



Last Acts of Kindness; Care and Compassion at the End of Life

Offered by
Redwing Keyssar, RN, Author, Midwife to the Dying
Director Patient and Caregiver Education/ UCSF MERI Center for Education in Palliative Care

Thursdays, February 8 – 29th
11:30 am – 1:30 pm Pacific time

<https://lastacts2024.eventbrite.com/>

Suggested Donation: \$50 - \$150 (no one will be turned away)

7 CEs for RNs

CE Fee for UCSF RNs: FREE

Additional CE Fee for Non-UCSF RNs: \$99

(This fee does not go to the MERI Center.

It is paid after the course to UC Regents

if and only if you wish to receive CEs for this course)

*This course is a provider approved by the California Board of Registered
Nursing Provider # for 7 Contact Hours*

You must attend all the sessions in full to obtain contact hours

A live-online 4-session workshop for anyone who wishes to foster confidence and resiliency in these difficult times, as we care for our patients, friends, families, ourselves and those in our community at the end of life. As an **online Zoom course**, we will attempt to create as positive, connected and experiential an environment as possible!

“Let us change the face of dying in our culture from one of fear and anxiety to one of acceptance and compassion. Inevitable as death is for all beings, let us work to create experiences that are positive, potent and transformational.” (Redwing Keyssar, from her book, “Last Acts of Kindness”

Many healthcare providers will be in positions to be **“end of life doulas”** at some time--assisting people in the dying process. Most people, despite our professions, have little training and minimal experience or understanding what it means to “show up” at this delicate time.

Historically, most people died at home, surrounded by family and friends who tried their best to provide care. Then people began dying in hospitals, and death came to be regarded as a “medical event” rather than simply part of life. Now, many people are accepting the inevitability of death, and yet as a culture, and even in our healthcare institutions, we are still not well prepared for the territory of death and dying.

This workshop will:

- Prepare us to show up at the bedsides of the seriously ill and/or dying—using the tenets of Palliative Care: to help relieve suffering physically, emotionally, spiritually, psychologically
- Offer guidance in supporting each other as caregivers-- both professional and “family” caregivers
- Assist us in creating personal toolkits for caregiving at the end of life
- Help us understand how our own myths and beliefs about life and death affect our roles as care-givers and care-receivers
- Offer practical knowledge about the dying process
 - Pain and symptom management (an overview)
 - Hospice and Palliative care issues
- Provide a step towards facing our own mortality, which is key to serving others

COURSE OBJECTIVES:

- Participants will be able to Describe the dimensions of compassionate care for the dying from bio-psycho-social-spiritual perspectives
- Participants will articulate a self-care plan for resiliency and prevention of burnout in the field of palliative and end of life care
- Participants will be able to discuss the importance of self-reflection and self-assessment in providing support to patients and families while creating appropriate plans of care
- Participants will be able to Describe 3 strategies for facilitating conversations about end of life issues
- Participants will be able to define 3 differences between Palliative Care and Hospice care
- Participants will identify 3 situations in regard to people with serious illness, in which medical pain and symptom management referral would be necessary
- Participants will be able to discuss how implicit biases and lack of education regarding racial/ethnic disparities affect treatment of people at the end of life

J. Redwing Keyssar is an RN with experience in Oncology, Critical Care, Hospice, Palliative Care. She is an author, poet, teacher, “midwife to the dying,” national presenter and frequent contributor to the public debate about Palliative Care. She is the Director of Patient and Caregiver Education at the MERI Center for Education in Palliative Care at UCSF/Mt Zion.

As a cancer survivor, she is passionate about and committed to the idea that “holistic healing” must be a more integral part of health-care. In this workshop Redwing will share experiences from her 30+ years of death mid-wifery as well as lead the group in meditations, exercises and discussions to help further our ability to be present with impermanence. The goal of this work is not to take away the “mystery” but rather to explore this unknown territory so that we can all feel more comfortable serving the dying and being better prepared for our time to stand at the threshold.

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