



Foundation *for* Healthy Communities

Provider Orders for Life Sustaining Treatment (POLST)

Facilitator Education Program

Certification Workshop

April 12, 2019 ~ 8:30am – 4:30pm

Foundation for Healthy Communities

125 Airport Road, Conference Room 1, Concord, NH

Registration Deadline: April 10, 2019

The Foundation for Healthy Communities has served as the leading resource for advance care and end of life care planning, including POLST, for patients and their families, medical providers, hospitals and health systems throughout the state since 1998. The POLST Facilitator Education Program training is for healthcare providers who want to be certified as POLST facilitators for colleagues and staff within their organization and community.

The course focuses on communication skills to help healthcare providers initiate POLST conversations, assist in making informed end-of-life decisions, and learn techniques to create POLST plans. The successful implementation of a POLST program must be complemented by professionals who have developed the necessary communication skills to initiate advance care planning discussions that help individuals establish medical and non-medical goals of care.

The POLST system for documenting and communicating an individual's decisions for end-of-life care as they approach the last year of life has become recognized as best practice in the care of frail elders and those living in long-term care facilities. These individuals require a different approach to advance care planning conversations that assists them in examining their goals of care as they enter the last stages of their lives. Life-sustaining treatment decisions must be specific and include options for hospitalization and the provision of comfort care.

POLST-trained facilitators are often physicians, APRNs, social workers or nurses responsible for developing plans of care for residents of long-term care facilities, home health, or hospice. Without an emphasis on the importance of advance care planning discussions and qualified facilitators, completion of the POLST form runs the risk of repeating the failures of past standard advance directive efforts that have focused only on form completion.

STEP 1: Preparing for the POLST Facilitator Education Training (Pre-Workshop)

Before the workshop, there is pre-workshop preparation to help prepare you and provide all workshop participants with a baseline understanding of POLST in the context of Advance Care planning. These on-line materials include 2 videos; 3 print documents and visiting the National POLST Paradigm website to complete a brief Assessment/Learning Objectives form. Please plan to spend approximately 2 hours to complete the pre-workshop assignments.

STEP 2: POLST Facilitator Certification (In-Person – lunch provided)

Instructors: **Brian Kugel**, POLST Program Coordinator, Foundation for Healthy Communities
Phil Lawson, MD, Palliative Care Consultant/ Director of Palliative Medicine, Littleton Regional Healthcare, Littleton, NH; Emergency Physician, Littleton Regional Healthcare, Littleton, NH

The successful implementation of a POLST program must be complemented by professionals who have developed the necessary communication skills to initiate advance care planning discussions that help individuals establish medical and non-medical goals of care. Professional skills include understanding end-of-life treatment options, benefits and burdens, and building decision-making consensus among family members and the healthcare team. These skills often do not come naturally for professionals who provide individualized assistance in making difficult and challenging end-of-life decisions.

POLST Competencies / Knowledge and Skill Development

Categories of Competence	Recommended Topics for Knowledge & Skill Development
POLST Process	Effective Communication skills, shared & informed medical decision making between health care professions and patient/families; capacity determination; ethical framework; legal requirements; conflict resolution
POLST Population	Ability to assess and determine patient population for POLST conversation
POLST/P-DNR/Advance Directives	Knowledge of differences between documents, and how they are completed, used, processed, and how they complement one another
POLST Form Completion	Knowledge of how to complete, review and/or revise a document and who can complete a document
Practical Considerations for POLST Form & Information Facilitation	Demonstrates understanding of POLST Form and information relative to storage and retrieval, referral process, and communication of POLST Form and information across all care settings
Portable DNR and POLST requirements for transitions of care	Knowledge and understanding of legal considerations; policy and procedure development specific to each organization
Continuing Education	Annual competency review and testing of POLST process, policy and procedures; criteria for referral; portability; patient/family engagement; knowledge of organizational and community resources for support and guidance of POLST.

REGISTRATION INFORMATION POLST WORKSHOP

1 Day Facilitator Certification Class
Foundation for Healthy Communities, Concord, NH
April 12, 2019
8:30 am – 4:30 pm (8:15 am registration)

Key Dates

Registration Deadline **April 10, 2019**
Completion of Homework **April 10, 2019**

Register Online: [POLST Facilitator Training](#)

A \$45.00 registration fee covers the administrative costs and training session printed materials.

Questions?

For more information about the pre-workshop preparation requirements or the facilitator education program training please contact Brian Kugel, POLST Program Coordinator, at bkugel@healthynh.org.

For help with registration or mailing your payment, please contact info@healthynh.org.

Payment can be made online with a credit card. If you need to mail payment, choose the “Show other payment methods”, click on Pay Offline and continue the registration process, then mail your payment of \$50.00 checks payable to: Foundation for Healthy Communities and mail to:

*Foundation for Healthy Communities
Attn: POLST Facilitator Education Program
125 Airport Road
Concord, NH 03301*