

*Skills* *Opportunities* *Learning* *Senses*  
*Strategies* *Workshops* *Ritual* *Networking*

THURSDAY, AUGUST 9

**Advanced Skills  
in Perinatal  
Bereavement Care**

FRIDAY, AUGUST 10

**Comfort Care...4<sup>th</sup> Annual Workshop  
in the Blueprint for a Perinatal  
Palliative Care Program™ Series**

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# Perinatal Bereavement Care



## PURPOSE

This program is designed to provide advanced perinatal bereavement skills and knowledge for healthcare providers.

## DESCRIPTION

Advanced Skills in Perinatal Bereavement Care provides a wide range of topics that focus on skill building. Each presentation is uniquely designed for this workshop and for you. Speakers will weave research and other evidence-based material into talks that are geared to those providing direct care to bereaved families. The presentations are appropriate for all levels of social work practice.

## WHO SHOULD ATTEND?

Target audience includes nurses, social workers, chaplains, and others who provide care to patients whose baby dies.

## OBJECTIVES

- Cite three examples of nonjudgmental support of parents with addictions whose baby dies.
- Identify two resources for families when a mother dies in the perinatal period.
- List three keepsakes for families.
- Describe two strategies for providing support to someone who is angry.
- Discuss ways of using various senses to provide comfort care.

## FEATURED SPEAKERS



### Jill Wilke, BSN, RN, Nursing Systems Specialist

Jill Wilke joined Bereavement Services in September, 2010, after 22 years of caring for patients at the bedside. Jill's extensive nursing experience began in the Level III NICU at Evanston Northwestern Hospital, IL, where she cared for babies and their families for nine years. After moving to Onalaska, WI, Jill started working in the NICU and PICU at Gundersen Health System. After 5 years, she decided to expand her experience and moved to the Trauma and Emergency Center where she was also a sexual assault nurse. Jill also served as the Organ/Tissue Donation Liaison at Gundersen Health System from 2008-2011. Today Jill serves as the Lead Educator for Bereavement Services.



### Deborah Rich, PhD, LP

Dr. Deb Rich is a Twin Cities psychologist with over 20 years of specialty experience in Reproductive Health Psychology. She has been the Coordinator of Perinatal Loss and Perinatal Mood Disorders for Fairview Health System in Minnesota since 1999. In addition to her work at Fairview, Dr. Rich is Adjunct Faculty at the University of Minnesota Graduate School and the Minnesota School for Professional Psychology, guest lecturer in the University of Minnesota School of Medicine, and lectures nationally. She is the founder and Clinical Director of the Shoshana Center for Reproductive Health Psychology, where she maintains a part time private practice.

*I am leaving these days with many ideas and self-renewal. In doing the job/the privilege of bereavement, I can help and provide needed care.*

## AGENDA

### Advanced Skills in Perinatal Bereavement Care

#### THURSDAY, AUGUST 9

**7:30 – 8:30 am**

Sign in, continental breakfast, and networking

**8:30 – 8:45 am**

Welcome and getting acquainted  
Jill Wilke, BSN, RN

**8:45 – 10:00 am**

*Providing supportive care for parents with addictions whose baby dies in the perinatal period*

Heather Silver, MSW, LCSW-C and  
Lois Seefeldt, PhD, MSN, RN

**10:00 – 10:15 am**

Break

**10:15 – 11:00 am**

*When a mother dies*

Jill Wilke, BSN, RN

**11:00 – Noon**

*Ideas and skills for creating keepsakes (work stations)*

Lois Seefeldt, PhD, MSN, RN, facilitator

**Noon to 1:00 pm**

lunch

**1:00 – 3:00 pm**

*Mental Health Primer II: Skills for Challenging Interactions in Perinatal Bereavement*

Deborah Rich, PhD, LP

**3:00 – 3:15 pm**

Break

**3:15 – 4:15 pm**

*Sense-Ability: Using the 5 senses in offering comfort for others and for ourselves*

Joni Cutshaw, BSN, RN,  
Marcia Jenkins, RN and Jane Heustis, RN

**4:15 – 4:30 pm**

Summary, evaluation, and closing

## Blueprint for a Perinatal Palliative Care Program™ Series

### PURPOSE

The purpose of Comfort Care is to provide a multidisciplinary approach to caring for families and their babies when the baby is diagnosed prenatally with a life-threatening condition.

