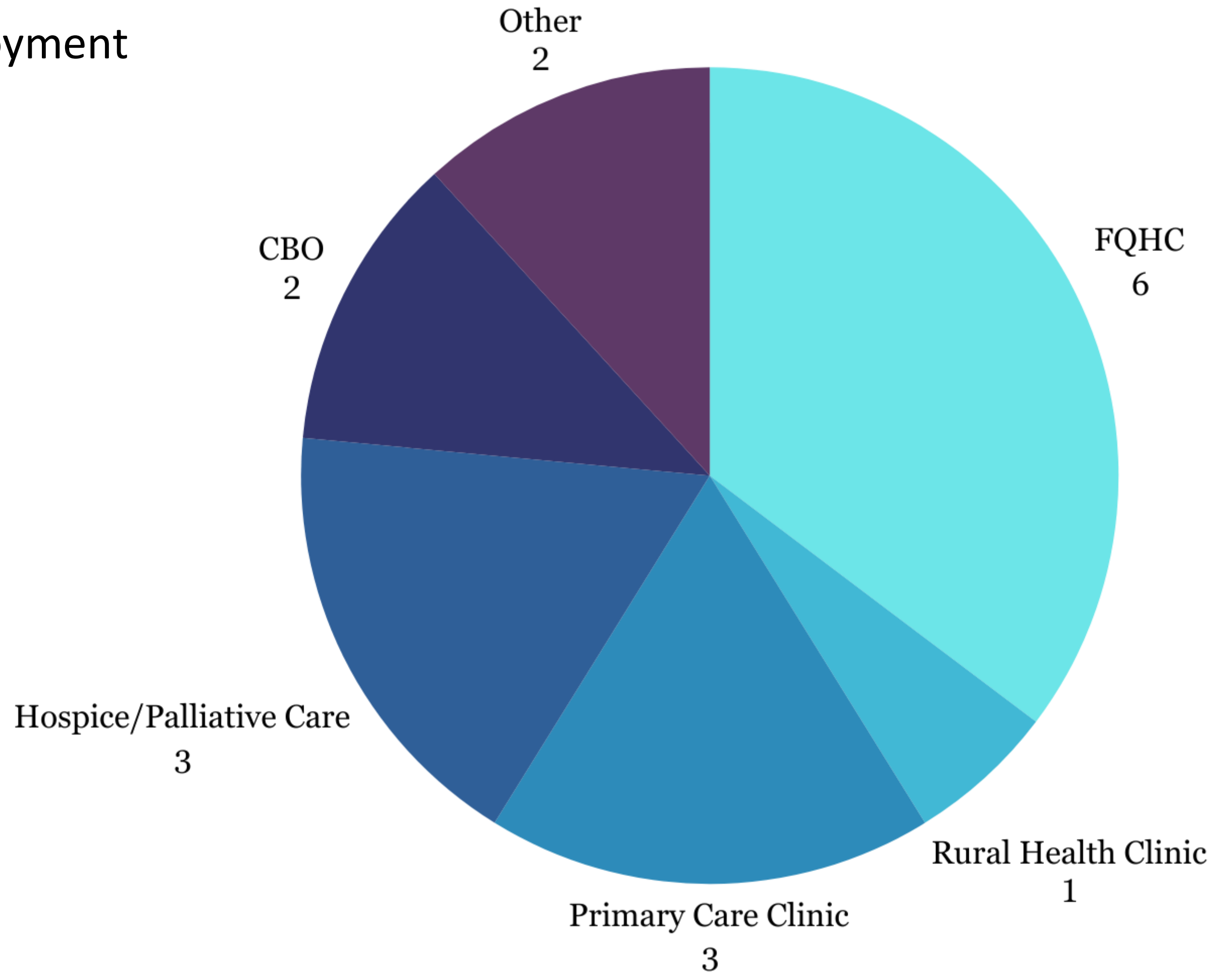
Course Objectives/ Key Topics:

1. Describe palliative care, hospice and advance care planning
2. Facilitate self-management of common symptoms
3. List three indicators of caregiver burnout and isolation.
4. Demonstrate active listening
5. Understand how culture and/or spirituality influence serious illness, dying and grief.

