

“POLST: It Starts with a Conversation”  
California POLST Education Program

**Program Description:**

***POLST: It Starts with a Conversation - The California POLST Education Program*** is a two-day train-the-trainer course using the standardized California POLST training curriculum. It includes a series of educational modules and interactive exercises designed to provide an understanding of the POLST Paradigm, as well as how to complete the form to reflect a patient's wishes. The training also provides opportunities for attendees to develop skills for facilitating meaningful conversations with patients and their families about POLST and goals of care, and ideas for implementing POLST within communities and training other individuals.

**Objectives:**

At the completion of this course, the active participant will be able to:

- 1) Describe the purpose of the POLST Paradigm
- 2) List the differences between an Advance Health Care Directive and the POLST form
- 3) Differentiate between POLST and DNR forms
- 4) Identify the target population for POLST completion
- 5) Facilitate a POLST conversation with a patient/surrogate and document the patient's treatment wishes on a POLST form
- 6) Train others in the POLST Paradigm

**Who Should Attend:**

The education program is designed for:

- Organizations and communities/coalitions initiating a POLST program
- Individuals/coalitions who will be educating professional healthcare staff and/or the community about POLST, including: nursing, social service, chaplains and other interested staff from skilled nursing and acute care hospitals, emergency medical services, home health and hospice

**Training Information:**

**April 29-30, 2010**

9:30am-4:30pm (April 29); breakfast at 9:00am  
8:30am-3:30pm (April 30); breakfast at 8:00am

**Location**

Alzheimer's Association, Orange County Chapter  
17771 Cowan, Suite 200, Irvine

**Suggested Accommodations:**

***SpringHill Suites by Marriott*** – Irvine John Wayne Airport/Orange County  
17601 Fitch, Irvine (less than a quarter-mile from training location)  
(949) 757-0500 – request CCCC rate of \$119 per night

**Registration:**

**Early Registration** (*deadline April 9*)  
CCCC Member Rate = \$169 per person  
Non-Member Rate = \$199 per person.

**Late Registration** (*after April 9*)  
CCCC Member Rate = \$209 per person  
Non-Member Rate = \$239 per person

Fee must accompany registration form. Registration includes training materials, continuing education credit, and breakfast and lunch on both days of the training. *A limited number of partial scholarships are available through a grant from the California HealthCare Foundation.*

## “POLST: It Starts with a Conversation” California POLST Education Program

### Cancellation Policy:

Cancellations must be made in writing no later than 5 business days prior to the first day of training, and faxed to (916) 554-2273 or e-mailed to [info@finalchoices.org](mailto:info@finalchoices.org). A \$25 non-refundable processing fee will be retained for each cancellation. No refunds will be made after this date. No shows are subject to the full registration fee. Substitutions are encouraged.

### Confirmations:

A registration confirmation will be sent via e-mail one week in advance. Directions and parking information will be included.

### Continuing Education Credit:

Full attendance at the education sessions is a prerequisite for receiving professional continuing education credit. Attendees must sign in at the training and include their professional license number. Certificates of attendance will be available.

**Nursing** – Provider approved by the California Board of Registered Nursing, Provider #CEP 15403, for 11.5 contact hours.

**Social Work** – This course meets the qualifications for 11.5 hours of continuing education credit for MFTs and /or LCSWs as required by the California Board of Behavioral Sciences.

**Nursing Home Administrators** – This course has been submitted to the Nursing Home Administrator Program (NHAP) for 11.5 NHAP/P credits. CCCC is an approved NHAP provider.

**CME** – The Riverside County Medical Association (RCMA) is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. RCMA takes responsibility for the content, quality and scientific integrity of this CME activity. RCMA designates this educational activity for a maximum of 11.5 AMA PRA Category 1 Credits™.

### Faculty:

**Chris Evans, MSN, RN** has been an educator for Catholic Healthcare West in Sacramento since 1989. She has been a registered nurse since 1976 and has worked in a variety of settings including medical surgical nursing, neonatal intensive care and as a clinical nurse specialist in a women’s hospital. She currently teaches BLS, NRP, preceptor course, newborn physical assessment, POLST and Respecting Choices. Chris has been co-chair of the Compassionate Care Alliance of Greater Sacramento for several years and has extensive experience doing advance care planning community presentations. She has been a clinical team member with the PREPARED Project for the past two years and has assisted with development of the California POLST Education Program.

**Joanne Hatchett, MSN, RN, FNP** has worked as a Family Nurse Practitioner in the Woodland Clinic Medical Group since 1995. She works with adult and geriatric clients in the office, acute care and skilled nursing facilities. In addition, she has served as the Palliative Care Coordinator for Woodland Memorial Hospital since 2004. Joanne has been a registered nurse since 1978 and her previous nursing experiences include: staff and leadership positions in CCU, pediatrics and intensive care nursery. She was director of Women’s and Children’s Services at Mercy General Hospital in Sacramento for over 7 years. She has been a strong advocate for advance health care planning and is the project director for the Yolo County POLST Project. Joanne has been the lead developer of the California POLST Education Program.

### Thank you:

Thank you to our host, the Alzheimer’s Association, Orange County Chapter, and to the California HealthCare Foundation for making partial scholarships and the training materials possible.

### Questions:

Contact CCCC at (916) 489-2222 or [info@finalchoices.org](mailto:info@finalchoices.org).



# "POLST: It Starts with a Conversation" REGISTRATION FORM



(please print legibly and complete a separate form for each registrant)

**April 29-30, 2010**

9:30am-4:30pm (April 29)

8:30am-3:30pm (April 30)

Alzheimer's Association, Orange County Chapter  
17771 Cowan, Suite 200, Irvine

**Coalition Name** (if applicable): \_\_\_\_\_

**Attendee Name:** \_\_\_\_\_ **Certification/License:** \_\_\_\_\_

**Organization:** \_\_\_\_\_ **Title:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Email address:** \_\_\_\_\_ @ \_\_\_\_\_ . \_\_\_\_\_

**Phone:** ( \_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ **Fax:** ( \_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

**Have you facilitated an advance care planning conversation?**  No  Yes – with whom? \_\_\_\_\_

**What experience have you had training others?**

Training Coordination/Logistics .....  often  occasionally  rarely

Presentation/Speaking .....  often  occasionally  rarely

Leading Group/Interactive/Experiential Exercises .....  often  occasionally  rarely

For what audience was the training(s):  Consumers  Healthcare Professionals  Other: \_\_\_\_\_

**Do you have special dietary requirements?**  Vegetarian  Other: \_\_\_\_\_

**Check here if you require special services**

**Early Registration Fee (by 4/9/10):**  \$169 CCCC Member  \$199 Non-Member

**Late Registration Fee (after 4/9/10):**  \$209 CCCC Member  \$239 Non-Member

I would like to request a partial scholarship (amount requested: \$ \_\_\_\_\_)

**Payment Information:**  Check enclosed (payable to CCCC)  Credit card (Visa or Master Card):

CC#: \_\_\_\_\_ exp. \_\_\_\_/\_\_\_\_ Security Code: \_\_\_\_\_

**Billing Address:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**If you wish to receive Continuing Education for this training, please select below:**

Nursing  Social Work  Nursing Home Administrator  CME

**License Number (required):** \_\_\_\_\_

**To register, fax completed form to (916) 554-2273 or mail to:**  
CCCC - California POLST Education Program  
1215 K Street, Suite 1917  
Sacramento, CA 95814  
Contact CCCC at (916) 489-2222 or [info@finalchoices.org](mailto:info@finalchoices.org).