### DESCRIPTION

Speakers will share practical, clinically relevant approaches that care providers can easily adopt when providing comfort to parents, the baby, and others. Like previous workshops in the Blueprint series, faculty members are attuned to the learning needs of care providers and the comfort needs of parents and babies. Diverse learning opportunities include lecture, work groups, parent presentation, and participation in ritual.

### WHO SHOULD ATTEND?

Target audience includes nurses, social workers, clergy, funeral directors and other community professionals, hospice staff, palliative care providers, physicians, genetic counselors, ultrasonographers, and other professionals who interact with bereaved families in hospitals, clinics, hospices, and home health. The course is designed for all levels of social work practice.

### OBJECTIVES

- Identify three examples of ways that a neonatal advance care plan can be used to ease suffering.
- Discuss the manifestations of pain in a newborn.
- Describe two ways of using light in photographing a newborn.
- List three aspects of perinatal palliative care support that parents find helpful.
- Discuss how the concept of hope can be used to co-create ritual.

### FEATURED SPEAKERS



#### Kathie Kobler, MS, APN, PCNS-BC, CHPPN

Kathie Kobler is an Advanced Practice Nurse at Advocate Lutheran General Hospital, Park Ridge, IL. She has over 25 years' experience caring for infants, children and families throughout the trajectory of care, from diagnosis of a life-limiting condition through end-of-life and bereavement follow-up. She is responsible for staff education and support for palliative care and end-of-life issues. Kathie is a published author and speaks at organizational, local, and national levels. She is also a member of the Resolve Through Sharing National Teaching Faculty.

*I have learned a lot. I have no regrets sponsoring myself for this course. I will surely encourage more people to attend. I am so thankful to all the speakers.*

## AGENDA

### Comfort Care... 4<sup>th</sup> Annual Workshop in the Blueprint for a Perinatal Palliative Care Program™ Series

#### FRIDAY, AUGUST 10

#### 7:30 – 8:30 am

Sign in, continental breakfast, and networking

#### 8:30 – 8:45 am

Welcome and getting acquainted  
Jill Wilke, BSN, RN

#### 8:45 – 10:00 am

##### KEYNOTE PRESENTATION

#### *Comfort care: Using the neonatal advance care plan as a guide*

Kathie Kobler, MS, APN, PCNS-BC, CHPPN

#### 10:00 – 10:15 am

Break

#### 10:15 – 10:45 am

Round table discussions

#### 10:45 – noon

#### *Neonatal pain management*

Suzanne Toce, MD

#### Noon – 1:00 pm

Lunch

#### 1:00 – 2:00 pm

#### *Comfort through photos*

Heather Silver, MSW, LCSW-C

#### 2:00 – 2:45 pm

Parent panel

#### 2:45 – 3:00 pm

Break

#### 3:00 – 3:30 pm

Round table discussion

#### 3:30 – 4:20 pm

#### *Suffering, hope, and ritual:*

#### *Comfort for the caregiver*

Kathie Kobler, MS, APN, PCNS-BC, CHPPN  
Rana Limbo, PhD, RN, PMHCNS-BC

#### 4:20 – 4:30 pm

Summary, evaluation, and closing



**Advanced Skills \$210 • Comfort Care \$210  
Combo (both workshops) \$380**

**Fees include instruction, materials, continuing education credit, lunch, reception, and breaks.**

**Payment:** Full payment must be received by July 26. Pay by Visa, MasterCard, American Express, Discover, or check (payable to Bereavement Services). Registrations received after that date are payable by Visa, MasterCard, American Express, and Discover only.

**Substitutions and Transfers:** Registrations can be transferred to a colleague in the same organization up to two weeks prior to the conference for a \$15 administrative fee.

**Cancellation Policy:** We offer a full refund minus \$25 cancellation fee if you cancel by Thursday, August 5. We do not offer refunds if you fail to notify us that you cannot attend.

**Approved contact hours/continuing education credits:** Participants must be present for the entire workshop(s) to earn contact hours and/or continuing education clock hours. No partial credit will be given. Certificates of continuing education credit (contact hours and/or clock hours) are awarded upon completion of the program and the program evaluation.

## EDUCATION CREDITS

### Advanced Skills

#### Nursing Contact Hours

Gundersen Lutheran Health System, Inc., is an approved provider of continuing nursing education by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Advanced Skills in Perinatal Bereavement Care provides 6.08 contact hours.