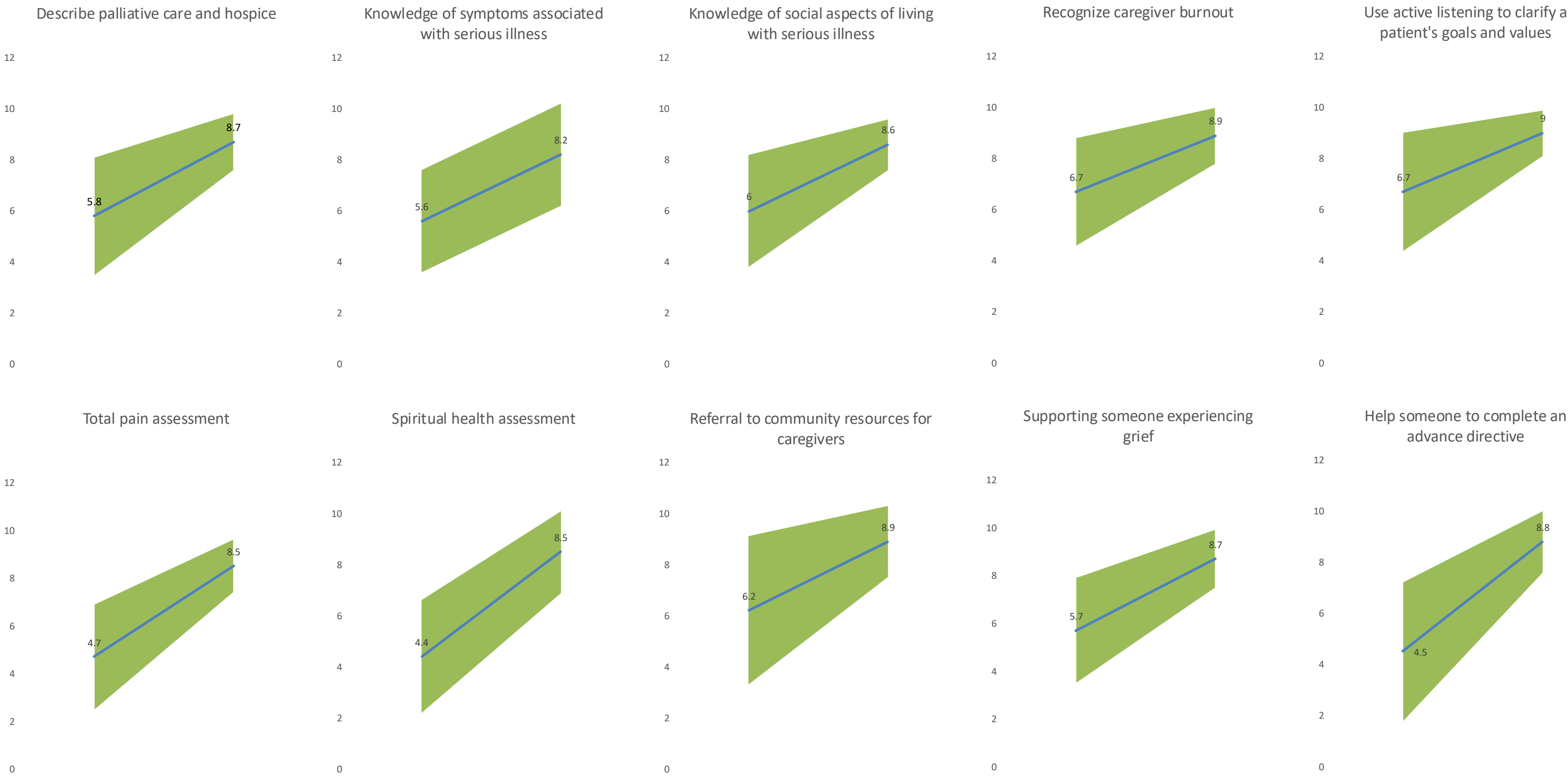


The screenshot shows the Oregon State University Professional and Continuing Education website. The header is orange with the university logo and name. Below it is a dark navigation bar with links: Home, Programs, For Learners, For Companies, For OSU Faculty, and About Us. The main content area features a large image of a healthcare worker in blue scrubs talking to an elderly woman. Overlaid on this image is the text "PALLIATIVE CARE FOR COMMUNITY HEALTH WORKERS". To the right of the image is a sidebar with course details: "January 8 - February" (with a calendar icon), "12 hours" (with an alarm clock icon), "Online" (with a location pin icon), and "\$50" (with a price tag icon).

CHW Place of employment



Participant Rated Confidence (0=no confidence; 10=high confidence) in Performing Skills, Pre and Post



Impact of the course on patient care

“

Federally Qualified Health Center:

“Primarily in educating and supporting caregivers with self-care and boundaries while they are taking care of a loved one who is ultimately going to be deceased soon.”

”

“

Primary Care Clinic

“using the conversation starters to talk about illness and future choices”
“helping patients self-manage their symptoms in their home.”

”

“

Community Based Organization:

“Approaching topics with curiosity and compassion- open ended questioning....recentering these core values in CHW workforce

”

Takeaways for integrating CHWs in Palliative Care

1. Know, understand and utilize the unique role of the Community Health Worker
2. Involve CHWs in any initiative/program development
3. Communication skills are paramount; role play is essential
4. Be creative--intermingle the two roles to provide the best care





Get in touch

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