What are End of Life Doulas and How Can They Help Me and Our Family?

September 19, 2019
2:00 - 3:00 PM EST
NHPCO End of Life Doula Advisory Council

Presented by current Council members.

Panelists:

Deanna Cochran, RN
Alua Arthur, Esq.
Merilynne Rush, RN
Objectives

1. Definition of End of Life Doula (EOLD)
2. Hospice Team Roles
3. Differentiation & Overlap of Hospice Team vs EOLD
4. Training of Various Roles
5. What EOLDs Do
6. How to Find and Select EOLDs
7. Benefits and Costs of EOLD
Poll

Question:
Are you a family caregiver?
Or
Are you representing a hospice?
(if yes, what is your role)
Definition of End of Life Doula

- Non-medical companions
- Do not take the place of hospice
- They complement hospice
- A wide range of holistic services
  - physical,
  - emotional,
  - spiritual and
  - practical support ...
- Initial diagnosis through bereavement.
Hospice Team Roles

- Physicians
- Home health aides
- Hospice RNs & LVNs
- Chaplain
- Social Worker
- Bereavement Service
- Volunteers
  - office, home visits, vigiling programs
  - end of life doula program
## Differentiation of EOLD from Hospice Team

<table>
<thead>
<tr>
<th>HOSPICE TEAM</th>
<th>EOL DOULAS</th>
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<tr>
<td>Plan the medical care</td>
<td>Reinforces the medical care plan by hospice</td>
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<tr>
<td>A Medicare benefit for people &gt; 65</td>
<td>Private Pay by Families / Hospice EOLD Volunteer</td>
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<td>Licensed Roles</td>
<td>No National Board that Regulates</td>
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<td>Care clearly defined and the same state by state</td>
<td>Skillset may be different depending on training</td>
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<td>Provides clinical care</td>
<td>Provides practical, non-medical care</td>
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Overlap of EOLD with Hospice Team

<table>
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<th>Service</th>
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<tr>
<td>Emotional and spiritual support and care</td>
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<tr>
<td>End of life vigil support</td>
</tr>
<tr>
<td>End of life planning and guidance</td>
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<tr>
<td>Ceremony/funeral planning</td>
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<tr>
<td>Bereavement care</td>
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Training of the Hospice Team and EOL Doulas

- Physician: Medical School and license
- Nurse: Nursing School and license
- Social Worker: MSW and license
- Chaplain: Masters of Divinity, ordained clergy, or specially certified as hospice chaplains
- Volunteer: Medicare mandated training and supervision
- CNA (Certified Nurse Assistant) State Required Certification
- EOLD within Hospice Team: Requirements of Hospice
- EOL Doula in the Community: No national regulatory board
Different Training Organizations

- Trainings offered by a variety of organizations
- Different deliveries and models of trainings
- No national board or state board regulation
Array of Services

- Advance Care Planning
- Comprehensive End of Life Planning
- Life Review
- Respite or Overnight
- Household Support
- Logistics Coordination
- Personal Care
- Information and Resources
Different Service Models

● Community Doula
  ➢ Known within the community
  ➢ Works independently
  ➢ Contacted directly by family
  ➢ Help get people into hospice

● Hospice Doula
  ➢ Work within hospice and with a distinct program as an added layer of support to team

● Remuneration options
  ➢ Fee for service
  ➢ Volunteer
Selecting an EOL Doula

- Availability
- Training & background
- Services offered
- Cost
- Gut feeling
How to find an EOL Doula

- Healthcare provider and service team
- Directories
- Word of mouth
Benefits of Having an EOL Doula

- Presence
- Non-judgmental
- Non-medical support
- Family-centered approach
- Holistic care
- Teamwork
- Community resources
What does an EOL Doula Cost?

- Compare to birth and postpartum doulas
- Urban
- Rural
- Fee for service
- Volunteer
- Consultations
- Packages
Poll

Question:

Did you find the content of this webinar helpful?

What was your biggest take away?
Questions and Answers

For more resources, please visit the NHPCO End of Life Doula Advisory Council:

- Go to “google” search bar:
- type in NHPCO.org,
- Committees and Councils,
- End of Life Doula Advisory Council
Thank you for joining us!

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Presented by:
The NHPCO End of Life Doula Advisory Council

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For more information, contact: EOLDoula@nhpco.org