



# POLST Facilitator (Last Steps) Training Course

With Respecting Choices® certified instructors: Lynn MacKenzie & Patricia Bresser

*Space is limited.  
Quick  
registration  
advised!*

<b>Dates:</b>	— Friday, April 28th, 2017 <i>(Return by April 10th)</i>
<b>Cost:</b>	\$225 registration fee (Includes online training modules, e-manual, full training day on date selected, light breakfast and lunch on day of training)
<b>Location:</b>	St. Cloud Hospital-Conference Center, St. Cloud, MN.

The purpose of this program is to improve the effectiveness of the POLST paradigm program through facilitation skills training and prepare participants to become certified as Respecting Choices (RC) Last Steps® ACP Facilitators. It is for health care professionals and others who have end of life discussions as a component of professional practice to initiate and help individuals establish medical and non-medical goals of care.

**CEU credits available Nurses = 14.65 & Social Workers = 13.25**

*Prerequisite: online facilitator training modules \**

### Objectives:

At the conclusion of this educational activity, the participant should be able to:

1. Describe the purpose of the Last Steps ACP (POLST paradigm) program
2. Identify skills to initiate Last Steps ACP conversations with persons with serious life-limiting illness, designated healthcare agents, and their loved ones
3. Identify skills to assist in making informed treatment decisions, to include CPR, limitations on treatment, and comfort care
4. Practice Last Steps ACP conversations
5. Identify techniques to create a POLST document that accurately reflects an individual's treatment preferences

**Note:** Because space is limited and there are online components to be completed prior to the day of training, registrations should be submitted as early as possible. \* **After registration deadline is closed per class, you will receive an email with instructions for accessing the online training and instructional letters.**

**TO REGISTER - Complete the section below and return with payment by dates indicated above. Also, to secure your placement in the class, email and notify Lynn at [lynn@lightthelegacy.org](mailto:lynn@lightthelegacy.org).**

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*Mailing address:* Attn: Lynn MacKenzie, Light the Legacy, 619 W/ St. Germain, Suite 216, St. Cloud, MN. 56301  
Checks can be made payable to "Light the Legacy"

First name: \_\_\_\_\_ Middle initial: \_\_\_\_\_ Last name: \_\_\_\_\_  
Organization name: \_\_\_\_\_  
Workplace address: \_\_\_\_\_  
Work city and state: \_\_\_\_\_ Work zip: \_\_\_\_\_  
Profession: \_\_\_\_\_ Job title: \_\_\_\_\_  
Department: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Total payment: \$ \_\_\_\_\_ Form of payment:  Check enclosed  Credit card listed below

Name on credit card: \_\_\_\_\_  
Card #: \_\_\_\_\_ Exp date: \_\_\_\_\_ 3-digit security code: \_\_\_\_\_  
Signature: \_\_\_\_\_



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## Agenda

7:30	<b>Registration</b> <i>(continental breakfast)</i>	11:50	Debrief
8:00	<b>Introductions &amp; Overview</b>	12:00pm	<i>Lunch</i>
8:30	<b>Last Steps®</b> , a POLST Paradigm Program	12:30	<b>Making Informed Treatment Decisions</b> <i>(continued)</i>
9:15	<i>Break</i>	1:30	<b>Practice Role-play Exercise</b> <i>(work in groups of four)</i>
9:30	<b>ACP Facilitation Skills</b> <i>(online modules 4 &amp; 5)</i>	2:35	<b>Debrief</b>
10:15	<b>Practice role-play exercise</b> <i>(work in groups of two)</i>	2:45	<i>Break</i>
10:45	<b>Debrief</b>	3:00	<b>Creating a POLST Document</b>
10:50	<b>Making Informed Treatment Decisions</b> <i>(POLST Sections A, B, and C)</i>	3:45	<b>Competency Evaluation</b> <i>(work in groups of four)</i>
11:20	<b>Practice Role-play Exercise</b> <i>(work in groups of two)</i>		*final role play with competency evaluation completion by observer
		4:45	<b>Summary/Evaluation of Program</b>
		5:00	Adjourn
11:20	Practice Role-play Exercise <i>(work in groups of two)</i>		

Questions? Contact Lynn MacKenzie at 320 774-0911  
or email at [lynn@lightthelegacy.org](mailto:lynn@lightthelegacy.org)