

# Anoka-Ramsey Community College

## IHH 1200: Holistic Hospice and Palliative Care

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Recommended Skills, Abilities, or Coursework: College-level reading

This course will provide an overview of the holistic philosophy of care associated with clients at the end of life. The student will learn to establish physical, mental, spiritual methods, emotional and therapies to promote self-actualization of the client and to promote self-care for families and other caregivers.

**B. COURSE EFFECTIVE DATES:** 01/11/2010 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. The dying process, spiritual dimensions and stages of grief
2. The healing power of presence, compassion, and empathy
3. Specific holistic therapies that support families, and caregivers
4. Specific holistic therapies that support end of life patient care
5. Celebrating life exploring life review issues, advanced healthcare directives, family and the death of a loved one
6. Understand the concept of compassion fatigue, how to prevent and help it
7. Personal issues related to death and dying and how your personal view of life, death and dying impact your care of others

### D. LEARNING OUTCOMES (General)

1. Identify the dying process and the stages of grief
2. Describe holistic therapies to support hospice and palliative care patients and caregivers
3. Describe the healing power of presence, compassion, and empathy
4. Understand spiritual dimensions of dying
5. Explore personal issues of death and become aware of one's own personal assumptions, beliefs, attitudes and reactions to death, dying and grief
6. Demonstrate ways to celebrate life through advanced care planning and life review
7. Establish physical, mental, emotional and spiritual methods of self-care to provide healthy compassionate care to others without sacrificing yourself and health
8. Recognize signs of and prevent compassion fatigue

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted