

Being With Me

Intentional Care at the End of Life

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1

- Discuss the importance of intention when providing care for hospice patients and families.
- Describe methods to promote intentional care in the hospice setting.

2

Intentional Care Defined...

As hospice caregivers, we consider ourselves to be experts in the end of life experience, language and conversation. Our gift as professionals and ultimately as human beings is to honor each individual in their living and dying

3

Intentional Care Defined...

Much of our focus in hospice care is goal oriented with particular attention to the medical/physical and tangible aspects of care – body systems, symptoms, tangible interventions and medications

- Caseload ratios, processes, protocol development and education, and best practices drive our care

4

Intentional Care Defined...

Ironically, as we grow and broaden our territory and scope of practice, we run the risk of moving away from valuing, exploring and honoring the emotional and spiritual aspects of dying

5

Intentional Care Defined....

"Dum Spiro, Spero"

While I breathe, I hope

6

Intentional Care Defined...

- Intentional care is the practice and commitment to approaching those we serve with purpose, respect and clarity
- To be intentional is to be present, attentive, compassionate and aware
- Well intentioned care \neq intentional care

7

Through my eyes....

8

Benefits of Intentional Care

- The literature continues to support an individual's desire to be valued, heard and actively engaged in the end of life experience
- Quality of our interactions is more purposeful and genuine when we provide intentional care

9

Promoting Intentional Care

- Being Present
- Paying Attention
- Listening
- Living Compassion
- Cultivating Awareness
- Practicing Meditation
- Tending to the Self

10

Being Present



11

Being Present...

In the beginners' mind
there are many possibilities,
but in the experts' there are few.

Shunryu Suzuki-roshi

12

Being Present...

- Being present not simply in terms of time, but in behavior and action (quality not quantity)
- Approaching with the sense of "being with" rather than "doing for" (should be taught, nurtured, supported and valued) -Clukey
- Entering into a caring relationship without judgment or assumptions

13

Being Present...

- Your very presence affirms the importance of the one you are with
- Prayer, stillness, storytelling, life review, breathing with

14

Paying Attention



15

Paying Attention...

- Noticing...
- Recognizing that a dying person's reality may be different than our own
- Allowing the patient and family to lead
- Seeking and listening to the story
- Being mindful in our care

16

Paying Attention...

- Mindfulness: Giving deep attention to what is happening in the present moment
-Halifax
- Attention to our own self, thoughts, and responses, as well as those of the individual and family

17

Listening



18

Listening...

- Deep listening...“listening with the sole purpose of allowing the other to empty his heart”
-Thich Nhat Hanh
- Avoid interruption or correction
- By listening, you give the person a chance to suffer less and receive from another

19

Listening...

- Seeing with one’s ears and hearing with one’s eyes
– Changes our perspective and frees us from assumption

20

Living Compassion



21

Living Compassion...

- Compassion literally means “feeling with”
- Compassion...“a state of mind that is nonviolent, nonharming and nonaggressive” -Thict Nhat Hanh

22

Living Compassion...

- Establishing empathy
 - Ability to truly understand another’s experience (walk in the shoes of...)
 - Ability to appreciate another’s suffering (fear, anger, despair, anxiety)
- Addressing suffering, with the same vigor that we approach physical symptoms

23

Living Compassion...

- Risk and courage –
 - As we empathize with others, we must risk exploring our own sense of mortality, life experiences and way of being

24

Cultivating Awareness



25

Cultivating Awareness...

- Awareness of self and others...through observation and reflection
 - patient and family needs
 - our approach to care
 - (what are we doing and why?)
 - our own myths, stories, truths and burdens
 - those parts of our self that need healing and attention

26

Cultivating Awareness...

- As awareness increases, we become better able to address patient and family needs separate from our own experiences
 - and better able to address our own needs separate from those of our patients and families
- If you feel convinced that you know what is right for a patient, take pause
- At the end of the day, ask yourself...

“What have I learned today?”

27

Practicing Meditation



28

Practicing Meditation...

- Meditation is used to settle and/or focus the mind (sitting versus walking meditation)
- At the heart of meditation practice is our breath – linking our inner self with the world beyond our body
- Use of mantras, calming statements, guiding words bring focus and meaning to our practice

29

Practicing Meditation...

*Breathing in, I calm my body.
Breathing out, I smile.
Dwelling in the present moment.
I know this is a wonderful moment!*

*Calming (in breath), Smiling (out breath)
Present moment (in breath),
Wonderful moment (out breath).*

-Thich Nhat Hahn

30

Tending to the Self



31

Tending to the Self ...

*What lies behind us and what lies before
us are tiny matters compared to what lies
within us.*

Oliver Wendell Holmes

32

Tending to the Self...

- To remain effective and intentional, we must tend to our own spirit
- We have layered our lives with the intensity of providing hospice care; we cannot lose sight of our need to seek support in order to "keep showing up"

33

Tending to the Self...

- Wounded Healers...
 - The parent – "I know what's best"
 - The expert – "I know everything"
 - The hero – "I will manage everything"
 - The martyr – "I will manage everything, but resent having to do so"
- Halifax

34

Tending to the Self...

- Self care
 - Relational
 - Physical
 - Spiritual
 - Emotional and Cognitive

-Clukey

35

Barriers to Intentional Care



36

Barriers to Intentional Care

- Time
- Education
- Skill
- Comfort level
- Experience (lack of OR over reliance on)
- What we bring (our own experiences, fears, values and beliefs)
- Value and commitment

37

Organizational Support



38

Seeking Organizational Support

- Commitment to intentional care
 - Education
 - End of life experience
 - Skill development
 - Teamwork/team function
 - Team meeting
 - Team support/respect/team building
 - Emotional support
 - Case debriefings/case studies
 - Ongoing support activities: new staff, topic focused discussion, staff renewal

39

What is on Your Mind?



40

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