**California** – Provider (Gundersen Lutheran Bereavement and Advance Care Planning Services) approved by the California Board of Registered Nursing, provider #12245, for 6.08 contact hours for Advanced Skills in Perinatal Bereavement Care.

#### Social Work Credits

Gundersen Lutheran, provider #1089, is approved as a provider for continuing education by the Association of Social Work Boards, www.aswb.org. ASWB approval period: November 15, 2009 – November 15, 2012. Gundersen Lutheran maintains responsibility for the program. Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for licensure renewal. Social workers (all levels of practice) will receive 6.08 continuing education clock hours for Advanced Skills in Perinatal Bereavement Care in participating in this course.

**California** – Course meets the qualifications for 6.08 hours of continuing education credit for Advanced Skills in Perinatal Bereavement Care, for Licensed Clinical Social Workers as required by the California Board of Behavioral Sciences. Gundersen Lutheran Bereavement and Advance Care Planning Services is an approved provider, #934.

#### Other Credits

Bereavement Services is a provider for the National Association for Catholic Chaplains. Advanced Skills in Perinatal Bereavement Care provides 7.3 contact hours.

## EDUCATION CREDITS

### Comfort Care

#### Nursing Contact Hours

Gundersen Lutheran Health System, Inc., is an approved provider of continuing nursing education by the Wisconsin Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Comfort Care provides 6.25 contact hours.

**California** – Provider (Gundersen Lutheran Bereavement and Advance Care Planning Services) approved by the California Board of Registered Nursing, provider #12245, for 6.25 contact hours for Comfort Care.

#### Social Work Credits

Gundersen Lutheran, provider #1089, is approved as a provider for continuing education by the Association of Social Work Boards, www.aswb.org. ASWB approval period: November 15, 2009 – November 15, 2012. Gundersen Lutheran maintains responsibility for the program. Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for licensure renewal. Social workers (all levels of practice) will receive 6.25 continuing education clock hours for Comfort Care in participating in this course.

**California** – Course meets the qualifications for 6.25 contact hours of continuing education credit for Comfort Care, for Licensed Clinical Social Workers as required by the California Board of Behavioral Sciences. Gundersen Lutheran Bereavement and Advance Care Planning Services is an approved provider, #934.

#### Other Credits

Bereavement Services is a provider for the National Association for Catholic Chaplains. Comfort Care provides 7.5 contact hours.

## Hotel Accommodations

### Radisson Hotel La Crosse

200 Harborview Plaza, La Crosse, WI 54601  
Phone: (608) 784-6680 or (800) 333-3333  
www.radisson.com/lacrossewi

**Room Rates:** \$109 single, double – city view room/one king bed; \$119 single, double, or quad rate – river view room/two queen beds

### Courtyard By Marriott

500 Front Street, La Crosse, WI 54601  
Phone: (608) 782-1000  
www.marriott.com/lsecy

**Room Rate:** \$112 single or double occupancy

Reservation cut off date is July 15

Ask for a room in the Bereavement Services room block to receive the above special rates.

Both hotels offer free shuttle service to and from the La Crosse airport.

## Planning Committee

### Advanced Skills in Perinatal Bereavement Care

Rana Limbo, PhD, RN, PMHCNS-BC; Jill Wilke, BSN, RN; Heather Silver, MSW, LCSW-C; Darryl Owens, MDiv, BCC, CT, Kathie Kobler, MS, APN, PCNS-BC, CHPPN, Suzanne Toce, MD

### Ethics in Perinatal Palliative Care

Kathie Kobler, MS, APN, PCNS-BC, CHPPN; Rana Limbo, PhD, RN, PMHCNS-BC; Darryl Owens, MDiv, BCC, CT; Heather Silver, MSW, LCSW-C; Suzanne Toce, MD; Jill Wilke, BSN, RN

Presenters and planning committee claim no conflict of interest.

Please contact Laurie Bushek at [ljbushek@gundluth.org](mailto:ljbushek@gundluth.org) with any questions or concerns about these programs or if you require special assistance or accommodations.

## UPCOMING CONFERENCE SCHEDULE

*Resolve Through Sharing (RTS)  
Bereavement Training in Perinatal  
Death & RTS Coordinator Training*

May 2-4	Plainfield, IL
May 22-24	Madison, WI
June 6-8	Albany, NY
July 25-27	Columbus, GA
August 6-8	La Crosse, WI
Sept. 17-19	Issaquah, WA (Seattle area)
October 3-5	Wilmington, NC

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